

A Convenient Truce: a cease fire in the war between religion and science

In lecture and discussion, we will explore the similarities and differences between religion and science. (Class limit: 60)

Tue 3/6/18, 2:00-4:00pm
Tue 3/13/18, 2:00-4:00pm

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

Gary McCallister



Retired, Professor Emeritus Colorado Mesa University, local science columnist, author of the book "A Convenient Truce: a cease fire in the war between religion and science."

About Fruita

Dive into the inner workings of this small, but mighty city, to learn about it's efforts, challenges, and successes. (Class limit: 60)

Mon 2/26/18, 10:00-11:30am

*Fruita Civic Center, Council Room (upstairs)
325 East Aspen Avenue
Fruita, CO 81521*

Mike Bennett



Mike Bennett is the Fruita City Manager. Mike is a member of the International City/County Management Association.

Adventure Not War: One woman's journey to Iraq as both a combatant and tourist

Robin Brown will begin by sharing her fascinating personal story as an attack helicopter company commander during the Iraq War. She'll go one step further by showing her slideshow and talking about her return to the country where she fought to conquer Iraq's tallest mountain in the country where she experienced her lowest moments. Adventure Not War is the story of three Army veterans rewriting their stories to discover that they aren't so different from the people they once feared. You will not want to miss her inspiring story and unique perspectives. (Class limit: 100)

Fri 3/30/18, 2:00-3:30pm

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

Robin Brown



Robin Brown is Executive Director for the GJ Economic Partnership, owner of Brown House PR and Spoke + Blossom magazine, and she is an Iraq veteran.

Air Force Museum Tour

The Commemorative Air Force Museum of the Rocky Mountain Wing in Grand Junction honors the history of WWII, Korea and Vietnam. The Wing is one of many Commemorative Air Force units across the United States. The Grand Junction location not only has countless fascinating displays, but also has two operating WWII aircraft on site, the Avenger Navy torpedo bomber, the largest WWII airplane, and the Piper J3 Cub, the smallest.

(The museum is on gated airport property. Someone is scheduled to meet you at the gate to let you in, but if no one is there when you arrive, please call the following number on your cell phone to have someone open the gate: 256-0693)

Class on Thursday, Mar 8, 2018 (Class limit: 15):

Thu 3/8/18, 10:00-11:30am

*Commemorative Air Force Museum
780 Heritage Way
Grand Junction, CO 81506*

- OR -

Class on Thursday, Mar 15, 2018 (Class limit: 15):

Thu 3/15/18, 10:00-11:30am

*Commemorative Air Force Museum
780 Heritage Way
Grand Junction, CO 81506*

Dorothy Dutton



Dorothy Dutton has been a member of the CAF for 28 years and the Rocky Mountain Wing for 27 years. For many years now, giving tours at the Grand Junction Air Force Museum has been the main focus of her time.

Alcohol Inks Art: A Make and Take Workshop

Discover your inner artist! No experience or artistic talent needed (honestly). Come learn and play at this enthusiastic, hands-on class about how to use alcohol inks. You'll discover some of the techniques to control these free flowing, vibrant colors. Create your own tiles, bookmarks, and/or note cards which are yours to take home.

Materials fee: \$10.00 per person, payable at time of class. (Class limit: 15)

Tue 3/6/18, 9:30am-12:30pm

*Hobby Lobby classroom
1450 West Independent Avenue
Grand Junction, CO 81505*

Renee Herring

Her career background is in international eco-tourism/adventure travel and Colorado natural resources and has worked for Colorado Parks and Wildlife for 15 years. Renee is also a mixed-media artist and member of the Rocky Mountain Collage Society and Palisade Art Lovers group.

An Introduction to the 970West Studio and Recording Oral Histories

This class is designed to introduce users to the 970West Studio, showcase some of the equipment, and provide a demonstration on how you would set equipment up for an audio recording of an oral history. (Class limit: 20)

Tue 2/27/18, 9:30-11:00am

*Mesa County Central Library
443 North 6th Street
Grand Junction, CO 81501*

Adam Lopez



970West Studio Coordinator

Appalachian Journey

This course contains a brief overview and history of the Appalachian Trail followed by the story of Su's 2,185 mile trek from Georgia to Maine, complete with pictures and personal stories. (Class limit: 60)

Wed 3/7/18, 1:00-3:00pm

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

Su Joffrion



Backpacked entire Appalachian Trail in 2014

Argentine Tango Exploration

We will demonstrate examples of the tango, tango vals, and milonga while discussing the origin and history of the dance. Then we will teach some basic steps and techniques of the tango. Please don't feel you need to dance or have a partner for this class. (Class limit: 30)

Mon 3/19/18, 7: 30-09: 00pm
Mon 3/26/18, 7: 30-9: 30pm

*Movement Therapies Studio
2232 North 7th Street # 8
Grand Junction, CO 81501*

Scott & Alice Betts

Scott and Alice have studied the Tango since 1998 with many masters of the dance including classes in Buenos Aires. In the summer of 2000, they founded the group Tango Junction, taught tango classes, and held monthly Milongas (Tango Dance Parties).

Art on the Corner Walking Tour

Join Don Meyers on an educational walking tour of Grand Junction's permanent art collection displayed along Main Street. Learn about sculpture materials, processes, visual art form, and the interpretation and evaluation of art.

Class on Wednesday, Apr 4, 2018 (Class limit: 15):

Wed 4/4/18, 10: 00-11: 30am

Meet at 2nd and Main at the John Otto sculpture.

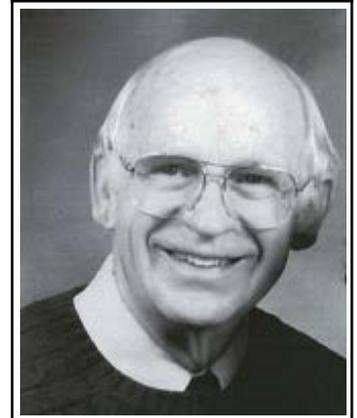
- OR -

Class on Thursday, Apr 5, 2018 (Class limit: 15):

Thu 4/5/18, 10: 00-11: 30am

Meet at 2nd and Main at the John Otto sculpture.

Don Meyers



Emeritus Professor of Art at CMU, (taught 28 years full time and 12 years part time). Still a working artist.

Ballet Called "Giselle"

This class is an introduction to ballet focusing on the ballet of "Giselle." Students will learn about the composer, the choreographer, and the story-line of "Giselle" and will also be introduced to basic ballet movements through watching a demonstration by advanced studio students. In addition, a brief history of ballet and its progression will be included. Class members are also encouraged to buy tickets (\$18) and attend the filmed performance of "Giselle" by the Bolshoi Ballet at the Regal Theater. (Class limit: 100)

Wed 4/4/18, 10:30am-12:00pm

*Institute of Dancing Arts
2148 Broadway Suite C-4
Grand Junction, CO 81507
(On the Redlands by Garfield's Restaurant)*

Sun 4/8/18, 12:55-3:00pm

*Regal Canyon View Theater
648 Market Street
Grand Junction, CO 81505*

NOTE: Tickets for the simulcast are typically \$18 for seniors; this is not included in New Dimension registration fee and is payable at the theater.

Diane Revie



Diane has been a teacher of ballet for sixty years and has developed students to dance in major ballet companies. She is an avid ballet enthusiast and has attended ballets by major companies throughout the world.

Be a Visitor in Your Hometown

Go on a scavenger hunt through the Grand Junction Visitor Center for an eye-opening experience into the great information it offers for both locals and visitors. Learn how Grand Junction is marketed around the United States and the world by Visit Grand Junction through video, social media, advertising, and so much more. Discover the business of tourism and its importance to our economy.

Class on Tuesday, Mar 6, 2018 (Class limit: 20):

Tue 3/6/18, 9:30-11:00am

*Grand Junction Visitor Center
740 Horizon Drive
Grand Junction, CO 81506*

- OR -

Class on Monday, Apr 2, 2018 (Class limit: 20):

Mon 4/2/18, 2:00-3:30pm

*Grand Junction Visitor Center
740 Horizon Drive
Grand Junction, CO 81506*

Katharina Morrison



Visitor Services Specialist-
Visitor and Convention Bureau

Mistalynn Meyeran



Grand Junction Visitor and
Convention Bureau Marketing
Director

Beginning American Style Mah Jongg

An introduction to the game and rules will be discussed and practiced . By the end of the course, participants will be able to build on their knowledge of the game. It is imperative that you commit to being present for all four sessions. (Class limit: 16)

Tue 3/6/18, 1: 30-3: 00pm
Tue 3/13/18, 1: 30-3: 00pm
Tue 3/20/18, 1: 30-3: 00pm
Tue 3/27/18, 1: 30-3: 00pm

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

Kim Sutherland

Kim is an experienced player
and instructor of Mah Jongg.

Better Bridge is a Better Brain

This is a beginning class for those wanting to learn the card game of Duplicate Bridge. Any type of card experience is helpful. The basics of Bridge will be taught by an ACBL accredited teacher. Exercise your brain while learning something fun and challenging. (Class limit: 8)

Fri 3/2/18, 10: 00am-12: 00pm
Wed 3/7/18, 10: 00am-12: 00pm
Wed 3/14/18, 10: 00am-12: 00pm
Fri 3/23/18, 10: 00am-12: 00pm
Fri 3/30/18, 10: 00am-12: 00pm
Fri 4/6/18, 10: 00am-12: 00pm

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

Sharon Snyder



Bridge enthusiast.

Birding: Spring Migration in the Grand Valley

The class will drive to various birding sites and hotspots in the Grand Valley looking for migrating waterfowl, raptors, and songbirds as well as seeking out local birds that are nesting. Participants must be able to walk a mile over uneven trails. Bring binoculars. Field guides will be provided.

Class starting on Thursday, Mar 15,
2018 (Class limit: 10):

Thu 3/15/18, 8:00am-12:00pm
Thu 3/22/18, 8:00am-12:00pm
Thu 3/29/18, 8:00am-12:00pm

Each class will meet on the west side of Canyon View Park (24 Road side) in the parking lot near the softball fields.

- OR -

Class starting on Wednesday, Mar 28,
2018 (Class limit: 10):

Wed 3/28/18, 8:00am-12:00pm
Wed 4/4/18, 8:00am-12:00pm

Each class will meet on the west side of Canyon View Park (24 Road side) in the parking lot near the softball fields.

Mike Henwood



Retired educator with extensive birding experience leading field trips for Colorado Ornithologists, Denver Field Ornithologists, Audubon of Greater Denver and the Grand Valley Audubon Society

Kathleen McGinley



Kathleen is an avid birder who assists in many of the Grand Valley Audubon Society field trips.

Birdwatching Basics for Beginners

New to bird watching? Wonder where to begin? Learn the basics of bird identification in order to identify unfamiliar birds. Learn more about choosing the right binoculars and effective use of a field guide. Get better at developing a practiced eye and ear. Change the way you spend time out of doors. This class includes 4 separate in-the-field sessions birding in different habitats over a 2-week period. (Class limit: 12)

Wed 2/28/18, 9:00am-12:00pm

Meet at Canyon View Park west side parking lot near the softball courts to carpool to our first birding location.

Thu 3/1/18, 9:00am-12:00pm

Meet at the Audubon Nature Preserve property parking area. Directions: proceed south on Power Road from Hwy 340 at the Safeway plaza. In one mile, the Audubon area will be on your left. Do not go into Connected Lakes State Park.

Wed 3/7/18, 9:00am-12:00pm

Meet at the Fruita State Park Visitor Center 595 Hwy 340. The entrance is just south of the Dinosaur Journey museum. Park pass or fee required for entrance.

Thu 3/8/18, 9:00am-12:00pm

Grand Junction Wildlife Area. Directions: Turn south on to Monument Road at Hwy 340. Make the first left on Rosevale Road and proceed approximately 1/2 mile. Turn LEFT on C 1/2 Road and proceed 1/2 mile to parking area on your left.

Cary Atwood



She is a former teacher, avid hiker, cyclist, and a birder. Cary loves to explore and share her knowledge of birds, plants and natural history as well as learn from others.

Dave Price

Dave served 30 years as a National Park Service Ranger and Resource Manager in such diverse parks as Rocky Mountain, Virgin Islands, Gates of the Arctic, Everglades and Yellowstone. Since retirement, he has pursued his interest in birding throughout the US and internationally.

CMU Tour of the Library, Athletic Center, and Health Science Building

This tour will focus on the recently renovated CMU Library facilities and the associated benefits available to community members. The tour will also visit the Mav Center athletic and fitness facilities and conclude with a tour of the newly developed Health Sciences Building, in the former Community Hospital space. President Tim Foster will open the tour with a brief discussion of CMU goals; time permitting, he will be available for your questions. CMU Student Ambassadors will help facilitate. (Class limit: 15)

Wed 3/28/18, 1:00-3:00pm

Details about parking and where to meet will be sent to class participants.

Valerie Dobbs

Retired CMU Director of Educator Preparation

CMU Tour of the Mechanical Engineering Building

This tour will focus on the new Mechanical Engineering Building, which also houses the new Eureka! McConnell Science Museum located on the western edge of the campus, at 7th Street and Elm Street. President Tim Foster will open the tour with a brief discussion of CMU goals, particularly as they relate to the role this new facility and associated programs will play in the growth of western Colorado; time permitting, he will be available for your questions. CMU Student Ambassadors will be assisting. (Class limit: 15)

Wed 3/21/18, 9:00-11:00am

Valerie Dobbs

Details about parking and where to meet will be sent to class participants.

Retired CMU Director of
Educator Preparation

Cacti Etc. Along the Old Gordon Trail in Colorado National Monument

The class will feature a slide show, handout and discussion of area cacti at the first session. On a different date it will also feature a cactus hike for those who wish to participate. The hike will be moderately strenuous and is approximately 2 miles round-trip with an estimated 500-foot elevation gain.

Hike participants will need water, sunscreen, and sturdy walking shoes and will be required to pay the entrance fee to Colorado National Monument. (Class limit: 15)

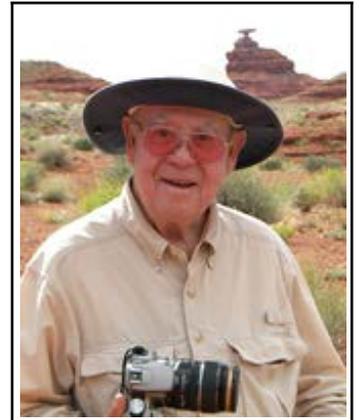
Thu 3/22/18, 10:00am-12:00pm

Don Campbell

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

*Hike at:
Colorado National Monument
Devil's Kitchen*

Date and time to be determined by instructor at the Thursday, March 22 class.



Don was with the US Forest Service in Colorado and Wyoming for 33 years. He founded the Chinle Cactus & Succulent Club in Grand Junction.

Citizen CPR Training

Citizen CPR teaches lay responders what to do if they witness someone suffer sudden cardiac arrest. The course will teach individuals how to recognize the signs of sudden cardiac arrest, how to provide immediate care, and how to access advanced medical care. It has been shown that the hands-only CPR method is extremely effective in reducing death by heart attack if administered quickly and appropriately. (Class limit: 20)

Tue 3/27/18, 1:00-2:00pm

*American Red Cross
506 Gunnison Avenue
Grand Junction, CO 81501*

Julie Hartshorn



She is a volunteer for the American Red Cross who has taught Citizen CPR classes.

Citizenship - Could you pass the test?

Do you have what it takes to pass the U.S. Naturalization Test? Now is your chance to find out! This class will take a fun and informative look at the steps people go through to become a U.S. citizen with an emphasis on the Civics (history and government) questions candidates must answer. (PLEASE DO NOT do any research or studying ahead of time!) Students will learn about the amazing Mesa County Library programs and volunteers who make citizenship and literacy go from a dream to reality for countless people. Students last term found this topic intriguing. (Class limit: 50)

Fri 3/16/18, 9:30-11:30am

*Mesa County Library
Community Room
443 North 6th Street
Grand Junction, CO 81501*

Pat Morehouse



She has been an English as a Second Language (ESL) tutor since 1995, Citizenship Tutor since 2016, and a retired business professional.

Civic Involvement: Making a Difference

In today's contentious political climate, can one person make a difference? Learn how to become better informed and organized to impact areas of concern in your community. In this class we'll discuss strategies and techniques, identify issues and assist you in planning a personal effort to make a positive difference. (Class limit: 60)

Thu 3/1/18, 10:00am-12:00pm
Thu 3/15/18, 10:00am-12:00pm

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

Jim Spehar

Jim served 12 years in elected office locally and has worked on public policy issues regionally and statewide. His newspaper columns about local, state and national issues have often questioned proposed actions while offering alternatives as well as criticism.

Collaboration in Words, Music, Presentation and Life

Why collaborate with others? What qualities are necessary for successful collaborations? Do the risks outweigh the rewards? By analyzing a video of an effective collaboration of two musicians as they work after hours during a concert tour and examining our own best and worst qualities for collaboration, we can become aware of and appreciate the joys and challenges of effective collaboration. This interactive workshop demonstrates that collaboration can be a humbling, stimulating and life-changing experience. (Class limit: 20)

Wed 3/28/18, 10:00am-12:00pm
Wed 4/4/18, 10:00am-12:00pm

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

Dr. Pam Childers



Award-winning writer and teacher of writing, Pam has taught students of all ages and collaborated with different professional groups. She has presented keynotes and workshops internationally, and serves as Executive Editor of a professional journal.

Colorado Bureau of Investigation (CBI) - What's behind the name?

The Colorado Bureau of Investigation (CBI) is a law enforcement agency that performs criminal investigations and forensic analysis at the request of local and state law enforcement agencies. Two Grand Junction CBI forensic scientists will explain the different services offered by the CBI forensic laboratory, including DNA analysis, toxicology, firearms, latent prints, drug chemistry and crime scene analysis. Fighting crime and solving mysteries right here in Grand Junction. Fascinating! (Class limit: 100)

Thu 3/15/18, 10:00-11:30am

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

Kayleigh Matook

Kayleigh Matook, M.S, F-ABC, is a forensic scientist in the Biological Sciences section.

Dustin Perry

Dustin Perry, B.A, D-ABFT-FT, is a forensic scientist in the Toxicology section.

Crime Fiction, the Current Condition: Back on the Orient Express

Two major films of Agatha Christie novels (Murder on the Orient Express and Crooked House) have been released in the last six months. Does this reflect a backlash against the violence and darkness of much contemporary crime fiction, a validation of 'classic' mystery authors and their successors or some mysterious combination? The class will discuss trends in crime fiction including what you are reading and why. An optional reading list will be provided. (Class limit: 20)

Mon 3/12/18, 9:30-11:00am
Mon 3/19/18, 9:30-11:00am
Mon 3/26/18, 9:30-11:00am

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

Lyn Fraser



Mystery author, avid mystery reader, retired faculty CMU and Texas A&M University.

Daily Sentinel Tour

Tour the Daily Sentinel Building located at 734 South 7th Street with Mike Wiggins, the Managing Editor of the Daily Sentinel. (Class limit: 15)

Fri 3/2/18, 10:00-11:00am

*Daily Sentinel Building
734 South 7th Street
Grand Junction, CO 81501*

Mike Wiggins



Managing Editor: The Daily Sentinel

Daily Sentinel: Behind the Byline with Erin McIntyre

Erin is a reporter and columnist for The Daily Sentinel. During this class she will visit with participants about the work she did producing some of her favorite stories and the challenges and rewards of being a reporter. (Class limit: 15)

Tue 2/27/18, 9:00-10:00am

*Daily Sentinel
Conference Room
734 South 7th Street
Grand Junction, CO 81501*

Erin McIntyre



Columnist and Reporter The Daily Sentinel

Decluttering your Life: A Soulful Cleanse

Overwhelmed with clutter? Wanting to learn strategies for cleaning it up? Rebecca will introduce you to ideas that will help you dig out from all that "stuff" by noticing personal patterns which will contribute to your success in this process. (Class limit: 25)

Tue 2/27/18, 1:00-3:00pm

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

Rebecca Mullen



Rebecca is a Life Coach and the founder of Altared Spaces. Rebecca received her Masters Certification from Martha Beck. Her undergraduate degree in theatre means she'll keep you entertained while you tidy.

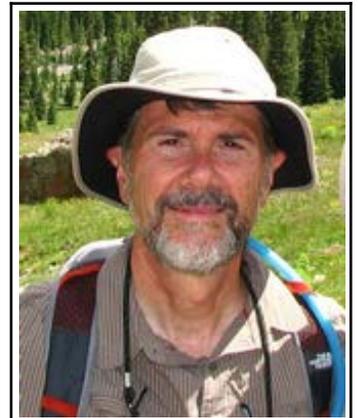
Eagle's Wing Hike

Starting from Little Park Road, we'll see spectacular views up and down the valley. This 3 mile loop has steep ascents and descents over rocky terrain which sometimes makes for tricky footing. Total ascent of 650 feet. (Class limit: 12)

Mon 3/5/18, 9:30am-12:00pm

Participants will be emailed directions to the trail head as well as car-pooling options.

Paul Van Camp



He is an outdoor enthusiast who enjoys hiking.

Energy Sources and Uses in Western Colorado

This class will cover Western Colorado energy development and hydraulic fracturing, regulation, and US energy development.

Class on Thursday, Mar 22, 2018 (Class limit: 50):

Thu 3/22/18, 6:15-8:15pm

*Colorado Mesa University
Dominguez Hall-Room 110
1248 Houston Avenue
Grand Junction, CO 81501*

- OR -

Class on Thursday, Mar 29, 2018 (Class limit: 50):

Thu 3/29/18, 6:15-8:15pm

*Colorado Mesa University
Dominguez Hall-Room 110
1248 Houston Avenue
Grand Junction, CO 81501*

Steve Soychack



Current Program Director and Faculty of Energy Management/ Landman, previously Adjunct Prof. CMU in Energy Management Landman Program, 38 years experience in the Oil and Gas Industry with AMOCO, Champlin Resources, Barrett Resources/Williams/ WPX (Williams Energy).

Enjoying the Met live simulcast of "Semiramide" by Rossini

Mr. Arnos will provide an overview of the opera "Semiramide", Gioachino Rossini, bel canto opera, and the lead singers in this production with the intent of maximizing your enjoyment of the Met Opera live simulcast performance of "Semiramide" at the Regal Theater. Class members are also encouraged to buy tickets (\$22) and attend the filmed performance of "Semiramide" at the Regal Theater. (Class limit: 50)

Thu 3/8/18, 12:30-2:00pm

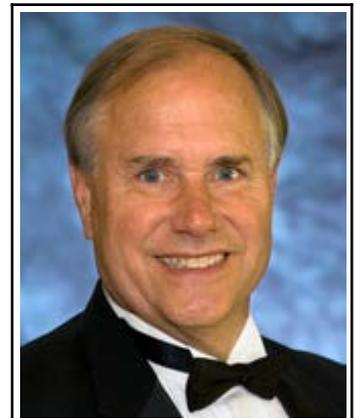
*Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501*

Sat 3/10/18, 10:55am-2:00pm

*Regal Canyon View Theater
648 Market Street
Grand Junction, CO 81505*

NOTE: Tickets for the simulcast are typically \$22 for seniors; this is not included in New Dimensions registration fee and is payable at the theater.

Ed Arnos



Opera fan since 1964 and has seen operas all over the world and in Grand Junction. He has also studied and sung large choral works for 40 years.

Flowering Perennials--Care, Placement and Selection

It seems it's everyone's dream to have a colorful, vibrant landscape with lots of flowers constantly, with little work. Even though that dream may be a bit unrealistic, one way to approach it is to utilize flowering perennials in the garden. Though not completely maintenance free, this incredibly varied group of plants can offer color, texture, and interest throughout the year, AND they don't need to be replanted every year! Come learn the basics of how to care for these garden gems so they shine in your yard for years to come. We'll also take a quick look at some of Dennis' personal favorites from what he thinks is a group of plants that are an essential in every yard. (Class limit: 35)

Wed 3/14/18, 9:30-11:30am

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

Dennis Hill



Part owner and manager of Bookcliff Gardens

Fruita Downtown History Walk

This is a walking tour of the Downtown Fruita area with local historians Steve and Denise Hight, who will talk about Fruita's rich past. (Class limit: 15)

Thu 4/5/18, 1:00-2:30pm

*Meet in the Civic Center Parking lot
324 East Aspen Avenue
Fruita, CO 81521*

Steve & Denise Hight



Steve and Denise Hight are local historians who are active in the Fruita Historic Preservation Board, The Fruita Chamber of Commerce, and The Colorado Monument Association. They are also published authors and Facebook hosts all about Fruita.

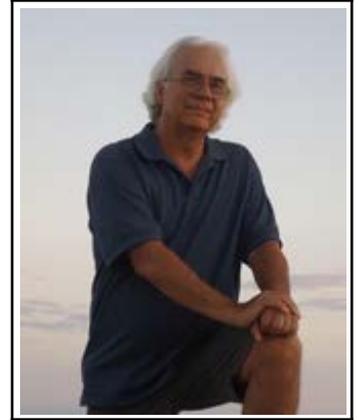
Geology of the Grand Junction Area

This will be a short hike to talk about how this area's geologic history came about. Plenty of time for questions. (Class limit: 12)

Tue 4/3/18, 10:30am-12:00pm

Meet at Riggs Hill parking lot off of South Broadway on the Redlands.

Steve Clark



Steve has a Degree in Geology and a Masters in Psychology. He has lived on the Western Slope for 30 years.

Geology: Ancient Landscapes in the Grand Valley

Becky has a vast knowledge of the geology of the Grand Valley. History has been written through the geology of the colorful beds of extraordinary rocks. Learn about the formation of the Colorado National Monument, the Book Cliffs, Grand Mesa, Colorado Plateau, Redlands Fault and the San Juan Mountains. (Class limit: 40)

Mon 4/2/18, 1:00-2:30pm

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

Becky Warren

Becky has been a park ranger at the Colorado National Monument for over seven years. Her extensive knowledge and passion for the Grand Valley's geology and history continues to make her a favorite instructor in the New Dimensions program.

Geology: Bringing Fossils to Life

Fossils are the only practical means of telling time in a geologic sense. Learn about the different fossil types, odds of fossil preservation, how fossils are dated, and examine fossil samples and discuss their original function in life. (Class limit: 40)

Mon 4/2/18, 3:00-4:30pm

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

Becky Warren

Becky has been a park ranger at the Colorado National Monument for over seven years. Her extensive knowledge and passion for the Grand Valley's geology and history continues to make her a favorite instructor in the New Dimensions program.

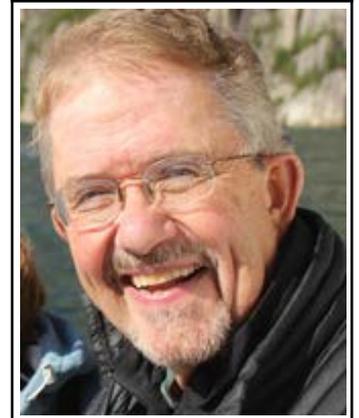
Gluten Free? Why this may work for you.

Don will discuss his personal experience and learning journey into the world of a Gluten-Free lifestyle. Learn from this experienced health practitioner why this has become such a huge issue in our country and how this choice may benefit you. (Class limit: 50)

Fri 3/16/18, 1:00-3:00pm

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

Don Aust



Don is a semi-retired general dentist who practiced in Grand Junction for 37 years, retired, and since has worked part-time at the Grand Junction VA dental clinic.

Grand Junction: Our Town

Greg Caton, Grand Junction City Manager, will talk about the role of a City Manager and discuss current issues and goals for the City of Grand Junction. (Class limit: 80)

Fri 3/9/18, 9:00 -11:00 am

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

Greg Caton



Greg is the city manager of Grand Junction and previously served as town manager of Oro Valley, Arizona.

In the Know at MCPL: Finding Great Reads with Novelist and RBDigital

Finding your next good read with Novelist-Author read-alikes, book recommendations, and more. RBDigital-downloadable magazines you keep as long as you like.

(Only 12 computers available. Couples can register as one.) (Class limit: 12)

Wed 3/7/18, 1:00-2:30pm

*Central Library Computer Lab
443 North 6th Street
Grand Junction, CO 81501*

Jennifer Murrell



Jennifer is a librarian who worked at the Tattered Cover Book Store for almost 10 years developing her skills at recommending reading for all ages before coming to MCL.

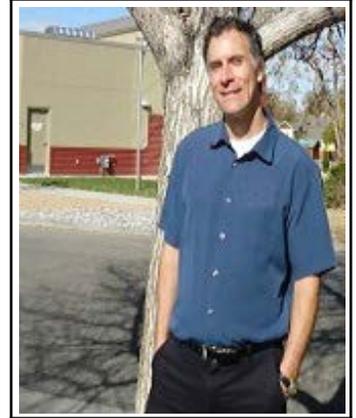
In the Know at MCPL: Genealogy

Learn how to research your family tree using Ancestry Library Edition and other genealogy resources. This class is for beginning genealogists. Must have computer skills. (Only 12 computers available. Couples can register as one.) (Class limit: 12)

Wed 2/28/18, 1:00-2:30pm

*Central Library Computer Lab
443 North 6th Street
Grand Junction, CO 81501*

Noel Kalenian



Noel is a librarian who worked previously in the Western History and Genealogy Department of the Denver Public Library, where he gained familiarity with all manner of genealogy resources.

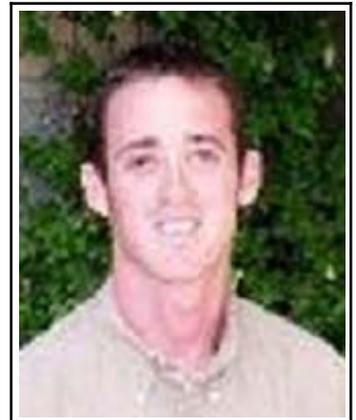
In the Know at MCPL: Local History Resources

Learn about local history resources. Visit the Rashleigh Regional History Room at the Central Library. (Only 12 computers available. Couples can register as one.) (Class limit: 12)

Wed 3/14/18, 1:00-2:30pm

*Central Library Computer Lab
443 North 6th Street
Grand Junction, CO 81501*

Ike Rakecki



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

In the Know at MCPL: Using Lynda and Universal Class for Work and Play

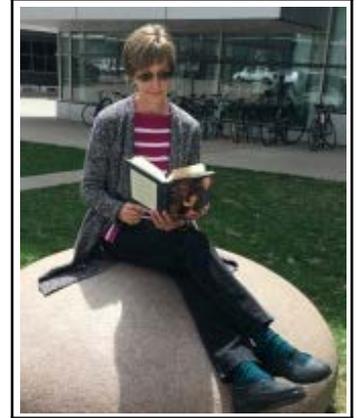
Lynda is an educational site that includes over 3,000 courses. Universal Class has over 500 online non-college credit continuing education courses covering hobbies, interests and work skills.

(Only 12 computers available. Couples can register as one.) (Class limit: 12)

Mon 3/26/18, 1:00-2:30pm

*Central Library Computer Lab
443 North 6th Street
Grand Junction, CO 81501*

Jennifer Murrell



Jennifer is a librarian who worked at the Tattered Cover Book Store for almost 10 years developing her skills at recommending reading for all ages before coming to MCL.

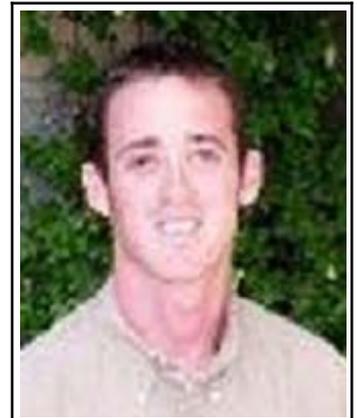
In the Know at MCPL: iPhone & iPad Photo & Video Editing

Most people already know that they can take photos and record videos with their iPhone and iPad. What some may not be aware of is the variety of photo editing tools and features that can be used to change and improve the photos they capture. This class will cover the process of taking photos and ways you can enhance those images. Feel free to bring your own device. (Class limit: 15)

Wed 3/28/18, 1:00-2:30pm

*Central Library Computer Lab
443 North 6th Street
Grand Junction, CO 81501*

Ike Rakecki



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

Inside the District Attorney's Office

This course will examine the District Attorney's office, major cases being handled, current challenges and crime trends in Mesa County. (Class limit: 60)

Thu 3/29/18, 1:00-2:00pm

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

Dan Rubinstein



Elected District Attorney

Introduction to Mindfulness Meditation

A class to learn the why, when, and how of a simple but powerful mindfulness meditation practice. The practice of mindfulness is a proven technique for calming and quieting the mind, relieving stress, and dealing effectively with the continuous challenges of everyday life.

Class starting on Tuesday, Mar 13, 2018 (Class limit: 10):

Tue 3/13/18, 10:00-11:30am
Wed 3/14/18, 10:00-11:30am
Thu 3/15/18, 10:00-11:30am

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

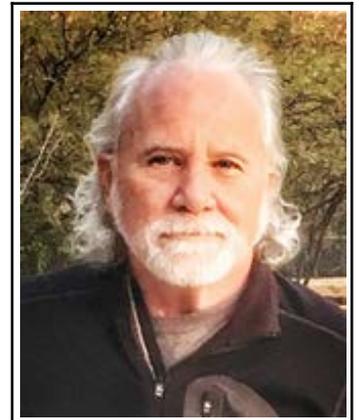
- OR -

Class starting on Tuesday, Mar 20, 2018 (Class limit: 10):

Tue 3/20/18, 10:00-11:30am
Wed 3/21/18, 10:00-11:30am
Thu 3/22/18, 10:00-11:30am

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

Tom Sawyer



During Tom's 25 years of the study of meditation he has been actively engaged as a successful business owner, technology entrepreneur, inventor and author.

K-9 Dogs: Learn about K9 Dogs and Officer Hawkins K-9 dog Nero!

Officer Hawkins will share information about K-9 dogs, where the dogs come from, and the unique way of training them. He will talk about using dogs to track drugs and, of course, perpetrators. He and Nero will show bite techniques and possibly search tactics. (Class limit: 35)

Mon 3/19/18, 10:00am-1:00pm

Officer Trevor Hawkins

*Canyon View Vineyard Church - Room T105
736 24 1/2 Rd
Grand Junction, CO 81505*

Officer Trevor is the K-9
Officer for the Grand Junction
Police Department.

Les Miserables': a Historical Perspective

The class will view a DVD of the 25th Anniversary production of Les Mis (the musical). This will be followed by a discussion of the revolution of 1832, Victor Hugo, and the difference between the historical facts and those presented in the musical. (Class limit: 40)

Tue 2/27/18, 6:00-9:00pm

Jackie Walker

*American Lutheran Church
631 26 1/2 Road
Grand Junction, CO 81506*



Jackie is retired but she taught history and religion for 32 years at Lovett School in Atlanta.

Look Who's Talking: Language and Identity

Why do restaurant servers call me hon? Is there a difference between 'guys' and 'dudes'? Is there a right way to pronounce the word 'often'? Do New Englanders speak better English than Westerners do? In this course, we'll explore the many ways language defines us and shapes our life experience. (Class limit: 25)

Tue 2/27/18, 6: 30-8: 00pm
Tue 3/6/18, 6: 30-8: 00pm
Tue 3/13/18, 6: 30-8: 00pm
Tue 3/20/18, 6: 30-8: 00pm

*Colorado Mesa University
Escalante Hall-Room 201
1020 Elm Avenue
Grand Junction, CO 81501*

Maureen Neal



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

Medical Directives: Getting Your Affairs in Order

Everyone over 18 should have their wishes in written form regarding how decisions should be made about their care should a life-threatening crisis occur. In this class we will discuss necessary documents to give instructions and guidance to physicians and our chosen representatives. We will also discuss ways to open conversations about our wishes with our loved ones.

(Bring Advanced Directive documents along if you have them.) (Class limit: 40)

Tue 3/6/18, 9: 00-10: 30am
Tue 3/13/18, 9: 00-10: 30am
Tue 3/20/18, 9: 00-10: 30am

*Hospice Care Center
Room 102
3090 B North 12th Street
Grand Junction, CO 81506*

Kerri Mosinski



Kerri is Senior Vice President of HopeWest, Clinical Operations

Mary Watson, MA



Mary is Community Project Coordinator, Advanced Care Planning Chair

Medicine for All: Navigating the Mangled Medical Milieu

This class addresses how to be an active participant in your own health care, the questions to ask your physician, and information you need to know. Subtopics include the nature of American medicine, dilemma involved in the use of medications and screening tests, and decisions that make a difference.

SESSION 1: American medicine: The most expensive in the world and sadly not the best. How to pick a doctor. Why doctors make mistakes.

SESSION 2: Screening tests, which ones you really want to do and a bunch you don't want to do. Immunizations, not just for kids.

SESSION 3: Everything you wanted to know about your medicines and the pharmaceutical industry exposed.

SESSION 4: The end of life, how to navigate becoming old and dying. We will spend the last hour talking about some fun science in modern medicine.

ALL FOUR SESSIONS RECOMMENDED. (Class limit: 18)

Tue 2/27/18, 9:00-11:00am

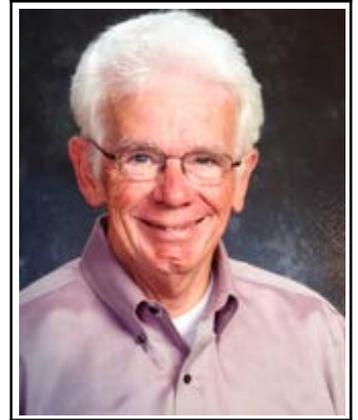
Tue 3/6/18, 9:00-11:00am

Tue 3/13/18, 9:00-11:00am

Tue 3/20/18, 9:00-11:00am

*Primary Care Partners
Garden Level
3150 North 12th Street
Grand Junction, CO 81506*

Phil Mohler, MD



Family Practice Physician:
Medical Issues for all of us.

Mesa County Jail Tour

The tour will include the sallyport, pre-screen area, body scanner, booking, holding cells and the housing areas, possibly the Master Control, and the laundry and kitchen areas.

NOTE: DO NOT bring knives, guns or other weapons. You will need to empty your pockets; no cell phones allowed: lockers available if needed.

Class on Monday, Mar 12, 2018 (Class limit: 12):

Mon 3/12/18, 12:30-2:00pm

*Mesa County Sheriff Department
215 Rice Street
Grand Junction, CO 81501*

- OR -

Class on Monday, Mar 19, 2018 (Class limit: 12):

Mon 3/19/18, 12:30-2:00pm

*Mesa County Sheriff Department
215 Rice Street
Grand Junction, CO 81501*

- OR -

Class on Monday, Mar 26, 2018 (Class limit: 12):

Mon 3/26/18, 12:30-2:00pm

*Mesa County Sheriff Department
215 Rice Street
Grand Junction, CO 81501*

Brenda Apolinar

A Lieutenant with the Mesa County Sheriff Department. She will facilitate the tours.

Mountain Dulcimer for Beginners

Three initial lessons will introduce the Mountain Dulcimer to participants: how to play, history, and cultural significance.

Loaner dulcimers will be available for practice during the 3-week time frame. Music will be supplied.
(Class limit: 6)

Tue 3/13/18, 11:30am-12:30pm

Tue 3/20/18, 11:30am-12:30pm

Tue 3/27/18, 11:30am-12:30pm

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

Gary McCallister



Retired, Professor Emeritus Colorado Mesa University, local science columnist, author of the book "A Convenient Truce: a cease fire in the war between religion and science."

Movies--Mad About Film

We will be showing films from several different genres. Films will mainly be selected from American Film Institute's 100 greatest American movies of all time. Most of the films shown are considered "classics" and have earned this designation based on critical analysis and acclaim, not necessarily popularity. In addition, this term, films will be selected from the New York Times 25 Best Films of the 21st century. The presenter will preview the film and facilitate a brief discussion following the showing. The New Dimensions film license prohibits publishing or marketing film titles in advance of showing. (Class limit: 100)

Fri 3/9/18, 6: 30-9: 30pm
Fri 3/16/18, 6: 30-9: 30pm
Fri 3/23/18, 6: 30-9: 30pm
Fri 3/30/18, 6: 30-9: 30pm

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

Jan Henwood

Jan studied film as part of her communication major. She enjoys learning about the technical aspects of film making and the influence of media on culture.

Dick Arnold

Dick is a New Dimensions enthusiast and has participated in our film class since we started. He is surprised to learn of the many facets of movie-making and wants to share with us a few of his discoveries in the creation and production of this special art form.

Native American Flute Building and History

There will be a brief description of flutes from across the globe focusing on Native American type flutes with some history and the presentation of approximately thirty flutes. Playing a flute will be included.

Class on Monday, Apr 2, 2018 (Class limit: 3):
Mon 4/2/18, 10:00am-12:00pm

*575 MeadowMark Lane
Grand Junction, CO 81507
(on the Redlands opposite the Church on the Rock,
second house on the right)*

- OR -

Class on Tuesday, Apr 3, 2018 (Class limit: 3):
Tue 4/3/18, 10:00am-12:00pm

*575 MeadowMark Lane
Grand Junction, CO 81507
(on the Redlands opposite the Church on the Rock,
second house on the right)*

Greg Dillon

Maker of thing: buildings, boats, airplanes, models, kayaks, paddle boards, auto restoration and flutes.

Outdoor Recreation Coalition of the Grand Valley

The Outdoor Recreation Coalition of the Grand Valley (ORC) is a group of businesses and organizations working together to support and promote the outdoor recreation industry in the Grand Valley. Sarah, a Founder of ORC, will describe its history, why it's important, and the impact it has had in our valley. (Class limit: 25)

Thu 3/1/18, 12:00-1:00pm

*Bonsai Design
201 South Avenue
Grand Junction, CO 81503*

Sarah Shrader



Sarah is the Owner and Co-Founder of Bonsai Design, a world-class aerial adventure course design/build firm based in Grand Junction, Colorado.

Performance Based Learning in School District 51

Is the model of learning being implemented in School District 51 new? How is it different? What are the hopes for advanced and integrative learning? Join Superintendent, Dr. Ken Haptonstall, and staff to understand Performance Based Learning. (Class limit: 25)

Mon 2/26/18, 1:00-03:00pm

*Harry Butler Board Room at R-5 High School
455 B North 22nd Street (north of SD 51 Administration Building 2115 Grand Avenue)
Grand Junction, CO 81501*

Rebecca Midles

Executive Director of Performance Based Learning in School District 51.

Personal Medical Care: "What's in your Medicine Cabinet? Show me Yours and I'll Show you Mine."

This 90 minute interactive discussion will outline how a New Dimensions learner might prudently stock her/his medicine cabinet.

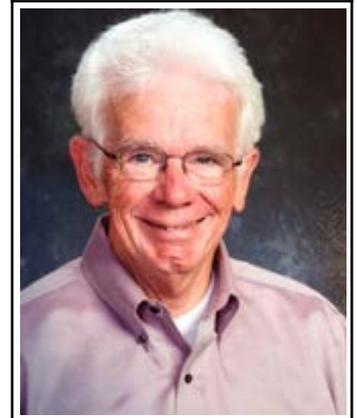
Goals:

- 1) Understand how to skillfully self treat a score of common maladies...diarrhea to fishhooks.
- 2) Avoid unnecessary, costly trips to your clinician." (Class limit: 18)

Tue 3/27/18, 9:00-11:00am

*Primary Care Partners
Garden Level
3150 North 12th Street
Grand Junction, CO 81506*

Phil Mohler, MD



Family Practice Physician:
Medical Issues for all of us.

Pollock Bench Hike

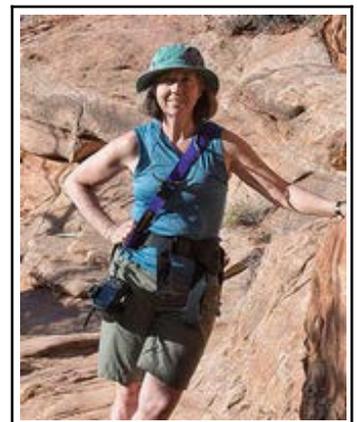
Join us on a day hike around Pollock Bench, part of McGinnis Canyons National Conservation Area. This moderate 7 mile round trip hike climbs an old jeep road and travels along a bench following the canyon rim. Take in the great views and bring along your lunch. Elevation gain: 800' (Class limit: 12)

Thu 3/29/18, 8:00am-1:00pm

*Meet at Dinosaur Journey Museum Parking Lot
550 Jurassic Court
Fruita, CO 81521*

We'll carpool to the nearby trailhead.

Cary Atwood



She is a former teacher, avid hiker, cyclist, and a birder. Cary loves to explore and share her knowledge of birds, plants and natural history as well as learn from others.

Preventing Falls - 7 Easy Ways to Protect Independence

Experiencing a fall can have devastating effects, yet many falls are preventable. In this class learn seven easy tips to reduce your risk for a fall. These tips are quick to follow, easy to implement, and can be worked into your daily routine. Preventing a fall is easier than recovering from one! (Class limit: 70)

Wed 3/7/18, 12:30-1:30pm

*Grand Junction Fire Administration Building
635 Ute Avenue
Grand Junction, CO 81501*

Ellis Thompson-Ellis



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

Dirk Clingman



Dirk was a dispatcher for eight years before transitioning to the GJ Fire Department as a Community Outreach Specialist.

Protecting your Home from Wildfire!

Wildfire season is just around the corner. Whether you live in an apartment, subdivision, or in a rural area you can take immediate steps to protect your home from fire. Expecting an active fire year in 2018, make sure you and your home are prepared in the event of a fire emergency. (Class limit: 70)

Wed 2/28/18, 12:30-1:30pm

*Grand Junction Fire Administration Building
625 Ute Avenue
Grand Junction, CO 81501*

Ellis Thompson-Ellis



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

Dirk Clingman



Dirk was a dispatcher for eight years before transitioning to the GJ Fire Department as a Community Outreach Specialist.

Riding Rail Trails: Bicycle Touring on Roadless Bicycle Trails

This class will cover how to look for information on the best Rail Trails in America. Learn about the Katy Trail in Missouri, the Great Allegheny Passage-C and O Canal Towpath from Pittsburgh, PA. to Washington D.C., and The Erie Canal Trail from Buffalo, New York to Albany, New York. Randy will cover how to look for information on these and other trails, how to train for a bike trip, how to pack your bike, and how to get to your destination and back. (Class limit: 20)

Mon 3/5/18, 1:00-3:00pm

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

Randy Keller



Randy is an experienced bike enthusiast and repair technician. Randy and his wife, Gini, have taken many extended bike trips around the US.

Riverbend Park: From CCC and POW Camp to Festivals in Palisade's Riverbend Park

Learn about the interesting place Palisade's Riverbend Park holds in the town's unique history. Though now the site of festivals, in 1939 it was the site of a depression-era Civilian Conservation Corp (CCC) camp, which was later occupied by German prisoners of war from 1944-45. A 200 cabin migrant labor camp was located two miles west of the CCC Camp until the 1960s. (Class limit: 50)

Thu 3/15/18, 1:00-3:00pm

*Palisade United Methodist Church
365 Main Street
Palisade, CO 81526*

Priscilla Walker



Priscilla's father was a fruit grower and employed German POWs to help harvest peaches in World War II. Priscilla is the founding chair of the Palisade Historical Society.

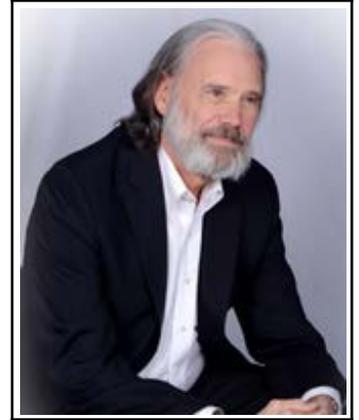
Rock 'n Roll: A History

The songs of the 60's defined a generation of Baby Boomers. This class will study the music and its origins, its impact on society, influences on culture, the rise of new technologies (remember your first transistor radio?) and shifts in national consciousness. We will seek to understand how and why these songs still resonate today. Audio and video clips from this era will highlight this journey through our musical past. Topics include Origins, Folk Scene, Motown, British Invasion, West Coast Sound, and Where Are They Now? Bobby sox and saddle shoes optional. If you won't be able to attend all sessions, feel free to sign up anyway and attend the ones you can. (Class limit: 30)

Mon 2/26/18, 6: 30-7: 45pm
Thu 3/1/18, 6: 30-7: 45pm
Mon 3/5/18, 6: 30-7: 45pm
Thu 3/8/18, 6: 30-7: 45pm
Mon 3/12/18, 6: 30-7: 45pm
Thu 3/15/18, 6: 30-7: 45pm

*Colorado Mesa University
Dominguez Hall-Room 212
1248 Houston Avenue
Grand Junction, CO 81501*

Rick MacArthur



Rick MacArthur is interested in the intersection of history and culture. He began working in a radio station as a DJ in North Carolina in 1968.

Square Dancing: An Introduction

Basic square dance instruction for individuals who have never square danced before. (Class limit: 48)

Thu 3/1/18, 6: 30-8: 30pm
Thu 3/8/18, 6: 30-8: 30pm
Thu 3/15/18, 6: 30-8: 30pm

*Masonic Center
2400 Consistory Court
Grand Junction, CO 81501*

Pat & Wanda McBride



Pat and Wanda have called and taught square dancing in Grand Junction for over 40 Years.

The Old Spanish Trail: Centuries of Travel History in Our Backyard

Through pictures and stories, we'll learn about 2000 years of travel history in our valley focusing on the Old Spanish Trail which was used by Native Americans, Europeans, Fur Trappers, and the U.S. Military to get from here to there. (Class limit: 50)

Wed 3/21/18, 10:00-11:00am

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

Vicki Felmlee



Vicki Felmlee is a Grand Junction native and is currently the National President of the Old Spanish Trail Association.

Topophilia: How love of place is our best economic development effort

Topophilia is defined as a strong sense of place. Robin has a deep passion for our community and will capture your attention with a discussion of how her simple newspaper column called "Why We Live Here," became the economic development plan for Colorado's Grand Valley. Learn what the Grand Junction Economic Partnership does, why it's important and where it's leading us as a community. As seniors, bring your business ideas to the table. (Class limit: 45)

Fri 4/6/18, 2:00-4:00pm

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

Robin Brown



Robin Brown is Executive Director for the GJ Economic Partnership, owner of Brown House PR and Spoke + Blossom magazine, and she is an Iraq veteran.

Tour of Eureka! McConnell Science Museum

Come join us for a fun filled two hour event at the museum's new building (previously known as the "John McConnell Math & Science Center located at New Emerson School). Be one of the first to experience all the new exhibits and grandeur of this newly designed-high tech building. "In the Classroom": Founder John McConnell will share the history of the Center and facilitate a hands-on experiment. Executive Director, Jenn Moore, will stop by to share the mission and future plans. Education Director, Bree Hare, will talk about classes, programs, events, etc. (Class limit: 25)

Thu 3/8/18, 9:30-11:30am

John McConnell

Bambi Harmon

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

(on CMU campus) Parking directions will be sent to registrants.

John is a retired physicist from Los Alamos, NM. Through work with School District 51 he helped expand science experiments in the buildings, created hands-on displays that traveled to various schools, and eventually established the John McConnell Math and Science Center.

Operations Manager of the Eureka! McConnell Science Museum. She will facilitate this tour.

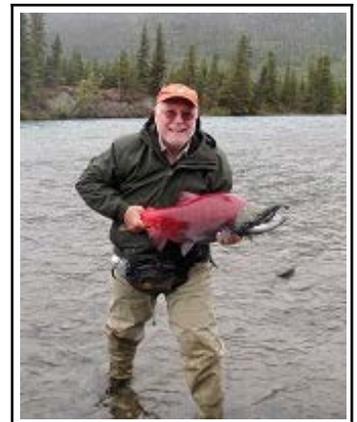
Travel Smart: "Oh The Places You Will Go"

Mike has years of experience traveling and coordinating travel for small groups. Mike's previous topics have included "Creating Your Personal Bucket List," and "Oh the Places you will go," which included various sessions on traveling smart, travel in Cuba, Iceland, Greenland, Spain and Morocco. Mike will again be presenting "Oh The Places You Will Go" with this session focusing on how to travel smart using real life adventures. (Class limit: 25)

Wed 2/28/18, 9:30-11:00am

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

Mike Perry



Retired Executive Director of the Museum of Western Colorado.

Walking Meditation

This class is a simple technique basically for exercise, meditation, and focus. Buddhists use walking meditation, but this is a Western adaptation to aid with health and clearing the mind. (Class limit: 11)

Thu 4/5/18, 1:30-3:00pm

Meet at Riggs Hill parking lot off of South Broadway on the Redlands.

Steve Clark



Steve has a Degree in Geology and a Masters in Psychology. He has lived on the Western Slope for 30 years.

West Star Aviation Behind the Scenes Tour

Tour Guide, Danny Brown, "guarantees" to keep New Dimensions students entertained and challenged in the world of aviation on this education tour. He enjoys conversing with others concerning such subjects as technology, aircraft aerodynamic design, environmental climatology, philosophy, Theology and the political processes that effect the aviation market place today. What began as Monarch Aviation in Aspen in 1952, a small aviation sales and service business has transformed into West Star Aviation, a top-rated aircraft maintenance business and refurbishment facility. With four maintenance hangars and nearly 500 technical, passionate and customer focused employees, West Star Aviation generates over \$70 million in revenue each year and is vital to Grand Junction's economy. Come join this fascinating tour.

Class on Tuesday, Mar 20, 2018 (Class limit: 25):

Tue 3/20/18, 10:00-11:30am

*West Star Aviation
796 Heritage Way
Grand Junction, CO 81506*

- OR -

Class on Thursday, Mar 22, 2018 (Class limit: 25):

Thu 3/22/18, 10:00-11:30am

*West Star Aviation
796 Heritage Way
Grand Junction, CO 81506*

Danny Brown



Danny Brown is West Star Aviation's Learjet Technical Specialist (and resident entertaining tour guide) with 49 years of aviation experience.

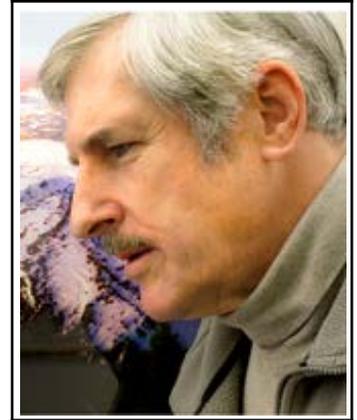
What Art is, for Better or Worse

In this illustrated lecture, we will examine the primal motivations that make humans unique in the animal world. We will discover the value of clean definitions in the ever-changing confusion of communication. Hopefully we will come to know why so many humans are inexorably drawn to make art and why any of it has value. After the lecture, we will have a Q & A discussion and then view a RMBS documentary that demonstrates how it is possible to take the confidence gained in mastering one art skill and use it to develop others. The video is an example of how the confidence in drawing skill was used to gain that same confidence in printmaking, photography, poetry, prose, script-writing, music, voice acting, and film. All of these skills were used to aesthetically answer the question: How did we, in 21st century Colorado, come to be who we are? (Class limit: 25)

Tue 3/20/18, 6:15-9:15pm

*Colorado Mesa University
Dominguez Hall-Room 212
1248 Houston Avenue
Grand Junction, CO 81501*

Malcolm Childers



Malcolm is a fine arts photographer, artist, writer, poet, and composer who has published books, had many juried exhibitions, led workshops internationally, wrote and directed a documentary, and taught college-level writing and art. He continues to create.

Wildlife Watch

Discover Colorado's wildlife at this informative and interactive wildlife-viewing skills workshop developed by Colorado Parks and Wildlife. Learn new tips on where, when and how to see wildlife through hands-on activities and dynamic slide shows. Expand your knowledge with field guides, tracking guides and great hand-outs. After the classroom time, we'll drive down to the Audubon Nature Preserve near Connected Lakes and look for nests, tracks and other signs of wildlife on a leisurely trail walk. Hopefully, we'll spot some resident owls, waterfowl, birds and perhaps a beaver! (Class limit: 30)

Thu 3/22/18, 12:00-4:00pm

*Colorado Parks and Wildlife Hunter Safety Building
711 Independent Avenue
Grand Junction, CO 81505
(near Sam's Club)*

Renee Herring

Her career background is in international eco-tourism/adventure travel and Colorado natural resources and has worked for Colorado Parks and Wildlife for 15 years. Renee is also a mixed-media artist and member of the Rocky Mountain Collage Society and Palisade Art Lovers group.

Women's Activism: From Seneca Falls to #MeToo

In an intergenerational course with CMU students, we will explore women's activism from a social historical perspective. We will cover multiple waves of the women's movement with plenty of time for discussion of how the past can give us direction toward building a better future. (Class limit: 80)

Thu 3/22/18, 2:00-4:00pm

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

Brenda Wilhelm, PhD



Professor of Sociology,
Colorado Mesa University

Erika Jackson



Associate Professor of History,
Colorado Mesa University.

Writing to See and Seeing to Write

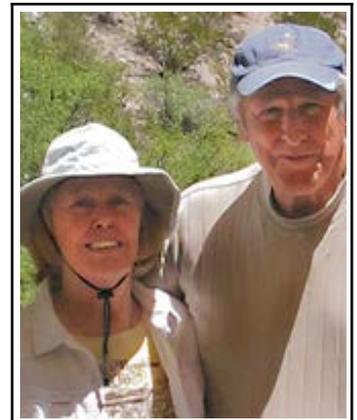
At least a third of us are primarily visual learners, while others are verbal or aural learners. Learning to "see" as a writer can help us develop a better understanding of what we "see" with our eyes as well as what we think and learn as human beings. Through a series of activities in this workshop, we will hone our own senses, write to discover, and develop a better understanding of ourselves and the world around us. (Class limit: 25)

Wed 3/28/18, 6:15-8:15pm

Wed 4/4/18, 6:15-8:15pm

*Colorado Mesa University
Dominguez Hall-Room 217
1248 Houston Avenue
Grand Junction, CO 81501*

Dr. Pam & Malcolm
Childers



They have given writing and visual arts workshops internationally; been visiting professors; authored books, articles and poems; written and directed a RMPBS documentary; had award-winning exhibitions nationally; written original musical scores; and taught writing and art at all academic levels.

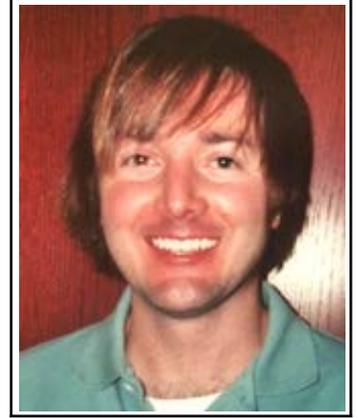
Yoga: Chair and standing (no floor work)

Chair support offers you the opportunity to move through a variety of seated and standing yoga poses designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Students must be committed to attending both one-hour sessions. (Class limit: 35)

Mon 2/26/18, 3:00-4:00pm
Wed 2/28/18, 3:00-4:00pm

*Crossroads Fitness
2768 Compass Drive
Grand Junction, CO 81506*

Ron Church



Ron is an experienced yoga instructor for all ages and levels. Before teaching at Crossroads Fitness, Ron taught at St. Mary's Life Center.

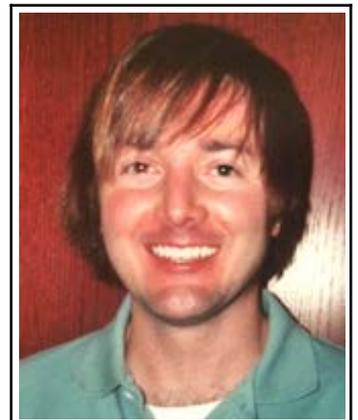
Yoga: Gentle

This class is designed for seniors who have always wanted to try yoga, but were apprehensive. It will offer a gentle approach to yoga through a series of basic yoga posture sequences, for development of greater strength, balance, focus and flexibility. Students must be committed to attending both one-hour sessions. (Class limit: 35)

Mon 3/5/18, 3:00-4:00pm
Wed 3/7/18, 3:00-4:00pm

*Crossroads Fitness
2768 Compass Drive
Grand Junction, CO 81506*

Ron Church



Ron is an experienced yoga instructor for all ages and levels. Before teaching at Crossroads Fitness, Ron taught at St. Mary's Life Center.

Zephyr Stage Presents: Ambrose Bierce

This one hour presentation focuses on the life and works of Ambrose Bierce featuring the actors Kim and Valerie Nuzzo founders of the Zephyr Stage. Bierce was an American Civil War soldier who is best know for his story, "An Occurrence at Owl Creek Bridge." A prolific and versatile writer, Bierce was regarded as one of the most influential journalists in the U.S. and as a pioneering writer of realist fiction.

The Nuzzo's impressed their audience last term with their Walt Whitman performance. (Class limit: 90)

Fri 3/30/18, 7:00-8:00pm

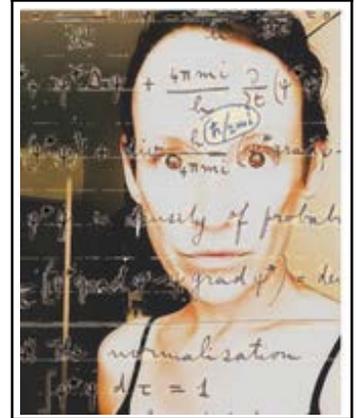
*Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501*

Kim Nuzzo



Kim Nuzzo and his wife, Valerie, are the founders of the Zephyr Stage in Fruita. The Zephyr Stage specializes in original performance pieces. The Nuzzo's have presented across the United States and internationally.

Valerie Nuzzo



Valerie Nuzzo has performed in more than 50 original productions, over 20 years, with the Thunder River Theatre Company in Carbondale, Colorado. She has written and directed a variety of original plays.