



a look
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tryufm.org

UFM SUMMER 2022

COURSE CATALOG

What people are saying...



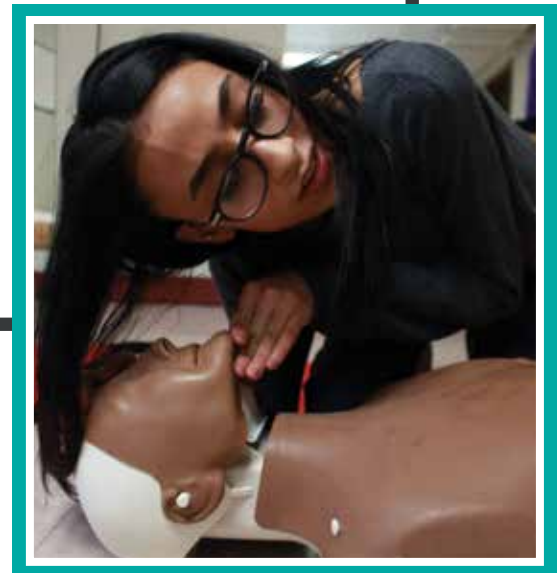
Japanese Calligraphy: "Instructor, Ayumi Amama, was great - she was patient and adapted to our needs!"



Chair Yoga: "Debbie Newton made sure we understood techniques and made the class beneficial and enjoyable where I didn't want to miss it!"



Indian Cooking for Beginners: "The instructor, Vaishali Sharda, was fantastic! I learned a lot, and had a great time."



Blended Learning: First Aid/CPR/AED: "I really enjoyed getting the hands on experience. The instructor, Melissa Copp, was very helpful quizzing us as we were working on real life examples, as well as giving us tips and tricks."

What's inside...

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UFM SUMMER 2022 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 Allen	Katie Larson
Ayumi Amama	Angelia Lentz
Chris Bailey	Pedro Marquez
Autumn-Rose Barnes	Ethan McNeill
Carol Barta	Barry Michie
Joanne Bauman	Debbie Newton
Tom Boley	KelLee Parr
Charlene Brownson	Lisa Rubin
Conrad Candelaria	Cheney Rutherford
Cary Chappell	Mandy Ryan
Melissa Copp	Hilary Santana
Rachelle DeCoud	Carmen Schober
Bill Dorsett	Vaishali Sharda
Body First Staff	Lucas Shivers
Ana Franklin	Robert Smith
Susanne Glymour	Christina Stratman
Michael Hook	Linda Teener
Kyoshi Pamela Johansen	Ashley Thackrah
Laurie Johnson	Hilary Wahlen
David Jones	Donna Wilkins
Tom Korte	Voices For All, LLC

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Catalog layout & design by Samantha Lovitt

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ACRYLIC POUR

Acrylic Pouring for Beginners 22BCF311

In this class, you'll learn all about mixing the paints with the proper ratios of additives and how to clean your equipment safely. You'll get to keep your 12 tubes of paint and the two bottles that you'll have mixed in class. You can save them for your future pours. We'll only do one stretched canvas in this class. All supplies are provided, including an apron, rubber gloves, and a box to take your piece of art home the same day. Make sure you wear "play clothes" in case any of the paint misses your apron! Ages 13+ (Open to ages 8-12 with parent present).

Instructor: Donna Wilkins, cards2ubydonna@gmail.com
Donna is the owner/operator of Cards2U LLC and has enjoyed working with paper crafts and art projects her whole life. She enjoys making cards and scrapbooks, but even more than making them herself, she enjoys teaching others how much fun it is and how easy it can be!

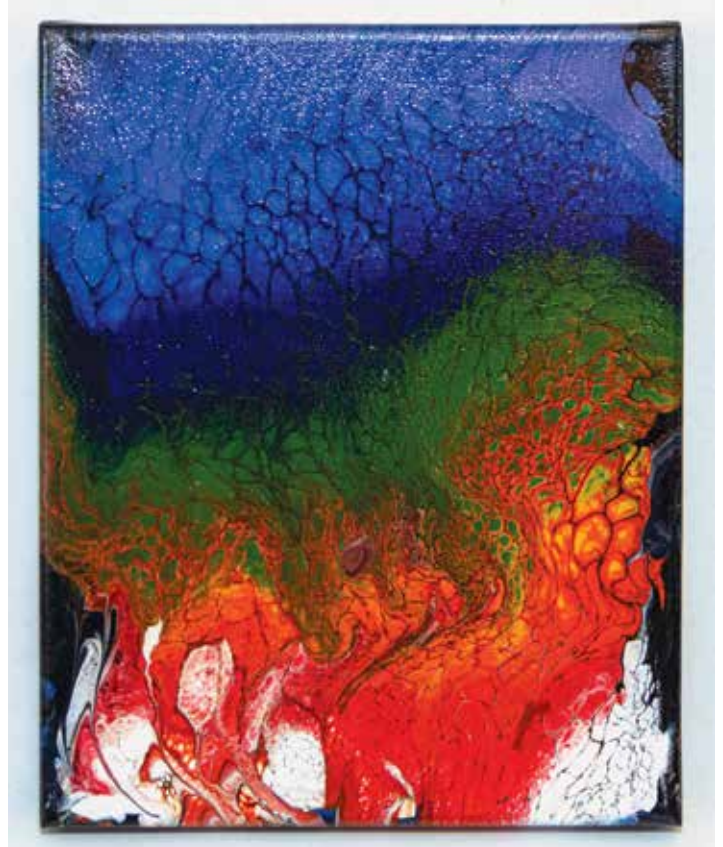
DATE	TIME	FEE
06/11 (Sa)	6:00 - 7:30 PM	\$42

*Enrollment deadline: 06/03

Location: UFM Banquet Room, 1221 Thurston St



Acrylic Pour. Projects will vary.



Acrylic Pour. Projects will vary.

Acrylic Pour: **Smashing Center Swipe** NEW! 22BCF341

Build on your experience with acrylic pours and learn to do a "Smashing Center Swipe" technique with acrylic paints on a 10"x10" stretched canvas. You'll pour your rainbow of colors and then smash and swipe across it to create your one-of-a-kind unique piece of art. You'll also make four glass magnets from your paint. All supplies are provided, including an apron, rubber gloves, and a box to take your piece of art home the same day. Make sure you wear "play clothes" in case any of the paint misses your apron! Ages 13+ (Open to ages 8-12 with parent present). Please bring some empty tin cans for standing your magnets on until they are dry. *To enroll in all three techniques classes at a discounted rate, please call our office.

Instructor: Donna Wilkins, cards2ubydonna@gmail.com

DATE	TIME	FEE
06/18 (Sa)	7:00 - 8:30 PM	\$45

*Enrollment deadline: 06/10

Location: UFM Banquet Room, 1221 Thurston St



Acrylic Pour:

Smashing Rainbow Swipe

NEW!

22BCF342

Get creative and learn to do a "Smashing Swipe" technique with acrylic paints on a 9"x12" stretched canvas. You'll pour your rainbow of colors and then smash and swipe across it to create your one-of-a-kind unique piece of art. You'll also make a pour-off piece from your paint. All supplies are provided, including your apron, rubber gloves, and a box to take your piece of art home the same day. Make sure you wear "play clothes" in case any of the paint misses your apron! Ages 13+ (Open to ages 8-12 with parent present). *To enroll in all three technique classes at a discounted rate, please call our office.

Instructor: Donna Wilkins, cards2ubydonna@gmail.com

DATE	TIME	FEE
07/16 (Sa)	6:00 - 7:30 PM	\$45

*Enrollment deadline: 07/08

Location: UFM Banquet Room, 1221 Thurston St



Acrylic Pour. Projects will vary.



Acrylic Pour. Projects will vary.

NEW!

Acrylic Pour: Smashing String Pull 22BCF343

Build on your beginner experience with acrylic pours and learn to do a "Smashing String Pull" technique with acrylic paints on an 8"x10" stretched canvas. You will complete two different paintings with the goal being a bouquet of flowers! All supplies are provided, including an apron, rubber gloves, and boxes to take your art home the same day. Make sure you wear "play clothes" in case any of the paint misses your apron! Ages 13+ (Open to 8-12 with parent present). *To enroll in all three technique classes at a discounted rate, please call our office.

Instructor: Donna Wilkins, cards2ubydonna@gmail.com

DATE	TIME	FEE
07/30 (Sa)	6:00 - 7:30 PM	\$45

*Enrollment deadline: 07/22

Location: UFM Banquet Room, 1221 Thurston St



Interested in teaching a class for UFM?
 Fall 2022 submission deadline is June 3, 2022.
 For more information please email christina@tryufm.org.



CREATIVE FREETIME

Wood Turning for Beginners 22BPI151

You probably know that wood bowls live in trees. This class will teach you how to get that wood bowl out of the tree through a process we call woodturning: using a wood lathe on which we mount a block of wood and then shave off the part that doesn't look like a bowl while the lathe spins the wood. We'll cover mounting, tools, sharpening, finishing, and of course safety. Minimum age is 12 with a parent present during the whole class. Families and couples have enjoyed taking this class together.

Instructor: Tom Boley

Tom has been a hobby woodworker all his life and became a woodturner in about 1995. Tom started a woodturning club for local turners called Flint Hills Woodturners (www.flinthillswoodturners.org). Nothing makes Tom enjoy life more than having the opportunity to stand at the lathe, teaching the craft to a new woodturner. For Tom's full bio visit our website and his class.



Wood Turning for Beginners

SEC	DATE	TIME	FEE
A	05/14 (Sa)	8:00 AM - 5:00 PM	\$125
B	07/02 (Sa)	8:00 AM - 5:00 PM	\$125
C	08/13 (Sa)	8:00 AM - 5:00 PM	\$125

*Enrollment deadlines: A - 05/11, B - 06/29, C - 08/10

Location: Red Oak Hollow Lathe Works,
4025 Walnut Creek Dr, Wamego

Follow UFM



World Peace 22BCF322 with Japanese Calligraphy

We will learn basic history and strokes of Japanese calligraphy, and practice by writing Japanese Hiragana, Katakana and/or Kanji. We will complete the class by making a piece of final calligraphy of the words "World Peace" in Japanese. We will exhibit the works of students in our local gathering place (TBA). Ages 6+ welcome.

Instructor: Ayumi Amama

Ayumi has taken calligraphy lessons in Japan for about eight years and is trained in architectural design. She enjoys sharing Japanese culture.

SEC	DATE	TIME	FEE
A	05/27 (F)	10:00 AM - Noon	\$28
B	05/27 (F)	5:00 - 7:00 PM	\$28
C	06/02 (Th)	5:00 - 7:00 PM	\$28
D	06/04 (Sa)	5:00 - 7:00 PM	\$28

*Enrollment deadlines: A & B - 05/26, C - 06/01, D - 06/03

Location: UFM Solar Addition, 1221 Thurston St



Machine Sewing Workshop

22BCF344

Let's improve your sewing machine skills and make a tote bag! This class is designed as a continuation of the beginning sewing classes from the fall and spring semesters. However, anyone with some basic sewing machine knowledge is welcome to join. We will make a basic, lined tote bag with handles. Provide your own sewing machine and a basic sewing kit. Supplies for the tote bag will be emailed after registration.

Instructor: Linda Teener, linda@tryufm.org

Linda has been sewing since she was six years old and has used a variety of sewing machines. She enjoys sewing everything from garments to home decor and quilting projects.

DATE	TIME	FEE
06/21 - 06/28 (T)	6:30 - 8:30 PM	\$22

Location: UFM Multipurpose Room, 1221 Thurston St

Creative Writing

22BCF340

This class will guide students through the writing process and teach aspiring writers how to develop a narrative. Over the course of 5 weeks, students will write and revise their own short story and work collaboratively with their classmates, reviewing and collaborating on each other's work. By the end of this class, students will understand how to construct a narrative, create compelling characters and settings, and how to utilize the revision process and other writing techniques to produce a finished work. Devices must be provided by participants. Ages 13 to 99 are welcome!

Instructor: Ethan McNeill

DATE	TIME	FEE
05/25 - 06/22 (W)	6:00 - 7:00 PM	\$40

Location: UFM Conference Room, 1221 Thurston St

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Manhattan
Arts & Humanities Association
www.ahamanhattan.com

CREATIVE FREETIME

Introduction to Being a Dungeon Master (Dungeons and Dragons)

22BCF328

Running a game of Dungeons and Dragons can be tough when you're left to figure it out on your own. With Cheney's course, you will learn the basics of becoming a Dungeon Master in three different editions of the game (3.5, 5E, and Pathfinder). How do you build a story that will keep your players interested while planning for the unknown? How do you honor successes and failures? With a combination of mechanics, creative writing, and improvisation skills, you'll be able to take your fantasy world by storm and create an experience that you and your players will never forget.

Instructor: Cheney Rutherford, rutherfordch@yahoo.com

Hi, intrepid heroes! Cheney has been playing Dungeons and Dragons for 8 years now. She absolutely adores fantasy and is excited to help people learn this amazing game.

SEC	DATE	TIME	FEE
A	05/25 - 06/29 (W)	6:00 - 8:00 PM	\$50
B	07/13 - 08/17 (W)	6:00 - 8:00 PM	\$50

Location: UFM Fireplace Room, 1221 Thurston St.

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www.manhattanarts.org
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Confidence 101

NEW!

22BCF345

Do you have trouble speaking in front of others? Is it terrifying to even think about checking out at a store or calling someone on the phone? or even feel slightly confident? This is the class for you! You will learn how to overcome your fears, gain confidence, and learn to walk confidently!

Instructor: Christina Stratman, christina@tryufm.org
Christina has a Bachelor of Arts in Theatre/Speech Education. She has a passion for the arts and their place in our community.

DATE	TIME	FEE
06/01 - 06/22 (W)	6:30 - 7:30 PM	\$35

Location: UFM Banquet Room, 1221 Thurston St

Acting Basics

NEW!

22BCF347

Have an interest in acting but don't know where to start? You've come to the right place! You will learn all the basics of acting and even some behind-the-scenes secrets from your instructor.

Instructor: Christina Stratman, christina@tryufm.org

DATE	TIME	FEE
06/01 - 07/06 (W)	5:30 - 6:15 PM	\$40

Location: UFM Banquet Room, 1221 Thurston St

Improvisation

NEW!

22BCF346

Welcome to the class where everything is made up and the points don't matter! The world of improv is full of wild possibilities. In this class we will play through improv games from *Whose Line is it Anyway*, become better actors and actresses, and make each other laugh! Join us for a 5-week course of fun!

Instructor: Christina Stratman, christina@tryufm.org

DATE	TIME	FEE
06/06 - 07/11 (M)	6:45 - 7:45 PM	\$25

Location: UFM Banquet Room, 1221 Thurston St

Audition Prep 101

22BCF337

Got an audition coming up? Have no idea how to prepare a piece, perform a cold read, or feel confident in yourself? This is the class for you! You will learn how to overcome your fear, successfully prepare, and absolutely nail an audition with the help of a fellow thespian and Theatre Educator, Christina!

Instructor: Christina Stratman, christina@tryufm.org

DATE	TIME	FEE
07/11 - 08/01 (M)	5:30 - 6:30 PM	\$35

Location: UFM Banquet Room, 1221 Thurston St

Introduction to Voiceovers

22BCF129

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo> Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

***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, 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.

DATE	TIME	FEE
TBD	TBD	\$49

Location: One on One Video Chat



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EARTH & NATURE

Tuttle Creek Lake Tower Tour

22BEN169

Have you ever wondered how and why Tuttle Creek Dam was built? Join a Corps of Engineers Park Ranger for a tour of the tower and learn a little of the history surrounding the lake and see how the tower works. Tour will start in the west parking lot of the Dam at 9:30 AM and will last approximately 1 hour. Participants will be required to walk on uneven terrain and climb over 200 stairs. Please wear appropriate footwear (closed-toed shoes; no heels). All participants must be US citizens. No bags, phones, or cameras are allowed in the tower. Children must be accompanied by an adult and able to climb stairs on their own. Preregistration is required. Tour subject to cancellation as a result of flood operations. For more information, please call 816-389-3167.

Instructor: Angelia Lentz

DATE	TIME	FEE
06/25 (Sa)	9:30 - 10:30 AM	No Charge

Location: Tuttle Creek Lake Dam

Getting Ready for Solar!

NEW!

22BEN189

Learn how to assess your home's suitability for solar electricity production. In this session, we will look at your current energy usage, site suitability for panels, and the initial permitting that is required.

Instructors: Carol Barta, snowsage54@hotmail.com, FHREEC, & Bill Dorsett, wm.c.dorsett@gmail.com

DATE	TIME	FEE
06/06 (M)	7:00 - 8:30 PM	No charge

Location: Online - LIVE

Implementing Your Solar Project

22BEN190

We will help you identify the necessary hardware and site plan for your installation. We will discuss ordering options. The basic steps for installation of solar panels will be covered.

Instructors: Carol Barta, FHREEC, & Bill Dorsett

NEW!

Carol Barta is a founding member of the Flint Hills Resilience Coalition and certified permaculturist. 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
06/13 (M)	7:00 - 8:30 PM	No charge

Location: Online - LIVE

Great Gardening: A Month-by-Month Guide to Kansas Vegetable Gardens

22BEN174

Never garden alone! Our month-by-month class is the perfect companion to take the guesswork out of gardening. We'll cover what to do each month to have great vegetable gardening success all year. We'll tailor the sessions to issues that affect your garden the most and find practical ways to support your success! Open to all ages.

Instructor: Lucas Shivers, lshivers@hotmail.com

Growing up with huge farm gardens in rural Kansas, Lucas has been an avid gardener since his days in 4-H and FFA.

DATE	TIME	FEE
06/06 - 06/27 (M)	5:30 - 6:30 PM	\$46

Location: 9th & Riley Ln, Manhattan Community Gardens

Flint Hills Solar Co-op
Neighbors helping Neighbors

Flint Hills Renewable Energy & Efficiency Cooperative Inc. (FHREEC) is a nonprofit group of volunteers dedicated to efficient, clean, and home-grown energy.

fhreec.org
mail@fhreec.org

The banner features a photograph of several people working on a residential roof, installing solar panels. Some are on ladders, and one is holding a large solar panel. The scene is set against a clear blue sky.



FUN FOODS

Indian Flatbreads

NEW!

22BFF196

Learn how to make authentic home-style Indian vegetarian recipes with ingredients that you can buy from a regular grocery store. This Indian cooking class will reveal the secrets to cooking with spices and show you techniques for getting the most flavor out of each dish. You will learn dishes that are rooted in India's long-standing vegetarian cooking traditions yet adapted to today's kitchen and lifestyle. You will enjoy a hands-on lesson (including homemade paneer and rolling out flatbreads) followed by a sit-down meal and conversations along with a recipe packet.

Instructor: Vaishali Sharda, sharda.vaishali@gmail.com

SEC	DATE	TIME	FEE
A	06/18 (Sa)	4:00 - 6:00 PM	\$43
B	08/06 (Sa)	4:00 - 6:00 PM	\$43
C	08/13 (Sa)	4:00 - 6:00 PM	\$43

Location: UFM Banquet/Kitchen, 1221 Thurston St

Maki-Zushi (Rolled Sushi) & Oshi-Zushi (Layered Pressed Sushi)

22BFF190

We will learn how to make sushi from how to boil rice correctly. Then we will explore creating two styles of sushi, made with either, or a combination of, grilled chicken, pepper beef, or tuna salad accompanied by various colorful vegetables. Participants will take home their own rolling mat and rice paddle.

Instructor: Ayumi Amama

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

SEC	DATE	TIME	FEE
A	05/26 (Th)	5:00 - 7:00 PM	\$38
B	06/03 (F)	5:00 - 7:00 PM	\$38
C	06/08 (W)	5:00 - 7:00 PM	\$38

*Enrollment deadlines: A - 05/25, B - 06/02, C - 06/07

Location: UFM Banquet/Kitchen, 1221 Thurston St



Featured Instructor

Vaishali Sharda

Born and raised in northern India, Vaishali 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 and started cooking more when they moved to the US to work on their respective PhDs. She works at K-State as a faculty in climate and water resources management. Outside of academia, she blogs about her adventures in the kitchen at www.kitchendocs.com and loves spending time in the kitchen cooking and whipping up new recipes. She enjoys teaching cooking classes at UFM and loves sharing her culture with the local community through food. She also spends her time traveling with her family (husband Ajay, daughter Anvesha, and son Vihaan) trying to find the greatest food and sights everywhere they go and working in her summer garden (dang those chiggers!).

Interested in teaching a class for UFM?



Fall 2022 submission deadline is June 3, 2022



For more information email christina@tryufm.org



CAREER DEVELOPMENT

College and Career Exploration **22BFC170**

This class is perfect for high school juniors/seniors and anyone looking to start a new career. Through an active and thoughtful process, participants will go through a series of assessments and reflective modules that will unveil their career potential, while learning how to research programs and pathways that are the best fit for them. At the end of the class, participants will have a 5-year-plan to achieve their educational goals and move toward a satisfying career path with guidance from their instructor.

Classes are set up in a series of four weekly online modules via Google Classroom.

Instructor: Rachele DeCoud, racheledecoud@gmail.com
Rachele received her master's degree in academic advising from KSU and works as a college and career coach.

SEC	DATE	TIME	FEE
A	06/01 - 06/29 (W)	TBD	\$40
B	07/11 - 08/08 (M)	TBD	\$40

Location: Online - Asynchronous

Resume & Cover Letter Writing **22BFC167**

Do you feel like resume fluff is its own language? Career documents are the first impression we can make with employers when applying for jobs. This class will cover the basics of structure and language for cover letters and resumes, and tips for what design employers prefer in the first meeting. Participants will work on career documents between sessions. In the second meeting, we will workshop your actual career documents so these documents can represent you "on paper" and get the attention of hiring managers and search committees.

Instructor: Lisa Rubin, lisalevinetx@gmail.com
Lisa served as Career Services Coordinator at the University of Nevada, Las Vegas and taught "College and Career Success" at Nevada State College.

SEC	DATE	TIME	FEE
A	06/14 - 06/21 (T)	7:00 - 9:00 PM	\$17
B	07/17 - 07/24 (Su)	2:00 - 4:00 PM	\$17

*Enrollment deadlines: A - 06/10, B - 07/13

Location: Online - LIVE

Grant Writing **22BFC171**

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 all professions. Participants will create a mock proposal that will be reviewed at the end of the class.

Classes are set up in a series of four online modules via Google Classroom.

Instructor: Rachele DeCoud, racheledecoud@gmail.com
Rachele received her master's degree in academic advising from KSU and works as a college and career coach. She also worked as a grant writer securing funding for multiple non-profit organizations over the past 5 years.

SEC	DATE	TIME	FEE
A	06/01 - 06/29 (W)	TBD	\$40
B	07/11 - 08/08 (M)	TBD	\$40

Location: Online - Asynchronous

MARIANNA KISTLER
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MUSEUM OF ART

-CELEBRATING-
25
YEARS

Summer 2022 exhibitions

Prairie Views
Discover the form and beauty of the prairie through selections from the museum's collection.

Salt Air
Enjoy art featuring waves, shorelines, sand dunes and sea creatures in the museum's collection.

45 Paleolithic Handaxes from Transfigurations: Reanimating the Past by David Lebrun
See the mysterious beauty of an ancient artifact through unique sound and video animation.

Related public events at
beach.k-state.edu/calendar

785.532.7718 | beach.k-state.edu

BeachMuseumofArt | @BeachMuseum | beachmuseum

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Professional Development

Start learning something new today! UFM is partnering with LERN to expand our educational offerings. These classes offer online, self-paced learning opportunities for professional development, earning CEUs, or certificates. A number of courses and certificates 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 K-12 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 LERN professional development 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



Certificates [online]

Wordpress Certificate

22BGC78

WordPress is the most popular content management system (CMS) for website and blog design. During the first week, you will learn or refresh your knowledge of all the initial steps and the required elements for having a website. Then, find out how to build a simple WordPress website or blog. Topics include: an introduction to CMS, WordPress installation and setup, page and content creation, administration, themes (selection, purchase, installation, and setup), working with widgets and plugins, and more. Finally, acquire advanced knowledge about WordPress options and features. You will learn how to modify WordPress web pages by hand-coding, learn about simple yet effective search engine optimization (SEO) techniques that improve your website ranking, and much more. After successfully completing the WordPress Certificate, you will know how to build a WordPress website or blog, customize your WordPress site by hand-coding HTML, CSS, and PHP, know necessary regular WordPress maintenance, create a WordPress website backup, and know how to apply SEO techniques in WordPress.

CEUs/ILUs: 4.8 / Length (in hours): 48

Instructor: LERN Staff

DATE	TIME	FEE
06/06 - 08/26	Asynchronous online	\$495

Coding Certificate

22BGC48

Coding is becoming one of the most in-demand skills in the workplace today. As a result, coding has become a core skill that bolsters one's chances of becoming highly valued by organizations. The highest demand is for programming languages with broad applicability. Begin by getting introduced to the basics of computer programming and various programming languages. Then, go to the next level and acquire all the basics of HTML and CSS. You will learn the relationship between these two industry-standard web page coding languages and the step-by-step process of hand-coding and building web pages. Finally, discover the advanced features of CSS and learn how to use this very powerful language.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes Included in certificate: Introduction to Coding, HTML Fundamentals, & CSS Fundamentals

Instructor: LERN Staff

DATE	TIME	FEE
06/06 - 08/26	Asynchronous online	\$595



Certificate in Web Design

22BGC44

Online users say a website's design is the number one criterion for deciding whether a company is credible or not, according to recent research. Understanding what it takes to produce effective web design is essential in today's highly saturated market of digital competition. First, discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. After the first course you will have the info you need to plan and design effective web pages. Then, find out how to create effective and dynamic websites/applications. You will take away a functioning web application hosted on a web server that is both accessible and Search Engine Optimized. Finally, learn about responsive design process, advanced layout, and design features using the Bootstrap framework. Plus explore CMS frameworks and other industry-standard technologies and frameworks.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes Included in certificate: Introduction to Web Design, Intermediate Web Design, & Advanced Web Design

Instructor: LERN Staff

DATE	TIME	FEE
06/06 - 08/26	Asynchronous online	\$595

Social Media

for Business Certificate

22BGC70

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

DATE	TIME	FEE
06/06 - 08/26	Asynchronous online	\$495

Enroll today!

For additional certificate and class options, visit tryufm.org

Integrated Marketing Certificate **22BGC164**

Discover advanced and new best practices in Integrated Marketing, the growing field that integrates traditional print marketing with digital marketing for even greater marketing success. Young generations are embracing print as well as online media, creating this exciting new area of marketing. Find out the keys to success in the almost forgotten but still remarkably effective area of print, including catalogs, direct mail letters and post cards. Gain advanced marketing concepts and principles such as R, F, & M analysis, AIDA, and the 3-30-3 principle, that lead directly to practical marketing success. Acquire an understanding of how digital and print marketing complement and enhance each other, and how to integrate both kinds of marketing for even greater overall effectiveness. Come away with a new marketing expertise to make your value in the workplace even stronger.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes included in Certificate: Advanced Marketing Concepts, Successful Print Marketing, & Integrated Marketing Best Practices

Instructor: LERN Staff

DATE	TIME	FEE
06/06 - 08/26	Asynchronous online	\$495

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Mastering Video

Marketing Certificate 22BGC63

Video marketing is the latest marketing trend. Shoppers who viewed product videos were 144% more likely to add the product to their cart. Video with good SEO has a 53% higher chance of showing up on page one of Google searches. When done correctly, video can tell a story, and stories connect people. Video can also trigger emotions that plain text cannot.

CEUs/ILUs: 3.2 / Length (in hours): 32

Classes Included in certificate: Video Marketing & YouTube for Business

Instructor: LERN Staff

DATE	TIME	FEE
06/06 - 07/29	Asynchronous online	\$395

Digital Marketing Certificate 22BGC52

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

DATE	TIME	FEE
06/06 - 08/26	Asynchronous online	\$495

Certificate In

Nonprofit Administration 22BGC29

Nonprofits today need to be run like a business in many respects. You have competition, a need to generate income and surplus, and staff need to be even more productive. Get the best training on revenue generation for nonprofits, and program evaluation for nonprofits, with our Certificate in NonProfit Administration. You will come away with the best and latest information from instructors who train people in nonprofits.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes Included in certificate: Revenue Generation for Nonprofits & Program Evaluation for Nonprofits

Instructor: LERN Staff

DATE	TIME	FEE
06/06 - 08/26	Asynchronous online	\$595

Certificate in Workplace Communication 22BGC144

Good communication in the workplace is more important than ever and critical to your career advancement and success. Come get a comprehensive and intensive preparation with skills and techniques you can put to use on Monday morning. Take back a workable conflict management model, along with successful and practical conflict management strategies. Then, work with a pro to learn how to improve your negotiation skills for a win-win outcome, including helping others to get what they want, so you get what you want. Finally, find out more about yourself and others using personality profiles for better work performance. You will be learning from some of our popular instructors, and taking away new how-to skills that work.

CEUs/ILUs: 5.6 / Length (in hours): 56

Classes Included in certificate: Conflict Management, Negotiation: Get What You Want, &

Using Personality Profiles for Better Work Performance Professional Career

Instructor: LERN Staff

DATE	TIME	FEE
06/06 - 08/26	Asynchronous online	\$595

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Certificate in Leadership Development (For Gen Y)

22BGC157

Especially geared for future leaders in the Gen Y generation (born 1980-1999), the certificate provides how-to practical information on advancing your leadership potential and making a difference in both the workplace and in society. Find out what it takes to become an effective leader. Discover your style of leadership. Discuss task completion, building relationships with your subordinates, becoming socially perceptive to changes in the workplace, utilizing your emotions in a positive and effective manner, and addressing challenging goals. Then, learn the unspoken secrets that leaders know and the strategies they employ/exhibit to influence others. Leadership skills are acquired and learned. 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. At the end of completing the three-course certificate, you will come away with a new understanding, new toolbox of leadership skills, and the information to move your leadership development into high gear.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes Included in certificate: Leadership Principles, Developing Your Leadership Skills, & Developing Your Professional Career

Instructor: LERN Staff

DATE	TIME	FEE
06/06 - 08/26	Asynchronous online	\$395

Entrepreneurship Certificate

22BGC150

Boost your chances of success for your new or small business and reduce your risks. Get the latest on planning your business, brainstorming business ideas and a checklist for going into business. Then, learn how to create a business plan, including assessing business feasibility and prepare the management and financial plans. Then, take home a step by step approach to attract and keep customers, with an emphasis on customer-driven marketing decisions and building a strong brand. At the end of this certificate, you will be able to identify the abilities required of successful entrepreneurs and how to acquire them, develop goals to help establish your business, develop an outline for your plan, and take home techniques to successfully manage and market your new business.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes Included in certificate: Entrepreneur Boot Camp, The Business Plan, Entrepreneurial Marketing.

Instructor: LERN Staff

DATE	TIME	FEE
06/06 - 08/26	Asynchronous online	\$495

PROFESSIONAL DEVELOPMENT



Certificate in Learning Styles

22BGC142

New research and information is coming out frequently now about how your learners - and you - learn. Here's what we know: In the last century, you taught everyone equally by teaching them the same, but we know we each learn differently. So, in this century, you teach everyone equally by teaching them differently. In this Certificate in Learning Styles, you get the most advanced information about the three most important and most prevalent characteristics you experience with your participants: generation, gender, and the autism spectrum. Your instructors are some of the foremost authorities in the world on these subjects. They write and speak around North America on learning styles.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes Included in certificate: Students with ASD (Autism Spectrum Disorder), Generational Learning Styles, & Gender in the Classroom

Instructor: LERN Staff

DATE	TIME	FEE
07/05 - 08/26	Asynchronous online	\$395

Certificate in Online Teaching

22BGC139

For those new to teaching online, or those already teaching online. Get the best instruction from the foremost authorities in online learning. Thousands of people have taken this fundamental yet advanced training in teaching online. From building an online course to improving an online course, from fostering online discussion to encouraging student interaction, from traditional assessment to online tests, the program will give you both the fundamentals of teaching online, as well as the most advanced tips and techniques in the business. Your instructors are authors, speakers and consultants in online learning and teaching.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes Included in certificate: Advanced Teaching Online, Designing Online Instruction, & Fostering Online Discussion

Instructor: LERN Staff

DATE	TIME	FEE
06/06 - 08/26	Asynchronous online	\$495



Single Courses [online]

The Basics of Bookkeeping 22BGC83

How do you keep track of the day-to-day financial transactions of a business? Whether you are an entrepreneur or just looking to advance in your career, this course will help you understand the numbers. The Basics of Bookkeeping course will help you understand how to record every penny that comes into your business and every penny that goes out of your business. This course shows you how to create a chart of accounts that meet your needs. All the money you spend, and all of the money you earn, have a place to go. How do you record them? What are debits and credits? What do the numbers mean? How do I label accounts? Even if you outsource your bookkeeping needs, you should still have a basic understanding of what happens with the money earned and the money spent. You will learn where the numbers go, and why. You will learn the bookkeeping terminology as well as what it means to keep track of the numbers.

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

DATE	TIME	FEE
07/05 - 07/29	Asynchronous online	\$195

Management Boot Camp 22BGC95

Enhance your management skills through this course 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 through the use of the DiSC personality profile (included). By the end of the course, we will have you managing like a pro - quickly and with confidence.

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

DATE	TIME	FEE
06/06 - 07/01	Asynchronous online	\$295

The Teen Brain 22BGC79

One of the most turbulent periods in brain development occurs during adolescence. The teen brain functions very differently from the adult brain. Certain kinds of thinking, such as decision-making, happen in different parts of the brain for adolescents and adults. Understanding these complex changes can help calm the rough seas of the teen years, but also provide your teen with critical support and understanding that will promote better decision-making, better mental health, and better outcomes at school. Come find out the important ways in which the teen brain is developing. Identify behaviors and attitudes that are influenced by these changes. Then learn to offer constructive strategies for establishing a better understanding of and communication with your amazing teen.

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

DATE	TIME	FEE
06/06 - 07/01	Asynchronous online	\$195

Conflict Management 22BGC75

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
06/06 - 07/01	Asynchronous online	\$245

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Single Courses [online]

Mastering Microsoft Excel 22BGC26

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. Certificate available. For additional information please see: Certificate in Mastering Excel.

Instructor: LERN Staff

DATE	TIME	FEE
06/06 - 07/01	Asynchronous online	\$195

Spanish for Medical Professionals 22BGC05

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. *NOTE: Students will also need to order an eBook for under \$15, or the paperback book version. Students will purchase (on their own) McGraw-Hill Education Complete Medical Spanish, 3rd Edition: ISBN-13: 978-0071841887. The eBook version is available at Barnesandnoble.com. You can also purchase the paperback book version if you wish, available from numerous sources including Amazon.

CEUs/ILUs: 3.2 / Length (in hours): 32

Instructor: LERN Staff

DATE	TIME	FEE
06/06 - 07/29	Asynchronous online	\$290

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HEALTH & WELLNESS

Mindfulness

22BHW235

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 without judgment.

Instructor: Mandy Ryan, spiritofdrakaina@yahoo.com
Mandy is a healer, facilitator, and lifelong learner. She started her path in alternative practices and healing in 2009 and loves working with others to encourage growth for all.

SEC	DATE	TIME	FEE
A	06/08 (W)	6:00 - 8:00 PM	\$30
B	07/13 (W)	6:00 - 8:00 PM	\$30

*Enrollment deadlines: A - 06/06, B - 07/11

Location: UFM Solar Addition, 1221 Thurston St

Introduction to Usui Reiki

22BHW298

Would you like to feel balanced and more at peace with yourself? Learn how to listen to your self and balance your needs with Reiki. Reiki is the healing aspect of universal energy, channeled to assist the body in becoming balanced and healthy. Reiki will align the body's ki (life force) to promote emotional, energetic, and spiritual balance. In this introductory class, we will learn the history and a meditation that accompanies the Usui Reiki practice and how to engage with it for healthier living. Please wear comfortable clothing and be prepared to have some fun while learning!

Instructor: Mandy Ryan, spiritofdrakaina@yahoo.com

SEC	DATE	TIME	FEE
A	06/11 (Sa)	10:00 AM - 1:00 PM	\$50
B	08/13 (Sa)	10:00 AM - 1:00 PM	\$50

*Enrollment deadlines: A - 06/07, B - 08/10

Location: UFM Solar Addition, 1221 Thurston St

Introduction to Moving Meditation

22BHW299

Introduction to Moving Meditation will be an instructional and movement class to familiarize one with the energy flows of the body. This introduction will enable one to connect on a deeper level with oneself through working with the elements and elemental vibrations contained within the body. Engage with your Warrior spirit and step into your authentic self through self-discovery! Please wear comfortable clothing and be prepared to have some fun while learning!

Instructor: Mandy Ryan, spiritofdrakaina@yahoo.com

SEC	DATE	TIME	FEE
A	06/25 (Sa)	10:00 AM - 1:00 PM	\$65
B	07/30 (Sa)	10:00 AM - 1:00 PM	\$65

*Enrollment deadlines: A - 06/21, B - 07/26

Location: UFM Solar Addition, 1221 Thurston St

Herb Vinegars, Oxymels & Elixirs

22BHW264

Herb vinegars, elixirs, and oxymels are simple to make, offer a wonderful combination of sweet and sour, and can coax out herb properties in a much different way. Learn how to make and use these delightful and beneficial preparations based with vinegar, honey, etc. Includes some recipes for uses in cooking, beverages, and physical healing as topical applications.

Instructor: Joanne Bauman

Joanne (Prairie Magic Herbals) is a Kansas herbalist, teacher, writer, herb grower, and medicine-maker of over 20 years. Joanne teaches people how to appreciate, connect with, and collaborate with plants to empower their health.

DATE	TIME	FEE
06/09 (Th)	7:00 - 8:30 PM	\$35

*Enrollment deadline: 06/06

Location: Online - LIVE

CURIOSITY ABOUT LIFE

IN ALL OF ITS ASPECTS, I THINK, IS STILL THE
SECRET OF GREAT CREATIVE PEOPLE.

—LEO BURNETT

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S & N DESIGN



MagnifiSCENT Mints

22BHW250

The magnifiSCENT mint family is filled with aromatic, easy-to-grow, beneficial plants that stimulate and warm. Learn to identify mint family characteristics, the many uses of mints in teas, bath and body, cooking, and numerous medicinal health benefits. Discussion to include peppermint and spearmint, basil, sage, lavender, thyme, lemon balm, oregano, catnip, bee balm, skullcap and more. How to make and use recipes will be included.

Instructor: Joanne Bauman

DATE	TIME	FEE
07/07 (Th)	7:00 - 8:30 PM	\$35

*Enrollment deadline: 07/06

Location: Online - LIVE

Herb Harvesting, Drying & Storage 22BHW249

It's prime herb growing season! Learn how to gather, preserve, and store cooking herbs/medicine plants to extend their use. When to harvest herbs is dependent on the type you are growing and the plant part you intend to use - flowers, leaves, roots, etc. Class will discuss harvesting herbs, gathering ethics, when to harvest what, drying methods, and optimal means of storage.

Instructor: Joanne Bauman

DATE	TIME	FEE
07/21 (Th)	7:00 - 8:30 PM	\$35

*Enrollment deadline: 07/18

Location: Online - LIVE

Improving and Balancing Gut Health 22BHW271

Your gut microbiome is made up of trillions of microorganisms, mainly bacteria, that live in your intestinal tract. They are heavily involved in functions critical to your health such as digesting the food you eat and absorbing and synthesizing nutrients. Your gut microbiome is involved in many other important processes that extend beyond your gut, including your metabolism, body weight, and immune regulation, as well as your brain functions and mood. Come learn more about your gut microbiome, how it affects your health, and key ways to rebalance or keep your gut microbiome healthy!

Instructor: Leslie Allen

DATE	TIME	FEE
06/23 (Th)	Noon - 1:00 PM	\$30

Location: Online - LIVE

Reformer Pilates

NEW!

22BHW310

Reformer is a great way to stretch your body, work your body and make your body move in new and powerful ways. Reformer allows your body to change since the movement itself is so foreign and gentle, you can take on new muscle patterns.

Instructor: Hilary Santana

SEC	DATE	TIME	FEE
A	06/05 - 06/26 (Su)	4:00 - 4:30 PM	\$82
B	06/08 - 06/29 (W)	4:00 - 4:30 PM	\$82

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106

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American Red Cross Blended Learning: First Aid/CPR/AED **22BHW70**

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 in Adult and Pediatric First Aid/CPR/AED is good for two years. You will be contacted via email by UFM staff 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.

Instructor: Melissa Copp

SEC	DATE	TIME	FEE
A	06/11 (Sa)	8:00 - 10:00 AM	\$72
B	07/16 (Sa)	8:00 - 10:00 AM	\$72

Location: UFM Conference Room, 1221 Thurston St, 2nd fl



First Aid/CPR/AED

PARENTING

Prenatal Pilates

NEW!

22AHW309

Whether you are in your first trimester or your third trimester, this small-group session will focus on what is best for your body carrying a baby. Our focus is on keeping you healthy and functional during your pregnancy while also surrounding you with other expectant moms.

Instructor: Katie Larson

Katie Larson is certified in pre-and post-natal care.

DATE	TIME	FEE
06/11 - 07/02 (Sa)	9:30 - 10:00 AM	\$89

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106

Peaceful Parenting

22BPI199

The primary goal of peaceful parenting is to create, nurture and preserve healthy relationships with your children (or children in your care). In healthy relationships, conflict is productive and members feel safe, valued, and respected even during conflict. In this class, we will focus on positive communication and engagement strategies that reduce conflict and enhance cooperation and connection with the children and youth in your care.

Instructor: Susanne Glymour, sglymour@gmail.com

DATE	TIME	FEE
06/14 - 06/23 (T/Th)	Noon - 1:15 PM	\$48

Location: UFM Conference Room, 1221 Thurston St, 2nd fl



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YOGA

Chair Yoga

22BHW156

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
Debbie has been a certified yoga teacher (CYT) since 2007.

SEC	DATE	TIME	FEE
A	06/14 - 07/12 (T)	12:15 - 1:15 PM	\$32
B	07/19 - 08/16 (T)	12:15 - 1:15 PM	\$32

Location: UFM Solar Addition, 1221 Thurston St

Evening Yoga

22BHW88

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

SEC	DATE	TIME	FEE
A	06/13 - 07/18 (M) (No class 07/04)	5:30 - 6:30 PM	\$32
B	07/25 - 08/22 (M)	5:30 - 6:30 PM	\$32

Location: KSU Ahearn Room 301, College Heights St, 3rd fl

Gentle Yoga for All

22BHW99

This easy class will get you started on the road to your own daily personal yoga practice. We start out slow and easy and you'll learn many different exercises that can be tailored to your personal needs. This is a small and friendly class for beginners or those with experience who need to refresh their practice. Be sure to wear comfortable clothing that will not restrict movement. Ages 13+.

Instructor: Ana Franklin, yogaconnection@gmail.com

DATE	TIME	FEE
06/22 - 07/27 (W)	6:00 - 7:15 PM	\$89

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

Location: Online - LIVE

Community Yoga

22BHW290

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. Class meets on the **FIRST SATURDAY** of the month. Online only.

Instructor: Ana Franklin, yogaconnection@gmail.com
Ana Franklin began practicing yoga in the 1970s and has been teaching since 1984.

DATE	TIME	FEE
07/02 - 09/03 (Sa)	3:00 - 4:30 PM	\$34

Location: Online - LIVE

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Evening Yoga



COMMUNICATION

What's in a Word?

The Power of Mindful Language **22BLA72**

In this course, we will discuss many of the common phrases we hear today and how to use our power of speech to create a positive impact in our lives and those around us. Many times we use a turn of phrase without considering the words first, and without realizing that the words themselves carry hidden meanings and truths. We will have a demonstration to show how words can change our physical posture and learn how they also affect our emotional and mental health.

Instructor: Mandy Ryan, spiritofdrakaina@yahoo.com
Mandy is a healer, facilitator, and lifelong learner. She started her path in alternative practices and healing in 2009 and loves working with others to encourage growth for all.

SEC	DATE	TIME	FEE
A	06/04 (Sa)	10:00 AM - 1:00 PM	\$65
B	07/23 (Sa)	10:00 AM - 1:00 PM	\$65

* Enrollment deadlines: A - 06/01, B - 07/13

Location: UFM Solar Addition, 1221 Thurston St

Animal Speak 101 **22BPI177**

Do you wish you and your pet could have conversations with one another, just as you do with your human friends? Look no further! This class will teach you the basics of your pets' language, and how you can respond with just the right "woof" "meow" or even "moo!" We'll also learn about best practices when purring, howling, and growling.

Instructors: Earl & Farley

DATE	TIME	FEE
08/01 (M)	7:30 - 8:30 PM	\$29

Location: UFM Conference Room, 1221 Thurston St, 2nd fl

Community ESL for Adults **22BLA73**

This small-group ESL (English as a Second Language) course is aimed at adults from the community who are interested in learning and improving their English skills! We will focus on topical readings and engage in informal discussion to improve our abilities. We will also offer coaching on vocabulary and pronunciation.

Instructor: Cary Chappell, caryc@ksu.edu
Cary has been in the English Language program for 10 years at K-State.

DATE	TIME	FEE
06/06 - 08/01 (M)	7:30 - 8:30 PM	\$20

Location: UFM Conference Room, 1221 Thurston St, 2nd fl

Peaceful Communication **22BPI133**

This class introduces students to the key components of peaceful communication. Participants 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.

Instructor: Susanne Glymour, sglymour@gmail.com
Susanne Glymour is a former social worker and is dedicated to the pursuit of safe, authentic, connecting, and effective interpersonal communication. Susanne is the director of the Manhattan Nonviolence Initiative.

DATE	TIME	FEE
06/14 - 06/23 (T/Th)	7:30 - 9:00 PM	\$48

Location: UFM Conference Room, 1221 Thurston St, 2nd fl



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*APR = Annual Percentage Rate. Some restrictions apply, see credit union for details. Insured by NCUA.



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.

Getting Started with Your Genealogy 22BLL06

This class will help you get started discovering your family history. Have you always wanted to find out more about your family history? In this beginning genealogy class, we will help you get started building your family tree. You will learn the basics about various databases and how to use Ancestry.com, FamilySearch.org, and Find a Grave.

Instructors: Barry Michie and Charlene Brownson, cmb@ksu.edu

Barry and Charlene are the President and Vice President of Riley County Genealogical Society. They both enjoy learning about history and sharing their enthusiasm of genealogy with others.

DATE	TIME	FEE
06/20 (M)	10:00 - 11:30 AM	\$15

Location: Riley Co. Genealogy Library, 2005 Claflin Rd

Important Legal Documents

Everyone Should Have

22BLL21

Who will care for your children if you cannot? Who will pay your bills and choose your doctor if you have a stroke and can no longer speak? What if you develop dementia or have a serious accident? Who gets your stuff when you die? Who decides? Must you have a Last Will & Testament? Is Probate required? It could be easier than you think...or you may need to make some good decisions now! These and other fascinating legal questions, along with solutions to resolve common dilemmas are discussed by experienced Elder Law Attorney Chris Bailey.

Instructor: Chris Bailey, chris@thompsonbailey.net
Chris Bailey, Attorney at Law with Thompson & Bailey, is a Manhattan native and 1993 graduate of the University of Kansas School of Law. Chris joined the family firm prior in 2016 and concentrates in Adoption, Elder Law, Wills, Trusts, Estate Planning, Civil, and Domestic law. Chris is a proud Rotarian and serves on several local committees and nonprofit boards.

DATE	TIME	FEE
06/06 - 06/27 (M)	5:30 - 6:30 PM	\$20

Location: UFM Solar Addition, 1221 Thurston St

Understanding Medicare:

Introduction to the Basics

22BLL27

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.

DATE	TIME	FEE
07/12 - 07/26 (T)	5:30 - 6:30 PM	No Charge

Location: Online - LIVE

What's Up @ UFM

Stay in touch with us and see what's up at UFM by joining our monthly email list.

link to the
sign-up form:
<https://bit.ly/2DnrL0a>



The Three Kings of Abilene: the Cattle King, the Wheat King, and the Amusement King

NEW!

22BLL57

What was once a gridlock of bison herds, travelling native tribes, and the desolate “Great American Desert” was quickly converted into a major stop along the Butterfield/Overland Despatch. As early settlers recognized their important geographic location along the major road to Colorado. Travel was abruptly changed from wagon to rail with the U.P.E.D. driving ties straight across Kansas. Weary travelers with big dreams would arrive quickly from the train, and as luck would have it, would choose Abilene to base their operations. Throughout this course we will use primary documents to examine the historical importance of those early settlers, on into the three major entrepreneurs that helped create Abilene into what it is today. There will be major emphasis on the three Kings of Abilene: 1. Joseph McCoy, the Cattle King; 2. T.C. Henry, the Wheat King; and 3. C.W. Parker, the Amusement King. These three leaders of their industries would help form the town that would raised a U.S. President, a Pioneer of the telecommunications industry, an icon in the patent medicine field, and a major player 20th century retail stores that dominated this country in the 20th century.

*Meadowlark Hills residents see message below.

Instructor: Michael Hook

Michael Hook has been working in the non-profit sector for over 20 years. He is the president of the Seelye Mansion Foundation, the Development Coordinator of Old Abilene Town, an Educator with the Eisenhower Foundation, and the previous director of the Historical Society of Dickinson County. He has appeared on the Travel Channel's "Mysteries of the Castle", the American Heroes Channel's "American Lawmen", and RFD-TV "West of Wall Street with Red Steagall."

DATE	TIME	FEE
06/07 - 06/21 (T)	6:30 - 8:00 PM	\$35

Location: Meadowlark Hills Community Room, 2121 Meadowlark Road

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.

The Turbulent and Exciting 1960s

NEW!

22BLL58

The 1960s were a decade of war, political turbulence, and significant technological advances. This class will focus on the critical events that transpired in America, the Kennedy presidency and assassination, the Cuban Missile Crisis, the Great Society, the Civil Rights movement, and the space race. The three-session class will also examine America's involvement in Vietnam, the 1968 Soviet invasion of Czechoslovakia, the Nixon administration, Woodstock Music Festival, student activism, the Beatles, and the affluence of the Baby Boomers. So come along wear some flowers in your hair and relive this exciting and turbulent era.

*Meadowlark Hills residents see message below.

Instructor: Robert Smith

Dr. Robert Smith is the Director of the Fort Riley Museums complex. He has a doctorate in history from K- State and has published numerous articles on military history.

DATE	TIME	FEE
06/16 - 06/30 (Th)	6:30 - 8:00 PM	\$35

Location: Meadowlark Hills Community Room, 2121 Meadowlark Road

Mountain of True Peace – A Guatemalan Journey

NEW!

22BLL59

KelLee Parr, the author of the new book Mountains of True Peace, will share his experience of a lifetime, living and working in a remote village in the mountains of Guatemala. After graduating from K-State, KelLee spent three years working as a volunteer agricultural missionary with Mennonite Central Committee in a startup program in Guatemala. He will share the culture, food, and living conditions he experienced throughout his adventure with the amazing Mayan K'ekchi' people. The presentation will include looking at the topography, climate, and beautiful landscape that makes up the country known as the “Land of Eternal Spring.” It will also delve into the political situation of Guatemala in the 1950s through KelLee's time in Guatemala that have ramifications in our world today.

*Meadowlark Hills residents see message below.

Instructor: KelLee Parr

KelLee Parr is the author of My Little Valentine, Mansion on a Hill, More Voices of The Willows, and Mountain of True Peace.

DATE	TIME	FEE
06/28 - 07/12 (T)	6:30 - 8:00 PM	\$35

Location: Meadowlark Hills Community Room, 2121 Meadowlark Road



Lunch & Learn:

The History of Murals in Kansas 22BLL54

With all of the new public art murals popping up across Kansas, and the rest of the country, you may have wondered: "Why now?" Or maybe, "There have always been murals, but have they always caused controversy among the citizens?" This presentation will explain the history of murals in Kansas, how and why mural art was introduced to the public, and the changes in the process and impact on the public that have happened over time.

*Meadowlark Hills residents see message on page 24.

Instructor: Hilary Wahlen

Hilary Wahlen is a local artist who received her BFA in Sculpture at KSU. She started her art career in 1989 as a sign painter / maker (and muralist on billboards) under the tutelage of local business owner, Blaine Thomas, who entertained her greatly with stories of "Old" Manhattan.

DATE	TIME	FEE
07/27 (W)	11:30 AM - 12:30 PM	\$15

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

NEW!

Lunch & Learn: Behind the Book:

The Writing and Publishing Process 22BLL60

Debut novelist Carmen Schober will discuss the creative writing process, identifying a target audience, and the path to publication in 2022. This class is ideal for those who are interested in publishing a book or who are simply curious about what goes on behind the scenes.

*Meadowlark Hills residents see message on page 24.

Instructor: Carmen Schober, carmenschober@ksu.edu

Carmen Schober graduated with a master's in English Literature and Creative Writing from Kansas State University in 2015. Her first novel, "After She Falls", debuted as the number one Amazon bestseller in the mixed martial arts category in November 2021, and her second book, "Pretty Little Pieces", releases in November 2022.

DATE	TIME	FEE
06/21 (T)	11:30 AM - 12:30 PM	\$15

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

For the Lunch & Learn classes, bring your own lunch or arrive early and purchase one of the restaurant favorites from Meadowlark's Prairie Star Restaurant. Review the menu at www.meadowlark.org/prairie-star-restaurant.

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SELF-DEFENSE

Judo I 22BMA08 Adult Beginner Boxing 22BMA26

Judo I is an introduction to the Olympic sport of Judo. Students will learn the fundamentals of mat etiquette, falling techniques, throwing techniques, and the principles of dynamic physical movement. Judo I introduces foundational skills that help increase understanding of the principles of body leverage, strength, balance, momentum, and mental conditioning. Learning how these principles relate and work together provides a physical advantage over an opponent. Students will be introduced to varied standing and ground techniques that are aligned with a basic introduction to the Art of Judo. Open to ages 16+.

Instructor: Conrad Candelaria,
conrad.candelaria@hotmail.com

Encompassing 34 years of martial arts training as a Judoka and professional law enforcement service to his community, Conrad has endeavored to gain greater knowledge to impart to his students. He has certifications as a black belt from USA Judo and has also achieved professional certifications in the following: Defensive Tactics Instructor, Mental Preparation for Armed Confrontation, Ground Control Instructor, Intermediate Force Instructor, and Tactical Baton Instructor.

DATE	TIME	FEE
05/28 - 08/13 (Sa)	10:00 - 11:30 AM	\$84

Location: KSU Ahearn Room 301, College Heights St, 3rd fl

Karate & Self-Defense 22BMA22

This class will take you from basic to advanced traditional martial arts, including the use of 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.

DATE	TIME	FEE
06/07 - 07/26 (T)	5:30 - 6:30 PM	\$96

Location: KSU Ahearn Room 301, College Heights St, 3rd fl

Boxing is a great way to get in shape, learn a form of self-defense, and make exercise FUN! K.O. teaches individuals of all ages & backgrounds the sweet science that is boxing. You are never too young to start and never too old to learn. See you at K.O.! Ages 12+ may participate!

Instructor: Pedro Marquez, koboxingusa@gmail.com
Pedro is a Golden Gloves winner, has a Bachelor's Degree in Kinesiology, and 10+ years boxing/coaching experience.

SEC	DATE	TIME	FEE
A	06/06 - 06/29 (M/W)	6:30 - 7:30 PM	\$60
B	07/04 - 07/27 (M/W)	6:30 - 7:30 PM	\$60

Location: K.O. Boxing, 2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)

Youth Beginner Boxing 22BYO149

Boxing is a great way to get in shape, learn a form of self-defense, and make exercise FUN! K.O. teaches individuals of all ages & backgrounds the sweet science that is boxing. You are never too young to start and never too old to learn. See you at K.O.! Ages 5 - 12 years old may participate!

Instructor: Pedro Marquez, koboxingusa@gmail.com

SEC	DATE	TIME	FEE
A	06/07 - 06/30 (T/Th)	4:30 - 5:30 PM	\$60
B	07/05 - 07/28 (T/Th)	4:30 - 5:30 PM	\$60

Location: K.O. Boxing, 2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)



PERSONAL INTEREST

Introduction to Christian Anarchism 22BPI202

This class will discuss Christian Anarchism. Themes we will touch on include: basics of Christian Anarchism, confrontation of the state, strategies of non-violence, and selected histories of Christian communities. Participants may also ask questions at the end of each class and join groups for further discussion. Recordings will be provided for those who miss the live classes. For more information, visit pmaurin.org and political-philosophy.com.

NEW!

Instructor: Laurie Johnson, lauriejpt@gmail.com
 Dr. Laurie M Johnson is a Professor of Political Science at K-State and runs a popular YouTube channel on political thought. This is her second independent summer seminar (the first was on Distributism). For more information, visit pmaurin.org and political-philosophy.com.

DATE	TIME	FEE
05/28 - 06/25 (Sa)	1:00 - 2:30 PM	\$75

Location: Online - LIVE

Sociology - The Gist of It 22BPI203

NEW!

In this class, we will cover the gist of Sociology and attempt to answer often unanswerable questions about society and the world we live in. While we will be learning about old white guys, we will also learn about things that happened in the 1800s that still affect us today!

Instructor: Autumn-Rose Barnes

SEC	DATE	TIME	FEE
A	05/23 - 06/24 (M/W/F)	3:30 - 5:30 PM	\$55
B	06/27 - 07/29 (M/W/F)	3:30 - 5:30 PM	\$55

Location: UFM Multipurpose Room, 1221 Thurston St

Follow UFM



RECREATION & FITNESS

Stretching Hammock Class 22BRF200

NEW!

A gentle class to elongate the muscles, de-stress the mind and play with gravity to decompress your spine.

Instructors: Hilary Santana & Ashley Thackrah

DATE	TIME	FEE
06/06 - 06/20 (M)	5:30 - 6:00 PM	\$99

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106

Lyra (Aerial Hoop) Class 22BRF232

NEW!

A beginner class in which you learn how to safely enter and exit the aerial hoop. We begin with basic poses and transitions and gradually move into more complex skills and stunts.

Instructors: Hilary Santana & Katie Larson

DATE	TIME	FEE
06/07 - 06/30 (T/Th)	4:30 - 5:30 PM	\$149

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106



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YOUTH

Archery for Youth

22BYO01

The main focus of this course will be to introduce youth to Olympic-style archery and to learn the important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety, and introduction to the world of archery. All equipment will be provided by the instructor. Ages 8+.

Instructor: Tom Korte, (785) 494-8889

SEC	DATE	TIME	FEE
A	05/17 - 06/07 (T)	7:00 - 8:00 PM	\$35
B	06/14 - 07/05 (T)	7:00 - 8:00 PM	\$35
C	07/12 - 08/02 (T)	7:00 - 8:00 PM	\$35

Location: KSU Ahearn Room 304, College Heights St, 3rd fl

Youth Beginner Boxing

22BYO149

Boxing is a great way to get in shape, learn a form of self-defense, and make exercise FUN! K.O. teaches individuals of all ages & backgrounds the sweet science that is boxing. You are never too young to start and never too old to learn. See you at K.O.! Ages 5 - 12 years old may participate!

Instructor: Pedro Marquez, koboxingusa@gmail.com

SEC	DATE	TIME	FEE
A	06/07 - 06/30 (T/Th)	4:30 - 5:30 PM	\$60
B	07/05 - 07/28 (T/Th)	4:30 - 5:30 PM	\$60

Location: K.O. Boxing, 2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)



Kids Aerial Class (Photo by Kay Gomez)



Archery for Youth

Kids Aerial Class

22CYO150

This is a small arrangement for children's aerial. In this setting, students learn how to engage and play with the hammock. We will learn light moves that are beginner friendly. We think ages 6-12 would benefit most.

Instructor: Hilary Santana

SEC	DATE	TIME	FEE
A	06/11 - 07/02 (Sa)	1:15 - 1:45 PM	\$79
B	06/13 - 06/27 (M)	5:30 - 6:15 PM	\$79

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106



Youth coding
classes!

Visit tryufm.org for
additional details.



World Peace

with Japanese Calligraphy 22BCF322

We will learn the basic history and strokes of Japanese calligraphy, and practice by writing Japanese Hiragana, Katakana and/or Kanji. We will complete the class by making a piece of final calligraphy of the words "World Peace" in Japanese. We will exhibit the works of students in our local gathering place (TBA). Ages 6+ welcome.

Instructor: Ayumi Amama

Ayumi has taken calligraphy lessons in Japan for about eight years and is trained in architectural design. She enjoys sharing Japanese culture.

SEC	DATE	TIME	FEE
A	05/27 (F)	10:00 AM - Noon	\$28
B	05/27 (F)	5:00 - 7:00 PM	\$28
C	06/02 (Th)	5:00 - 7:00 PM	\$28
D	06/04 (Sa)	5:00 - 7:00 PM	\$28

*Enrollment deadlines: A & B - 05/26, C - 06/01, D - 06/03

Location: UFM Solar Addition, 1221 Thurston St

Acrylic Pouring for Beginners 22BCF311

Visit pages 4 & 5 for the class description.

DATE	TIME	FEE
06/11 (Sa)	6:00 - 7:30 PM	\$42

*Enrollment deadline: 06/03

YOUTH SCHOLARSHIPS AVAILABLE

Contact UFM for more information and an application at info@tryufm.org or 785.539.8763



TEEN MENTORING

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

Acrylic Pour: Smashing Center Swipe

NEW!

22BCF341

Visit pages 4 & 5 for the class description.

DATE	TIME	FEE
06/18 (Sa)	7:00 - 8:30 PM	\$45

*Enrollment deadline: 06/10

Acrylic Pour: Smashing Rainbow Swipe

NEW!

22BCF342

Visit pages 4 & 5 for the class description.

DATE	TIME	FEE
07/16 (Sa)	6:00 - 7:30 PM	\$45

*Enrollment deadline: 07/08

NEW!

Acrylic Pour: Smashing String Pull 22BCF343

Visit pages 4 & 5 for the class description.

DATE	TIME	FEE
07/30 (Sa)	6:00 - 7:30 PM	\$45

*Enrollment deadline: 07/22



YOUTH TENNIS

Pre-K Tennis (Age 4 - 6)

22CYT1

Must be ages 4 - 6. This is a fun, engaging program that teaches the fundamentals of tennis including the introduction of eye-hand coordination, motor skills, cooperative activities, and sportsmanship. This class is taught using USTA Net Generation concepts, smaller 36' courts, foam or red balls, and 19" or smaller rackets.

Instructor: Body First Staff

SEC	DATE	TIME
A	06/06 - 07/01 (M/F)	4:20 - 5:00 PM
B	07/08 - 07/29 (M/F)	4:20 - 5:00 PM
C	08/01 - 08/12 (M/F)	4:20 - 5:00 PM

FEES: *Select Mondays OR Fridays OR Both*

A: \$52 - Mondays, \$52 - Fridays, \$80 - Mon & Fri

B: \$39 - Mondays, \$52 - Fridays, \$70 - Mon & Fri

C: \$26 - Mondays, \$26 - Fridays, \$40 - Mon & Fri

Location: Body First, 3615 Claflin Rd



Red Ball Tennis



Pre-K Tennis

Red Ball Tennis (Kindergarten - Age 8) 22CYT2

This class teaches kids tennis through exciting games and activities. The focus will be on improving on basic tennis and athletic skills while working to develop rally skills. This class is taught using USTA Net Generation concepts, smaller 36' courts, red balls, and 19" rackets. Ages Kindergarten - 8.

Instructor: Body First Staff

SEC	DATE	TIME
A	06/07 - 06/30 (T/Th)	5:20 - 6:00 PM
B	07/05 - 07/28 (T/Th)	5:20 - 6:00 PM
C	08/02 - 08/11 (T/Th)	5:20 - 6:00 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A & B: \$60 - Tuesdays, \$60 - Thursdays, \$96 - Tu & Th

C: \$30 - Tuesdays, \$30 - Thursdays, \$48 - Tu & Th

Location: Body First, 3615 Claflin Rd

Roger Trenary Tennis & Education scholarships are available for any community youth tennis lessons. Contact UFM for more information and an application at info@tryufm.org or 785.539.8763.



Orange Ball Tennis (Ages 9-10)

22CYT3

Using a fun game-based approach to tennis strokes, techniques, and skills. Intermediate players can expect to spend time learning to play and apply rules of individual or doubles play, in addition to refining their technique. All players will also learn to encourage and support others while continuing their development of being a good sport. The main goals of this class are to develop match play skills and proper technique. This class is taught using Net Generation concepts, 60' courts, orange balls, and 25" rackets.

Instructor: Body First Staff

SEC	DATE	TIME
A	06/07 - 06/30 (T/Th)	6:00 - 7:15 PM
B	07/05 - 07/28 (T/Th)	6:00 - 7:15 PM
C	08/02 - 08/11 (T/Th)	6:00 - 7:15 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A & B: \$68 - Tuesdays, \$68 - Thursdays, \$112 - Tu & Th

C: \$34 - Tuesdays, \$34 - Thursdays, \$56 - Tu & Th

Location: Body First, 3615 Claflin Rd

Intermediate Tennis (Ages 11-17)

22CYT7

This class is designed for beginner and intermediate level players ages 11-17. Students will build on their athletic base while learning the fundamentals necessary to serve, rally, and score using a rally/game/drill-based curriculum. Two days per week is recommended for best reinforcement and progression of tennis skills.

Instructor: Body First Staff

SEC	DATE	TIME
A	06/06 - 07/01 (M/F)	5:00 - 6:25 PM
B	07/08 - 07/29 (F/M)	5:00 - 6:25 PM
C	08/01 - 08/12 (M/F)	5:00 - 6:25 PM

FEES: *Select Monday OR Friday OR Both*

A: \$76 - Mondays, \$76 - Fridays, \$128 - Mon & Fri

B: \$57 - Mondays, \$76 - Fridays, \$112 - Mon & Fri

C: \$38 - Mondays, \$38 - Fridays, \$64 - Mon & Fri

Location: Body First, 3615 Claflin Rd

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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 K SIS 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 K SIS.

- 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: Important Notice about Tuition and Fees. Students enrolled in campus-based programs taking a UFM course pay the tuition and fees for their campus. For additional information visit: <https://www.k-state.edu/finsvcs/cashiers/costs/>

REFERENCE # - TITLE TIME DATE LOCATION

KIN 101

11269 - Aerial Hammock	4:30-5:30 PM	6/6 - 7/27 (M/W)	LAP
11267 - Pilates	9:00-10:00 AM	6/7 - 7/28 (T/Th)	LAP
11976 - Lyra	4:30-5:30 PM	6/7 - 7/28 (T/Th)	LAP
11975 - Hot Yoga	6:30-7:30 PM	6/7 - 7/28 (T/Th)	LAP

RRES 200

11252 - Boxing 1	6:30-7:30 PM	6/6 - 7/27 (M/W)	K.O. Boxing
11950 - Boxing 2	5:30-6:30 PM	6/6 - 7/27 (M/W)	K.O. Boxing
11968 - Boxing 3	5:30-6:30 PM	6/6 - 7/27 (M/W)	K.O. Boxing
11969 - Boxing 4	5:30-6:30 PM	6/6 - 7/27 (M/W)	K.O. Boxing
11262 - First Aid/CPR/AED	Noon-7:30pm	7/9 - 7/10 (Sa/Su)	UFM

Addresses:

- 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 (UFM Community Learning Center), Banquet Room (basement)





Information



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 SUMMER 2022 RATES

Courses in Kansas State University's new tuition and fees structure charge by program type - campus-based or online - versus by individual course delivery format. Tuition and fees rates are available at k-state.edu/costs.

Choose your campus at:

<https://www.k-state.edu/finsvcs/cashiers/costs/> then view tuition/fee information specific to your enrollment plans. You may also view the University-wide Fall 2021/Spring 2022/Summer 2022 Comprehensive Fee Schedule for complete details at: <https://www.k-state.edu/finsvcs/cashiers/costs/comprehensive-tuition-fee-schedules/documents/2021-2022/FY22-KSU-Comprehensive-Fee-Schedule-210616.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.

Follow UFM



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 (_____) _____ 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+ _____

22BFF196	C	Indian Flatbreads	\$43.00

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 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.



UFM puts the community in education.



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Manhattan, KS 66502

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