UFM puts the community in education.

a look INSIDE

UFM SUMMER 2020
AT HOME EDITION

tryufm.org

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UFM SUMMER 2020 INSTRUCTORS

We are fortunate to have so many talented and knowledgeable individuals who are willing to share with others through a UFM class. UFM would like to acknowledge and applaud the UFM instructors.

Leslie (Graves) Allen
Ayumi Amama
Carol Barta
Taylor Cowell
Bill Dorsett
Ana Franklin
Susanne Glymour
Rheagan Hageman
Colleen Hampton
Kathryn Harth
Catherine Hedge
Merissa Hiatt
Palma Holden
Lindsey Hulbert
Karen Hummel
Kyoshi Pamela Johansen
David Jones
Janel Koons
Toni Kroll
Sue Maes
Jayme Morris-Hardeman
Beach Museum
Terry Olson
Gail Parsons
Erin Poppe
Mandy Ryan
Anvesha Sharda
Vaishali Sharda
Kennita Tully
Kelly Yarbrough
Voices For All, LLC

Catalog layout & design by Samantha Lovitt

UFM STAFF

Executive Director | LINDA INLOW TEENER
KSU Credit Coordinator/Osher Lifelong Learning | CHARLENE BROWNSON
Marketing and KSU Student Services Administrator | SAMANTHA LOVITT
Office Coordinator & Registrar | EMMA MCELHANEY PARSLEY
Aquatics and Facilities Coordinator | KELLY COOK
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Lou Douglas/Mentoring Coordinator | ISIS THORNTON-SAUNDERS
Project EXCELL | LINDA TEENER
Manhattan Area Risk Prevention Coalition | MELISSA RICKEL-MORRILL
Manhattan Nonviolence Initiative | SUSANNE GLYMOUR

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LaBarbara James Wigfall
Welcome to UFM's summer catalog of classes!

Things are a little different this summer as our catalog and summer programming are all online.

Together, we've come up with creative ways to put the community in education and foster engagement during this time of physical distancing. Our staff and instructors worked hard to transition our typical face-to-face classes to an online format. We have a lot of interesting classes that allow you to interact with the instructor and other students from your home, your car, the backyard -- anywhere!

Thank you to the instructors who stepped up to offer such a good array of classes. They took on the challenge of teaching classes -- like karate, fitness, wellness, gardening, and cooking classes -- all online. Please take a summer class and let us know what you think by sending an emailing to info@tryufm.org.

UFM has always been focused on community. By offering online-only classes for the summer, we are putting the safety of our community first. Physical distance does not mean social disconnection.

Enjoy your summer and watch for a mailed fall catalog in August.

- Linda and the UFM staff
ABOUT UFM NONCREDIT CLASSES

UFM adheres to the philosophy that everyone can learn and everyone can teach. UFM is a community learning program which contracts with nonprofessional community instructors. Consequently, we cannot guarantee that the courses offered are accurate or complete in content and quality of instruction. We rely on the credentials provided by instructors, class observation, and participant feedback as tools for evaluating a class and an instructor’s ability.

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor’s financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by emailing Emma at emma@tryufm.org.

UFM CANCELLATION POLICY
When we cancel or reschedule a class, you will be notified. Therefore, it is extremely important that we have a daytime and evening phone number and/or email address where we may reach you or leave a message. We reserve the right to cancel any class.

DISCLAIMER
UFM Community Learning Center serves as a forum to bring together people who want to share their personal ideas and/or learn skills in a variety of areas. UFM, its staff, and its board of directors do not endorse any particular viewpoint or philosophy presented in classes, activities, or events included in any UFM publication.

NONDISCRIMINATION POLICY
UFM Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, military status or veteran status, political beliefs, or other non-merit reasons, in admissions, educational programs, or activities and employment as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian to participate in a class. Some individual classes may have age restrictions or may require instructor permission.

SPECIAL ASSISTANCE
A participant who needs accessibility for online learning should email info@tryufm.org to make arrangements. Please contact us as soon as possible so that accommodations can be provided in a timely manner.

Donations help underwrite the costs of maintaining the UFM building, coordinating the catalog of classes, and special projects such as scholarships, youth projects, or gardening. Tax-deductible contributions may be sent to UFM at 1221 Thurston St., Manhattan, KS, 66502 or given online at www.tryufm.org/donate/

ABOUT KSU CREDIT COURSES

CREDIT CLASS ENROLLMENT
K-State students enroll through KSIS. For credit enrollment questions, contact Samantha (sam246@ksu.edu) or Charlene (cmb@ksu.edu).

CREDIT ENROLLMENT FEES
Courses taken for credit carry additional fees required for University administration of the credit program. A one-time $65.00 late fee will be charged for enrollments beginning on the first day of classes if this is your first enrollment at K-State for the semester. Additional campus privilege fees may be assessed for students enrolled in 6 or fewer K-State credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day. Class fees listed are for full-time resident students.

CREDIT CLASS REFUNDS AND WITHDRAWALS
Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at https://global.k-state.edu/students/policies/withdrawal/ or visit http://courses.k-state.edu/summer2020/information/deadlines.html

DROP POLICY
All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration without a grade being recorded on the student’s transcript; if a student drops after 33% but before 62% of the class duration, a grade of W will be issued. No drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. For more information, visit http://courses.k-state.edu/summer2020/information/deadlines.html

STUDENT ACCESS CENTER
A student with a disability who wishes to request accommodations for a credit course should notify the course instructor or contact the Student Access Center office: http://www.k-state.edu/accesscenter/, (785) 532-6441, or accesscenter@k-state.edu. Early notification is requested to ensure that accommodations can be provided in a timely manner.

CREDIT AND NONCREDIT LIABILITY STATEMENT
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage or injury that may be sustained while using KSU or UFM facilities or participating in programs. K-State Global Campus/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of UFM or University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

Donations help underwrite the costs of maintaining the UFM building, coordinating the catalog of classes, and special projects such as scholarships, youth projects, or gardening. Tax-deductible contributions may be sent to UFM at 1221 Thurston St., Manhattan, KS, 66502 or given online at www.tryufm.org/donate/
Community Conversations on Race and Reconciliation - Listening to Local Voices

This image is comprised of the feedback from community members during the February community conversation: Who Are We? The World Within Manhattan. Sponsored by Manhattan Nonviolence Initiative and others.

Follow us on Facebook for information about upcoming events: @manhattanksConversations
This presentation explores the Women’s Roles in the Chautauqua Movement. UFM will host “Politics on the Platform: Woman Suffrage at the Chautauqua,” a live presentation and discussion by Sarah Bell via Zoom. A recording will be available after the event.

Please register at tryufm.org to attend this free Zoom program. This program is made possible by Humanities Kansas.

Chautauqua was a movement that focused on moral education and self-improvement through programs on reform, religion, and culture. The movement was useful for advancing the cause of “womanhood” and provided a space for women to discuss important issues of the day. By the 1890s, women had succeeded in making it a space that promoted woman suffrage. The Ottawa Chautauqua was one of these significant spaces that supported discussions of women’s rights. This presentation will examine how women used the Chautauqua platform to engage in political activism, particularly suffrage and temperance, and how this early movement laid the groundwork for contemporary issues of feminism and gender equality.

Sarah Bell holds a Ph.D. from the University of Kansas in history and is Development Officer at the Watkins Museum of History in Lawrence. Her dissertation studied woman suffragists’ participation with the Chautauqua Movement. “The women I research inspire me to fight for progress and justice in our world today. Sharing their stories is a way to honor and recognize their hard work at advancing our society,” said Bell.

“Politics on the Platform: Woman Suffrage at the Chautauqua” is part of Humanities Kansas’s Movement of Ideas Speakers Bureau, featuring presentations and workshops designed to share stories that inspire, spark conversations that inform, and generate insights that strengthen civic engagement.

Humanities Kansas is an independent nonprofit spearheading a movement of ideas to empower the people of Kansas to strengthen their communities and our democracy. Since 1972, our pioneering programming, grants, and partnerships have documented and shared stories to spark conversations and generate insights. Together with our partners and supporters, we inspire all Kansans to draw on history, literature, ethics, and culture to enrich their lives and serve the communities and state we all proudly call home. Visit humanitieskansas.org.
Tapestry 101  20BCF307
In this three-hour class, you will learn to weave tapestry, including how to warp a basic frame loom. You will be introduced to beginner tapestry techniques while you make a mug rug for your favorite beverage. You will keep the frame loom and receive detailed handouts so that you can continue creating woven tapestries on your own. Materials necessary (not included in kit): tape measure and scissors. For questions, please email Kennita at kennitatully@gmail.com. This class will be taught online through Zoom.

Instructor: Kennita Tully, kennitatully@gmail.com
Kennita is a tapestry artist, teacher, author, and freelance knitwear designer. See Kennita’s work at her website kennitatully.com.

SEC  DATE  TIME  FEE  
A  06/06 (Sa)  1:00 - 4:00 PM  $57  
B  06/27 (Sa)  2:00 - 5:00 PM  $57  

* Enrollment deadlines - A: 05/29, B: 06/19.

Location: Online

Tapestry 201  20BCF318
NEW!
This class takes off where Tapestry 101 leaves off. You will learn how to build shapes and create curves along with more finishing techniques. Tapestry 101 is not required, but advised. You should know how to warp a loom and complete basic weaving techniques. Before class: warp a small frame loom at 8EPI over 4” weaving width. Materials necessary are warped loom, weaving or darning needles, tape measure, small shed stick (craft stick will do), scissors, and beater (hair pick will work). For questions, please email Kennita at kennitatully@gmail.com. This class will be taught online through Zoom.
Instructor: Kennita Tully, kennitatully@gmail.com

SEC  DATE  TIME  FEE  
A  06/20 (Sa)  1:00 - 4:00 PM  $27  
B  07/11 (Sa)  1:00 - 4:00 PM  $27  

* Enrollment deadlines - A: 06/12, B: 07/03.

Location: Online

Tapestry: Beyond the Basics  20BCF319
NEW!
This class will explore more complex shapes with a focus on building shapes and creating texture. Let your creativity flow in this three-hour class. Previous weaving experience is advised. You must know how to warp a loom and complete basic weaving techniques. Before class: warp a small frame loom at 8EPI over 4” weaving width. Materials necessary are warped loom, weaving or darning needles, tape measure, small shed stick (craft stick will do), scissors, and beater (hair pick will work). For questions, please email Kennita at kennitatully@gmail.com. This class will be taught online through Zoom.
Instructor: Kennita Tully, kennitatully@gmail.com

SEC  DATE  TIME  FEE  
A  06/28 (Su)  2:00 - 5:00 PM  $42  
B  07/18 (Sa)  1:00 - 4:00 PM  $42  

* Enrollment deadlines - A: 06/19, B: 07/10.

Location: Online

Submit your UFM class photos to samantha@tryufm.org

Enroll at www.tryufm.org  @ufmclc  •  Summer 2020
Introduction to Voiceovers 20BCF129
Explore the fun, rewarding possibilities of the voiceover industry! Discover current trends and how they make it easy and affordable for just about anyone to get involved. You’ll learn about different types of voiceovers and tools you’ll need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting and offer some coaching to improve your delivery. You’ll receive a professional voiceover evaluation later. One-time, 90-minute, introductory class. Learn more at http://www.voicesforall.com/ooo. 18 and over.
Requirements: Students must have internet access and video chatting capabilities using a method such as Zoom or Skype (for PC/Mac users) or iChat/FaceTime (for Mac users).
Instructor: Voices For All, LLC, info@voicesforall.com
The Voices For All Voice Coaches/Producers/Instructors are known for their fun and informative presenting methods. Our coaches have many years of experience in the voiceover industry and are masters at teaching all of the information pertinent to making it in voice acting. Whether it be speaking, presenting, writing, producing, or announcing, Voices For All has it covered. With hundreds of regional and national commercials, and public service announcements under their belts, our instructors not only deliver the highest quality education and coaching to their students, but their unique enthusiasm and expertise bring an element of fun and excitement to the virtual classroom as well.

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Location: One on One Video Chat

Writing Mechanics 20BCF264
Every form of writing requires a slightly different approach. However, whether you are writing your family history, a news release, or a novel, there are steadfast rules to meet the goal of your writing. In this class, we’ll look at word choice, strong versus weak words, proofreading, common grammar mistakes, commonly misused words, and much more. This class is packed with information and presented as a hands-on experience. Games and fun quizzes will help reinforce writing rules. If you have a piece of writing you are struggling with, bring it with you.
Instructor: Gail Parsons, writtenontheflans@yahoo.com
Gail has worked in the news industry for 25+ years and fact checks on a daily basis.

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Location: Online

Find the fake class & get $5 off your registration!

CREATIVE FREETIME

La Cage aux Folles
(musical) Directed by Donald Davis
Music Directed by Alicia Willard
Jul 31-Aug 2, Aug 7-9
Auditions: Jun 2 & 3, 7-9pm (Tue/Wed), ages 18+
Contains adult themes.

The Sound of Music
This show was rescheduled due to COVID-19.
(musical) Directed by Penny Cullers
Music Directed by Fred Burrack
Sep 25-27, Oct 2-4, Oct 9-11
Auditions (for available roles): Aug 10, 7-9pm (Mon)
Open to ages 15+
Platinum Sponsors: Debbie Nuss & Brad Fenwick
Gold Sponsor: Addair Thurston, Chtr
Orchestra Sponsors: Kelly & Therese Adams, Varney & Associates

Summer Youth Theatre
MACAdermy Season Sponsor: SPS Companies, Inc
Summer Season Sponsor: Anonymous Gold Sponsor: Mimi Baiderson
Shakespeare’s Hamlet—directed by Penny Cullers for Grades K-8, Jul 6-17, 1-4pm
1520 Poyntz Ave 785-537-4420
www.manhattanarts.org
Improving Your Photography 20BCF317

Learn and practice the building blocks to taking better photos on your digital, film, or smartphone camera. This class aims to develop your skills, knowledge, and talent when it comes to operating your camera manually; using composition theory; defining your personal style; working with outdoor and indoor lighting; visual storytelling for nonprofits and small businesses; and more! Students will use free video conferencing to connect weekly for discussions with each other and the instructor, and will have and retain access to an online classroom that contains materials and interactive opportunities after the class ends. Optional one-on-one coaching is available throughout and after the class.

Instructor: Erin Poppe, poppephotos@gmail.com

### SEC DATE TIME *FEE

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<td>B</td>
<td>07/07 - 08/04 (T)</td>
<td>7:00 - 9:00 PM</td>
<td>$69 - Indv, $169 - Group</td>
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* Group limit 3

**Location:** Online

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Erin is a local photographer that started instructing for UFM in 2018. Her portfolio includes over a decade of work in portraits, event coverage, photojournalism, marketing, and more for clients around the country. Of the many things Erin loves about photography, she is constantly drawn to capturing the positive impact of nonprofits, such as Girls on the Run Flint Hills. She graduated from K-State in 2013 with a bachelor of mass communications, and again in 2016 with a master’s in public administration. Erin is also a leadership coach who specializes in team strengths development.

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Interested in teaching a class for UFM?
Submission deadline for fall 2020 classes is June 26, 2020.
For more information, email kelly@tryufm.org.
UGotClass™

Start learning something new today! UFM is partnering with LERN to expand our educational offerings through UGotClass. The UGotClass classes listed here offer online, self-paced learning opportunities for professional development or to earn CEUs. All of these courses are asynchronous. There are no live components for these classes. Each week is a unit and all of the units for the courses are posted from the very beginning. Each course has a defined start and end date, but students can finish the class at their own pace between those dates. We are offering these courses to enhance and expand learning opportunities available in and around the Manhattan community.

Please let us know if there are other courses you would like to see added.

Refund Policy: Students can transfer to a future UGotClass offering. We will provide a full refund if a class is canceled by UFM. If a student withdraws from a class 48 hours or more before the class begins, a full refund may be given, except for any published non-refundable fees. No refunds will be given once a class has started.

Enroll at tryufm.org

Spanish for Medical Professionals       20BGC05
Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class - designed specifically for healthcare professionals - will help you bridge that gap. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know-how to ask the questions crucial to quality healthcare. Whether you speak some Spanish and need a refresher, or speak no Spanish, you will complete the course with the skills you will need to effectively communicate with your Spanish-speaking patients.


CEUs/ILUs: 3.2
Length (in hours): 32
Instructor: LERN Staff

Students with ASD (Autism Spectrum Disorder)       20BGC06
Today, every school in America has students who have been diagnosed with ASD (Autism Spectrum Disorder)—a neurological disorder on the autism spectrum. The effects of this disorder vary widely, but it is important for every teacher to understand how to recognize behaviors that may indicate ASD. In this course, you take away strategies for working effectively with ASD students. And you will find out how to work effectively with parents to create the most positive learning environments for children and teens with this disorder. The course is geared for K-12 teachers, but it is also relevant for counselors, faculty in higher education, parents, and anyone else interested in understanding this important issue.

CEUs/ILUs: 1.6
Length (in hours): 16
Instructor: LERN Staff

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Location: Online

GET YOUR 24/7 LIBRARY CARD

WITH YOUR LIBRARY CARD, YOU CAN GET:
Digital Resources
Downloadable eBooks, Magazines, Movies, Music & Audiobooks
FREE Technology Classes & Programs
FREE Meeting Rooms
Plus all the regular services and materials available at the library!
Podcasting 20BGC08
Businesses are turning to the podcast to grow their brand and connect with customers. People with a niche hobby are turning podcasts into a business. Podcasting is experiencing a rebirth as mobile devices are everywhere. The intimate nature of the audio medium allows potential clients to get to know who you are and determine if you are the kind of company with which they want to do business. Learn how to take your business or hobby and turn it into a podcast. This step-by-step class will take you from start to finish and cover the required elements needed to get your show online. Come to class with your idea and end with your show online for all to hear.
CEUs/ILUs: 1.6
Length (in hours): 16
Instructor: LERN Staff

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Location: Online

For Parents of Boys 20BGC01
Boys learn differently than girls, get worse grades than girls, and face certain challenges in school. Find out how you can help your son succeed more in school. Discover why males do 30% less schoolwork than females, fidget more, like new and hard challenges, and more. Then take home 9 tips for helping your boy learn and succeed more in school. You’ll also find out something new about how you learn. Anyone interested is welcome to attend. eBook included.
CEUs/ILUs: 1.6
Length (in hours): 16
Instructor: LERN Staff

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Location: Online

Mastering Microsoft Excel 20BGC03
A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit, and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world. Stay current with this class, as it is always up-to-date and will change as the features of Excel change over time. Examine the life of an Excel worksheet and workbook, from creation to presentation. Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Master the options that can take your Excel worksheet from plain, drab numbers to exciting and engaging multimedia. You will leave class with a set of skills that are in high demand and will be a deciding factor in your future success.
CEUs/ILUs: 1.6
Length (in hours): 16
Instructor: LERN Staff

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Location: Online

Intermediate Excel 20BGC02
Have you ever wondered why Excel is one of the most powerful applications used today by many businesses? Excel is one of the most important applications that you can study now to take your skills to the next level! This course will help you increase your efficiency by learning how to organize, display, and calculate your data into useful information. Find out how you can consolidate your data proficiently into readable rows and columns using different table designs and styles. Create a unique style for yourself to improve your spreadsheet appearance to make the content easier to understand for your target audience. Learn from the trainer on how beneficial it is to become more productive in generating different everyday business functions. Discover how easily pivot tables can be created to quickly summarize large amounts of data. Through this course, these tasks will make your work outstanding and unique in what you do.
CEUs/ILUs: 1.6
Length (in hours): 16
Instructor: LERN Staff

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Location: Online
Advanced Excel               20BGC04
We are faced with different types of business decisions each day that can change the data we work with along with our financial outcomes. Have you ever wondered what type of workplace skills you can learn to make wiser decisions? Learning Advanced Excel contains these tools that can help you prepare your worksheets accurately, examine your data for authentication, and then find those answers to your most difficult questions. This course will help you learn these required business functions along with the tools required to analyze data efficiently within the workplace. Save time for yourself by protecting your valuable data and know with assurance that the entered data is accurate without any errors. By completing the course, discover how to attractively visualize your data into meaningful information with confidence.
CEUs/ILUs: 1.6
Length (in hours): 16
Instructor: LERN Staff

DATE            TIME            FEE
06/01 - 06/26   Self-paced     $195

Location: Online

Marketing Using Social Media               20BGC09
Develop a two-way communication and marketing strategy for your organization using social media. Let your instructor guide you in exploring major social media, including Twitter, LinkedIn, and blogging. Learn quick, easy ways to use Twitter, blogs, and LinkedIn to engage your customers or clients and keep them interested in your organization or business. You'll find out the advantages and disadvantages of each, and learn what's right for your work and kind of organization.
CEUs/ILUs: 1.6
Length (in hours): 16
Instructor: LERN Staff

DATE            TIME            FEE
TBA             Self-paced     $195

Location: Online
Solar Electricity: Nuts & Bolts  20BEN142

Today, wind and solar energy are less expensive than the cost of operating large coal and nuclear power plants. We simply need to demonstrate that rooftop solar is within the skill levels of most “Do-It-Yourselfers.” In this class, we’re not going into the “WHY do it” questions; we are cutting right to HOW to do it. We will cover the mechanics of siting, designing and installing. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. www.fhreec.org

Instructor: FHREEC, Bill Dorsett, wmdorsett@sbcglobal.net
Bill Dorsett has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

Solar Energy Storage  20BEN149

The wind and sun are as clean as energy gets but there are nights and cloudy and calm days. In this class, we will be discussing many of the techniques for storing homegrown energy. Will our lithium batteries go up in flames like hover boards? Can we build energy storage into our homes? Storage will play a bigger part so in part, we can look at what we already know from our off-grid years. We at the Flint Hills Renewable Energy & Efficiency Co-op are focused on what we as individuals can do to design solutions where we live. Bring your questions and suggestions for a lively discussion. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. (FHREEC) www.fhreec.org
Instructor: Bill Dorsett, wmdorsett@sbcglobal.net

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Location: Online

Fall Gardening and Beyond  20BEN01

Fall is the best time to grow many vegetables. Get extra mileage out of your garden space this year and take advantage of Kansas’s great autumn weather to plant a fall vegetable garden. The cooler temperatures result in better quality produce and less stress on you! Learn what to plant and when to plant for best results. Discussion includes soil preparation, fertilizer needs, and helpful tips for obtaining maximum seed germination and crop yields. Finally, we’ll discuss growing and harvesting some vegetables beyond the end of October. Imagine fresh veggies in the middle of winter -- accomplished without a greenhouse!

Instructor: Colleen Hampton, cmhampton314@sbcglobal.net
Colleen Hampton is the President of the Riley County Extension Master Gardeners for 2020 and has been a continuous member since 1994. She has a passion for all types of gardening and has taught UFM gardening classes for over 15 years. She is also a member of the Manhattan Community Gardens. Colleen welcomes your questions and class participation.

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Location: Online
Urban Gardening: Part I 20BEN170
Join one Manhattan family in their journey to incorporate a large vegetable bed and edible plants into a nature-friendly landscape. Participants will learn about the right plants for the right place; how to plan a rotational vegetable garden; composting; and expanding edible plants into beautiful landscape beds. This is a virtual class.
Instructor: Janel Koons

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Location: Online

Urban Gardening: Part II 20BEN171
Summer has just begun and this family’s urban garden is in full production. Find out what early summer brings for the garden after the spring edibles have started winding down (lettuce, strawberries, peas). Learn about growing summer veggies (tomatoes, peppers, onions); pollinator-friendly plants; herb care; and incorporation into the garden.
Instructor: Janel Koons

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Location: Online

Permaculture is More than Just Organic Gardening 20BEN167
Take your gardening skills to a new level by learning how to design an ecosystem in your yard and home. We will look at how permaculture design principles can be applied to create more efficient work and energy flows where we live.
Instructor: Carol Barta, (785) 410-8608
Carol Barta is a founding member of the Flint Hills Resilience Coalition and certified permaculturist.

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Location: Online

Bird Watching for Cats 20BEN172
Does your cat love perching in front of a window to see what flies by? In this class, your cat can learn everything they’ve always wanted to know about birds! They’ll finally understand their flying foes, and they may even stop trying to attack things on the other side of the window! *Results may vary.

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Location: Online
Okonomi-Yaki
(Japanese Savory Pancake)  20BFF179
Okonomi-Yaki hits deep in Japanese natives’ hearts, especially those from Osaka like instructor Ayumi Amama. It’s their soul food. Its method is similar to pancakes, but the light batter is mixed with lots of cabbage and eggs, and you can add toppings of your choice just like pizza. It’s eaten with a sweet soy-based sauce, fish flakes, and seaweed (optional). You can place an order for the sauce and other toppings online, and pick them up from Asian Market. Ages 10+.

Instructor: Ayumi Amama, Growing up in Osaka, Japan, Ayumi always enjoyed cooking. Since she started making rolled omelets at 7 years old, Ayumi has continued learning new techniques and developing new recipes.

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* Enrollment deadlines: A - 05/31, B - 06/17, C - 07/06, D - 07/23

Location: Online

Summer Rolls - Quarantine Style  20BFF182
This is a quarantine-friendly twist to the popular Vietnamese Summer Rolls. All you need are rice papers, vegetables of your choice, and a protein of your choice. This could be a simple and fun way to spice up your lunch routine! Ages 8+.

Instructor: Ayumi Amama

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* Enrollment deadlines: A - 06/25, B - 07/12, C - 07/29

Location: Online

African Meat Pies (Hand Pies)  20BFF181
Meat pies are a very popular snack (or light meal) in Nigeria and other African countries. They’re hand pies filled with meat and potatoes. Ayumi learned this recipe from her husband’s aunt who is a really good cook, and her kids LOVE them. She’s sure your family will, too! All ages.

Instructor: Ayumi Amama

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* Enrollment deadlines: A - 06/03, B - 06/14, C - 07/09, D - 07/20.

Location: Online

Yakisoba with Spaghetti  20BFF183
Yakisoba is a very popular meal for common people in Japan. You are sure to find at least one vendor at any given festival, and you can make variations as you like it. We usually use a special yakisoba noodle, but you can make it with spaghetti just by changing the way you boil it! So let’s get cooking! All ages.

Instructor: Ayumi Amama

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Location: Online
Indian Restaurant Vegetarian Favorites 20BFF178
Learn to make your Indian restaurant favorites at home (via Zoom video conferencing) while learning about spices, sauces, how to flavor the dishes, and food combinations. You will be learning to make the quintessential Tikka Masala, Paneer Bhurjee (paneer scramble), basmati rice, and Vaishali’s healthier take on naan bread.

Instructor: Vaishali Sharda, sharda.vaishali@gmail.com
Born and raised in northern India, Vaishali moved to the US to work on her PhD. She grew up watching her mother cook everything from scratch in the small town they lived in. She blogs about her adventures in the kitchen at www.kitchendocs.com and works at K-State as faculty in climate and water resources management.

Sec Date Time Fee
A 06/11 (Th) 6:00 - 8:00 PM $27
B 06/25 (Th) 6:00 - 8:00 PM $27

Location: Online

Edible Wild Plants 20BFF151
A longtime UFM favorite, this class will have both an online learning component and a DIY on-site component at Prairiewood this year! Tune in for an online class and discussion with instructors Sue Maes and Terry Olson, then head out to Prairiewood’s Open Trail Day between 1-8 p.m. to try out your own edible plant ID skills!
Instructors: Sue Maes, and Terry Olson, Kelly Yarbrough, kellyy@capstone3d.com

Date Time Fee
06/07 (Su) 2:00 - 3:30 PM No Charge

Location: Online

Thank you to our catalog sponsors. We appreciate your continued support.

Work, Volunteer or Intern

AT A WORLD-CLASS RETIREMENT COMMUNITY!

Home Health
Independent Living
Assisted Living
Skilled Nursing
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2121 Meadowlark Rd, Manhattan, KS | 785.537.4610
Mindfulness for Adults 20BHW235
Learn how to engage all the senses in the present moment, paying attention, on purpose. Experiential activities designed to promote a feeling of being OK with what is.

Instructor: Mandy Ryan, lotusfirewellness@yahoo.com
Mandy received her certification in the Usui Reiki Ryoho system in January 2011. She enjoys facilitating learning experiences and passing on tools for healthier living.

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Location: Online

Energy Tapping for Relief 20BHW198
Have you heard of tapping to feel better? Tapping is a gentle way to relieve stressful thoughts, feelings, and even pain on the spot. Come explore its origin and learn the tapping sequence for yourself. We'll gently tap in real time on particular points from the top of the head through the torso, using compassionate self-talk, to release stuckness. Tapping points will be sent to participants via email before class. This class will be conducted as a live telecall (phone session) using freeconferencecall.com. You'll be able to listen in the comfort of your own space without having to put on a nice shirt! With a paid registration, you will be sent a link to connect on that evening.

Instructor: Palma Holden, palma@brightlifeconsulting.com

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Location: Online or Dial-In

Heart-Centered Meditations 20BHW143
Are you feeling the need to bring more compassion to the planet and those you love? Would you like to learn ways to do this? Together, we’ll focus on heart-centered meditations to promote peace within and globally. This class will be conducted as a live telecall (phone session) using freeconferencecall.com. You'll be able to listen in the comfort of your own space without having to put on a nice shirt! With a paid registration, you will be sent a link to connect on that evening.

Instructor: Palma Holden, palma@brightlifeconsulting.com
Palma Holden, M.S. in Ed., helps people (and even pets) relax, de-stress, and feel better through her practical, spirit-lifting workshops, private intuitive consulting and healing guidance.

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Location: Online or Dial-In

Increasing Positivity 20BHW281
Moving from abruptly reacting to life around us to participating in creating more positive life experiences takes practice. Yet each of us has the power to do this. You’ll learn how to shift what you can do to increase positive feelings, thoughts, and reactions, and thus improve life situations.

Instructor: Palma Holden, palma@brightlifeconsulting.com

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Location: Online or Dial-In
Healing Digestive Dysfunction 20BHW205
Are you one of the millions of Americans that suffers from some sort of digestive dysfunction such as gas, bloating, reflux, pain, constipation, or diarrhea? If you thought these were normal after eating...they’re not! Research continues to show that the health of your gastrointestinal tract greatly impacts your overall health and is linked to many illnesses and diseases. Join us to learn the steps to balancing and improving your gut (and overall) health.

Instructor: Leslie (Graves) Allen, leslie@gracegoalsandguts.com
Leslie is a graduate of Kansas State University and has a passion for helping others understand the impact that nutrition and exercise has on their health. Her focus is on building healthier lifestyle habits based on whole foods. She loves helping others improve their health and feel better about themselves through a realistic and balanced approach. For more information visit: www.gracegoalsandguts.com

DATE TIME FEE
06/15 (M) 6:30 - 8:00 PM $27

Location: Online

Foods To Relieve Pain and Inflammation 20BHW270
Do you have stiff joints, achy muscles, high blood pressure, high cholesterol, or an “itis” health condition? Inflammation plays a role in premature aging, obesity, autoimmune disease, high blood pressure, cholesterol, diabetes, cancer, and irritable bowel syndrome, among many other chronic health concerns. Your food choices affect pain and inflammation levels more than you realize. Learn the importance of balancing blood sugar to manage inflammation. Understand which foods increase inflammation in your body as well as what key foods and supplements will decrease your inflammation and improve your health.

Instructor: Leslie (Graves) Allen, leslie@gracegoalsandguts.com

DATE TIME FEE
07/27 (M) 6:30 - 8:00 PM $27

Location: Online

Gentle Yoga for All 20BHW99
Learn the art of making your body healthier and your heart happier. Yoga can benefit anyone, at any age, regardless of limitations. It is easy to learn in these small, informal classes. Limited space available.

Instructor: Ana Franklin, yogaconnection@gmail.com
Ana has been teaching yoga since 1984. In the ‘90s, Ana traveled to Hawaii and took five Yoga Teacher Training sessions from Gary Kraftsow, founder of American Viniyoga Institute. She has also been certified by the Krishnamacharya Health and Yoga Foundation in Chennai, India.

DATE TIME *FEE
07/14 - 08/18 (T) 5:30 - 6:45 PM $89
* 6 classes

Location: Online
Understanding Medicare: Introduction to the Basics  
**NEW!**  
20BLL27

Medicare, the health insurance program that covers 60 million Americans, presents a surprisingly complicated and often confusing set of decisions with major financial consequences for those who are turning 65, who are retiring after 65, who are disabled, or anyone otherwise eligible. Learn about the basic parts of Medicare; what Medicare Supplement plans are and how they can help cover the gaps in Medicare; what services are covered by Medicare; and what options exist to gain protection for services not covered. Also, gain knowledge of how and when to enroll in Medicare to maximize your benefits and avoid penalties. This class will be offered virtually.

Instructor: David Jones, david@medicareadvisor4you.com  
David is a licensed agent specializing in senior insurance market, Medicare Advisor 4You.

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**Location:** Online

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Me and My Kiddo: Art for Storytelling  
**NEW!**  
20BLL28

Spend an afternoon virtually exploring "Inspirations: Art for Storytelling" with the Marianna Kistler Beach Museum of Art. This is our summer exhibition that collaborates with the Manhattan Public Library summer reading program "Imagine Your Story." We will explore fantasy, drama, and whimsy with paintings, prints, and 3-D art. After exploring the art, you can create a cover for a blank book inspired by the artist China Marks using the art technique of collage. Materials provided in one kit for the child will include a hardback journal, paper, sequins, jewels, and much more! Your name will be entered into a drawing for a free hardbound book! Kim Richards, Education Assistant at Marianna Kistler Beach Museum of Art, Kansas State University will be your host. This is organized as a special event for intergenerational pairs: grandparents/grandchild, aunt/uncle and niece/nephew, neighbors, family friends. Age appropriate: adult with a kindergartner and older children. One Me and My Kiddo registration includes one adult and one child, with one kit mailed to the child. If you have multiple children to enroll for one adult, please add them to the main registration with the “Plus One Kiddo” registration and they will also receive a mailed kit. Please provide the name and mailing address for the child(ren) to info@tryufm.org, if different from the mailing address of the adult.

Instructor: Beach Museum

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* Enrollment deadline 07/07.

**Location:** Online

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**Lifetime learning classes provide life-enrichment opportunities where learning never stops. UFM’s Lifetime Learning program’s mission is to offer educational programing and activities for learners age 50+ to enrich their social, cultural, and intellectual learning opportunities. All ages are welcome.**
**SELF-DEFENSE**

**Karate & Self-Defense 20BMA22**

Online Class. This class will take you from basic to advanced traditional martial arts, including martial arts weapons. Students will work on self-defense, kicks, forms, respect, and discipline. Ages 6 and up welcome.

Instructor: Kyoshi Pamela Johansen, pam@midamerica-karate.com

Kyoshi Pam Johansen, master level instructor, has taught for more than 40 years. She has competed and placed nationally. She was inducted into the Black Belt Hall of Fame in 2004. She has held her own Martial Arts Tournaments since 1983.

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**Little Dragons 20BYO116**

The Little Dragons Karate class is designed for children ages 3 to 5. This class focuses on improving your child’s concentration abilities and helping them learn discipline and to stand still. Your child will gain confidence and learn the value of respect and good manners.

Instructor: Kyoshi Pamela Johansen, pam@midamerica-karate.com

SEC | DATE       | TIME       | FEE |
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A    | 06/06 - 07/25 (Sa) | 11:30 - 11:55 AM  | $61 |
     | (No class 07/04)   |            |     |
B    | 08/01 - 09/26 (Sa) | 11:30 - 11:55 AM  | $61 |

**Beginning Sign Language 20BLA23**

Learn basic Sign Language with an emphasis on ASL (American Sign Language) in a fun and safe environment. You should leave the class feeling comfortable having a basic conversation with a deaf person. Spiral-bound book is included in class fee. Ages 16+ (students under 16 may enroll with instructor pre-approval AND if a parent also enrolls).

Instructor: Toni Kroll

Toni Kroll has been a sign language interpreter for almost 30 years and currently calls Manhattan, KS home.

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**LANGUAGE**

**FLINT HILLS WISDOM KEEPERS GATHERING**

*Native American culture discussed and traditional ways demonstrated by indigenous elders and presenters from around the USA.*

April 23-25, 2021, Council Grove, Kansas

www.fhwisdomkeepers.org  ~  fhwisdomkeepers@gmail.com  ~  Call Diane Barker at 785.477.9306, president of FHWK Foundation, 501c3

Interested in teaching a class for UFM?

Submission deadline for fall 2020 classes is June 26, 2020.

For more information, email kelly@tryufm.org.

---

Enroll at www.tryufm.org  @ufmclc  •  Summer 2020
PERSONAL INTEREST

Peaceful Communication 20BPI133
This class will introduce students to the key components of peaceful communication. Participants will learn specific practical skills that enhance their ability to speak with clear authenticity and enable them to hear others’ intended messages more easily and fully. Tools learned improve one’s ability to engage in difficult conversations without the heat or fear in typical conflicts. Peaceful Communication skills are applicable across life spaces and relationships. Class is set up in a series of 5 weekly online modules via Google Classroom including instructional materials (videos, power points, worksheets, etc), assignments, exercises and private classroom group discussions. Students may work at their own pace.

Instructor: Susanne Glymour, sglymour@gmail.com

Susanne Glymour, director of the Manhattan Nonviolence Initiative, is dedicated to the pursuit of safe, authentic, connecting, and effective interpersonal communication.

DATE TIME FEE
06/01 - 06/29 (M) Self Paced $67

Location: Online

Peaceful Parenting 20BPI175
The primary goal of peaceful parenting is to create, nurture, and preserve healthy relationships with your children (or children in your care). All relationships include conflict. In healthy relationships, conflict is safe and productive, and members feel valued and respected, even in and through conflict. We will cover parenting children from toddlers to teenagers and touch on dealing with aggressive behaviors, lying/cheating, refusal to cooperate/participate, and sibling conflict. Class is set up in a series of 5 weekly online modules via Google Classroom including instructional materials (videos, power points, worksheets, etc), assignments, exercises and private classroom group discussions. Students may work at their own pace.

Instructor: Susanne Glymour, sglymour@gmail.com

DATE TIME FEE
07/08 - 08/05 (W) Self Paced $67

Location: Online

Bridges Out of Poverty 20BPI189
Would you like to better understand how living in financial poverty affects individuals and families? If so, please join Thrive! for a Bridges Out of Poverty workshop. Thrive! is a poverty-reduction program that works to alleviate poverty through positive and long-term relationships, fostered in a safe and consistent place, that builds life skills and resilience across generations. This class will be offered in a virtual format.

Instructor: Jayme Morris-Hardeman, jmorrishardeman@gmail.com

Jayme Morris-Hardeman is the Executive Director of Thrive! and has worked with families in poverty for more than 20 years.

DATE TIME FEE
06/17 (W) 5:30 - 9:00 PM No Charge
* Enrollment deadline 06/16.

Location: Online

You Have the Right to Vote. Use it! 20BPI190
This class covers the hows and whys of registering, voting, and choosing. (Non-Partisan) Are you a new voter or wanting a refresher course? Join us for a virtual interactive look at the impact of your single vote, the process of voting and registering, and ways to break through misinformation to find what you want to know. We will not tell you who to vote for or discuss the candidates or parties. However, we will offer resources to discover straightforward information. This class will meet virtually through Zoom. (See lwvmrc.org for more information about who we are.)

Instructors: Catherine Hedge, lwv.manhattanks@gmail.com & Karen Hummel

Catherine and Karen are long-time leaders and members of the LWVMRC. They are frequent presenters locally.

DATE TIME FEE
06/03 (W) 7:45 - 8:45 PM No Charge

Location: Online

Find the fake class & get $5 off your registration!

Enroll at www.tryufm.org @ufmclc • Summer 2020
ZUMBA Dance 20BRF08
ZUMBA is a dance and fitness class that improves cardiovascular health and mental well-being. This course is designed for all dance and fitness levels. Each session includes a high cardiovascular dance routine that incorporates the basic Latin music steps (e.g. cumbia, salsa, merengue, reggaeton) with other types of dance moves (e.g. hip hop, belly dance, bollywood, k-pop, soca). In addition, students can gain expertise and appreciation of diverse music, language, and culture from around the globe!
Instructor: Lindsey Hulbert

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<tbody>
<tr>
<td>05/26 - 07/14 (T)</td>
<td>5:20 - 6:20 PM</td>
<td>$65</td>
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Location: Online

Belly Dance Workout 20BRF216
Learn some belly dance basics while getting a great workout. It’s exercise disguised with shimmies, hip bumps, and snake arms! All shapes and sizes are welcome.
Instructor: Kathryn Harth, kharth@k-state.edu
Kathryn Harth began belly dancing in 2006 while living in Colorado and has been teaching for UFM since 2016. Kathryn says, “I continue to belly dance to feel connected with other women, to find beauty in my ever-changing body, to challenge myself with an evolving art form, and because it makes me feel good!” Kathryn is passionate about organizations and activities that empower women to realize their strength and influence. She believes people who live authentically are courageous.

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<tr>
<td>06/01 - 06/29 (M)</td>
<td>6:00 - 7:00 PM</td>
<td>$50</td>
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Location: Online
Cardio and Muscle Toning 20BRF218
This full body fitness class will focus on building cardiovascular strength along with muscular strength. This will involve a combination of body-weight strength movements along with cardio-based movements. At the end of class, basic core strength will be focused on as well as static stretching. You will be introduced to varied workouts that will include modifications, allowing you to adjust the intensity and making the workout your own. Hand held dumbbells (5-15 lbs) are recommended but not necessary. The class will be offered via Zoom. Ages 13+.

Instructor: Taylor Cowell, taylor.cowell@washburn.edu
Taylor has 3 years experience of being a group fitness instructor, active nutrition and workout enthusiast.

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<td>A</td>
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<td>5:30 - 6:30 PM</td>
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<tr>
<td>B</td>
<td>07/06 - 08/03 (M)</td>
<td>5:30 - 6:30 PM</td>
<td>$34</td>
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Location: Online

Ab Attack 20BRF219
This quick 30 minute ab attack class will include a fast-paced core-focused workout. This class will meet via Zoom. Ages 13+.
Instructor: Taylor Cowell, taylor.cowell@washburn.edu

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<tr>
<td>06/03 - 07/01 (W)</td>
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Location: Online

Total Body Fitness 20BRF220
Total Body Fitness is a full body workout that will include four sets of exercises repeated three times each. Each set will involve an upper body move, lower body move, and core exercise. Hand weight dumbbells are needed for this class. The class will meet via Zoom. Ages 13+.
Instructor: Taylor Cowell, taylor.cowell@washburn.edu

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<tr>
<td>06/03 - 07/01 (W)</td>
<td>5:45 - 6:30 PM</td>
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Location: Online

Introduction to Bhangra: Bhangra Basics 20BRF217
Not only is Bhangra a cardio workout, it's tons of fun! Bhangra is an Indian folk dance that originated for the state of Punjab and involves lots of rhythmic hops and graceful arm movements. Bhangra has spread through many people from all different walks of life. There are Bhangra groups all over Europe and North America. This class will help you understand the form and technique of Bhangra, Bhangra formations, and the ground rules of pre- and post-Bhangra workouts and stretches. Additionally, Bhangra Basics helps you develop many dance-related skills such as musicality, rhythm, building stamina, and body forms. Having Bhangra on your dance résumé is sure to impress anyone. Come join us as we all take a trip through Punjabi culture. Be ready to work hard and have fun! Ages 13+. This class will be offered virtually through video conferencing.

Instructor: Anvesha Sharda, sharda.anvesha@gmail.com
Bhangra is Anvesha's favorite pastime. She has been doing Bhangra since she was 4-years-old and has performed numerous times. Her evening family time usually consists family Bhangra break-out sessions. Anvesha is in her 10th year of Bhangra and can’t wait to share her experiences with you!

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<td>06/27 (Sa)</td>
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<td>C</td>
<td>07/11 (Sa)</td>
<td>1:00 - 2:00 PM</td>
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Location: Online
Little Dragons 20BYO116
The Little Dragons Karate class is designed for children ages 3 to 5. This class focuses on improving your child’s concentration abilities and helping them learn discipline and to stand still. Your child will gain confidence and learn the value of respect and good manners.

Instructor: Kyoshi Pamela Johansen, pam@midamerica-karate.com
Kyoshi Pam Johansen, master level instructor, has taught for more than 40 years.

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<td>B</td>
<td>08/01 - 09/26 (Sa)</td>
<td>11:30 - 11:55 AM</td>
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Location: Online

Mindfulness for Kids 20BYO118
Learn how to engage all the senses in the present moment, paying attention, on purpose. Experiential activities designed to promote a feeling of being OK with what is. Children 2 -18 years of age.

Instructor: Mandy Ryan, lotusfirewellness@yahoo.com
Mandy received her certification in the Usui Reiki Ryoho system in January 2011. She enjoys facilitating learning experiences and passing on tools for healthier living.

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Location: Online

Photography Day Camp for Youth 20BYO142
Kids will have fun with hands-on photography as they learn more about cameras and creative techniques! This virtual day camp serves as an interactive introduction to the skills needed to create unique photos. Topics will focus on exciting, skill-building techniques, ranging from composition to lighting. Short photography field trips will be available (weather permitting). Students will learn how to take the best possible photos using the technology they have available -- whether it be a cell phone camera, point-and-shoot, or DSLR. Grades 5-8. This class is possible because of a partnership between UFM and KSU College of Education Service Learning Field Experience for Educators. Your enrollment fee supports the UFM Scholarship Fund.

Instructor: Merissa Hiatt
Merissa is marketing photographer with a background in photojournalism and contest photography. She is a student in Kansas State University’s College of Education pursuing a degree in Secondary English and Journalism Education. Merissa loves to share her passion for photography with kids of all skill levels and ages.

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Location: Online

Teen Mentoring
For more information about or to apply for the mentoring program, visit www.tryufm.org or email Isis@tryufm.org

Enroll at www.tryufm.org @ufmclc • Summer 2020
In hopes to aid the youth in our community to stay emotionally and physically healthy, Pawnee Mental Health Services (PMHS) has partnered with UFM to provide a variety of online courses to the public. Virtual course topics that will be available this summer include, but are not limited to the courses listed below. It is PMHS’ hope that this partnership will extend far beyond this summer and will continue to enhance the well-being of the youth in our community for years to come.

**Kindness 101 - Being Your Own Superhero**  
20BYO143  
This course details the elements of being a modern-day superhero. This course will provide strategies for children to learn how they can stand up for themselves in appropriate ways, as well as strategies for how to not engage in bully-like behaviors. Participants will learn key aspects of emotional regulation and self-awareness. Suggested for children ages kindergarten through sixth grade. A video of approximately one hour is recorded in advance each week and the link to the weekly video will be provided to students via email. The student can watch the video at any time. The time listed for the class is the instructor’s office hours, an optional resource where the student can join a live Zoom room and meet with the instructor to ask questions or further explore the week’s topic. The instructor may also be reached via email if there are issues or questions that cannot be addressed during the Zoom office hours. Instructor: Rheagan Hageman

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<tr>
<td>B</td>
<td>07/02 - 07/23 (Th)</td>
<td>2:00 - 2:30 PM</td>
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**Journaling for Mental Health**  
20BYO144  
This course will cover the basics of journaling. Participants will learn about different types of journals, different strategies of journaling, and why journaling can be beneficial. Participants will reflect how journaling can benefit them, and how to best utilize it in regard to their mental health. Suggested for preteens, teens, and older. A video of approximately one hour is recorded in advance each week and the link to the weekly video will be provided to students via email. The student can watch the video at any time. The time listed for the class is the instructor’s office hours, an optional resource where the student can join a live Zoom room and meet with the instructor to ask questions or further explore the week’s topic. The instructor may also be reached via email if there are issues or questions that cannot be addressed during the Zoom office hours. Instructor: Rheagan Hageman

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<td>07/02 - 07/23 (Th)</td>
<td>2:30 - 3:30 PM</td>
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**Adulting 101 – Building Independent Living Skills**  
20BYO145  
This course will cover the basics one will need to be successful on their own. The course will explore the dimensions of wellness, information literacy, time management, nutrition and physical wellness, self-care, financial literacy, workforce readiness, college readiness, and basic life hacks. Participants will gain knowledge of how the world works, as well as build skills on how to be successful. Participants will also learn how to define their values and describe what being successful looks like from their own perspective. Suggested for upper high school through college-age students. Two videos of approximately an hour each are recorded in advance and the link to the weekly videos will be provided to students via email. The student can watch the videos at any time. An interactive meeting via Zoom will be held every Friday from 2:00-2:30 p.m., where participants can engage with the instructor and peers in order to de brief and reflect on the week’s videos. The instructor will also hold office hours Thursdays from 3:30-4:30 p.m. This is an optional resource where the student can join a live Zoom room and meet with the instructor to ask questions or further explore the week’s topic. The instructor may also be reached via email if there are issues or questions that cannot be addressed during the Zoom office hours. Instructor: Rheagan Hageman

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<td>06/05 - 07/24 (F)</td>
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**Limited scholarships are available for children who qualify within established income guidelines. Visit tryufm.org for more info.**
These Recreation, Dance, and Fitness Credit courses are offered for KSU credit through the K-STATE GLOBAL CAMPUS with the cooperation of various Kansas State University departments.

- Enroll on KSIS at http://ksis.k-state.edu. When you find the class you are interested in, write down the class number. You will need this to enroll through KSIS.

- For full class description and information visit www.tryufm.org

- The class fees for on-campus classes include Campus Privilege fees – if a student is a full-time in-state resident, the class fee may be less than listed.

- Student Access Center. A student with a disability who wishes to request accommodations for a credit course should contact the Student Access Center (k-state.edu/accesscenter, (785)-532-6441, or email accesscenter@k-state.edu) and their course instructor. Early notification is requested to ensure that accommodations can be provided in a timely manner.

### Reference # - TITLE | TIME | DATE | FEE | LOCATION
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**RRES 200**  
11890 - Boxing 1 | 6:30-7:30 PM | 6/1 - 7/22 (M/W) | $470.40 | Online  
11891 - Boxing 1 | 6:30-7:30 AM | 6/2 - 7/23 (T/Th) | $470.40 | Online  
11892 - Boxing 1 | 6:30-7:30 PM | 6/2 - 7/23 (T/Th) | $470.40 | Online

**KIN 101**  
11884 - Aerial Hammock | 4:30-5:30 PM | 6/1 - 7/22 (M/W) | $470.40 | Online  
11885 - Barre Fitness | 10:15-11:15 AM | 6/2 - 7/23 (T/Th) | $470.40 | Online  
11886 - Pilates | 9:00-10:00 AM | 6/2 - 7/23 (T/Th) | $470.40 | Online

**ALL CLASS OFFERINGS ARE IN AN ONLINE ONLY FORMAT**
## UFM REGISTRATION FORM

1221 Thurston St | Manhattan, KS 66502  
785.539.8763 | www.tryufm.org | info@tryufm.org

**Student Name** __________________________________________ **Email**________________________________________________________

**Address** _____________________________________________ **City** ______________________________ **State** ______ **Zip** ________________

**Day Phone** (______)_______________________________ **Evening Phone** (______)_______________________________

**Parent’s name if student is under age 18** ______________________________________ **Age if under 18** _______

**Participant Statistics:** K-State Student _____ K-State Faculty/Staff _____ Fort Riley _____ Other _______

**Age Group:** 18-24 _____ 25-59 _____ 60+ _______

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<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Price</th>
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<tbody>
<tr>
<td>20BFF181</td>
<td>African Meat Pies (Hand Pies)</td>
<td>$17.00</td>
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**Method of Payment** *(All fees must be paid at the time of registration)*

- Check or Money Order (Make check payable to UFM) _______ Cash _______

- I hereby authorize the use of my Visa _____ Mastercard _____ Discover _____

- Card number ____________________________ Exp. Date ______/______

- Name on card (please print) ______________________________________________________________

- Where did you obtain your catalog? _______________________________________________________

- A class I would like offered_______________________________________________________________

**UFM Liability Participant Statement**

I hereby agree, for myself and/or for the enrollee, to UFM Community Learning Center’s liability statement. I acknowledge, understand, and assume the potential risk(s) associated with participation in UFM classes or activities. I hereby release and hold harmless the State of Kansas, Kansas State University, UFM Community Learning Center, and their officers, agents, employees, and instructors from any and all liability for personal injury, death, or property damage arising out of, or related to, my participation in UFM classes or activities, including liability for negligence.

_____________________________ Date

**Signature (Signature of Parent or Guardian required for minors)**

**UFM Refund and Cancellation Policies**

UFM will provide a full refund when a class is canceled by UFM. If a student withdraws from a class 48 hours before the class begins, a full refund may be given except for any published non-refundable material fees. No refunds will be given once class has started. UFM will notify participants when a class is canceled or rescheduled. Please ensure you provide a daytime and evening phone number where you may be reached for these notifications. UFM reserves the right to cancel any class.
Vision
Connecting people and ideas for unlimited learning.

Mission
UFM Community Learning Center is a creative educational program serving Kansas State University, the Manhattan area and the state of Kansas. Based on the philosophy that everyone can learn, and everyone can teach, UFM provides opportunities for lifelong learning and personal development. UFM serves as a forum for the exchange of ideas and as a catalyst for new programs and services that enhance the quality of life for all.

Values

Community and Collaboration
We value collaboration and cooperation to create community.

Patron Satisfaction and Support
We value a friendly, patron-centered approach to service.

Purposeful Relationships
We value teamwork, open communication, diversity, and inclusion.

Integrity and Enjoyment
We value a foundation of honesty, trust, and understanding that fosters a positive environment for enthusiasm, happiness, and fun.

Creativity and Inspiration
We value adaptability, opportunities for growth, and a creative approach to lifelong learning.
ONLINE EDUCATION THAT’S APPLICABLE TO THE REAL WORLD

“You can take exactly what you learn and walk into a job and say, ‘I’ve done this.’ That’s been the best part of it.”

-Luke Chavez, 2018 graduate