UFM puts the community in education.

tryufm.org

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UFM SUMMER 2021

COURSE CATALOG
What is Project EXCELL and how can you get involved?

Project EXCELL provides personal enrichment and life skill classes to adults 18 years and older with developmental disabilities. This program provides educational opportunities for students who may not otherwise be able to participate in a college setting.

Project EXCELL includes two 5-week sessions each semester on Saturday mornings, fall and spring, for a total of 20 classes per year. Program participants enroll in one class each session. Classes meet on Saturday mornings on the K-State campus. Classes typically focus on the arts and humanities, health and wellness, job skills, social interaction, academic enrichment, and independent living skills.

The Project EXCELL coordinator recruits instructors each semester to teach the courses. We are currently recruiting instructors for fall courses. Anyone interested in teaching for Project EXCELL, contact Linda Teener, lteener@ksu.edu.

UFM puts the community in education!
What's inside...

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UFM SUMMER 2021 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.

Sam Allison  Sue Maes
Ayumi Amama  Sabine Martin
Carol Barta  Brent Morrill
Joanne Bauman  Debbie Newton
Chrischelle Borhani  Terry Olson
Sarah Boxberger  Gail Parsons
Henry Brown  Georgia Nonte Perez
Ted Cable  Oscar Preciado
Rachelle DeCoud  Kim Richards
Bill Dorsett  Gustavo Roa
Gregg Eyestone  Robert Rosenberg
Ana Franklin  Lisa Rubin
Susanne Glymour  Anvesha Sharda
Rheagan Hageman  Vaishali Sharda
Jada Hinrichs  Robert Smith
Kyoshi Pamela Johansen  Chris Sorensen
David Jones  Stan Wilson
Mary Kohn  Kelly Yarbrough
Grace Liang  Voices For All, LLC

Catalog layout, design, & cover photo
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 | ALLISON SAAB
New Programs/Projects Coordinator | CHRISTINA STRATMAN
Student Office Assistant | RACHEL GROLLMES
Mentoring Coordinator | TIFFANY PFEIFER
Manhattan Area Risk Prevention Coalition | MELISSA RICKEL-MORRILL

BOARD OF DIRECTORS

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Secretary | Ellen Urton  Aaron Estabrook  Kali Orrick  Corey Williamson
Treasurer | Esther Swilley  Katie Kingery-Page
President & CEO | Linda Inlow Teener
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 Allison at allison@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.

REFUND POLICY
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.

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.

Limited scholarships are available for adults and children who qualify for established income guidelines.

DONATIONS
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 at UFM.

KANSAS STATE UNIVERSITY TUITION AND FEES
Get the information you need to calculate your costs. K-State classes are offered as face-to-face, a hybrid/blended combination of face-to-face and online, and 100% online. In order to plan your budget for tuition, please review your class schedule in KSIS to identify the instruction mode your courses will be taught in and apply the appropriate rates accordingly. For additional information visit: https://www.k-state.edu/finsvcs/cashiers/costs/

COVID-19 TUITION AND FEE POLICIES
As we all navigate the ever-changing circumstances surrounding COVID-19 together, the university has prepared tuition and fee policies to best help students and families as they plan their budgets and finances: https://www.k-state.edu/finsvcs/cashiers/costs/covid-19-policies/index.html

SUMMER 2021 RATES
Choose your learning modality (and campus where applicable) at: https://www.k-state.edu/finsvcs/cashiers/costs/ then view tuition/costs information specific to your enrollment plans. You may also view the University-wide Fall 2020/Spring 2021/Summer 2021 Comprehensive Fee Schedule for complete details at: https://www.k-state.edu/finsvcs/cashiers/costs/FY21-KSU-Comprehensive-Fee-Schedule.pdf, which includes rates specific to cohort-based programs and specialty programs.

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.

INCLEMENT WEATHER POLICY
UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are cancelled. If the instructor informs his or her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson.

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.
MUSIC LESSONS

Music Composition 21BCF326
Throughout this class you will learn to write music based on classical music notation as well as the basics of how to compose your own sound. Ages 13+.

Instructor: Sam Allison, Sjallison1010@gmail.com
Sam is a music education and music composition major at K-State.


French Horn/Mellophone, Saxophone, Trumpet Private Instruction 21BCF325
This class is designed for individual instruction. Whether you are a beginner or have experience, you will learn techniques to improve your level of performance. Each student is responsible for their own instrument, mouthpiece, reeds, and music. All ages welcome.
Lessons available & skill level:
French horn/mellophone - beginner, intermediate, advanced
Saxophone - beginner, intermediate, advanced
Trumpet - beginner

Instructor: Sam Allison, Sjallison1010@gmail.com
Sam is a music education and music composition major at K-State. He taught himself to play french horn after 7 years of saxophone and is confident he can enrich others in the same way.


Guitar, Ukulele, and Mandolin Private Instruction [Online] 21BCF327
This class is designed for individual instruction online via Zoom. Whether you are a beginner or have experience, you will learn techniques to improve your level of performance. Beginners will learn the fundamental basics of guitar and intermediate players will become more advanced by learning the next level of playing guitar. Each student is responsible for their own instrument and music. All ages welcome.
Lessons available & skill level:
Guitar & Ukulele - beginner, intermediate, advanced
Mandolin - beginner, intermediate

Instructor: Oscar Preciado, oscar6@ksu.edu
Oscar has been playing the guitar for about 8 years. He plays both acoustic and electric in his band, City on the Sun. Recently they released a new song called "Lost in the Green". Oscar is very passionate about music, and wants to share his passion with others.


Ukulele For Everyone 21BCF293
Ukulele in Hawaiian means "jumping flea." Sounds like fun, doesn't it? Ukuleles sound good, are cheap, easy to carry, and easy to play. Learn the basics of chords and rhythms with strum patterns, plus more advanced techniques. Robert is a member of Doc’s Ukulele Orchestra.
Instructor: Robert Rosenberg

Location: Online - Live

Enroll at www.tryufm.org @ufmclc • Summer 2021
Introduction to Voiceovers 21BCF129
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.

Loom Beading 21BCF272
Loom Beading is an indigenous art form used worldwide. Georgia will teach you the style that her grandmother taught her over 60 years ago. You will learn the basics of looming glass seed beads into a design for use as a bracelet or bookmark. Georgia will have various examples of how loom beaded strips have been used on Turtle Island for over 200 years. Fee covers your handmade cedar loom, instruction sheet, beading needle, beading thread, and beads to complete your class project provided by Georgia for you to keep. This class is sponsored by Flint Hills Wisdom Keepers Foundation (fhwisdomkeepers.org). Ages 18+.

Instructor: Georgia Nonte Perez
Georgia Perez has taught folk arts learned from her grandmother, at Dixon Mounds Museum, Kaw Mission, KSU UPC, Weaver’s Guild, Parks and Recreation, UFM, Pawnee Earth Lodge Museum, and Shawnee Indian Mission.

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* Enrollment deadline 07/07

Location: UFM Solar Addition, 1221 Thurston St

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Flint Hills Wisdom Keepers Gathering
Native American culture discussed & traditional ways demonstrated by indigenous elders and presenters from around the USA.
Zoom attendance “Seed Events” with FHWK indigenous elders & presenters. Check website.
www.fhwisdomkeepers.org ~ fhwisdomkeepers@gmail.com ~ FHWK Foundation, 501(c)3
Call Diane Barker at 785-477-9306, president of Flint Hills Wisdom Keepers Foundation
**Glass Etching**  
**21BCF259**  
Learn how to transform a plain glass item, such as a vase, mirror, drinking glass, or candleholder into an exquisite piece of art. Etched glass can be personalized to make a special gift. Learn how to make the whole family a special holiday present. Glass etching is relatively simple, but there are several little tips and tricks to ensure you achieve the best results. In this class, you will learn about different equipment that can be used to etch glass and then experiment with one method. You will have your choice of an assortment of glass pieces that will be available — or you can bring something of your own that you would like to etch. Ages 13+.  

Instructor: Gail Parsons,  
writtenontheplains@yahoo.com  
Gail has been an eclectic artist for over 30 years.  

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**Location:** UFM Solar Addition, 1221 Thurston St  

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**The World of Abstract Painting**  
**21BCF324**  
Abstract is an umbrella term under which many forms of painting fall. In this class you will learn about some of the different styles of abstract art. You'll get to choose the style that speaks to you and start transforming a blank canvas into a work of art. Ages 13+.  

Instructor: Gail Parsons, writtenontheplains@yahoo.com  
Gail is an abstract painter who has taught painting and other art forms to adults and children for about 15 years.  

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**Location:** UFM Banquet Room, 1221 Thurston St  

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**Japanese Calligraphy Art**  
**21BCF322**  
We will learn basic history and strokes of Japanese calligraphy, and practice by writing Japanese Hiragana, Katakana and Kanji. We will complete the class by making a piece of final calligraphy with optional watercolor designs. Ages 6+.  

Instructor: Ayumi Amama  
Ayumi grew up in Japan and studied architectural design. She loves Japanese traditional culture, especially architecture, crafts, and food. She is passionate about sharing Japanese culture with others.  

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**Location:** UFM Multipurpose Room, 1221 Thurston St  

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Enroll at www.tryufm.org  
@ufmclc  
Summer 2021
**Home Landscape Design**  
*21BEN08*

Property values can be increased as much as 10-20% by smart landscape design. Learn the basics of landscaping your home and create your own design on paper to get one step closer to creating the look you want! Locally available resources will be presented. Edible landscaping will be discussed. This course is a must for residents new to the Manhattan community or those of us with "brown thumbs." Single homeowners or couples are encouraged to enroll.

Instructor: Gregg Eyestone, geyeston@ksu.edu
Gregg has been instructing others on gardening practices for 30+ years through K-State Research and Extension. A native of Manhattan, he has been gardening his whole life. His orchard contains just about one of everything.

**DATE** | **TIME** | **FEE**
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06/03 - 06/17 (Th) | 6:30 - 8:30 PM | $21 - Individual  
 | | $30 - Couple |

**Location:** Riley County Extension Office, 110 Courthouse Plaza, 2nd Floor Meeting Room

**Solar Electricity Nuts & Bolts:**  
**Siting & Designing**  
*21BEN142A*

Today, wind and solar energy is 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 and designing. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. (FHREEC) www.fhreec.org

Instructors: FHREEC & Bill Dorsett, wm.c.dorsett@gmail.com
Bill Dorsett has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

**DATE** | **TIME** | **FEE**
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06/13 (Su) | 1:00 - 2:00 PM | $5 |

**Location:** Online - LIVE

**Stargazing**  
*21BEN155*

Join Dr. Sorensen online for a lecture and presentation on how to find stars and constellations, how the sky moves, how to find planets, and simple observation tips.

Instructor: Chris Sorensen, sor@phys.ksu.edu

**DATE** | **TIME** | **FEE**
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06/10 (Th) | 7:00 - 8:00 PM | $12 |

* Enrollment deadline 06/08

**Location:** Online - LIVE

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This page sponsored by Thermal Comfort Air, Inc.
The Case for Permaculture 21BEN180
Concerned about the planet, your community and your future? Find out why permaculture design methods offer viable solutions to many of today's problems in creative, thoughtful and ethical ways. Learn about the full 72-hour course leading to a Permaculture Design Certificate and how you might use the knowledge gained to design a resilient lifestyle for you and yours.

Instructor: Carol Barta, snowsage54@hotmail.com
Carol Barta is a founding member of the Flint Hills Resilience Coalition and certified permaculturist.

DATE          TIME          FEE
05/24 (M)  7:00 - 9:00 PM  $12

Location: UFM Solar Addition, 1221 Thurston St

Healthy Soils - Healthy Plants 21BEN181
Healthy soils are the basis for healthy plants. They support plant growth, nutrient cycling, and regulate water and air supply to and around plant roots. There are quite a few things you can do to improve your soil so you end up with a beautiful and productive garden. There are, however, quite a few things you can do to make things worse. Learn what to do and what to avoid so you end up with healthy soils for healthy plants.

Instructor: Sabine Martin
Sabine Martin has gardened for 20+ years in the challenging conditions created by Kansas weather. She is a Riley County Extension Master Gardener.

DATE          TIME          FEE
05/25 (T)  6:00 - 7:00 PM  $20

Location: Online - LIVE

Save Money: Efficient Ways to Water Your Garden 21BEN182
Watering is a must here in Kansas, especially during the hot and dry summer months. By July you may wish you never planted a garden. But it doesn’t have to get to this point. In this class you will learn when, where, how much and how often to water so your plants remain healthy and productive, while you don’t exhaust yourself dragging the hose or watering cans around and dread looking at your water bill.

Instructor: Sabine Martin

DATE          TIME          FEE
06/07 (M)  6:00 - 7:00 PM  $20

Location: Online - LIVE

Growing Herbs 21BEN183
Herbs are a simple way to add edible plants to your garden. They are easy to grow and add fragrance, color and texture. Herbs can also be grown in containers or indoors. They are very versatile and can be used for cooking, medicinal purposes, and as fragrant accents in items like potpourri and soap. Learn about different types of herbs, how to grow, harvest, use, store, and propagate them.

Instructor: Sabine Martin

DATE          TIME          FEE
06/14 (M)  6:00 - 7:00 PM  $20

Location: Online - LIVE
College and Career Exploration  21BFC170
This class will help participants discover careers that are the best fit for them and create a plan to achieve career success. Through an active and thoughtful process, participants will go through a series of assessments and reflective modules that will unveil their career potential. At the end of the class, students will have a comprehensive plan to achieve their educational goals and move toward a successful and satisfying career path. Class is set up in a series of four weekly online modules via Google Classroom. Class is conducted through instructional materials, such as videos, PowerPoints, assignments, assessments, and private classroom group discussions. This class does not meet at a set time -- students may participate at their own pace.

Instructor: Rachelle DeCoud, rachelledecoud@gmail.com
Rachelle graduated from KSU with a master’s degree in academic advising. She is currently a college coach for a nonprofit organization. Rachelle also volunteers for a national non-profit organization as a college coach where she helps first-generation students plan and apply to college. Her interests include social justice in academia, allyship, and scholar-activism.

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Grant Writing  21BFC171
This class is an introduction to grant writing and is designed to strengthen one’s ability to write competitive proposals. Participants will learn the fundamental practices of proposal development with an emphasis on writing for non-profit organizations. This course is applicable to college students and all professions. Participants will create a mock proposal that will be reviewed at the end of the class. Class is set up in a series of four weekly online modules via Google Classroom. Class is conducted through instructional materials, such as videos, powerpoints, assignments, assessments, and private classroom group discussions. This class does not meet at a set time -- students may participate at their own pace.

Instructor: Rachelle DeCoud, rachelledecoud@gmail.com
Rachelle has worked as a grant writer securing funding for multiple non-profit organizations over the past 5 years.

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Location: Online - Asynchronous

Did you know...
The first UFM catalog was published in January 1968. It listed 7 classes. Today the average catalog has over 250 classes.
Indian Cooking for Beginners  21BFF121
An introduction to Indian cooking that will unravel the myths, secrets and tips to cooking authentic, home-style Indian food at home. You will learn dishes that are rooted in India’s long-standing cooking traditions yet adapted to today’s kitchen and lifestyle. You will enjoy a hands-on lesson (including making a classic base sauce for curries, lentil soup and rolling out flatbreads) followed by a sit-down meal and conversations along with a recipe packet. In the end you will learn how to cook your own Indian meals with confidence. It is fun, interactive and makes Indian cooking easy!

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. Her passion for cooking grew when she met her husband who is an avid foodie. 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.

Edible Wild Plants  21AFF151
Terry Olson and Sue Maes return as instructors for this longtime favorite UFM class. You’ll be amazed at how many native plants and “weeds” can be incorporated into your culinary adventures! Whether you’re completely new to local foraging or a seasoned pro, there’s always more to learn. Hosted with Prairiewood Retreat & Preserve, this class will meet on site at Prairiewood’s Blue Sage Barn. Formal instruction from Terry and Sue will be followed by a plant ID walk on Prairiewood’s trails. Come prepared for some prairie hiking with long pants, closed toed shoes, bug spray, and water. *There will be different plants in season during the June and July classes. In season during June will be nettles, wild parsley, and garlic mustard while in July it will be cattails, milkweed pods, and sumac for tea. If you would like to attend both classes, please enroll in each class.

Instructors: Sue Maes, Terry Olson, & Kelly Yarbrough

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Location: Prairiewood Retreat and Preserve
Blue Sage Barn, 1484 Wildcat Creek Road, MHK

Edible Wild Plants  21BFF151

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Location: TBD

What people are saying...

About instructor Vaishali Sharda:

The best part was “the hospitality she shows each and every person. She is patient, knowledgeable and the whole experience is wonderful.”
Thai at Home 21BFF187
Thai food is very fun to make at home. In this class, we will make pad see ew (wide noodles with broccoli and your choice of protein) and from scratch panang curry with your choice of protein. The dishes are dairy-free and can be adapted for gluten-free, vegetarian, and vegan dietary preferences. Ages 18+.

Instructor: Lisa Rubin, lisalevinetx@gmail.com
Lisa Rubin grew up in her mom’s catering business and fell in love with delicious food at an early age. She has taken cooking classes all over the world.

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* Enrollment deadline 05/31

Location: Online - LIVE

Maki-Zushi and Oshi-Zushi (Rolled Sushi and Layered-Cake Sushi) 21BFF190
We will learn how to make sushi starting with how to boil rice correctly. Then we will explore different presentations of sushi made with grilled chicken, pepper beef, and grilled salmon accompanied by various colorful vegetables. Participants will take home their own rolling mat and rice paddle.

Instructor: Ayumi Amama

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* Enrollment deadlines: A - 05/21, B - 06/04, C - 06/18

Location: UFM Banquet/Kitchen, 1221 Thurston St

Enroll at www.tryufm.org
Professional Development

Start learning something new today! UFM is partnering with LERN to expand our educational offerings through UGotClass. The UGotClass classes offer online, self-paced learning opportunities for professional development or to earn CEUs or a certificate. A number of courses and certificate are offered in categories such as Business, Business Communication, Data Science, Human Resources, Leadership, Management, New Media Marketing, Personal Development, Social Media for Business, Technology Skills, Training and Education, and Training for K12 Teachers. All of these courses are asynchronous (self-paced). There are no live components for these classes. All of the course units are posted from the beginning of the course with a unit designated for each week. 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.

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.

Certificates [online]

SQL Certificate

Structured Query Language (SQL) is the industry standard database programming language. It is one of the most in demand skills in occupations that require the interaction and analyzing of data. Through your knowledge of Structured Query Language, you will become more marketable in computer related career fields that pertain to database administration. Learning SQL can also lead to a job that is specific to analyzing data such as a data analyst, a quality assurance analyst, or a business analyst. You’ll first learn about relational database structures, the history and uses of Structured Query Language, and how to use Structured Query Language to create a database, add records to database tables, and how to use SQL queries to extract meaningful data from database tables. You will quickly progress from creating simple SQL queries that query a single table to querying multiple tables simultaneously. You’ll also learn how to alter data in a database and how to gather significant statistics from data stored in a database. Finally, you’ll learn techniques that will enable you to write powerful queries that perform complicated searches and sorts on your data. This certificate will enhance your competitiveness in the field of database administration and data analyst jobs.

CEUs/ILUs: 4.8 / Length (in hours): 48
Courses included in certificate: Introduction to SQL, Intermediate SQL, & Advanced SQL
Instructor: LERN Staff

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Power BI Certificate

Gain insights into your data using business intelligence software - Power Business Intelligence. Power BI is a widely used business analytics service offered by Microsoft. Power BI Desktop is a complete data analysis and report creation tool that you install for free. Discover the process of creating interactive reports. Integrate financial, marketing, or any other source data in your accounting system, Excel, or on the Web. Streamline the data using Power Query. Create charts, maps, and other visuals to see your data in real time. Delve further into Power Query to ETL (Extract, Transform, and Load) your data. Build the Data Model using relationships and DAX (Data Analysis Expressions). Utilize Time Intelligence functions to view YoY or YTD reports. Add user-friendly features to enhance your reports and analyze your results. This certificate will enhance your skills in data analysis, giving you greater insight into your organization’s performance and allowing you to make more informed decisions.

CEUs/ILUs: 4.8 / Length (in hours): 48
Classes included in certificate: Introduction to Power BI, Intermediate Power BI, & Advanced Power BI
Instructor: LERN Staff

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Enroll at www.tryufm.org
Certificate in Project Management 21BGC36
In today's business environment, there is a need for good project management. Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancelation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. First, gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. Then acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. This basic information will assist you in learning the beginnings of project management, whether you are interested in project management, the project management field, or in any line of work. Finally, learn the ten Project Management Knowledge Areas and their support role and relationships to the five Project Management Processes.

CEUs/ILUs: 4.8 / Length (in hours): 48
Classes included in certificate: Introduction to Project Management, Project Management Project Processes, & Project Management Knowledge Areas
Instructor: LERN Staff

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Management Certificate 21BGC152
Enhance your management skills through this program for supervisors, managers, and emerging leaders. Nothing creates success like a solid foundation. Discover the keys for effectively managing your employees. Find out how to create clear expectations, engage and motivate employees, and increase your effectiveness. Then you will explore the principles of collaborative management and gain insight on how to expand your collaborative skills for success of your team or organization. Finally, get the keys to manage different generations in your workplace. Discover what motivates each generation at work, what incentives they respond to, and what messages they value.

CEUs/ILUs: 4.8 / Length (in hours): 48
Classes included in certificate: Management Bootcamp, Managing Generations in the Workplace, & Collaborative Management
Instructor: LERN Staff

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Bookkeeping Certificate 21BGC149
How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure, and manage, the financial health of your business. This program focuses on cash basis accounting. No one will care more about the financial health of your business than you! It's imperative that you understand how the process works and are able to complete the accounting cycle accurately and in a timely fashion. Even if you plan to outsource your bookkeeping needs, you should still understand how the process works. No one should be clueless when it comes to the finances of their business.

CEUs/ILUs: 4.8 / Length (in hours): 48
The Bookkeeping Certificate courses must be taken in the below order (the classes build off each other): Understanding Debits and Credits, General Ledger and Month End Procedures, & Closing Procedures and Financial Statements
Instructor: LERN Staff

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Certificate in Mastering Excel 21BGC25
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. Begin with learning how an Excel worksheet is constructed, populated with content, and edited for delivery. Discover how various menu items, commands, settings, and processes affect the look of your Excel worksheets and workbooks. Then, increase your efficiency by learning how to organize, display, and calculate your data into useful information. Identify different types of data and how data can be best visually represented or formatted by using different data tool techniques. Finally, you'll learn a variety of Excel's most powerful features to analyze data quickly and easily. This Certificate will help you discover how to attractively visualize your data into meaningful information with confidence.

CEUs/ILUs: 4.8 / Length (in hours): 48
Classes included in certificate: Mastering Microsoft Excel, Intermediate Excel, & Advanced Excel
Instructor: LERN Staff

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Find the fake class & get $5 off your registration!
Graphic Design Software Essentials Certificate 21BGC59
The Adobe software tools are the leading software for graphic design. Adobe Illustrator is the industry standard computer illustration software. Use Illustrator to draw shapes and design logos, flyers, posters, banners, business cards or any other vector graphics for print or web. Adobe InDesign is the industry standard page-layout program that works with Adobe Illustrator and Photoshop seamlessly. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books and magazines. Use Adobe Photoshop to effectively work with selection and editing tools, layers, and masks to edit, retouch, and enhance existing images or create your own composite digital artwork. Access to the Adobe software tools required.

CEUs/ILUs: 4.8 / Length (in hours): 48
Classes in certificate: Adobe Illustrator CC Essentials, Adobe Photoshop CC Essentials, & Adobe InDesign CC Essentials
Instructor: LERN Staff

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Digital Marketing Certificate 21BGC52
Come get a fundamental, yet advanced, introduction to eMarketing, including improving email promotions, analyzing your website traffic, doing search engine optimization, and how to successfully employ online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions.

CEUs/ILUs: 4.8 / Length (in hours): 48
Classes included in certificate: Improving Email Promotions, Boosting Your Website Traffic, & Online Advertising
Instructor: LERN Staff

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Social Media for Business Certificate 21BGC70
Get in on this exciting and growing way to communicate, market, and serve your customers and clients. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks, how these specific social networks function and their possible uses for your organization. Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Then, find out what you can be doing and create a plan to integrate social networks into your communication and marketing. Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. Your instructors are outstanding practitioners who also speak, write, and train others on social networks.

CEUs/ILUs: 4.8 / Length (in hours) 48
Classes included in certificate: Introduction to Social Media, Marketing Using Social Media, & Integrating Social Media in Your Organization
Instructor: LERN Staff

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Google Analytics Certificate 21BGC56
If you are not reviewing your website statistics, then you are missing several key opportunities to profit from your website traffic. This Certificate, aimed at non-technical users, will take you through all the key techniques and how to use website analytics using the world-standard Google Analytics, a free online tool. You’ll understand your visitor traffic better, learn how to calculate return on investment (ROI) for your online advertising, and find out how to get more conversions and sales from your website visitors - a must for anyone serious about leveraging more success from their website.

CEUs/ILUs: 3.2 / Length (in hours): 32
Classes included in certificate: Google Analytics & Advanced Google Analytics
Instructor: LERN Staff

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Entrepreneurial Marketing 21BGC130
To succeed in today's marketplace, entrepreneurs must know how to effectively market their product or service. This course offers you a step-by-step approach to attract and keep customers, all within a realistic budget. With an emphasis on customer-driven marketing decisions, you will learn how to build a strong brand, analyze which tactics to use, and implement your marketing plan. Whether you are starting a business or growing an existing one, you will take away practical marketing tips and tools that you can use to improve your marketing efforts.
CEUs/ILUs: 1.6 / Length (in hours): 16
Instructor: LERN Staff

DATE TIME FEE
08/02 - 08/27 Asynchronous online $195

Introduction to Game Design 21BGC18
Games are increasingly recognized as a tool that can serve many business purposes beyond entertainment. This course provides a general introduction to what goes into the design and development of both video and analog games, with a focus on the use of games outside of consumer entertainment. By completing this course, you can take the first steps into understanding game design, and how it can be applied in your field. Certificate available. For additional information please see: Certificate in Basic Game Design
CEUs/ILUs: 1.6 / Length (in hours): 16
Instructor: LERN Staff

DATE TIME FEE
06/07 - 07/02 Asynchronous online $245

Conflict Management 21BGC75
A recent study conducted by the American Management Association (AMA) revealed that the average manager spends more than 20 percent of their day engaged in or reacting to a conflict situation. This study also identified that out of twenty-five management skills, conflict management was the only one positively correlated to higher earnings and promotion. Discover a workable conflict management model, discuss case studies in conflict management, and then take away successful conflict management strategies to apply in your workplace. Certificate available. For additional information please see: Workplace Conflict Solutions Certificate.
CEUs/ILUs: 2.4 / Length (in hours): 24
Instructor: LERN Staff

DATE TIME FEE
06/07 - 07/02 Asynchronous online $245

Introduction to Data Analysis 21BGC21
Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. This course will give you a basic understanding of how to analyze data in a business setting. Businesses look for candidates with an understanding of how to analyze the data they have been collecting; this course will help you start on that journey. Certificate available. For more information please see: Certificate in Data Analysis.
CEUs/ILUs: 1.6 / Length (in hours): 16
Instructor: LERN Staff

DATE TIME FEE
06/07 - 07/02 Asynchronous online $195
## Single Courses [online]

### Integrating Social Media in Your Organization 21BGC73
Take away a practical strategy and techniques for implementing social networks for your organization or business. Learn how to create your own private social network using Ning, work socially using Google Docs and calendars, and move your website to an interactive Web 2.0 site. Then your instructor will help you choose which social network tools are right for your situation, and then integrate them into your web site to develop a social networking strategy for your organization. Find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing. Certificate available. For additional information please see: Social Media for Business Certificate.
CEUs/ILUs: 1.6 / Length (in hours): 16
Instructor: LERN Staff

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### Online Advertising 21BGC55
Get the keys to making online advertising work for you and your organization. See how pay-per-click advertising with Google AdWords works. Find out how to test low budget Adword campaigns. Learn how you can target local audiences. Then, discover Facebook advertising and how you can determine the demographics and number of people you want to reach. No experience necessary, but if you are at an advanced level, your instructor is an online ad expert and can answer your toughest questions. Certificate available. For additional information please see: Digital Marketing Certificate.
CEUs/ILUs: 1.6 / Length (in hours): 16
Instructor: LERN Staff

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### YouTube for Business 21BGC65
Increase your business with YouTube, the online video site and now the second largest search engine. Discover the power of video for your organization. Find out what types of video work best, how other business organizations use YouTube, how to create your own YouTube channel, and how to add captions, annotations and other extra features. Certificate available. For additional information please see: Mastering Video Marketing Certificate.
CEUs/ILUs: 1.6 / Length (in hours): 16
Instructor: LERN Staff

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### Introduction to Web Design 21BGC45
Discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. Throughout the course, you will get the info you need to plan and design effective web pages. Come away knowing how to implement web pages by writing HTML and CSS code. And discover ways to enhance web pages with the use of page layout techniques, text formatting, graphics, and images. Certificate available. For additional information please see: Certificate in Web Design.
CEUs/ILUs: 1.6 / Length (in hours): 16
Instructor: LERN Staff

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### Introduction to Coding 21BGC49
Get introduced to the basics of computer programming and various programming languages. New technologies allow people outside of the computer science field to be able to create their own web pages using code. You will learn the basics of HTML, CSS, and JavaScript in this course, as well as the practical uses for each. Certificate available. For additional information please see: Coding Certificate.
CEUs/ILUs: 1.6 / Length (in hours): 16
Instructor: LERN Staff

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Gender in the Classroom  21BGC110
Discover why girls waste 30% of their study time, why boys get worse grades than girls, why boys do less homework than girls, and the 5 learning habits girls get in school that hurts them in the workplace. Your female students learn differently than your male students. Discover how girls learn. Take away 10 top tips for helping girls learn more, and the 5 tips to help girls succeed more. Then discover how boys learn. Take away 10 top tips for helping boys learn more, and the 5 tips to help boys succeed more. Get info about research not available anywhere else.
CEUs/ILUs: 1.6 / Length (in hours): 16
Instructor: LERN Staff

DATE TIME FEE
07/06 - 07/30 Asynchronous online $145

Managing Generations in the Workplace  21BGC134
Get an understanding of managing workers in different generations in the workplace. Discover what motivates each generation at work, what incentives they respond to, and what messages they value. Generations X and Y are significantly different from the Boomer generation. Each generation has different expectations and styles of work in the workplace. Come explore the characteristics of the different generations in the workplace. Discover the current motivations of Boomers, Gen Xers and Gen Yers and what messages they value. Then, identify practical, how-to tips and techniques for managing Boomers, Gen Xers, and Gen Yers in the workplace.
CEUs/ILUs: 1.6 / Length (in hours): 16
Instructor: LERN Staff

DATE TIME FEE
08/02 - 08/27 Asynchronous online $175

Students with ASD (Autism Spectrum Disorder)  21BGC119
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. You will also 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

DATE TIME FEE
07/06 - 07/30 Asynchronous online $145

Developing Your Leadership Skills  21BGC107
Especially for future and emerging leaders in Gen Y, come discover the key concepts of being a leader and the best strategies for developing your leadership skills and influence. Learn the unspoken secrets that leaders know and the strategies they employ/exhibit for influencing others. Leadership skills are acquired and learned. The action takes place in attending meetings, running meetings, interacting with others 1:1, and employing successful techniques to convince and influence others. You can become a leader if you know the do’s and don’ts; what to say, what not to say; what to do, what not to do.
CEUs/ILUs: 1.6 / Length (in hours): 16
Instructor: LERN Staff

DATE TIME FEE
07/06 - 07/30 Asynchronous online $145

Exploring Riley County history since 1914!
Riley County Historical Museum
2309 Claflin Road
Tues - Fri 8:30 - 5:00
Sat & Sun 2:00 - 5:00
Wolf House Museum
630 Fremont
Sat & Sun 2:00 - 5:00
Also by Appointment
Goodnow House Museum
State Historic Site
2301 Claflin Road
Tues - Fri 8:30 - 5:00
Sat & Sun 2:00 - 5:00
Pioneer Log Cabin
Manhattan City Park
Open Sundays 2:00 - 5:00
April - October
Rocky Ford School
Tuttle Creek and Barnes Rd.
By Appointment
(785) 565-6490 • FREE Admission to all sites! • www.rileychs.com
Growing Your Own Medicine Garden 21BHW229
A medicinal plant garden provides affordable, sustainable, and indispensable herbs to remedy a variety of conditions from prevention to times of emergencies. Growing herbs to meet your needs does not have to be difficult and can be done with any garden space. You’ll learn about various plants to grow, how to get started, design tips, choosing plants or seeds, and how to decide what to plant based on common issues you and your family need to remedy. Some issues could be easing tummy upset, aiding sleep, calming nerves, relieving pain, reducing bruises and sprains, easing cold/flu and fevers, calming nerves, easing bites/stings, disinfecting wounds, soothing burns and more.

Instructor: Joanne Bauman,
Joanne (Prairie Magic Herbals) is a Kansas wise woman herbalist, teacher, writer, herb grower and medicine-maker. Joanne teaches people how to appreciate, connect with, and collaborate with plants to empower their health. She presents at The Mother Earth News Fair and the Midwest Women’s Herbal conference, and she blogs and podcasts for Mother Earth News Heirlooms & Herbs/Herbal Living. Joanne also volunteers as the Herbalists Without Borders (HWB) Community Herbal Apothecary Coordinator and Kansas Chapter Coordinator.

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Location: Online - LIVE

Herbal First Aid 21BHW220
If you are intrigued by herbal first-aid but don’t know where to begin, this is your class. Learn how to use herbal remedies and prepare a first aid kit. Plants readily available right in the backyard will be identified and utilized as well. Learn how to stop the itch and sting of insect and spider bites. Learn ways to draw out splinters, treat boils, minor cuts, scrapes and wounds, staunch minor bleeding, and naturally sanitize and disinfect, ease the pain and discoloration from bruises and sprains. Find ways to soothe sunburn, minor burns, rashes, and poison ivy, calm an upset tummy or diarrhea, relieve headaches, earaches, and other aches/pains. Use antifungal herbs to alleviate athlete’s foot and more. Recipes are included to easily and confidently create and use your own herbal first aid.

Instructor: Joanne Bauman

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Location: Online - LIVE
Health & Wellness

Intentional Ways to Manage and Reduce Stress 21BHW291
Explore evidence-based coping mechanisms that can be helpful with managing and reducing stress. Participants will reflect on their current stressors and will explore how to utilize these coping mechanisms to live a more intentional, healthy, and happy life. Participants will receive a pre-recorded video of ~ 30 minutes at the beginning of each week.
Instructor: Rheagan Hageman

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Location: Online - Asynchronous

Preparing to Pump! 21BHW292
Join Sarah, RN, as you learn about pumping techniques and best practices for collecting and storing breastmilk. This class is for anyone interested in learning more about pumping. Feel free to bring questions, tips or tricks. We will talk about all things pumping!
Instructor: Sarah Boxberger
Sarah is a Registered Nurse with Riley County Health Department's Maternal and Child Health program. She works with families in the postpartum time period teaching various topics such as breastfeeding, baby’s development, and postpartum recovery. She is passionate about helping families meet their breastfeeding goals!

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* Enrollment deadline 06/23

Location: Online - LIVE

Blended Learning: First Aid/CPR/AED 21BHW70
Blended Learning is a CPR, First Aid, and AED Training program which combines an online session with a hands-on skills practice and assessment session. Certification is good for two years. You will be contacted via email with login information and directions. Please check your email frequently and be sure that it’s in working order. Certification requirements are as follows:

**Part I:** Complete online session by correctly answering at least 80% of the questions on the final exam, then bring printed final exam score to hands-on skills practice and assessment session.

**Part II:** Attend in-person session and demonstrate competency in the hands-on skills practice and assessment session.

Source: American Red Cross. No textbook required and the date listed is for hands-on skills practice session.
Instructor: Henry Brown

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* $20 non-refundable fee

Location: UFM Banquet Room, 1221 Thurston St

Infant Massage 21BHW293
Infant massage is a warm and caring way to bond with your baby. It offers many benefits to the baby, like better sleep, less gas, and stimulation to the nervous system. Join Jada, RN, as she walks you through baby’s first massage. This class is great for expecting parents and caregivers with infants in their homes.

Instructor: Jada Hinrichs
Jada is a Registered Nurse with Riley County Health Department's Maternal and Child Health program. She teaches and supports families throughout the perinatal period. She has a passion for teaching new parents the wonderful ways massage can benefit baby. Join her if you are expecting or have a little one at home.

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<td>No Charge</td>
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* Enrollment deadline 07/19

Location: Online - LIVE
**Evening Yoga**

Close your day with gentle yoga movements and breathing practices to help you relax, rejuvenate, and restore your energy! Participants will also learn how to develop a home practice. No experience necessary. Yoga is for everybody.

Instructor: Debbie Newton, dn72649@gmail.com
Debbie has been a certified yoga teacher (CYT) since 2007.

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Location: UFM Solar Addition, 1221 Thurston St

**Chair Yoga**

Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction. Participants will also learn how to develop a home practice. All levels welcome.

Instructor: Debbie Newton, dn72649@gmail.com

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Location: UFM Solar Addition, 1221 Thurston St

**Community Yoga**

Online only. Yoga practice is a personal pursuit of the mind. Whether you’re just starting yoga, or have experience, this class will help you clarify your yoga and practice in a way that most benefits you. Feel great after each class, and incorporate the practice into your daily life.

Instructor: Ana Franklin, yogaconnection@gmail.com

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**FEES (per total number of classes) =
# of Classes: $74 - 8; $58 - 6; $42 - 4; $26 - 2**

Location: Online - LIVE

**Gentle Yoga for All**

This is a 75-minute ONLINE Yoga class covering basic, foundational exercises meant to be practiced on a daily basis for general wellbeing. If you have never done Yoga, if you’d like to de-stress, or you want to gain strength and flexibility, this is the class for you. Benefits all ages!

Instructor: Ana Franklin, yogaconnection@gmail.com
Ana Franklin began practicing yoga in the 1970s. She began teaching informally in 1984, and in the 1990’s trained as a professional Yoga teacher at Maui Yoga Therapy, later called American Viniyoga Institute.

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* Please participate with an empty stomach and wear comfortable clothes that do not restrict movement.

Location: Online - LIVE

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Chair yoga
COMMUNICATION

Peaceful Communication 21BPI133
This independent study 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, PowerPoints, worksheets, etc.), assignments, exercises, and includes 3 live discussions via Zoom. Materials will be made available immediately upon enrollment. Zoom discussion dates are arranged to fit your schedule.

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.

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Location: Online - Asynchronous

Peaceful Parenting 21BPI175
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. This independent study program is set up in a series of 5 weekly online modules via Google Classroom and includes all instructional materials (videos, PowerPoints, worksheets, etc.). Students work at their own pace and 3 live Zoom conversations with the instructor are available and arranged to fit your schedule.

Instructor: Susanne Glymour, sglymour@gmail.com

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Location: Online - Asynchronous

LANGUAGE

Basic Spanish with Duolingo NEW! 21BLA71
This course will introduce participants to many different fun ways of learning Spanish. The class will cover basic topics like introductions, common phrases, travel, groceries, family, school, and more. In each section, we will discuss one subject and assign it on Duolingo that week to practice. Also, each class will introduce a new app, website, or tool to learn Spanish in a fun way. This course aims to provide different tools to the participant to continue learning a language after the class. Learning a new language does not need to be complicated or tedious. Join us, have fun, and learn Spanish.

Requirements: Students will need to have access to a device with internet access at home (smartphone, tablet, laptop, etc.). For class, bring a notebook and a writing utensil.

Instructor: Gustavo Roa
Gustavo Roa is from Paraguay and received a B.S. in Agronomy from EARTH University in Costa Rica. He is currently a Ph.D. Agronomy candidate at Kansas State University. Gustavo speaks Guarani, Spanish, Portuguese, and English.

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Location: UFM Conference Room, 1221 Thurston St
LIFETIME LEARNING

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

Understanding Medicare: Introduction to the Basics  21BLL27
Medicare presents a surprisingly complicated and often confusing set of decisions with significant financial consequences for those turning 65, retiring after 65, disabled or otherwise eligible for this health insurance program that covers over 60 million Americans. 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.

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

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Locations: A - UFM Solar Addition, 1221 Thurston St;
B - Online - LIVE

Summer Birdwatching  21BLL41
Participants will be introduced to birds that spend their summers nesting in Kansas. This course will include both classroom sessions and walking field trips to observe local birds at local birding spot. Birdwalks will be leisurely with frequent stopping to look or listen to the birds.

*Meadowlark Hills residents see message on page 24.

Instructor: Ted Cable
Ted Cable is Professor Emeritus of Park Management and Conservation at Kansas State University. He has authored 14 books, several book chapters, four scenic byway video scripts, and more than 250 articles, reports, and presentations dealing with nature, travel, and heritage interpretation.

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Location: Prairie Star’s Event Center at Meadowlark, 2121 Meadowlark Rd

Have the Last Word: How to Write Your Own Obituary  21BLL40
When you die, what will your obituary say about you? Leave it to others and who knows what will turn out in print. Wouldn’t you rather have your story told the way you want it? In this class, you will start writing your obituary and take home all the information you need to finish crafting it. Ages 18+.

Instructor: Gail Parsons, writtenontheplains@yahoo.com
Gail is a professional writer and journalist with nearly 30 years of experience. She started her career in newspapers writing obituaries.

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Location: UFM Conference Rm, 1221 Thurston St, 2nd floor
Email/Phone Security 21BCT03
Phishing and Vishing scams are the most common scams and you often run into them daily. Most are relatively easy to avoid but this course will teach you how to separate fact from fiction, such as:

• Learning the script which many scams use, making them easier to spot.
• Spotting the false deadlines they force upon you using fear tactics and a few tricks to keep calm while seeking the truth.
• Learning the steps to take after such events have occurred.

*Meadowlark Hills residents see message below

Instructor: Brent Morrill
Brent graduated from Manhattan Area Technical College with a degree in Information Technology. He frequently builds and repairs computers and teaches others new technology.

DATE       TIME       FEE
07/13 (T)  6:30 - 7:30 PM  $10

Location: Prairie Star’s Event Center at Meadowlark, 2121 Meadowlark Rd or Online via Zoom

Language Change in Kansas 21BLL43
Language has changed quite a bit in the last hundred years. How have these changes affected speech in the Free State? Dr. Kohn traces language change in Kansas using archival and contemporary recordings. What these recordings reveal is that present day Kansas language is intimately tied to our immigrant past, a foundation that, surprisingly, keeps us at the forefront of language change.

*Meadowlark Hills residents see message below

Instructor: Mary Kohn
Mary Kohn is an Associate Professor in English and Director of the Chapman Center for Rural Studies at Kansas State University. Her work examines regional and social variation in language with a focus on the Great Plains. She also examines language change across the lifespan through the Frank Porter Graham Project, resulting in books published by Cambridge University Press and Duke University Press.

DATE       TIME       FEE
06/22 (T)  2:00 - 3:00 PM  $10

Location: Prairie Star’s Event Center at Meadowlark, 2121 Meadowlark Rd or Online via Zoom

* Meadowlark Hills residents: to register for this class, please call UFM at 785-539-8763 and leave a message or email info@tryufm.org. All others may register online at tryufm.org or by calling UFM.
Art Appreciation: Exploring Sculpture 21BLL44
Have you ever walked by a sculpture on the sidewalk, in a park, or in a building atrium and wondered what it was about? Usually there is a plaque nearby that mentions the name of the piece and the artist. Sometimes this is helpful and sometimes it may provoke more questions. This class will explore a few ways to approach looking at public art, specifically sculpture. We will practice using the techniques together and provide some tools to help you look on your own.
*Meadowlark Hills residents see message below

Instructor: Kim Richards
Kim Richards has been a member of the Education Department at the Marianna Kistler Beach Museum of Art since 2012. The enjoyment of art is meant for all and she strives to enhance and broaden the viewer’s experience with each interaction.

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Location: Prairie Star’s Event Center at Meadowlark, 2121 Meadowlark Rd or Online via Zoom

Battle in the American Civil War: The Evolution of Tactics, Command, and Generalmanship 21BLL42
The three-class session will examine the evolution of tactics and command by focusing on six Civil War battles: three in the eastern theater and three in the western theater. The first class will examine the 1st Battle of Bull Run and the Battle of Shiloh that were battles of enthusiastic, yet untrained soldiers commanded by officers unused to handling large bodies of men. The second class looks at the Battle of Gettysburg and the Vicksburg Campaign. This class follows the transformation of generals schooled in Napoleonic tactics and command are beginning to appreciate that weapon technologies are making the longstanding methods of battle obsolete. The final class focuses on the twin sieges of Petersburg and Atlanta which were a preview of warfare to come. The employment of trenches and field fortifications are a foretaste of tactics and doctrine witnessed on the Western Front during World War I.
*Meadowlark Hills residents see message below

Instructor: Robert Smith
Robert Smith was born in Nebraska and attended Nebraska University where he majored in history. Bob has always had a love for history and a particular interest in military history as he comes from a military family. His father was a World War II veteran and a career Air Force senior NCO. Prior to his return to academia and advanced degrees, Bob managed a family-operated business where he learned management and organizational skills. He returned to academia in 1998 attending Kansas State University receiving a Master of Arts in military history in 2004 and a Ph.D. in military history in December 2008. Currently, Bob is the Director of the Fort Riley Museum Complex, Fort Riley, Kansas. After hours, he teaches military history through UFM Community Learning Center’s Lifetime Learning program and previously Kansas University/UFM Community Learning Center’s Osher Lifelong Learning Program. He has co-authored a book on the history of Fort Riley and is the author of numerous articles on military subjects.

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Location: Prairie Star's Event Center at Meadowlark, 2121 Meadowlark Rd or Online via Zoom

* Meadowlark Hills residents: to register for this class, please call UFM at 785-539-8763 and leave a message or email info@tryufm.org. All others may register online at tryufm.org or by calling UFM.
Tell us what classes you would like to see in the future! Send your ideas to christina@tryufm.org
**Karate & Self-Defense**

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. (pam@midamerica-karate.com)

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.

### Self-Defense

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**Location:** Mid America Karate Academy, 24175 Bison Rd, Paxico, KS 66526

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**Ninjutsu and Self-Defense**

This class will cover the Togakure Ryu 16 fists and 20 basic Jujutsu self-defense techniques from the White Phoenix System. The 16 fists are different body parts used to hit an attacker. We will go to the second level of self-defense techniques of the White Phoenix System if we have time. Ages 16+.

Instructor: Stan Wilson

Stan Wilson has studied martial arts since 1970 and has a black belt in Hakkoryu Jujutsu and a black sash in Pai Lum Kung Fu.

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**Location:** UFM Multipurpose Room, 1221 Thurston St

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**Little Dragons**

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

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**Location:** Mid America Karate Academy, 24175 Bison Rd, Paxico, KS 66526

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**RECREATION & FITNESS**

**Intro to Parkour for Adults 21BRF204**
This class builds a strong foundation of functional movement for all types of practitioners. Students will learn and practice drills and challenges that progressively improve mobility, balance, agility, reactive speed, cardiorespiratory, and core training. Parkour Play, a focal-point of this class, aims on increasing hand-foot-eye motor skills while developing muscular control through multi-planar locomotion. Participants will learn how to identify and correct their individual biomechanics for safer, stronger and better movement.

Instructor: Chrischelle Borhani
Chrischelle is known for their energetic attitude and ability to create a fun and inclusive environment for everyone. As a long-time practitioner and certified Parkour Coach, as well as a NASM Personal Trainer, they understand how to help others reach their training goals by using a safe and effective, progression-based approach. You can find them at various places around the city teaching classes, working out, or doing research on... Parkour, of course!

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**Bhangra: Dance and Cardio 21BRF217**
Come and discover the world of Bhangra! In Bhangra: Dance and Cardio, participants will learn a Bhangra dance in line with a mixture of workout and fun! This will include a 1-2 minute choreographed dance to a mashup of punjabi songs. The entire dance will be taught step-by-step with instructor Anvesha Sharda right at your side. All levels of fitness experience are welcome to join. Take up this opportunity to explore a different culture of dance!

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 of 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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**History of Surfing in Manhattan 21BRF225**
Have you ever wondered what life was like when surfing thrived in Manhattan? Look no further than this gnarly class about the history of surfing! We'll talk about the sick waves on Tuttle Creek Lake and hang 10 with each other! Antique surfboards from that era will be available for viewing. A small portion of the class will also be devoted to learning specific Manhattan area surfing slang. Who knows, maybe we’ll even hit the water and try out some sick moves on our boards! Wetsuits not provided.

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**Pickleball!**
Visit tryufm.org for additional details.

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Enroll at www.tryufm.org • Summer 2021
Little Dragons 21BYO116
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. 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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<td>$96</td>
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Location: Mid America Karate Academy, 24175 Bison Rd, Paxico, KS 66526

Karate and Self-Defense/Little Dragons: “Pam knows how to keep kids engaged and interested. She is a great instructor.”
“She was calm and patient.”

Little Dragons

Karate & Self-Defense 21BMA22
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. (pam@midamerica-karate.com)
Instructor: Kyoshi Pamela Johansen

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<td>07/03 - 08/28 (Sa)</td>
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</tbody>
</table>

Location: Mid America Karate Academy, 24175 Bison Rd, Paxico, KS 66526
Intro to Parkour for Kids  21BYO130
Designed with fun in mind, this class teaches your mini-humans the physical and mental skills required for overcoming the everyday obstacles both physical and mental. And they will be learning to do so with variously designed obstacle courses by Leaping, Crawling, Climbing, and Rolling! Learning should be filled with play, adventure, and excitement! That’s why we utilize Parkour Play as a focal-point of our classes. It provides a positive environment to enhance learning experiences and engagement while increasing hand-foot-eye motor skills, coordination, self-discipline and personal growth. Ages 6-12.

Instructor: Chrischelle Borhani
Chrischelle is known for their energetic attitude and ability to create a fun and inclusive environment for everyone. As a long-time practitioner and certified Parkour Coach, as well as a NASM Personal Trainer, they understand how to help others reach their training goals by using a safe and effective, progression-based approach. You can find them at various places around the city teaching classes, working out, or doing research on... Parkour, of course!

SEC   DATE       TIME       FEE
A  05/24 - 06/16 (M/W)  9:00 - 10:15 AM $130
B  05/24 - 06/16 (M/W)  10:30 - 11:45 AM $130
C  05/25 - 06/17 (T/Th)  9:00 - 10:15 AM $130
D  05/25 - 06/17 (T/Th)  10:30 - 11:45 AM $130
E  06/21 - 07/14 (M/W)  9:00 - 10:15 AM $130
F  06/21 - 07/14 (M/W)  10:30 - 11:45 AM $130
G  06/22 - 07/15 (T/Th)  9:00 - 10:15 AM $130
H  06/22 - 07/15 (T/Th)  10:30 - 11:45 AM $130
I  07/19 - 08/11 (M/W)  9:00 - 10:15 AM $130
J  07/19 - 08/11 (M/W)  10:30 - 11:45 AM $130
K  07/20 - 08/12 (T/Th)  9:00 - 10:15 AM $130
L  07/20 - 08/12 (T/Th)  10:30 - 11:45 AM $130

Location: TBA

Intro to Parkour for Teens  21BYO136
This class builds a strong foundation of functional movement for all types of practitioners. Students will learn and practice drills and challenges that progressively improve mobility, balance, agility, reactive speed, cardiorespiratory, and core training. Parkour Play, a focal-point of this class, aims to increase hand-foot-eye motor skills while developing muscular control through multi-planar locomotion. Participants will learn how to identify and correct their individual biomechanics for safer, stronger and better movement. Ages 13-18.

Instructor: Chrischelle Borhani

SEC   DATE       TIME       FEE
A  05/24 - 06/16 (M/W)  4:30 - 5:45 PM $130
B  05/25 - 06/17 (T/Th)  4:30 - 5:45 PM $130
C  06/21 - 07/14 (M/W)  4:30 - 5:45 PM $130
D  06/22 - 07/15 (T/Th)  4:30 - 5:45 PM $130
E  07/19 - 08/11 (M/W)  4:30 - 5:45 PM $130
F  07/20 - 08/12 (T/Th)  4:30 - 5:45 PM $130

Location: TBA

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

TEEN MENTORING
For more information about or to apply for the mentoring program, visit www.tryufm.org or email Tiffany@tryufm.org
Ukulele For Everyone  21BCF293
Ukulele in Hawaiian means "jumping flea." Sounds like fun, doesn't it? Ukuleles sound good, are cheap, easy to carry, and easy to play. Learn the basics of chords and rhythms with strum patterns, plus more advanced techniques. Robert is a member of Doc's Ukulele Orchestra.
Instructor: Robert Rosenberg

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Location: UFM Solar Addition, 1221 Thurston St

Music Composition  21BCF326
Throughout this class you will learn to write music based on classical music notation as well as the basics of how to compose your own sound. Ages 13+.
Instructor: Sam Allison, Sjallison1010@gmail.com
Sam is a music education and music composition major at K-State.

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<td>06/05 - 06/26 (Sa)</td>
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Location: UFM Solar Addition, 1221 Thurston St

Glass Etching  21BCF259
Learn how to transform a plain glass item, such as a vase, a mirror, drinking glass, or candleholder into an exquisite piece of art. Etched glass can be personalized to make a special gift. Learn how to make the whole family a special holiday present. Glass etching is relatively simple, but there are several little tips and tricks to ensure you achieve the best results. In this class, you will learn about different equipment that can be used to etch glass and then experiment with one method. You will have your choice of an assortment of glass pieces that will — or you can bring something of your own that you would like to etch. Ages 13+.
Instructor: Gail Parsons, writtenontheplains@yahoo.com

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<tr>
<td>07/31 (Sa)</td>
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<td>$32</td>
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Location: UFM Solar Addition, 1221 Thurston St

The World of Abstract Painting  21BCF324
Abstract is an umbrella term under which many forms of painting fall. In this class you will learn about some of the different styles of abstract art. You'll get to choose the style that speaks to you and start transforming a blank canvas into a work of art. Ages 13+.
Instructor: Gail Parsons, writtenontheplains@yahoo.com
Gail is an abstract painter who has taught painting and other art forms to adults and children for about 15 years.

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<td>07/17 (Sa)</td>
<td>10:00 - 11:30 AM</td>
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Location: UFM Banquet Room, 1221 Thurston St

French Horn/Mellophone, Saxophone, Trumpet Private Instruction  21BCF325
This class is designed for individual instruction. Whether you are a beginner or have experience, you will learn techniques to improve your level of performance. Each student is responsible for their own instrument, mouthpiece, reeds, and music. All ages welcome.
Instructor: Sam Allison, Sjallison1010@gmail.com

Guitar, Ukulele, and Mandolin Private Instruction  21BCF327
This class is designed for individual instruction online via Zoom. Whether you are a beginner or have experience, you will learn techniques to improve your level of performance. Beginners will learn the fundamental basics of guitar and intermediate players will become more advanced by learning the next level of playing guitar. Each student is responsible for their own instrument and music. All ages welcome.
Instructor: Oscar Preciado, oscar6@ksu.edu

Limited scholarships are available for children who qualify within established income guidelines. Visit tryufm.org/scholarships for more info.
Japanese Calligraphy Art 21BCF322
We will learn basic history and strokes of Japanese calligraphy, and practice by writing Japanese Hiragana, Katakana and Kanji. We will complete the class by making a piece of final calligraphy with optional watercolor designs. Ages 6+.

Instructor: Ayumi Amama
Ayumi grew up in Japan and studied architectural design. She loves Japanese traditional culture, especially architecture, crafts, and food. She is passionate about sharing Japanese culture with others.

DATE TIME FEE
06/03 (Th) 5:00 - 7:00 PM $22

Location: UFM Multipurpose Room, 1221 Thurston St

Challah Making, Shaping, & Baking 21BFF188
Challah is a traditional, braided bread made in Jewish homes around the world for Sabbath every Friday. Many bakeries around the world sell challah on Fridays. Challah can be savory or sweet, simple or stuffed. This class will cover making dough, flavoring, stuffing, shaping, and baking different challahs with one base recipe. Ages 13+.
Instructor: Lisa Rubin, lisalevinetx@gmail.com

DATE TIME FEE
06/03 (Th) 5:30 - 7:30 PM $12
* Enrollment deadline 06/01

Location: Online - LIVE

Kindness 101 - Being Your Own Superhero 21BYO143
This course details the elements of being a modern-day superhero. This course will explore the values of a “superhero” and how to use kindness as a superpower. Participants will learn key aspects of emotional regulation and self-awareness. The purpose of this course is to allow youth to explore big emotions in a safe place and be able to express emotions in a healthy, unharmful way. This course will be held in-person.
Instructor: Rheagan Hageman

SEC DATE TIME FEE
A 06/01 - 06/22 (T) 9:00 - 10:00 AM $10
B 07/06 - 07/27 (T) 9:00 - 10:00 AM $10

Location: Pawnee Mental Health Services, 1650 Hayes Dr. Rm A, MHK

Adulting 101 – Building Independent Living Skills 21BYO145
This course covers 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 in their own perspective. This course will be held live online via Zoom.
Instructor: Rheagan Hageman

DATE TIME FEE
06/01 - 07/20 (T) 10:30 - 11:30 AM $10

Location: Online - LIVE

Pawnee Mental Health Services (PMHS) has partnered with UFM to provide a variety of online and in-person courses to the public. Course topics that will be available include the courses listed below. It is our hope that this partnership will continue to enhance the well-being of the youth in our community this summer and in the future.
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

- 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.

- Kansas State University Tuition and Fees:
  Get the information you need to calculate your costs. K-State classes are offered as face-to-face, a hybrid/blended combination of face-to-face and online, and 100% online. In order to plan your budget for tuition, please review your class schedule in KSIS to identify the instruction mode your courses will be taught in and apply the appropriate rates accordingly. For additional information visit: https://www.k-state.edu/finsvcs/cashiers/costs/

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<th>Reference #</th>
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<td>Aerial Hammock</td>
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<td>6/07 - 7/28 (M/W)</td>
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<td>First Aid/CPR/AED</td>
<td>12:00-7:30 PM</td>
<td>7/10 - 7/11 (Sa/Su)</td>
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<td>UFM</td>
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**In-person locations:**
- K.O. Boxing - 2048 Tuttle Creek Blvd. (In the basement under Shelter Insurance)
- LAP - Little Apple Pilates Co. - 121 S. 4th St. Suite 106 (next door to Wine Dive)
- UFM - 1221 Thurston St
REGISTRATION FORM

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 (_____)________________________ Evenining 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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Tax Deductible Donation $__________
Total $__________

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.

Signature (Signature of Parent or Guardian required for minors) ___________________________ Date __________

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 a 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.
UFM Community Learning Center

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.