001 - Advanced Directives for Dementia

In this interactive workshop, participants will explore and define their end-of-life care preferences related to dementia or other cognitive impairment. Specific advanced directive options will be reviewed as ways to document participants' end-of-life preferences. Advantages and limitations of advanced directives will be discussed.

Class on Wednesday, Oct 14, 2026 (Class limit: 20):

Wed 10/14/26, 3:00 PM-4:30 PM

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

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

- OR -

Class on Wednesday, Oct 28, 2026 (Class limit: 20):

Wed 10/28/26, 9:00 AM-10:30 AM

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

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

Ellen Friedman



Ellen serves as a spiritual health companion guiding people towards peace of mind while they are living and while they are dying.

Travis Klein



Travis has nearly 20 years of personal care experience as a nurse. He is a Palliative Care Nurse Practitioner with specialized training in end-of-life options including MAID and psychedelic-assisted therapy.

002 - Alcohol Inks - Hands-On Art Class

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! ($15 for materials payable at the beginning of class.)

Class on Wednesday, Oct 7, 2026 (Class limit: 17):

Wed 10/7/26, 9:30 AM-12:00 PM

Lakeside Community Center
3150 Lakeside Drive, Room 103
Grand Junction, CO 81506

- OR -

Class on Wednesday, Oct 7, 2026 (Class limit: 17):

Wed 10/7/26, 1:00 PM-3:30 PM

Lakeside Community Center
3150 Lakeside Drive, Room 103
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 - Almost Made It! Proposed National Parks

Before 1980, almost 360 national park units were proposed that never went beyond the proposal stage. That is almost as many units as we have today in the National Park System! This class explores how those proposals came about and what happened to them; how the determination was made to drop the proposal; and what happened to that particular resource. If this class interests you, consider the companion class, on the Tuesday before this one: "GONE! Decommissioned National Parks." (Class limit: 50)

Tue 11/10/26, 4:30 PM-6:00 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.

004 - The American Bicentennial Everest Expedition

This class is a description of the 1976 American Everest Expedition, the second American expedition to Mt. Everest that saw the 6th (Bob Cormack) and 7th (Chris Chandler) Americans (and the 55th and 56th humans) reach the top of the mountain. This was a decade before Nepal opened the mountain to essentially an unlimited number of people each year and the talk will stress the differences between what we experienced and had to do, and what happens today. (Class limit: 50)

Wed 11/11/26, 1:30 PM-3:30 PM

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

Robert Cormack



Bob is a ranch kid, pilot, climber, and for the last 50 years, an optical and electrical engineer.

005 - Anxiety Is Your Friend

Are you open to the possibility of shifting your relationship with anxiety? We will explore the nature of anxiety as an experience rather than a condition. I look forward to being with you.

Ellen Friedman



Ellen serves as a spiritual health companion guiding people towards peace of mind while they are living and while they are dying.

Class on Thursday, Oct 1, 2026 (Class limit: 20):

Thu 10/1/26, 3:00 PM-4:30 PM

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

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

- OR -

Class on Tuesday, Oct 6, 2026 (Class limit: 20):

Tue 10/6/26, 10:00 AM-11:30 AM

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

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

- OR -

Class on Thursday, Oct 15, 2026 (Class limit: 20):

Thu 10/15/26, 3:00 PM-4:30 PM

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

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

006 - Appalachian Trail Thru-Hike - How to Hike 2,190 Miles at Age 56 While Fully Employed

In 2010 Steven hiked the Appalachian Trail from Georgia to Maine. He'll explain not only why and how but share his insights and experiences along the way on this challenging and beautiful journey. (Class limit: 60)

Mon 10/12/26, 10:00 AM-11:30 AM

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

Steven Spydell



Steven is retired from public works administration.

007 - Are You Out of Your Mind? Meditation and Mindfulness Made Easy

Whether you've heard about meditation but never tried it, or you've tried but "couldn't do it right", or you are an experienced meditator wanting to go deeper in your practice-this class is for you.

The class will cover:
-What meditation and mindfulness are, and what they are not.
-Dispelling misconceptions about meditation and mindfulness.
-The physical, mental, emotional, and spiritual benefits of meditation and mindfulness.
-Basics of how to meditate.

Wear comfortable clothes. Chairs will be provided for sitting; it will not be necessary to sit cross-legged on the floor. (Class limit: 50)

Wed 10/14/26, 10:00 AM-11:30 AM

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

Jere Friedman



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

008 - The Art of Falconry

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

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

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

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

Ray Rickard



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

009 - Art on the Corner Walking Tour (Some Cancellations - Check Your Class List)

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.

Sarah Dishong



Sarah Dishong is the Project Coordinator for Downtown Grand Junction.

Class starting on Thursday, Oct 15, 2026 (Class limit: 25):

Thu 10/15/26, 10:30 AM-12:30 PM

Meet at the Chrome Buffalo.
359 Main Street
Grand Junction, CO 81501

Wed 10/28/26, 10:30 AM-12:30 PM

10/22 RESCHEDULED
Meet at the corner of 7th and Main at the Avalon Theater.
645 Main Street
Grand Junction, CO 81501

- OR -

Class starting on Tuesday, Oct 20, 2026 (Class limit: 25):

Tue 10/20/26, 10:30 AM-12:30 PM

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

Thu 10/29/26, 10:30 AM-12:30 PM

10/13/26 CANCELLED due to rain.
Makeup 10/29
Meet at the Chrome Buffalo.
359 Main Street
Grand Junction, CO 81501

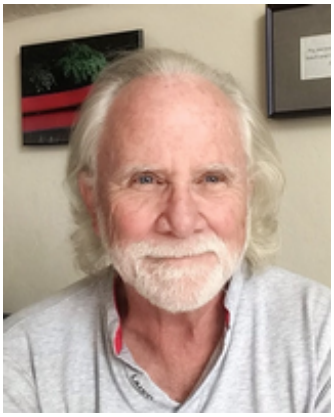
010 - Artificial Intelligence: 2026 and Beyond - Understanding the Technology That is Reshaping Our World

Artificial intelligence is transforming our world at an extraordinary pace. Explore the basics of how AI works and today's AI technologies, the companies leading the AI revolution, the global race toward AGI, and the potential impact on jobs, the economy, and everyday life all in clear, non-technical language. (Class limit: 80)

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

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.

011 - 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.

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.

Class starting on Wednesday, Oct 14, 2026 (Class limit: 6):

Wed 10/14/26, 10:00 AM-12:00 PM
Thu 10/15/26, 10:00 AM-12:00 PM

Lakeside Community Center
3150 Lakeside Drive, Room 103
Grand Junction, CO 81506

- OR -

Class starting on Wednesday, Nov 11, 2026 (Class limit: 6):

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

Lakeside Community Center
3150 Lakeside Drive, Room 103
Grand Junction, CO 81506

012 - Astrophotography: A Beginner's How-To Guide

Do you marvel at the night sky? Ever thought about photographing the stars? In this "how to" class, Garrison Turner will explain the equipment and processing techniques needed to generate pictures of the night sky. The lecture will explain what's available, what's important, and where to concentrate on quality equipment.

This class has two separate sessions with different attendance limits. Astrophotography: A Beginner's How To Guide is a lecture on the equipment and processing requirements associate with astrophotography. The second session, Astrophotography: Demonstration at Grand Mesa Observatory, is a tour of the observatory followed by an astrophotography demonstration. Attendance for the tour and demonstration is limited to 15 because of parking and observatory space limitations. You must register for the lecture class to be eligible for the observatory tour and demonstration. In order for your tour registration to go through, you must be registered in the lecture class. (Class limit: 60)

Tue 9/29/26, 6:30 PM-8:30 PM

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

Garrison Turner



Garrison Turner is a visiting physics and astronomy instructor at Colorado Mesa University.

013 - Astrophotography: Demonstration at Grand Mesa Observatory

Bring your learning from the Astrophotography: Beginner‘s How-To Guide to see how it’s done. You will be given a tour of the Grand Mesa Observatory including demonstrations of astrophotography (weather permitting).

This class has two separate sessions with different attendance limits. Astrophotography: A Beginner‘s How-To Guide is a lecture on the equipment and processing requirement associated with astrophotography. The second session, Astrophotography: Demonstration at Grand Mesa Observatory, is a tour of the observatory followed by an astrophotography demonstration. Attendance for the tour and demonstration is limited to 15 because of parking and observatory space limitations. You must register for the lecture class to be eligible for the observatory tour and demonstration. In order for your tour registration to go through, you must be registered in the lecture class. (Class limit: 15)

Tue 10/6/26, 6:30 PM-8:30 PM

Grand Mesa Observatory
7475 Purdy Mesa Road
Whitewater, CO 81527

Watch out for wildlife on the road. There will be deer on the road at dusk. Directions: Going south on Hwy 50 past Whitewater, take Kannah Creek Road east. Go left on Land’s End Road, then right on Divide Road, then left on Purdy Mesa. The observatory will be on your right.

There are multiple routes to the Observatory and internet directions will vary. Please consult a map and choose the way that best suits.

Garrison Turner



Garrison Turner is a visiting physics and astronomy instructor at Colorado Mesa University.

014 - Atomic Legacy Cabin, History of Uranium on the Colorado Plateau

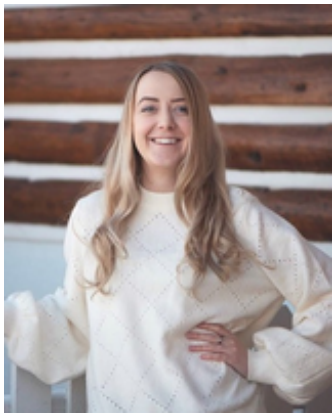
The Atomic Legacy Cabin was once the epicenter of the nationwide search for uranium that was started by the Manhattan Project and escalated during the Cold War. This presentation will delve into the 80-plus years of history beginning with the historic log cabin as Grand Junction's little-known Manhattan Project site, as well as show how uranium left a lasting impact on the surrounding region. Participants will also discover the connection between the past and the U.S. Department of Energy Office of Legacy Management mission today.

Lecture attendees are encouraged to follow up the lecture with a visit to the Atomic Legacy Cabin for a free guided tour of exhibits during public hours any day that the cabin is open. (Class limit: 50)

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

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

Ashton Andrade



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

015 - Bathing in Vibrations - The Sound Journey Experience

Vibrational energy is the foundation of the Universe as we experience it. In this class you'll learn how the energy of sound and vibrations can benefit you physically, mentally, emotionally, and spiritually. Gongmaster Jere Friedman will create a Sound Vortex using gongs, bowls, and other instruments to transport you to a world of relaxation, rejuvenation, and re-energization. You'll leave feeling renewed and refreshed!

Wear loose, comfortable clothes. As a courtesy to others, please do not wear cologne, perfume, or other body fragrance.

Chairs will be provided for sitting, but you can also bring your own yoga mat or cushion, blanket, pillow, and eye mask so you can lie on the floor for optimal experience in the sound bath. (Class limit: 50)

Thu 10/8/26, 11:00 AM-12:00 PM

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

Jere Friedman



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

016 - 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 2026 card of Mah Jongg hands. The instructor must 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 10/20/26, 9:30 AM-11:30 AM
Tue 10/27/26, 9:30 AM-11:30 AM
Tue 11/3/26, 9:30 AM-11:30 AM
Tue 11/10/26, 9:30 AM-11:30 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.

017 - Behind the Scenes at the Museum of the West

Museum collections are more than what visitors see in exhibits. Join Reilly, Curator of Archaeology, for a behind the scenes tour of the Museum of the West, and discover how museums preserve and care for thousands of objects, art, photographs, archives, and archaeological collections. Participants will learn about the role of museums in preserving community history, American Alliance of Museums accreditation standards, archival storage and collections care practices, and how exhibits are researched and designed. The tour will include access to collections storage, exhibit preparation areas, and other spaces not normally open to the public. Perfect for anyone curious about museums, history, archaeology, or what happens "behind the scenes" after artifacts enter a museum collection.

Class on Thursday, Oct 8, 2026 (Class limit: 15):

Thu 10/8/26, 1:00 PM-2:30 PM

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

- OR -

Class on Friday, Oct 9, 2026 (Class limit: 15):

Fri 10/9/26, 12:00 PM-1:30 PM

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

- OR -

Class on Friday, Oct 16, 2026 (Class limit: 15):

Fri 10/16/26, 12:00 PM-1:30 PM

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

Reilly McGonagil



Reilly is the Curator of Archaeology for the Museums of Western Colorado.

018 - Black Homesteaders on the Great Plains: Life, Liberty, and the Pursuit of Happiness

The call of free land offered Black Americans a welcome reprieve from a cycle of poverty driven by sharecropping and racialized violence in the South. The Homestead Act of 1862 helped at least 3,400 Black farmers build homes across the Great Plains. Homesteading attracted groundbreaking independent Black filmmaker Oscar Micheaux and agronomist and inventor George Washington Carver. Black homesteaders also founded intentional communities like Nicodemus, Kansas, where they built businesses, schools, and churches and held elected offices at the local and state level. Their perseverance and grit helped Nicodemus not only survive but later become a National Historic Site run by the National Park Service. In this session, participants will learn from a park ranger how Black Americans gained life, liberty, and the pursuit of happiness through homesteading. (Class limit: 60)

Tue 10/27/26, 10:00 AM-11:00 AM

Zoom

Dominic Dongilli



Dominic Dongilli, Ph.D., MA-LIS, is the Historian at Homestead National Historical Park.

019 - 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: 25)

Wed 11/4/26, 6:00 PM-8:00 PM

Fruita Community 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.

020 - Chair (Accessible) Yoga

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

Wed 11/4/26, 1:30 PM-2:30 PM

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

Maya Kraushaar



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

021 - Civics Education in D51 Schools

Some of us may vaguely remember a class in "Civics" when we were in junior or senior high school. Many of us have wondered what students are learning about government and the responsibilities of good citizenship today. This class is designed to help community members better understand civics education in our public schools. Participants will explore what is included in Colorado's Social Studies standards, particularly the civics standards. This class will deepen your understanding of how civics is taught across grade levels and how teachers are preparing students for an informed and engaged citizenship. (Class limit: 50)

Fri 10/2/26, 1:00 PM-3:00 PM

Harry Butler Board Room at R5 High School
455 N. 22nd Street
Grand Junction, CO 81501

Dave Barrett



Dave Barrett is the K-12 Social Studies Curriculum Specialist for District 51.

022 - Clear Your Space, Clear Your Mind

What if decluttering wasn't just tidying up, but increasing the efficiency and functionality of your life?

In this fun, interactive, and uplifting lecture, discover how simplifying your home, garage, or workplace can restore calm, clarity, and purpose. Learn the gentle art of releasing a lifetime of belongings—without guilt or regret—and organizing your "stuff" in a way that honors your memories while lightening the load for your family.

Create a peaceful, intentional space that reflects your values and the legacy you wish to leave. Experience the mental breath of fresh air that comes with living with less and more, less things and more ease. (Class limit: 80)

Fri 10/9/26, 1:00 PM-2:30 PM

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

Susan Atkinson



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

023 - Colorado Department of Transportation (CDOT) 101

This class will introduce you to your State Highway Commission as seen by our new Western Slope representative on the commission, Barb Bowman. Barb was recently appointed to the Commission by the Governor. (Class limit: 50)

Thu 11/5/26, 4:00 PM-5:00 PM

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

Barb Bowman



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

024 - Colorado History: Amache Japanese Internment Camp

Amache was the only Japanese Internment Camp in Colorado. Internees came in August of 1941 and left in September, 1945. Sixty percent of internees were U.S. Citizens by birth. The instructor has a first-hand family relationship with this subject.

Class on Monday, Nov 9, 2026 (Class limit: 50):

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

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

- OR -

Class on Friday, Nov 13, 2026 (Class limit: 50):

Fri 11/13/26, 9:00 AM-11:00 AM

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

Akira Fukai



Akira was born in Japan in 1943. He lived there until 1953 when he joined his family in Chicago.

025 - Colorado History: Colorado National Monument Then and Now

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

Please note that this class takes place at the Colorado National Monument Visitor's Center. At the Entrance Station, you'll need to present your Annual Pass, Senior Pass, or pay the entrance fee. Allow at least 20 minutes to get from the Entrance Station to the Visitor Center. (Class limit: 25)

Fri 10/23/26, 10:00 AM-11:00 AM

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

Meet at the Colorado National Monument Visitor Center. At the Entrance Station, present your Annual Pass, Senior Pass, or pay the daily entrance fee. Allow at least 20 minutes from the West/Fruita Entrance Station to the Visitor Center.

Terri Ahern



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

026 - Colorado History: The Art Center at 75 Years Old

From the first glimmer of an idea in the 1920s and the realization of that dream when the center was incorporated nearly 75 years ago, to the thriving cultural hub it is today, The Art Center of Western Colorado's impact on our community is undeniable. We'll look back at its modest roots, celebrate its rich history, and explore how a shared vision a century ago shaped Western Colorado's rich and robust arts community. (Class limit: 50)

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

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

Lee Borden



Lee is the Executive Director of The Art Center in Grand Junction.

027 - Colorado History: The Rise and Fall of the Colorado Klan, 1922 to 1927

Between 1922 and 1927, Colorado witnessed a dramatic surge in the second Ku Klux Klan (KKK), which reached 35,000 members and had the second-highest per capita membership in the United States. Every one of Colorado's 64 counties hosted a Klan chapter, with particularly strong concentrations in Denver, Pueblo, Cañon City, Boulder, and Grand Junction. The KKK controlled the state's political landscape, including the state legislature, leading to the election of Denver Mayor Ben Stapleton and Colorado Governor Clarence Morley. Built upon an ideology of "100% Americanism," the KKK targeted Catholics, Jews, Black and Latino communities, and immigrants. Understanding what led to the meteoric rise—and eventual fall—of the KKK in Colorado requires examining both the social and political factors of the era. (Class limit: 50)

Mon 10/5/26, 4:00 PM-5:00 PM

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

Peter Booth, PhD



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

028 - Coloradoscaping - Creating a Water-Wise Landscape for the Grand Junction Region

As the drought continues, learn the steps to create a waterwise landscape for our climate including removing turf, tree preservation, plant selection, and proper watering. (Class limit: 60)

Thu 10/29/26, 2:00 PM-3:30 PM

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

Susan Carter



Susan is a retired City of Grand Junction Water Conservation Specialist. She is currently working part-time as a water-wise landscape expert at Carter Consulting, LLC.

029 - Conservation Strategies and Resilient Landscapes: Securing Water, Agriculture, and Wildlife for the Future

Ilana Moir will share Colorado West Land Trust's mission to address the changing conditions that threaten our healthy landscapes. Catastrophic and unpredictable wildfire is now a reality that threatens our communities, watersheds, and wildlife. Drought and drier conditions increase pressure on water resources that supply drinking water and irrigation for agriculture. Surges in population across the region exert pressure on private land for development. Also, local communities are more dependent than ever on healthy landscapes for a growing outdoor recreation and tourism economy. (Class limit: 75)

Thu 11/12/26, 3:00 PM-4:30 PM

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

Ilana Moir



Ilana is the Director of Conservation at Colorado West Land Trust.

030 - Could You Become a United States Citizen

Join Mesa County Libraries Adult Learning Center staff to learn what it takes for an immigrant to become a citizen of the United States. This class will test your knowledge and challenge you to demonstrate whether or not you could pass the test that applicants take to become naturalized. (Class limit: 25)

Mon 11/2/26, 10:30 AM-12:00 PM

Mesa Country Central Library
Monument Room
443 N. 6th Street
Grand Junction, CO 81501

Emily McConnell



Emily McConnell has led the Mesa County Libraries Adult Learning Center since the beginning of 2021.

Eusebia Garza



Eusebia is from Mexico and has proudly called the United States home for more than 30 years.

031 - 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 10/13/26, 10:00 AM-11:30 AM

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 and Meditation Center in Grand Junction.

032 - Cryptocurrency, Blockchain, and the Future of Finance

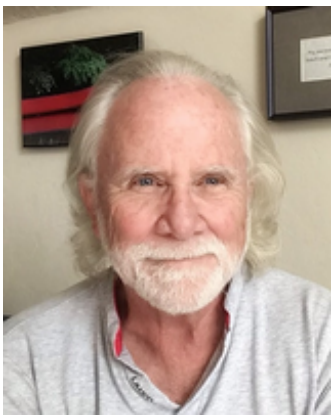
What began with Bitcoin has grown into a technological revolution that is reshaping the world's financial system. Today, innovations pioneered by the cryptocurrency industry, including blockchain technology, stablecoins, decentralized finance (DeFi), tokenization, and smart contracts are influencing how banks, investment firms, payment networks, and financial markets operate, and may impact how we all manage our finances in the future.

This course is presented in clear, non-technical language for lifelong learners. (Class limit: 60)

Wed 10/28/26, 9:00 AM-10:30 AM

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.

033 - Cultivating Energy in the Midst of Uncertainty

This course will explore what you need to include in your "toolbox" for building and retaining your emotional, physical, and mental reserves. (Class limit: 30)

Fri 10/9/26, 9:00 AM-10:15 AM

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

Paula Anderson



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

034 - Does Anybody Actually Watch the Conductor?

That person on the podium waving a stick: are they really necessary? Some of the world's finest orchestras perform without one. So what exactly is a conductor doing, and does it make a difference to what you hear? Charles Latshaw, music director of the Grand Junction Symphony Orchestra, makes the case for and against his own profession, with live musical examples, a peek behind the rehearsal curtain, and probably a few things your orchestra has never told you.

Students are also invited to attend a live Grand Junction Symphony Orchestra rehearsal that evening (Thursday, November 12, 7:00–9:30 PM), offering a rare behind-the-scenes look at how a professional orchestra prepares for performance. (Class limit: 80)

Thu 11/12/26, 10:00 AM-12:00 PM

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

Maestro Charles Latshaw



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

035 - Drone Photography -- A Different Perspective

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

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

Thu 10/15/26, 1:00 PM-3:00 PM

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

Hank Schoch



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

036 - Education Matters: A Conversation About District 51

Do you have grandchildren or other school-age children in your family who attend schools in our area? Do you care about the future of the children and youth in our community? Did you know that our school district spends $250 million each year? Where does it come from? How is it spent? How could it not be enough? Would you like to learn more about these issues?

We invite you to join District 51 Superintendent Brian Hill, our elected Board of Education members Vicki Woods and Jose Luis Chávez, and representatives of the teachers association for an informative community conversation about how the flow of funds affects the future of our schools.

The program will include presentations including question-and-answer sessions. The event will be moderated by Dee Wernette.

Come learn more, ask questions, share your perspective, and help strengthen public education in our community. (Class limit: 100)

Mon 10/19/26, 4:00 PM-6:00 PM

Harry Butler Board Room at R5 High School
455 N. 22nd Street
Grand Junction, CO 81501

Dee Wernette



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

037 - 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)

Wed 9/30/26, 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.

Dee Ramsel



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

038 - Emotional Intelligence: Empathy

In a world where polarization seems to be increasing ever faster, why would empathy be important? How can you improve your empathy? This class will feature one of the most important dimensions of emotional intelligence, looking at research, and incorporating practical advice and practice. (Class limit: 30)

Wed 9/30/26, 1:00 PM-3:00 PM

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

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

Dee Ramsel



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

039 - 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 10/27/26, 10:00 AM-12:00 PM
Wed 10/28/26, 10:00 AM-12:00 PM

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

Victoria Johnson



Vicki is a retired mental health counselor.

040 - The Evolution of American Western Art

Western Art is often seen as distinctly American, shaped by the nation's history of westward expansion. The art both portrayed and influenced America's perception of the West and its people. As views about the West have evolved to include diverse voices, so too has Western Art. This class examines how Western Art developed from a tool for exploration into a medium that reflects new perspectives on the American experience. (Class limit: 50)

Mon 10/26/26, 4:00 PM-5:00 PM

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

Peter Booth, PhD



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

041 - Examining the Scientific and Mathematical Evidence for a Creator

This lecture series will examine scientific and mathematical evidence related to the existence of a Creator. Scientists from a range of backgrounds, including atheists and believers, have written on this topic from very different perspectives. How might these perspectives be integrated into a consistent viewpoint? Established scientific findings—including the age of the universe at approximately 13.8 billion years, the age of the Earth at approximately 4.6 billion years, and the extensive evidence supporting evolution—will serve as a starting point.

Works by both atheists and non-atheists will be examined, with particular attention given to Richard Dawkins, a prominent scientist and outspoken atheist. Several naturally occurring biological machines will also be discussed with a comparison to a machine humans have developed only within the past several hundred years.

The perspective presented is that of a geophysicist grounded in science and its discoveries. This course represents one scientist's journey through this subject and the insights gained along the way. (Class limit: 50)

Wed 10/14/26, 1:00 PM-2:30 PM
Wed 10/21/26, 1:00 PM-2:30 PM
Wed 10/28/26, 1:00 PM-2:30 PM

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

Sean Boerner



Sean is a geophysicist who was fortunate to work for 25 years in the oil and gas industry on a variety of projects from all over the world.

042 - Excellence in Outdoor Education - A Tour

Tour the Outdoor Wilderness Lab (OWL). It is an outdoor science school owned and operated by Mesa County Valley School District 51. The participants are students from the elementary, middle, and high schools in Mesa County.

It is located at 450 Wildwood Drive on the Redlands. It's close to Grand Junction but offers a feeling of being out in nature. The site includes deer, turkeys, and other wildlife, and is in close proximity to the Liberty Cap trail system. A pond and numerous and varied landscapes all add to the feeling that you are out in a rural atmosphere. OWL's unique learning environment invites students to explore the natural world around them with curiosity and critical thinking at every turn!

This tour takes place outside so please dress for the weather. (Class limit: 50)

Wed 10/14/26, 10:00 AM-11:00 AM

Outdoor Wilderness Lab (see shuttle information below)
450 Wildwood Drive
Grand Junction, CO 81507

Park (15 to 20 minutes before class) at:
Riggs Hill Parking Lot
464 Meadows Way
Grand Junction, CO 81507

There will be shuttles to take you to the tour location.

Gregory Weckenbrock



Greg is the coordinator of the Outdoor Wilderness Lab (OWL).

043 - Exploring the Southwest - Coronado Expedition of 1540 Led by a Southeast Arizona National Parks Ranger

Travel back to the mid-16th century and follow the dramatic journey of the Coronado Expedition, the first major Spanish exploration of the American Southwest. In this program, we'll explore the world Francisco Vázquez de Coronado came from, why this ambitious expedition set out in search of the legendary Seven Cities of Gold, and the complex logistics behind moving hundreds of people, livestock, and supplies across unfamiliar landscapes. We'll take a close look at the pivotal (and often tense) encounters between the expedition and the Indigenous communities they met and conclude by examining how the Columbian Exchange transformed daily life on both sides of the Atlantic, with effects still felt today. This program is ideal for lifelong learners who enjoy weaving together history, culture, and the human stories behind major events. (Class limit: 50)

Thu 10/8/26, 9:30 AM-10:30 AM

Zoom

Carlotta Caplenor



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

044 - ExploringThe Night Sky Through A Telescope - CLASS CANCELLED - 10/10 & 10/11/26

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

This class was offered last spring. This session will feature new objects as we explore the fall sky. This event will be weather permitting. James M. Robb, Fruita is a Colorado State Park fee area.

Class on Sunday, Oct 4, 2026 (Class limit: 15):

Sun 10/4/26, 7:00 PM-9:00 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}. Please arrive by 6:45 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.

- OR -

Class on Saturday, Oct 10, 2026 (Class limit: 15):

Sat 10/10/26, 7:00 PM-9:00 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}. Please arrive by 6:45 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.

- OR -

Class on Sunday, Oct 11, 2026 (Class limit: 15):

Sun 10/11/26, 7:00 PM-9:00 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}. Please arrive by 6:45 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.

Michele Murray



Miki a retired military (26 years-Air Force). She is presently an Interpretive Park Ranger at Colorado National Monument (11 seasons).

045 - Fall Yard Care During Drought

Topics for this class include: preparing lawns, flowerbeds, and vegetable gardens for changing seasons; fertilization and pruning strategies; and the strategies for protecting landscapes through drought in our already arid location.

Class on Wednesday, Sep 30, 2026 (Class limit: 25):

Wed 9/30/26, 9:00 AM-11:00 AM

Bookcliff Gardens
755 - 26 Road
Grand Junction, CO 81506

- OR -

Class on Thursday, Oct 1, 2026 (Class limit: 25):

Thu 10/1/26, 9:00 AM-11:00 AM

Bookcliff Gardens
755 - 26 Road
Grand Junction, CO 81506

Mona Dyer



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

046 - Field Trip to the Fall Bird Banding Station

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

Class on Tuesday, Oct 6, 2026 (Class limit: 25):

Tue 10/6/26, 8:00 AM-10:00 AM

Connected Lakes State Park
Dike Road, Kingfisher Parking Area
Grand Junction, Colorado

- OR -

Class on Wednesday, Oct 7, 2026 (Class limit: 25):

Wed 10/7/26, 8:00 AM-10:00 AM

Connected Lakes State Park
Dike Road, Kingfisher Parking Area
Grand Junction, Colorado

Cary Atwood



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

047 - Finance Department: 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.

An overview of Finance's role in supporting City operations and serving the community will be provided. Potential topics include developing and monitoring the budget, collecting and administering sales tax, supporting Municipal Court, managing research grants, and maintaining accurate financial records through accounting and reporting. Specific topics may vary, but participants will leave with a better understanding of the Finance Department's functions and how its work supports effective, transparent local government. (Class limit: 25)

Fri 10/23/26, 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.

Sandra Núñez Currier



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

048 - Finding Purpose and Connection in Later Life

Dr. Alex Hulst, Director of Family Health West Behavioral Health, walks you through some of the social and emotional challenges that come with aging. How do we make friends once we reach a certain age? How do we find purpose outside our relationships with our children and partners? Through part lecture and part group discussion, Dr. Hulst will help answer these questions and provide resources to get involved in your community. We invite you to join the conversation and take the first step in finding purpose and connection. (Class limit: 60)

Tue 10/6/26, 2:00 PM-3:30 PM

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

Dr. Alex Hulst



Dr. Alex Hulst is Director of Family Health West Behavioral Health.

049 - Fly an Electric Remote Control Airplane

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

Tue 9/29/26, 12:30 PM-2:30 PM

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

Tue 10/6/26, 12:30 PM-2:30 PM

Grand Junction Modeleers Flying Field
3320 Whitewater Hill
Orchard Mesa
Grand Junction, CO 81503
Located off 32 Road near Highway 50. Directions given at the lecture.

Tue 10/13/26, 12:30 PM-2:30 PM

Grand Junction Modeleers Flying Field
CANCELLED - To be rescheduled
3320 Whitewater Hill
Orchard Mesa
Grand Junction, CO 81503
Located off 32 Road near Highway 50. Directions given at the lecture.

Stan Zygmunt



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

050 - Friends of the Mustangs

Little Book Cliffs Wild Horse Range, located just outside of Grand Junction, is one of four Herd Management Areas in Colorado. Home to more than 130 free-roaming horses, the range offers exceptional opportunities to observe and photograph these iconic animals in their natural habitat. A dedicated group of volunteers, Friends of the Mustangs, helps support the BLM on the range. They maintain trails, monitor the health of the horses, ensure water sources remain clean and flowing, and assist with gathers and adoptions when needed. Join Dora Bensch, an avid volunteer who has also adopted and fostered mustangs, to learn about these majestic creatures, the history of the Little Book Cliffs herd, and the challenges and rewards of managing this wild horse range. (Class limit: 75)

Mon 11/2/26, 1:00 PM-3:00 PM

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

Dora Bensch



Dora is a dedicated volunteer with Friends of the Mustangs, where she helps care for the Little Book Cliffs Wild Horse Range and supports efforts to protect the herd. She has also fostered and adopted these extraordinary animals.

051 - Genealogy – Digging Deeper & Breaking Down Walls

Have you started a family tree and added the basic birth, marriage, and death information — but now you want to uncover more about who your ancestors really were? Where did they live? What did they do? Who surrounded them? What stories shaped their lives?

This class explores the wide range of local, regional, and national sources that can help you move beyond the basics and build richer, more detailed family histories. We'll review major record types — census, vital records, obituaries, newspapers, church registers, wills, land and probate files, and more — and discuss what each can reveal. You'll learn how to extract hidden clues, solve research problems, and discover new resources that can help you break through brick walls and bring your ancestors' stories to life. (Class limit: 25)

Wed 10/7/26, 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.

052 - The Generous Donor: What to Expect From the Nonprofit Causes You Support

For those of you who donate to favorite causes, this class will provide information and insights on what to expect from the organizations you support. Discussions of standards for communications, acknowledgement and recognition, tax and other donor benefits, and the impact of your gift. You will have the opportunity to measure your own habits and preferences against the scientific findings of philanthropic psychology (i.e., how donors think and act) and learn about the fundraising world's "Donor Bill of Rights". (Class limit: 60)

Fri 10/16/26, 10:00 AM-11:30 AM

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

Illene Roggensack



Illene is a Certified Fundraising Professional.

053 - Getting to Know CSU Extension

Discover how CSU Extension supports our community! In this session, we'll explore Extension services and programs available both locally and online in a variety of areas, from horticulture and natural resources, to family and consumer sciences, and beyond. We'll also highlight common yard and gardening challenges and questions our horticulture team encounters, and leave plenty of time for your gardening questions. (Class limit: 40)

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

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

Mollie Freilicher



Mollie Freilicher is the Residential Horticulture and Natural Resources Specialist for CSU Extension.

054 - The Gilded Age of Chicago

Chicago's Gilded Age was a period of explosive industrial growth, architectural innovation, and immense wealth following the devastation of the Great Chicago Fire of 1871. Join us in learning about Chicago's Millionaires Row & The Gold Coast: Learn about wealthy magnates who first built grand estates on Prairie Avenue on the South Side (known as Millionaires Row) before shifting north to the Gold Coast along Lake Shore Drive. Learn about Industrial Titans: self-made industrialists—such as retail giant Marshall Field, meatpacker Philip Armor, Pullman car creator George Pullman, and reaper manufacturer Cyrus McCormick. We will touch lightly on the Haymarket affair and the Pullman strike, altering social and labor strife in this country. (Class limit: 50)

Tue 11/10/26, 1:00 PM-2:00 PM

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

Sheree Fukai



Sheree is a retired Civil Engineer.

055 - GONE! Decommissioned National Parks

What happened to 30 National Parks that are no more? Why were they made National Parks only to be decommissioned years later? Can you still visit these areas? Could this number of delistings occur again, in the future? We will explore the answers to these questions, only you will have to make up your own mind about that last question. Class presentation will be about an hour; last 1/2 hour will be discussion/Q&A. If this class interests you, consider the companion class, on the Tuesday after this class "Almost Made It! Proposed National Parks." (Class limit: 50)

Tue 11/3/26, 4:30 PM-6:00 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.

056 - Hike Echo Canyon

This is one of Michael's favorite hikes in the Monument because it leads into an intimate canyon filled with vegetation, a springtime stream and an echo. Plan on a 3.3 mile round trip starting at 9:30 and returning before 12:30. He calls it moderately strenuous because of an uphill slog over slickrock and the boulder strewn canyon trail can sprain an ankle. We will return through a nearby canyon to view native American petroglyphs. The pace of the hike is casual, (it's the journey, not the destination) with frequent stops to talk about geology, botany, and the purpose of life. (Class limit: 14)

Mon 10/19/26, 9:30 AM-12:30 PM

Colorado National Monument
Enter the park at the east entrance (remember your park pass and ID) and park at the left-hand lot about a half mile from the entrance. Gather at the upper/south end of this lot near the trailhead to "No Thoroughfare Canyon". If this lot is full, there is another parking lot to the west and you'll need to walk to the meeting place.

Michael Wallace



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

057 - Hike into Surprise Canyon

Are you ever tempted to explore off of a familiar well-traveled trail? If you are a bit adventurous, I will lead you to a place I call "Surprise Canyon". It is a moderately strenuous 5-mile round-trip hike. Much of the walking is in a stream bed, assuming there is no water, and the rock-filled path requires your attention. Bring a hiking pole or poles if your balance is not what it was when you were 18 years old. The return requires a fairly long uphill "slog" that is doable at my slow pace. Plan to return around noon.

Do not forget to bring your Park's pass. If you do not have a pass, let New Dimensions or me know and we will arrange for you to ride with someone who has a pass.

When choosing hikes or nature walks, we encourage you to read the course descriptions carefully and be honest when evaluating your capability to participate. Please consider whether: you are adapted to the elevation; you have been hiking or walking regularly; you usually hike or walk a similar distance and on the types of terrain described; you have balance or breathing issues; and you can keep up with a group; etc. Your careful consideration of these factors will ensure that you will be able to complete the hike or walk as described without any serious issues. (Class limit: 14)

Fri 10/30/26, 9:00 AM-12:00 PM

Meet at the "No Thoroughfare" trail head just past the East entrance to the Monument. Park at one the two Devil's Kitchen parking lots and gather near the trail sign at the upper end of the smaller (east) parking lot at 9:00 AM.

Michael Wallace



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

058 - Historic Thanksgiving Snowstorm of 1919

The historic Thanksgiving snowstorm of 1919 that brought over 40 inches of snow to the Western Slope started as a strong and unseasonably cold low-pressure system that spun over Nevada and far western Utah the day before Thanksgiving. What then happened is now called an Atmospheric River Event and created some strange weather, such as snow in Montrose and Delta while it rained at the Dallas Divide at 9000 feet. Jeff will explain the conditions that led to this historic event and how it impacted life in the Grand Valley. (Class limit: 70)

Tue 11/3/26, 1:30 PM-3:00 PM

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

Jeff Colton



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

059 - Hollywood in the National Parks

The class will take a historical look at some of the more than 500 motion pictures that have one or more scenes shot in our National Parks, from the first silent film, to the totally obscure, to today's blockbusters and cult movies. Wherever possible, we will look at behind-the-scenes stories known only to Park Rangers. The class features the movies shot in Colorado National Monument (one is so obscure that the monument has forgotten it!). What national park unit has been used the most? Which eight movies have been shot almost entirely in a national park? Which films have Park Rangers in uniform, or at least an attempt at the uniform? Which movies look like they were filmed in a national park unit but were not? Which National Park has an original, 70 mm theatrical release print of the motion picture shot in that park? For the answers to these and other intriguing questions, attend! (Class limit: 50)

Tue 10/13/26, 4:30 PM-6:00 PM

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

Ken Mabery



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

060 - Honey Rock Landing Organic Orchard and Greenhouse Tour

Step into the fall season, and a new dimension of local agriculture, with a guided greenhouse and orchard tour at Honey Rock Landing this October. Designed with the New Dimensions community in mind, this relaxed and engaging tour offers a behind-the-scenes look at fall on the farm. Guests will stroll through our greenhouses as plants are maturing, 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 10/1/26, 10:00 AM-12:00 PM

Honey Rock Landing
2444 Dominguez Canyon Road
Delta, CO 81416

Erica Frank



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

Luis Trujillo



Luis is the Greenhouse Manager at Honey Rock Landing.

061 - Indigenous People in the Southwest and Their Reverence of Sandhill Cranes

While traditionally labeled "rock art," the stone imagery of the Southwest represents a profound system of communication—or rock writing. In this presentation, a crane biologist pairs biological insights with ancient imagery to explore the deep connection between Indigenous peoples and sandhill cranes. The talk reveals how intimately the People understood crane life history, decoding stone depictions of crane anatomy, migration, and unique vocalizations, alongside nesting, and hunting. (Class limit: 50)

Mon 10/12/26, 1:00 PM-2:30 PM

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

Van Graham



Van Graham is a retired wildlife biologist who worked for the Colorado Division of Wildlife for 32 years.

062 - Insect Apocalypse: Collapse of the Insect World

Recent scientific studies worldwide have documented alarming rates of decline in insect biomass, diversity, and range. One of many examples is the coastal California monarch butterfly population, which has dropped by more than 95% since the 1980's. The so-called "insect apocalypse" is harmful to both humans and the natural world. In this set of three presentations, we will consider:

1. Why we should care – We will learn why biodiversity is important, what insects contribute to the natural world, and how an appreciation of "the little things that run the world" can enrich our lives.
2. What it is and why it is happening – We will review studies that have documented insect decline and look at likely causes, including climate change, agricultural intensification, pesticide use, habitat loss, invasive species, and light pollution.
3. How we can help – Each of us can have a positive impact on the insect populations around us. We will learn simple changes that can make our world more insect friendly while simultaneously cultivating rewarding connections to nature. (Class limit: 50)

Mon 10/19/26, 1:00 PM-2:00 PM
Tue 10/20/26, 1:00 PM-2:00 PM
Thu 10/22/26, 1:00 PM-2:00 PM

Zoom

Shelley Hermundstad Jansky



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

063 - Know Your End-of-Life Options

During this interactive presentation, you will learn seven options that Coloradans have at end of life. We will discuss how to best plan for your wishes to be met if you cannot advocate for yourself. (Class limit: 100)

Wed 10/7/26, 10:00 AM-11:00 AM

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

Ellen Friedman



Ellen serves as a spiritual health companion guiding people towards peace of mind while they are living and while they are dying.

064 - Language Knows More Than We Do: Why the Words We Use Matter

Join us as we learn new ways to access our own imaginations, our own voices, and our own relationship to language. In this workshop you will be encouraged to hush your inner critic and allow your own creative practice to emerge. Wendy will provide a series of fun ways to look at the words we use in a whole new light. We will explore the many ways language has informed and shaped our lives and our understandings of the world. Come surprise yourself with your own abilities and your own curiosity. No experience necessary. All skill levels are welcome. Each participant will come away with a few short poems and will have the opportunity to share their work if they wish. (Class limit: 75)

Mon 10/26/26, 1:00 PM-3:00 PM

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

Wendy Videlock



Wendy Videlock lives on the edge of East Orchard Mesa in Western Colorado. She is a published poet and has won many awards for her poems and essays.

065 - 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, half mile walk on paved ground begins and ends at the amphitheater parking lot. Layered clothing and comfortable shoes are recommended.

Class on Monday, Oct 5, 2026 (Class limit: 25):

Mon 10/5/26, 10:00 AM-12:00 PM

Las Colonias Amphitheatre parking lot
925 Struthers Avenue
Grand Junction, CO 81501

Participants will meet at the parking lot on the EAST side of the Las Colonias Amphitheater.

- OR -

Class on Tuesday, Oct 13, 2026 (Class limit: 25):

Tue 10/13/26, 10:00 AM-12:00 PM

Las Colonias Amphitheatre parking lot
925 Struthers Avenue
Grand Junction, CO 81501

Participants will meet at the parking lot on the EAST side of the Las Colonias Amphitheater.

Justin St. John



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

066 - Let's Take a Hike and Explore the Alcove Nature Trail

Do you know what a petrified sand dune looks like? Do you know what tafoni is? Do you know what Antlions are?

This class will meet at the Colorado National Monument Visitor Center, 4 miles from the Fruita/West entrance of the Monument. We will hike the mostly level, easy, 1-mile roundtrip trail which is at about 5,800 feet of elevation. About ¼ mile of the nature trail is an unpaved hard packed surface that is wheelchair accessible with assistance. This section ends at an overlook with a bench that has stunning views of the cliffs and nearby canyons.

For those that can venture further, we will continue to an alcove in an ancient sand dune in a box canyon. This portion of the trail is more primitive. It ends with a tall spillover waterfall. Terri will describe plants, animals, and some basic geology along the way.

At the Entrance Station, present your Annual Pass or Senior Pass, or pay the daily entrance fee. Allow at least 15 minutes from the West/Fruita Entrance Station to the Visitor Center.

Sorry, no pets are allowed on the trail. This hike will be cancelled if there is danger of a potential flash flood event. (Class limit: 14)

Thu 10/8/26, 9:00 AM-11:00 AM

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

Meet at the Colorado National Monument Visitor Center. The Hike on CNM's Alcove Nature Trail is a 1-mile roundtrip trail. The elevation gain/loss is 35 feet and it's rated easy. At the Entrance Station, present your Annual Pass or Senior Pass, or pay the daily entrance fee. Allow at least 15 minutes from the West/Fruita Entrance Station to the Visitor Center. Sorry, no pets are allowed on the trail. This hike will be cancelled if there is danger of a potential flash flood event.

Terri Ahern



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

067 - Let's Take a Hike to the Skinner Cabin - RESCHEDULED

Have you ever heard of John Kodel? John Skinner? John Condon? What did these men do to make a living in this high desert landscape? You might begin to wonder how far it was from the cabin to get groceries in the early- to mid-1900s. Join Terri for a walk back in time on this 1-mile roundtrip ADA accessible trail to the Skinner Cabin. Learn about the restoration of this historic site and possibly see some historic artifacts. Terri will point out some local landmarks along the way.

The trail begins with a wide, gradual, unpaved, well-packed level trail that accommodates wheelchairs and mobility devices. The level surfaces and the overall design support an inclusive experience. We may walk a bit past the cabin as time allows. (Class limit: 14)

Wed 10/28/26, 9:00 AM-11:00 AM

Fruita Paleo Area trailhead in McInnis Canyons National Conservation Area

Directions: From Interstate 70, take the Fruita Exit, go south on Colorado Highway 340 E/Broadway for about 1.5 miles. Turn right onto Kingsview Road, which turns into Horsethief Canyon Road. After about 2.2 miles, the Fruita Paleo Area trailhead will be on your left – watch for signs. The trail is ADA accessible; about 1 mile round trip. Rated Easy.

Terri Ahern



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

068 - Let's Take a Walk and Explore the Monument View Section of the River Front Trail

This easy walk starts at the Blue Heron Boat Launch on Redlands Parkway. We will walk 2 miles on the flat paved Monument View section of the Colorado Riverfront Trail to see the Murals which are part of the aRT - Art on the Riverfront Trail. aRt is the logo for the City of Grand Junction Murals program. We will pass a new single track bike trail called Gallery Run. We will quickly arrive at the two commissioned murals by Kayla Golub at about ¼ mile, and we will continue our walk to a bench with lovely views which will be our turn around spot. We will see the Colorado River, several wetlands, and small lakes. (Class limit: 14)

Thu 10/15/26, 9:00 AM-11:00 AM

Blue Heron Boat Ramp
2343 ¾ Redlands Parkway
Grand Junction, CO 81505

From westbound Patterson or Hwy 6 & 50 turn left at the light onto Redlands Parkway. Watch for small brown recreation signs on the east side with a boat launch logo that say "CO River Trail." Turn at the driveway with a composting toilet and park in the boat launch parking area. Meet at the boat launch ramp.

This is a 2-mile walk on a flat, paved section of the Colorado Riverfront Trail, rated easy.

Terri Ahern



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

069 - Lunar Report - Current U.S. Plans for Lunar Exploration, Extraction, and Exploitation

Our discussion will focus on the history of lunar exploration and both old and new plans for getting back to the moon (and staying there, if possible). We will focus on the technicalities of lunar living/working/surviving, as well as the broader political and moral issues involved in such a huge endeavor. Time allowing, we'll tie the current lunar focus to the recent strong effort to go to Mars directly rather than go to the Moon first.

Class on Wednesday, Oct 14, 2026 (Class limit: 35):

Wed 10/14/26, 6:00 PM-7:00 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 -

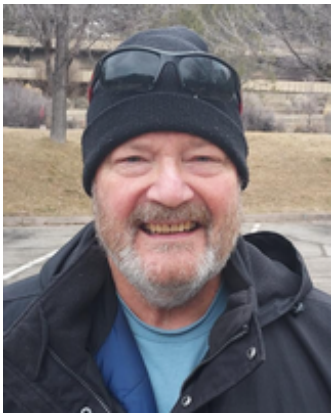
Class on Wednesday, Oct 21, 2026 (Class limit: 35):

Wed 10/21/26, 6:00 PM-7:00 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.

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.

070 - Machines that Reveal the Fundamental Nature of Reality: World-Class Astronomical Observing Sites on Earth

In this continuing lecture series, we'll explore why the world's premier observatories are located in Chile, Hawaii, and the Canary Islands – and what their land-based telescopes are revealing about the history and evolution of our universe and solar system. The class will also take you on a tour of the observatories based on recent visits to these three locations, explaining how they are operated, what astronomers are researching, and how they are collaborating across continents. In addition to their unique observing characteristics, each location is also shaped by the surrounding land, legal frameworks, cultural traditions, and the communities that call these places home – factors that both influence and are influenced by the pursuit of scientific discovery. (Class limit: 80)

Tue 10/20/26, 3:00 PM-4:30 PM
Thu 10/22/26, 3:00 PM-4:30 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.

071 - 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 11/4/26, 10:00 AM-12:00 PM

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

Ann Duncan



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

072 - 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: 100)

Wed 10/7/26, 11:15 AM-12:15 PM

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

Ellen Friedman



Ellen serves as a spiritual health companion guiding people towards peace of mind while they are living and while they are dying.

Travis Klein



Travis has nearly 20 years of personal care experience as a nurse. He is a Palliative Care Nurse Practitioner with specialized training in end-of-life options including MAID and psychedelic-assisted therapy.

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

Join Bobbie Gross, of the Mesa County Clerk's Elections Department. She will give a tour of their facility. We will be witnessing and learning about how the November 3, 2026, election in Mesa County is functioning. Some of the topics covered will be:
· The bipartisan teams that collect ballots from drop boxes scattered throughout the county, security involved, and the chain of custody.
· The process of verifying the signatures on the ballot envelopes with voter registration records from ballots received from in-person voting, mail-in ballots, and those collected from drop boxes.
· The scanning, tabulation, and verification of ballots cast and storing the ballots.

To quote a line from the musical Hamilton, we will "be in the room where it happens".

We will be signing into secure areas where no electronics or cameras are allowed. (Class limit: 40)

Fri 10/30/26, 12:15 PM-1:45 PM

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

Sign up is at 12:15, tour at 12:30. We will be signing into secure areas where no electronics or cameras are allowed.

Bobbie Gross



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

074 - Missile Talk - A Day in the Life of a Nuclear Terrorist

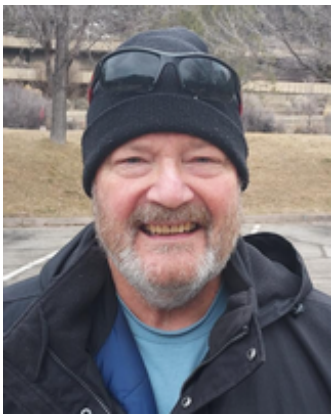
Rick served as a Titan II launch officer for four years (1978 – 1982) in Wichita, KS. During that time he learned “not to worry and love the bomb” (as the movie Dr. Strangelove asks us to do). This presentation will describe the Titan II weapon system and how launch crews interacted with it. We will also dip into the more general topic of the effectiveness and morality of nuclear deterrence as a strategy. There may be time to discuss many of the things “never to do in a Titan II missile complex.” (Class limit: 35)

Wed 10/14/26, 4:30 PM-5:30 PM
Wed 10/21/26, 4:30 PM-5:30 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.

075 - 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 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 10/2/26, 6:30 PM-9:00 PM
Fri 10/9/26, 6:30 PM-9:00 PM
Wed 10/14/26, 6:30 PM-9:00 PM
Fri 10/16/26, 6:30 PM-9:00 PM
Fri 10/23/26, 6:30 PM-9:00 PM
Fri 10/30/26, 6:30 PM-9:00 PM
Fri 11/6/26, 6:30 PM-9:00 PM
Fri 11/13/26, 6:30 PM-9:00 PM

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

Movie Team



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

076 - New Orleans Jazz: From Roots to Revival

The artistry of Louis Armstrong and other musicians popularized New Orleans jazz worldwide. This two-session course will trace the history of this music from its multicultural roots to the present day through video clips, discussion, and recorded music. Attendance at both sessions is expected. (Class limit: 60)

Mon 10/26/26, 10:00 AM-12:00 PM
Mon 11/2/26, 10:00 AM-12:00 PM

Zoom

Rick Pitcher



Rick Pitcher has taught several music classes for OLLI at LSU. He sings and plays guitar.

077 - No Mail, Low Morale: Charity Adams and the Women of the 6888th

Follow along with the U.S. Army Women's Museum as we teach the story of Charity Adams and her remarkable band of women leaders who were sent to Europe as the only all-female, all-black group of women sent to clear out the massive backlog of mail. See how women did their part to help in the global war and fought for democracy both at home and abroad. Learn about the incredible history that Tyler Perry turned into a Netflix movie starring Kerry Washington! (Class limit: 60)

Mon 11/9/26, 1:00 PM-2:00 PM

Zoom

Ali Kolleda



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

078 - Old-Time Radio: A Theater of the Mind

Join us as we remember those thrilling days of yesteryear...old-time radio---the theater of the mind.

This class will discuss the four decades when radio was king and its entertainment programming filled the airwaves with mystery, comedy, music, and the news of the world. Families gathered around the radio each evening from the 1920s through the 1950s and were enthralled by what they heard. The stars of radio became household names and went onto fame and fortune, many transitioning to television.

The class will be presented by Wayne McCormick and Joe Zeni, both of whom have been listening to and researching old-time radio broadcasts for years. Share with us a 90-minute glimpse of those fun-filled nights stretched out on the rug, doing your homework, listening to the radio, and exercising your...imagination! (Class limit: 60)

Tue 10/27/26, 1:00 PM-2:30 PM

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

Joe Zeni



Joe is a third-generation Grand Junction resident, retired educator, historian, and New Dimensions and community volunteer.

Wayne McCormick



Wayne is a retired broadcaster with more than 40 years working in radio and television in Iowa, Colorado, Wyoming, and Texas.

079 - 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)

Fri 10/2/26, 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.

080 - 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.

Colorado Department of Ag Scientists

This class is presented by Colorado Department of Agriculture Scientists.

Class on Tuesday, Sep 29, 2026 (Class limit: 20):

Tue 9/29/26, 10:00 AM-12:00 PM

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

- OR -

Class on Thursday, Oct 8, 2026 (Class limit: 20):

Thu 10/8/26, 10:00 AM-12:00 PM

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

- OR -

Class on Thursday, Oct 22, 2026 (Class limit: 20):

Thu 10/22/26, 10:00 AM-12:00 PM

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

081 - Paradiplomacy: How Ordinary Cities Sustain International Diplomacy

When national governments retreat from international engagement, who steps in? For over two decades, Grand Junction and El Espino, El Salvador, have sustained a sister-city relationship that offers a striking answer. This class shares preliminary findings from an ongoing study of "paradiplomacy," the way everyday civic ties, student exchanges, and community relationships can carry on the work of diplomacy even when formal politics falter. A CMU student researcher who traveled to El Salvador this summer with Dr. Holly Oberle will join her to share firsthand reflections from the field. (Class limit: 50)

Fri 10/16/26, 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.

082 - Persigo Water Treatment Plant: 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 Persigo Wastewater Treatment Plant collects and treats 8 million gallons of wastewater from homes and businesses throughout the Grand Junction area daily. Using physical and biological processes. Persigo removes pollutants and returns clean, treated water to the Colorado River. This essential service protects public health, supports our community, and safeguards the environment. Topics of the tour will include an overview of these biological processes, an explanation of the new $80 million expansion project, and our Renewable Natural Gas system.

Please note:
Parking is available in the gravel lot. Signs will be placed for easy identification. Please wear closed-toe shoes, be prepared to walk, and Personal Protection Equipment will be supplied during the tour. (Class limit: 25)

Mon 10/5/26, 1:00 PM-3:30 PM

Persigo Water Treatment Plant
2145 River Road
Grand Junction, CO 81505

Parking is available in the gravel lot. Signs will be placed for easy identification. Please wear close-toe shoes, be prepared to walk, and Personal Protective Equipment will be supplied during the tour.

Sandra Núñez Currier



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

083 - Police Department: 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 Police Department (GJPD) plays a vital role in keeping Grand Junction safe and informed through proactive crime prevention, professional law enforcement, and maintaining strong community partnerships.

Participants will learn about the department's operations, services, and community outreach initiatives that enhance emergency services and educate the community on risk reduction and crime prevention efforts. (Class limit: 25)

Mon 10/19/26, 2:00 PM-3:30 PM

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

Please note:
Parking is available in the GJPD parking lot in front of the building at 555 Ute Avenue, across the street along 6th and Colorado, and in the dirt lot east of the GJPD and GJFD.

Sandra Núñez Currier



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

084 - Portraits of George Washington

In connection with the 250th anniversary of the USA, it is appropriate to look at the images of the nation's first Commander-In-Chief and first President. We will look at the portraits produced during his lifetime, especially those made when he was alive, nearly all of them paintings. We will also look at paintings, prints, and sculptures produced after his death, especially during the next half-century, which are often remarkably different. These images reveal much about the nation's early history and changing ideology. (Class limit: 80)

Mon 10/12/26, 6:30 PM-8:30 PM

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

Lawrence Nees



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

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

We will start with the 1500s 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, the highest post office, most unusual mail carriers, and some of the shortest-lived postal systems. (Class limit: 50)

Tue 10/27/26, 4:30 PM-6:00 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.

086 - Probing into Science and Building Exhibits with John McConnell

Meet a master tinkerer and see science in action! Join 95-year-old EUREKA! founder John McConnell as he shares the secrets behind his latest creative wave. John will walk participants through his process of turning big scientific concepts into exhibits that spark curiosity.

Alongside John, EUREKA! staff will pull back the curtain on how the museum impacts the community through programs outside its walls. The event concludes with exclusive museum exploration time, giving you the chance to look behind the scenes and be among the first to experiment with John's latest creations. (Class limit: 35)

Mon 10/5/26, 1:00 PM-2:30 PM

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

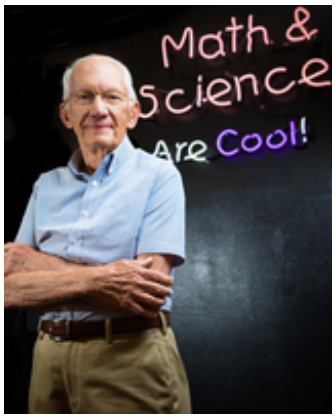
Turn east onto Kennedy Avenue off of N. 7th Street. Park in the lot shared with the New Life Church, south of the museum building.

Briana Board



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

John McConnell



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

087 - Promoting Peace: The Eight Pillars

This class will share the Eight Pillars of Peace that are currently being advanced by the international "Rotary Action Group for Peace" (RAGFP). The instructor has recently attended their conference and workshop. The class will discuss the worldwide peace projects that are in progress. (Class limit: 30)

Mon 9/28/26, 1:00 PM-2:00 PM

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

Miffie Blozvich



Miffie is a Certified Peace Builder for Rotary International's Action Group for Peace (RAGFP).

088 - Public Libraries as Connected Communities: The Present and Future Landscape

Discover how successful public libraries are evolving to meet 21st-century demands. As Mesa County Libraries celebrates 125 years, explore the key issues shaping the future of library services and how local, community-focused initiatives are making a difference. (Class limit: 45)

Thu 11/5/26, 2:30 PM-3:30 PM

Mesa County Central Library
Central Library Monument Room (upstairs Community Room)
443 N. 6th Street
Grand Junction, CO 81501

Michelle Boisvenue-Fox



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

089 - The Ransomware Epidemic Explained

The Digital Butterfly Effect: From the Dry Cleaner to the D.I.B. argues that modern cyberattacks rarely begin where the damage lands. Drawing on Kurtis Minder's frontline experience as a ransomware negotiator, the talk traces how a single reused password at a small business — a dry cleaner signing up for a hobby website — can cascade through credential leaks, inbox surveillance, and targeted phishing into a full compromise of a Defense Industrial Base (D.I.B.) contractor. Today's incidents look nothing like those of five years ago: ransomware has matured into an industrialized ecosystem of victim sites, shame sites, and platforms, and blockchain analysis shows exactly where ransom payments flow. The presentation reframes the problem away from any one breach and toward the aggregate exposure of billions of leaked credentials, then makes the case that defense alone is insufficient — resilience is the goal. It closes with a concrete cyber-hygiene checklist, a warning about how generative AI is accelerating both attacks and defenses into a "war of the robots," and a civic call to action: good cyber hygiene is a shared duty because everyone is a target and everyone matters. (Class limit: 100)

Thu 10/29/26, 10:00 AM-11:00 AM

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

Kurtis Minder



Kurtis Minder is an author, cybersecurity executive, and speaker on cybercrime, ransomware, and digital risk.

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

Please note: This is a walking tour that takes place primarily outdoors, and participants will be standing for the duration of the tour. For your safety and comfort, please wear close-toe shoes and dress appropriately for the weather. Parking instructions will be emailed to registered participants prior to the tour. (Class limit: 25)

Fri 10/16/26, 9:00 AM-11:00 AM

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

Parking instructions will be emailed to registered participants prior to the tour. For your safety and comfort, please wear close-toe shoes and dress appropriately for the weather.

Sandra Núñez Currier



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

091 - Riverside Education Centers

100+ CMU students, 600 healthy meals a day, and 17 buses. Add in piles of homework, bikes, skis, and drones, and you have the essential ingredients for student success in Mesa County. Riverside Education Centers (REC) provides free after-school tutoring and enrichment to over 1000 students across 14 schools. Join us to go behind the scenes and discover the "nuts and bolts" of how REC addresses the most pressing challenges facing our youth today--from school attendance and academic performance to mental health. (Class limit: 30)

Thu 10/22/26, 9:30 AM-11:00 AM

Riverside Education Center
1177 Winters Avenue
Grand Junction, CO 81501

Jack Curry



Jack is the Director of the after school tutoring program at Riverside Education Centers.

092 - Seated Nia Moving To Heal

Seated Nia Moving To Heal is a gentle approach to movement, supporting those dealing with a wide range of issues, such as injury, illness, or movement challenges. We will be moving for about 40 minutes, from our fingers to our toes. There will be a variety of musical genres, some familiar and some novel (great for the brain!). The movement sequences will be modeled while seated, with the option to stand or move around. (Class limit: 10)

Thu 10/8/26, 10:00 AM-11:00 AM
Thu 10/15/26, 10:00 AM-11:00 AM
Thu 10/22/26, 10:00 AM-11:00 AM
Thu 10/29/26, 10:00 AM-11:00 AM
Thu 11/5/26, 10:00 AM-11:00 AM

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.

Ana Alexander



Ana Uy-Alexander, Nia Black Belt Instructor, has been sharing the joy of movement through her Nia classes for over 16 years.

093 - Sioux-1892 Beads That Remember

Sioux-1892 Beads That Remember, is a privately preserved collection of Sioux artifacts connected to Pine Ridge Reservation in 1892 and passed down through one family for generations. The collection tells the story of the Lakota people during a pivotal era in Plains History. These items represent a period in time of cultural survival, tradition, and the enduring power of objects to carry memory across time.

After Luanne presents information about the Pine Ridge Reservation, the Beads That Remember collection will be displayed. We request that you not touch the artifacts but photos are welcome. (Class limit: 55)

Fri 10/16/26, 1:00 PM-3:00 PM

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

Luanne Ryman



Luanne Ryman is an independent historical presenter and private collector.

094 - Smithsonian Art - To See Is To Think

In a world filled with images, it is important to be visually literate. While exploring artworks that represent various time periods, styles, and mediums, students will: 1) build a visual vocabulary and learn how to form interpretations based on visual evidence, and 2) build visual literacy by examining the choices artists make in their work and why. (Class limit: 50)

Thu 11/5/26, 9:30 AM-10:30 AM

Zoom

Becky Fulcher

SAAM
Smithsonian American Art Museum

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

095 - Soundscapes - Considering Sound in Poetry

In writing, sound is more than just using sound words, like whisper or clang. Sound is the actual letters themselves and the sounds they make. Consider what a garden sounds like – long and short I's, soft S's and H's, perhaps? Using Hyacinth or Narcissus, rather than flowers, gives the feeling of a quiet morning in the garden. Choosing the right words based on sound can add subtle layers of meaning, tone, and texture to our writing. Beginners are welcome, no need to have prior knowledge of poetic form, meter, etc.

The first session focuses on soundscapes and how they contribute to the overall tone of a writer's work. We begin with mindful listening to enhance creativity. We will conduct a three-part exercise designed to create a good first draft.

In the second session, we will consider the overall soundscape of poems, using alliteration, assonance, and consonance as tools to enhance a final product. We will discuss successful workshopping practices. Time is included for workshopping our poems with peers.

The third session focuses on fine tuning our poems and presenting them to one another. Poets will be presented with a packet of material to encourage future writing. (Class limit: 24)

Tue 10/6/26, 1:00 PM-2:00 PM
Wed 10/7/26, 1:00 PM-2:00 PM
Tue 10/13/26, 1:00 PM-2:00 PM

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

Lisa Wence Connors



Lisa Wence Connors is retired U.S. Army and a published poet.

096 - Sport Shooting

This class will introduce attendees to the basics of firearm safety and responsibility. It will also discuss all forms of sport shooting; types of handguns, rifles, and shotguns used for these sports; a basic primer on the mechanics of firearms; and other topics of interest to a new shooter. (Class limit: 45)

Wed 11/4/26, 4:00 PM-5:00 PM

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

Paul DiMarchi



Paul has been involved in sport shooting and national competitive shooting for nearly 50 years.

097 - Storytelling as a Spiritual Practice

When religions and wisdom traditions want to engage and transform us, they lean on stories, parables, koans, fables, and other tales to bring us into understanding of who we are in relation to the bigger world around us. The history and practice of storytelling about faith and belief goes back thousands of years across all religions and cultures and has formed and shaped our thoughts, feelings, beliefs, and actions. Take a deep dive into the transformation that story creates in our spirits and the why and how of its uses in spiritual life. Learn about listening as a spiritual practice and about how stories are an essential part of your spiritual tool kit. Explore your religious or spiritual identity in relation to the four kinds of stories and the six tasks that stories do in our faith and spiritual communities. In this two-session class we will focus the first day on the background and theory and the second day on stories that have (or could) transform our lives. (Class limit: 50)

Mon 9/28/26, 3:00 PM-4:00 PM
Tue 9/29/26, 3:00 PM-4:00 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.

098 - Supporting Journalism: “The Western Slope Journalism Foundation”

"Finding alternative ways to fund journalism: The Western Colorado Journalism Foundation. Ask us anything." -Jay Seaton
This is Jay Seaton's invitation to his class for our fall term. New Dimensions members always fill his classes as he describes aspects of his work as publisher of the Daily Sentinel and the broader issues facing the free press. This time Jay will introduce us to a new venture that will address the importance of preserving the quality and existence of journalism itself on the Western Slope, an effort that may inspire other communities facing the possible loss of their local news organization. (Class limit: 60)

Mon 9/28/26, 9:00 AM-11:00 AM

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

Jay Seaton



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

099 - Tackling Tamarisk: Restoration on the Riverside

In this course participants will learn about the importance of riparian ecosystems, the threat of invasive plant species, and how we address that threat including mechanical, chemical, and biocontrol. Participants will then have the opportunity to participate in hands-on restoration and research by making seedballs and sampling for biocontrol agent, tamarisk beetles! (Class limit: 35)

Wed 10/21/26, 9:00 AM-11:00 AM

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

Melissa Neubaum



Melissa is a Restoration Coordinator at RiversEdge West.

Nicole Cook



Nicole is the Education and Outreach Coordinator at RiversEdge West.

100 - Torn Between Worlds: Frank Waters' "The Man Who Killed the Deer"

In this class we will discuss Frank Waters' "The Man Who Killed the Deer", which explores the clash between Native American and Euro-American cultures. During our discussion, we will examine the social, cultural, and historical aspects of northern New Mexico and the Taos Pueblo that shaped this foundational work of Southwestern literature. (Class limit: 60)

Fri 11/6/26, 2:00 PM-4:00 PM

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

John Nizalowski



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

101 - 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.

Vic Neil

Class on Thursday, Oct 1, 2026 (Class limit: 15):

Thu 10/1/26, 3:45 PM-5:15 PM

Reynolds Polymer
607 Hollingsworth Avenue
Grand Junction, CO 81505

- OR -

Class on Friday, Oct 2, 2026 (Class limit: 15):

Fri 10/2/26, 3:45 PM-5:15 PM

Reynolds Polymer
607 Hollingsworth Avenue
Grand Junction, CO 81505

Vic Neil is with Reynolds Polymer Technology, Inc.

102 - 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 10/8/26, 9:00 AM-10:00 AM
Thu 10/15/26, 9:00 AM-10:00 AM
Thu 10/22/26, 9:00 AM-10:00 AM
Thu 10/29/26, 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.

103 - Understanding and Practicing Mindfulness Meditation

Mindfulness meditation has become one of the most widely practiced methods of reducing stress, improving focus, and cultivating greater peace of mind. But where did this practice come from, and why has it remained relevant for more than 2,500 years?

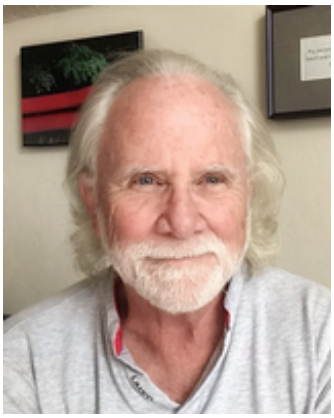
This two-session course explores the origins of mindfulness in Buddhist teachings while presenting the practice in a practical, secular, and accessible way. On the first day, we will examine the ideas that gave rise to mindfulness practice and discover why these ancient teachings continue to resonate in modern life. On the second day, we will learn and practice the simple techniques of mindfulness meditation, with practical guidance on how to establish a sustainable daily practice.

No previous meditation experience is necessary. Whether you are simply curious or looking for a practical tool to enhance everyday life, this course will provide both the understanding and the skill to begin. (Class limit: 12)

Mon 10/19/26, 9:00 AM-10:30 AM
Tue 10/20/26, 9:00 AM-10:30 AM

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.

104 - Understanding Dogs and Cats Using The Science Of Animal Behavior

If your family includes a dog or a cat, or has in the past, this class is for you. In the last 20 years, science has had a tremendous impact on our understanding of the behaviors of these animals whose existence has been intertwined with ours for thousands of years.

In this class we will share a variety of scientific principles that will allow you to better observe and interpret your pets' behaviors. You'll learn about the myths of "dominance," "guilty looks," and "he knows better;" and why unwanted behaviors are not motivated by spite or revenge. We'll also explore principles for using reinforcement and punishment effectively and humanely, important concepts such as parsimony, and classic examples of misinterpretation, such as the story of Clever Hans. You'll leave with a new appreciation of the value of animal behavior science and be better equipped to improve the quality of life of the companion animals we all cherish. (Class limit: 75)

Fri 11/6/26, 1:00 PM-3:00 PM

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

Suzanne Hetts



Dr. Hetts is the owner of Animal Behavior Associates. She is an author and award-winning speaker on the topic.

105 - Updates in Chronic Pain Management

Chronic pain has become a silent epidemic. It affects roughly a third of people over 60 and increases with age. Chronic pain can become overwhelming, all-encompassing, and unbearable, leading to a limited lifestyle and even addiction. For many people, the only options have been Tylenol, NSAIDS, steroids, and opioids. Today, scientists and medical specialists have a better understanding of the mechanisms of chronic pain which have led to new and more effective treatments. This course will review how chronic pain develops, the role of standard treatments, and discuss new and emerging treatments. (Class limit: 60)

Mon 10/26/26, 3:30 PM-5:30 PM

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

Tom Politzer



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

106 - 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: 10)

Tue 9/29/26, 9:00 AM-10:00 AM

Zoom

Dave Karisny



Dave helps with Tech Support for New Dimensions.

107 - 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 verify country of citizenship verbally prior to touring the facility. 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 Tuesday, Oct 6, 2026 (Class limit: 16):

Tue 10/6/26, 10:00 AM-12:00 PM

Valor Tactical Innovation
1328 Winters Avenue
Grand Junction, CO 81501

Park along the front of the facility.

- OR -

Class on Thursday, Oct 15, 2026 (Class limit: 16):

Thu 10/15/26, 10:00 AM-12:00 PM

Valor Tactical Innovation
1328 Winters Avenue
Grand Junction, CO 81501

Park along the front of the facility.

Jeff Purdy



Jeff Purdy is Director of Sustainability for Valor Tactical Innovation.

108 - Values-Based Legacy Planning

Whether a lot or a little, each of us has something we'd like to "take care of" and/or leave behind as reflection and recollection of our lives. Whether sentimental collectibles, funny stories, financial wealth, or weighty responsibilities, we all desire to rightly determine how the things that matter to us will be passed on and cared for. Yet our ability to take action is significantly challenged by "real life" – e.g. difficult relationships, differently-abled children, un/stated expectations, deep-seeded social norms. The reality that we all age and someday most of us will die…well, this alone makes legacy planning a real challenge.

Join us for thoughtful introspection and conversation on navigating your legacy. You'll have the opportunity to delve into personal values and ethics, and explore foundational psychological, social, cultural, and practical considerations that can help you realize satisfying legacy decision-making and outcomes. (Class limit: 60)

Fri 10/16/26, 2:00 PM-4:00 PM

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

Illene Roggensack



Illene is a Certified Fundraising Professional.

109 - Water in the Grand Valley

This course explores the vital role of water in our community, offering a closer look at the systems and history that make reliable water access possible. Participants will learn about local water infrastructure, including the development of reservoirs on the Grand Mesa and the operations of regional providers such as Ute Water. Through insights from a local expert, the class will provide a deeper understanding of how water is sourced, managed, and delivered throughout the area, and why it remains such an important topic today. (Class limit: 50)

Thu 10/22/26, 5:00 PM-7:00 PM

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

Ben Hoffman



Ben Hoffman is the Water Treatment Superintendent for the Ute Water Conservancy District.

110 - Where Does the Colorado River End?

It's one of the most deceptively simple questions in the American West: Where does the Colorado River actually end? Moving through the lower Colorado River basin -- from the massive engineering legacy of Hoover Dam to the shrinking shoreline of the Salton Sea and the intensely productive farms of the Imperial Valley -- this talk examines how cities, agriculture, and infrastructure have transformed the river long before it attempts to reach the sea. Through reporting and storytelling from both sides of the U.S.-Mexican border, journalist Luke Runyon traces the river's final miles and ask what its unclear endpoint reveals about water scarcity in the southwest. (Class limit: 60)

Thu 10/8/26, 10:00 AM-12:00 PM

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

Luke Runyon



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

111 - 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 10/23/26, 10:00 AM-11:30 AM
Fri 10/30/26, 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.

112 - Writing Workshop

Creative non-fiction 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. The class will culminate in completing a short original essay. (Class limit: 12)

Wed 9/30/26, 3:00 PM-4:00 PM

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

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

Wed 10/7/26, 3:00 PM-4:00 PM
Wed 10/14/26, 3:00 PM-4:00 PM
Wed 10/21/26, 3:00 PM-4:00 PM
Wed 10/28/26, 3:00 PM-4:00 PM
Wed 11/4/26, 3:00 PM-4:00 PM

Zoom

Michelle Auerbach



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

113 - Yoga Lite

After practicing Yoga for almost 10 years, Laura was inspired to attend Yoga Teacher Training. This training taught her the enormous benefits of Yoga for everyone, especially as we age. Each session will include a gentle yoga practice including gentle movements, balance work, breath work, and meditation. We will be sitting on the floor, lying on our backs, on hands and knees, and some standing. Please bring mats and props, if you have them! Laura will have extras if needed.

Class starting on Friday, Oct 2, 2026 (Class limit: 15):

Fri 10/2/26, 4:30 PM-5:30 PM
Fri 10/9/26, 4:30 PM-5:30 PM
Fri 10/16/26, 4:30 PM-5:30 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 starting on Friday, Oct 30, 2026 (Class limit: 15):

Fri 10/30/26, 4:30 PM-5:30 PM
Fri 11/6/26, 4:30 PM-5:30 PM
Fri 11/13/26, 4:30 PM-5:30 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.