

UFM puts the **community** in education.



a University For huMankind



*a look  
INSIDE*

Discovering Your Eye Through  
Photographing and Making Pictures - p. 5

Card Making - p. 6

Discovering Your Wine Style - p. 11

The Foundations of Peacebuilding - p. 17

Coping with Adaptive Challenges -  
Adaptive Leadership - p. 18

Aerial Yoga/Stretching - p. 21

The Wizard of Oz - p. 24

Dog Training - p. 26

Krav Maga: Reality-Based Training - p. 29

Yosakoi Japanese Dance - p. 31

Youth STEM classes - p. 33

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# UFM FALL 2022 COURSE CATALOG



ufm

COMMUNITY  
LEARNING  
CENTER



## Lou Douglas Lecture Series on Public Issues Fall 2022

### Eric Dozier

Co-founder at Oneness Lab and One Human Family Music Workshops. Eric is a music educator, cultural activist, and recording artist who uses music to engage communities in dialogue about racism.



Photo by Dean Kalyan

Equal parts live performance, lecture, and revival meeting, this Lou Douglas Lecture series is a unique way of experiencing the impact of music on American culture, identity, and social progress. Through his wealth of experience working with groups of all ages and his unique blend of Down and Dirty Blues, Socially Conscious Soul, and Spirit Fueled Gospel Music, cultural activist, and musician Eric Dozier takes you on a journey. He shines a light at the crossroads of music and American race relations by performing songs and discussing key musical figures and themes from the Abolitionists, Civil Rights, labor and anti-war movements, as well as other contemporary voices of change both within the US and internationally. By the end, participants understand what it means to be an active and creative advocate of diversity and equity imbued with a renewed sense of mission and commitment to showing the world what community SOUNDS like.

### **Musical Journeys to Racial Justice**

Lecture: Tuesday, October 4 • 7 pm • Forum Hall, K-State Student Union

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### **Praise, Protest, and Purpose: Music as Cultural Activism**

Wednesday, October 5th • 7 pm • Douglass Activity Center, 900 Yuma St

[ This is a kid-friendly community-engaged event! ]

# What's inside...

- 5 CREATIVE FREETIME
- 7 WRITING SERIES
- 9 EARTH & NATURE
- 11 FUN FOODS
- 12 PROFESSIONAL DEVELOPMENT [LERN]
- 15 COMMUNICATION
- 16 NON-VIOLENCE & PEACEFUL COMMUNICATION
- 18 CAREER & LEADERSHIP
- 19 HEALTH & WELLNESS
- 21 YOGA
- 23 LIFETIME LEARNING
- 26 DOG TRAINING
- 27 PERSONAL INTEREST
- 28 SELF-DEFENSE
- 30 RECREATION & FITNESS
- 33 YOUTH
- 35 YOUTH TENNIS
- 37 KSU CREDIT COURSES
- 41 INFORMATION
- 42 REGISTRATION FORM

## UFM STAFF

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Vice Chair | Carol Barta  
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President & CEO | Aliah Mestrovich Seay

## UFM FALL 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	David Jones
Ayumi Amama	Mary Kohn
Ryan Armbrust	Tom Korte
Doug Barrett	Tamas Kowalik
Carol Barta	Anne Lovett
Joanne Bauman	Safia Malallah
Roy Bird	Brett Mallon
Tom Boley	Madison Mann
Kim Bomberger	Pedro Marquez
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Cary Chappell	Jack Morris
Kenny Cook	Naho Nagai
Melissa Copp	Debbie Newton
Body First Staff	KelLee Parr
Beth Fischer	Brittany Ratliff
Ana Franklin	Maria Ruiz
Jeff Freeborn	Bob Sanchez
R. Todd Gabbard	Hilary Santana
Chris Glasgow	Dana Schirmer
Susanne Glymour	David Seamon
Kat Goetting	Lucas Shivers
Tim Gregory	Melinda Sinn
Rachel Grollmes	Joan Smith
Mary Hager	Robert Smith
Vanessa Hager	Chris Sorensen
Barbara Hanae Johnson	Jhoe Stonestreet
Kathryn Harth	Christina Stratman
Catherine Hedge	Abena Taylor
Jackie Hernandez	Ashley Thackrah
Michael Hook	Aaron Thornton
Dave Hoover	Dustin Vann
Paul Hunt	Hilary Wahlen
Doug Jardine	Stan Wilson
John Jobe	Voices For All, LLC
Kyoshi Pamela Johansen	

Catalog layout & design by Samantha Lovitt

Jurdene Coleman  
Aaron Estabrook  
Katie Kingery-Page  
Jared Meidler

Ashley Nietfeld  
Craig Olsen  
Kali Steelsmith

Cia Verschelden  
LaBarbara James Wigfall  
Corey Williamson



## Welcome to UFM Community Learning Center,

We put the community in education, and for that reason, UFM is about you. What do you want to teach? What do you want to learn? We want to hear from you as we are in the process of expanding programming and funding sources. There are a lot of possibilities to explore together based on the strong foundation that has been developed by over 50 years of community engagement.

It was an honor to accept the Executive Director position in May of 2022 after over 20 years working in higher education and the not-for-profit sector. The UFM staff, board of directors, and the community have given me a very warm welcome. UFM has always been a part of my life since I was a young girl. It was my very first youth development and public speaking experience during which I was able to teach a class about making corn husk dolls. I also had a community garden plot and I got to interact with caring adult gardeners and other youth. It was a place I felt empowered and valued - a place I belonged. I can still remember this beautiful strawberry patch and picking and eating strawberries that another gardener shared with me. Thank you, UFM for giving me the opportunity to be a lifelong learner! Now, I'm excited to give back in new ways within my new role.

To me, UFM is about teaching and learning and most importantly, belonging. As we expand programming, we are also expanding our reach to welcome new and underserved audiences. We plan to start a tutoring program in the Spring of 2023 with tutoring resources generously donated from the Douglass Center. We have partnered with K-State's English Learning Program (ELP) to recruit ESL students who want to feel more connected to the school system, their work, and be able to communicate at medical appointments. We have lived and continue to live in extremely polarizing times, so I have gotten together with peacebuilding leaders and facilitators in the Manhattan area to explore having a dedicated space for nonviolence and peacebuilding. We are offering classes and walk-in resources to support our community in naming what violence means to them and learning peacebuilding tools for resilience. We also have two bilingual College of Education students starting this fall that will be able to support us with welcoming the Hispanic community and providing them with programmatic options and customer service support. We are excited to get started!

And guess what? You, the Manhattan Community, get to be a part of this expansion. We are making a comeback after some really tough pandemic times and we want to keep the doors to UFM open for another 50 years and counting! We welcome your ideas, volunteer time, and financial support.

You may reach me at [aliah@tryufm.org](mailto:aliah@tryufm.org) or just walk into UFM where there is always someone here to greet you. You may also make a tax deductible donation to UFM at [tryufm.org/donate](https://tryufm.org/donate).

I look forward to seeing you around our wonderful little apple community.



a University For huMankind

In Community,

Aliah Mestrovich Seay (She/Her/Hers)

# CREATIVE FREETIME

## Discovering Your Eye Through Photographing and Making Pictures 22CCF406

NEW!

Photojournalists are documentarians of the world. In this class, students will learn from community engaged photographer, 400 North Creative Douglas Barrett, and his extensive social justice work in the state. This class is for ages middle school and up or skill level equivalent and will cover lighting, composition, logistics, the technical aspects of photography, and hands-on learning. Photography students will also tap into how to share storytelling and showcase their learnings at UFM by the end of the course. Community members are welcome to take both sections of this class to continue to learn and develop their skills. A camera or smartphone is required for the class. Need-based scholarships are available. Call 785-539-8763 for more information.

Instructor: Doug Barrett

Doug is an internationally recognized African American photographer and cinematographer who is currently based in Manhattan, KS. Doug completed his undergraduate degree from St Augustine's University and completed graduate school from Southwestern College where he holds a M.S. in Security Administration. Doug has work in the permanent collection at the Ulrich Museum, and the Mariana Kistler Beach Museum of Art.

SEC	DATE	TIME	FEE
A	09/07 - 09/28 (W)	5:30 - 7:00 PM	\$80
B	10/05 - 10/26 (W)	5:30 - 7:00 PM	\$80

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

## Identity Expression through Artistic Sticker Sticking 22CCF352

Have you ever been in a meeting or a classroom and felt that your true personality is not coming through? Wonder no more! Through the careful selection and application of adhesive images, you can fully express your personality, things that are important to you, and your sense of playfulness. Bring your reusable water bottle, laptop, or other devices you carry everywhere, and we will supply stickers, artistic guidance, and the validation of your identity that you have been longing for.

DATE	TIME	FEE
12/06 (T)	6:00 - 8:00 PM	\$22

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



Photo by Erin Poppe

## Introduction to Voiceovers 22CCF129

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, LLC, [info@voicesforall.com](mailto: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.

DATE	TIME	FEE
08/22 - 12/16 (M)	TBD	\$49

**Location:** One-on-One Video Chat

Follow UFM



## Acting Basics

22CCF347

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](mailto: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
08/29 - 10/10 (M)	5:30 - 6:15 PM	\$40

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

## Improvisation

22CCF346

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 improv games from "Whose Line is it Anyway?" to 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](mailto:christina@tryufm.org)

SEC	DATE	TIME	FEE
A	08/29 - 10/03 (M)	6:30 - 7:30 PM	\$25
B	10/10 - 11/07 (M)	6:30 - 7:30 PM	\$25

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

## Halloween Card Making

NEW!

22CCF349

Do you have trick-or-treaters that don't live nearby? Come make handmade cards to send. Kids and adults alike love to get a surprise card in the mail. In this class, you will make three Halloween cards utilizing stamping techniques.

Instructor: Melinda Sinn

DATE	TIME	FEE
10/13 (Th)	6:00 - 8:00 PM	\$22

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



Handmade Halloween cards.

## Christmas Card Making

NEW!

22CCF350

Send handmade holiday cards this season! Join us to learn how to make simple and creative cards for the holidays. In this class, you will make three-holiday cards with directions on how you can create more later.

Instructor: Melinda Sinn

DATE	TIME	FEE
11/10 (Th)	6:00 - 8:00 PM	\$22

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

## Valentine Cards

NEW!

22CCF351

Join us for a parent/grandparent/guardian and child card-making class. Create Valentines to send to your family and special friends. Learn the simple technique of rubber stamping and be creative. Each pair of students will make four Valentines. Recommended for ages 5 and up.

Instructor: Melinda Sinn

Melinda Sinn has been stamping and card-making for over 25 years. She loves to share her passion for creating with paper with others.

DATE	TIME	FEE
01/19/2023	6:00 - 8:00 PM	\$24

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



Interested in teaching a class for UFM?  
Spring 2023 submission deadline is October 7, 2022.  
For more information please email [christina@tryufm.org](mailto:christina@tryufm.org).





# WRITING SERIES

## Poetry Writing

NEW!

22CCF402

There's a poet in everyone, and a poem in every moment – this class will focus on helping students learn how best to use their words to create evocative images, deep feelings, or just silly cathartic moments of free expression. Not all poems rhyme, and not all stanzas scribbled in your diaries are as bad as you think! Come to Poetry Writing to experience brainstorming (not just for ideas, but for the right words, lines, formatting), workshoping with a published poet, and also just listening to discussions on how we can interpret our everyday experiences into something artistic and memorable. A composition book will be provided to use for the class. Ages 12+ welcome.

Instructor: Maia Carlson

Maia has published multiple poems with different journals as well as a collection of poems with Spartan Press. She also has a masters degree in creative writing, specializing in poetry.

DATE	TIME	FEE
08/23 - 09/20 (T)	6:00 - 7:00 PM	\$41

Location: UFM Conference, 1221 Thurston St

## Flash Fiction

NEW!

22CCF403

Do you like writing short stories? Are you intimidated by long forms of writing? Do you feel like there are no challenges left in this world? Short stories don't have to be 30 pages of intricate descriptions—they can be two pages, a paragraph, or even a single sentence! Anything can be flash fiction: Romance, Sci-Fi, Horror, Fantasy...the only limitations are the number of words you can use! By the end of this class, students will create and revise a super-short story between 600-800 words and participate in a workshop led by a published flash fiction author. Ages 12+ welcome.

Instructor: Kat Goetting

Kat has a master's in creative writing from K-State and is currently working as an Instructor of English at K-State.

DATE	TIME	FEE
09/27 - 10/25 (T)	6:00 - 7:00 PM	\$41

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

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

## So You Want To Write YA Fiction?:

NEW!

### The Fundamentals of

### Writing Young Adult Fiction

22CCF404

This class will focus on developing the fundamentals of fiction writing (voice, plot, setting, character, etc.) as they pertain to writing for a young adult/teen audience. Activities will include creating character profiles, writing a strong first page, and developing a voice that speaks to a modern young audience. By the end of the course, students will have the tools they need to produce the beginning (first 1-2 pages of a novel or short story) of their new YA project! A composition book will be provided to use for the class. Ages 12+ welcome.

Instructor: Dustin Vann, [dlvann@ksu.edu](mailto:dlvann@ksu.edu)

DATE	TIME	FEE
11/01 - 11/29 (T)	6:00 - 7:00 PM	\$41

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

MARIANNA KISTLER  
**BEACH**  
MUSEUM OF ART

YOUR ART MUSEUM  
FOR 25+ YEARS

### Fall 2022 exhibitions

*Voices: Women Artists in the Era of Second Wave Feminism*  
View works by women artists in the museum's collection.

*Do You See What I See?*  
Encounter artworks that challenge viewers to engage in dialogue with those who have different thoughts about what something means.

*Transfigurations: Reanimating Ancient Art of India | David Lebrun*  
See the mysterious beauty of ancient sculptures through unique sound and video animation.

*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.

Related public events at [beach.k-state.edu/calendar](https://beach.k-state.edu/calendar)

**FREE admission and parking - 14th & Anderson**  
Tues., Wed., Fri. 10-5 | Thurs. 10-8 | Sat. 11-4 | 785.532.7718 | [beach.k-state.edu](https://beach.k-state.edu)

BeachMuseumofArt | 
 @BeachMuseum | 
 beachmuseum

**KANSAS STATE**  
UNIVERSITY



# Congratulations on your retirement!

## Linda Inlow Teener

### UFM Executive Director

1990 - 2022



#### A change in leadership

Linda Inlow Teener, UFM Community Learning Center Executive Director left her position after 32 years.

During her tenure at UFM, Linda directed the growth of UFM programs from 60 class offerings to the current 190 noncredit offerings and 100 KSU credit classes. She developed the UFM Teen Mentoring Program and Project EXCELL, a program designed to offer enrichment to adults with developmental disabilities. She also led the expansion of the Community Garden to two locations.

Linda was involved in every aspect of UFM, and taught many classes from pizza making to autoharp and dulcimer to sewing and crochet. In the short term, she will continue to be around as UFM's Finance Coordinator.

#### Closing thoughts

Serving as the UFM Executive Director for the past 32 years has been a joy with something new to think about every day. Building new programs and expanding existing services kept me interested and engaged. Meeting so many people from K-State and the Manhattan community expanded my horizons and broadened community support for UFM. Thank you to all who have taught classes, donated time or money, and provided board involvement and leadership. Thank you to all the K-State students who volunteered to mentor local teens and our Project EXCELL students. Stay involved, share your ideas and let's all keep UFM a vital resource that puts the community in education!

- Linda Teener

#### A note from the staff

Linda's staff collectively describes her as a very caring leader and strong advocate for her staff and the Manhattan, K-State, and surrounding communities. She spent countless hours striving for the success and development of UFM Community Learning Center and K-State Global Campus programs. Linda works incredibly hard and diligently to create a safe, inclusive, educational space for all who enter UFM. Linda's legacy and the impact of her creative mind, kind heart, and the many programs she created will continue to remain visible around UFM and the community for many years to come. We all consider ourselves very lucky to have been able to learn from a great mentor and leader for so many years.

We hope in retirement Linda enjoys many warm cups of tea, creative quilting projects, and travels to continue her love of learning, all while wearing her fun socks!

- UFM Staff



Leader • Creator • Artist • Mentor • Gardener • Friend





# EARTH & NATURE

## Introduction to Tree Identification 22CEN164

The Kansas Forest Service Demonstration Arboretum and Honor Grove will be the site for this interactive tree identification class. Participants will be introduced to the basics of tree identification, including leaf shape, arrangements, and other characteristics used to identify trees. The class will be held outside only. Participants should bring their own lawn chairs and drinks and expect to be outside the entire class. Some walking will occur. In case of inclement weather, the class will be held inside the Kansas Forest Service State Office. Ages: Adults and students in middle or high school. Families are welcome. Children younger than 18 years old must be accompanied by a parent or guardian.

Instructors: Kim Bomberger & Ryan Armbrust

Kim is a District Community Forester at the Kansas Forest Service. Academically prepared as a horticulturist, she is a life-long plant enthusiast. Ryan is Forest Health Forester at the Kansas Forest Service. Academically prepared as a horticulturist, he is a life-long plant enthusiast. Kim and Ryan have taught multiple workshops engaging with the public, and enjoy cultivating people's knowledge about trees suitable for Kansas and the Great Plains.

DATE	TIME	FEE
10/04 (T)	4:30 - 6:30 PM	\$15

**Location:** Kansas Forest Service State Office, 2610 Claflin Road, Manhattan

## Great Gardening: A Month-by-Month Guide to Kansas Vegetable Gardens 22CEN174

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
09/12 - 10/03 (M)	5:30 - 6:30 PM	\$46

**Location:** 9th & Riley Lane, Manhattan Community Gardens

## Astronomy Viewing 22CEN191

Join us to explore the night sky using Dr. Sorensen's 8" Newtonian reflecting telescope to view the moon, Saturn, Jupiter, and some deep-sky objects.

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

Dr. Sorensen is an amateur astronomer and physics professor with a nice homemade telescope.

DATE	TIME	FEE
08/31 (W)	8:00 - 10:00 PM	\$15

**Location:** Northeast Community Park, 680 Knox Ln, MHK (Please meet at the east end of the parking lot in Northeast Community Park.)

Your Family Tree Guy. ISA Certified Arborist.  
[ Justin Williams ]

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## Permaculture For Easier Living

**22CEN86**

Permaculture for easier living is about positioning things in ways that are most appropriate and efficient. Learn how you can make your home, garden, and life work best for you.

Instructor: Carol Barta, [snowsage54@hotmail.com](mailto:snowsage54@hotmail.com)

Carol Barta completed a Permaculture Design Certificate with the Kansas Permaculture Institute in 2011 and a Permaculture Educator Certificate in 2014 at Midwest Permaculture. She is a member of the board of KPI.

DATE	TIME	FEE
11/07 - 11/14 (M)	6:30 - 8:30 PM	\$17

**Location:** Online - LIVE

## Snip & Sip Floral Class

**NEW!**

**22CEN199**

Snip & Sip is a monthly gathering where you hand pick & design a fresh flower arrangement while sipping on a chosen wine and cider. The basics of floral design will be covered briefly at the beginning of class and the remainder of the time will be hands-on. An assortment of fresh flowers will be provided for you, as well as different wines and ciders each month. Keep in mind that your arrangement should be small to medium in size! Larger vases will not be accepted. This class is only for students 21 years old and up.

Instructor: Madison Mann, [mbmann@ksu.edu](mailto:mbmann@ksu.edu)

SEC	DATE	TIME	FEE
A	09/15 (Th)	6:00 - 7:00 PM	\$50
B	10/20 (Th)	6:00 - 7:00 PM	\$50
C	11/17 (Th)	6:00 - 7:00 PM	\$50

\*If you have an existing vase you'd like to arrange in, please contact UFM as you will be able to receive a \$5 discount.

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

## Returning Gardeners

### Annual Meeting:

**November 6th @ 4:00 PM**

[ Annual meeting, potluck, & returning gardener signup at Collins Lane. Watch the Community Garden newsletter for details. ]



## 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](http://fhreec.org)  
[mail@fhreec.org](mailto:mail@fhreec.org)





# FUN FOODS

## This Is How You Brew It!

22CFF139

This class will demystify the beer brewing process. Learn how to make beer with malted barley extracts and how to add tasty and colorful specialty grains. Discover the exciting world of yeast and enjoy the pleasant aromas of hops. Your life will never be the same. Must be 21 to participate.

Session A class meets on 10/16 & 11/06.

Session B class meets on 11/13 & 12/04.

Instructor: Aaron Thornton, brewbroshs@gmail.com

SEC	DATE	TIME	FEE
A	10/16 - 11/06 (Su)	5:00 - 9:00 PM	\$47
B	11/13 - 12/04 (Su)	5:00 - 9:00 PM	\$47

**Location:** Brew Bros Hops & Sprockets, 1110 Laramie St

## Discovering Your Wine Style NEW! 22CFF197

Grab a glass and answer your burning questions about reading wine labels, tasting, pairing, shopping for wine, and more. Learn about and taste wine based on style and the common regions found. The secret to a good wine is the one that YOU enjoy! This is a 5-week course and will dive into white, red, sparkling, and dessert wine. All wine-oh experience levels welcome! Bring your own journal and pen for tasting notes. Optional Commemorative Glass for a separate fee.

Must be 21 to participate.

Instructors: Scott Lovett & Anne Lovett

DATE	TIME	FEE
09/27 - 10/25 (T)	7:00 - 9:00 PM	\$110

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



Sushi rolling.

## Snip & Sip Floral Class

NEW!

22CEN199

Snip & Sip is a monthly gathering where you hand pick & design a fresh flower arrangement while sipping on a chosen wine and cider. The basics of floral design will be covered briefly at the beginning of class and the remainder of the time will be hands-on. An assortment of fresh flowers will be provided for you, as well as different wines and ciders each month. \*If you have an existing vase you'd like to arrange in, please contact UFM as you will be able to receive a \$5 discount. Keep in mind that your arrangement should be small to medium in size! Larger vases will not be accepted. \*\*This class is only for students 21 years old and up.

Instructor: Madison Mann, mbmann@ksu.edu

Madison is an undergraduate student at KSU studying Entrepreneurship with an emphasis in Non-Profit studies. Passionate about the floral industry, with both a background and years of work experience, Madison is eager to learn from those around her and share her knowledge with others.

SEC	DATE	TIME	FEE
A	09/15 (Th)	6:00 - 7:00 PM	\$50
B	10/20 (Th)	6:00 - 7:00 PM	\$50
C	11/17 (Th)	6:00 - 7:00 PM	\$50

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

## Maki-Zushi (Rolled Sushi) and Oshi-Zushi (Layered Pressed Sushi) 22CFF190

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	09/25 (Su)	7:00 - 9:00 PM	\$38
B	10/30 (Su)	7:00 - 9:00 PM	\$38

\*Enrollment deadlines: A - 09/24, B - 10/29.

**Location:** UFM Banquet/Kitchen, 1221 Thurston St





# 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](http://tryufm.org)



## Certificates [online]

### Certificate in Mastering Excel

**22CGC25**

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

DATE	TIME	FEE
09/06 - 12/02	Asynchronous online	\$495

### Certificate In Data Analysis

**22CGC20**

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. Add a whole new skill set to your portfolio and make a big difference in the success of your organization by acquiring data analysis skills. Begin with getting a basic understanding of how to analyze data in a business setting. Then, learn how many of your business decisions involve comparing groups for differences. You will know the statistics behind these group differences and relationships. Finally, you will find out how to perform inquiries that will be useful to your business or organization and have the skills necessary to communicate these results through graphs and text that your fellow employees will understand. Whether your business is home-based or a large company, this certificate will take you to the next level when important decision-making is concerned.

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

Classes Included in certificate: Introduction to Data Analysis, Intermediate Data Analysis, & Advanced Data Analysis

Instructor: LERN Staff

DATE	TIME	FEE
09/06 - 12/02	Asynchronous online	\$495



## Certificate In

### Nonprofit Administration

**22CGC29**

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. 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
09/06 - 12/02	Asynchronous online	\$595

### Digital Marketing Certificate

**22CGC52**

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, nonprofits, 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 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
09/06 - 12/02	Asynchronous online	\$495

### Mastering Video

### Marketing Certificate

**22CGC63**

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
09/06 - 10/28	Asynchronous online	\$395

## PROFESSIONAL DEVELOPMENT



### Graphic Design

### Software Essentials Certificate

**22CGC59**

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

DATE	TIME	FEE
09/06 - 12/02	Asynchronous online	\$545

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class options, visit  
[tryufm.org](http://tryufm.org)



## Single Courses [online]

**Google Analytics****22CGC57**

If you are not reviewing your website statistics, then you are missing several key opportunities to profit from your website traffic. This course, 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. Certificate available. For additional information please see:

Google Analytics Certificate

Instructor: LERN Staff

DATE	TIME	FEE
09/06 - 09/30	Asynchronous online	\$195

**Podcasting****22CGC08**

Businesses are turning to the podcast to grow their brand and connect with customers. People with a niche hobby are turning podcasts into a business. Podcasting is experiencing a rebirth as mobile devices are everywhere. The intimate nature of the audio medium allows potential clients to get to know who you are and determine if you are the kind of company with which they want to do business. Learn how to take your business or hobby and turn it into a podcast. This step-by-step class will take you from start to finish and cover the required elements needed to get your show online. Come to class with your idea and end with your show online for all to hear.

Instructor: LERN Staff

DATE	TIME	FEE
09/06 - 09/30	Asynchronous online	\$195

**Boosting Your Website Traffic****22CGC54**

Acquire the basic skills to boost your web site traffic, including how to analyze your visitor traffic, how to use search engine optimization to get greater visibility and exposure in Google searches, and how to redesign your website copy to increase your visitors and results. No experience necessary, but if you are at an advanced level, your instructor is an SEO expert and can answer your toughest questions as well. Certificate available. For additional information please see: Digital Marketing Certificate.

Instructor: LERN Staff

DATE	TIME	FEE
10/03 - 10/28	Asynchronous online	\$195

**Introduction to Coding****22CGC49**

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.

Instructor: LERN Staff

DATE	TIME	FEE
09/06 - 09/30	Asynchronous online	\$195

**Introduction to Web Design****22CGC45**

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.

Instructor: LERN Staff

DATE	TIME	FEE
09/06 - 09/30	Asynchronous online	\$245

**Exploring Riley County history since 1914!****Goodnow House Museum****State Historic Site**

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Tues - Fri 8:30 - 5:00

Sat. &amp; Sun. 2:00 - 5:00

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Open Sundays 2:00 - 5:00

April - October

**Rocky Ford School**

Tuttle Creek and Barnes Rd.

By Appointment

**Wolf House Museum**

630 Fremont

Sat. &amp; Sun. 2:00 - 5:00

Also by Appointment

**Riley County Historical Museum**

2309 Claflin Road

Tues - Fri 8:30 - 5:00

Sat. &amp; Sun. 2:00 - 5:00

(785) 565-6490 • FREE Admission to all sites! • [www.rileychs.com](http://www.rileychs.com)



# COMMUNICATION

## Conversational Spanish with **Kassandra & Rachel**

**NEW!**

**22CLA27**

This class is for people who are beginning to learn the Spanish language and want to practice their everyday conversation skills. We will start with basic conversation topics such as where you are from and progress to more casual topics like favorite foods. You will engage with the other students in the class to get the most practice speaking and listening!

Instructor: Rachel Grollmes, [grollmesr@gmail.com](mailto:grollmesr@gmail.com),  
Kassandra Moreno

SEC	DATE	TIME	FEE
A	09/07 - 10/05 (W)	6:00 - 7:00 PM	\$45
B	10/12 - 11/09 (W)	6:00 - 7:00 PM	\$45

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

## Community ESL for Adults **22CLA73**

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 discussions to improve our abilities. We will also offer coaching on vocabulary and pronunciation.

Instructor: Cary Chappell, [caryc@ksu.edu](mailto:caryc@ksu.edu)

Cary has been in the English Language program for 10 years at K-State.

DATE	TIME	FEE
09/12 - 11/14 (M)	7:30 - 8:30 PM	\$20

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

## Spanish for Medical Professionals **22CGC05**

Online class only. 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](http://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
09/06 - 10/28	Asynchronous online	\$290

## Communication Support For Couples by ASD

**NEW!**

**22CPI204**

Communication Skills, solutions and games for couples to help bridge the gap in relationships for couples affected by ASD (Autism Spectrum Disorder). We will have a Q&A session in each of our classes to provide support and solutions.

Instructor: Jack Morris

DATE	TIME	FEE
09/03 - 10/08 (Sa)	7:00 - 8:30 PM	\$55

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



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# Non-violence & Peaceful Communication

## Brown Bag Conversation Boot Camp:

### Series One

NEW!

22CPI210

#### Session 1: Process Group - Interpersonal Relationships

Tough conversations can happen when we least expect it and we rarely feel ready to deal with them. This group provides you with the opportunity to share your interpersonal relationship struggles with other group members and experience hands-on learning tools to boost your interpersonal communication skills to their maximum potential.

#### Session 2: The Art of Empathy

This session focuses on what true empathy looks like and how to practice empathy in your everyday interactions.

#### Session 3: The Art of Listening

Everyone can learn to be a stellar communicator when you deepen your ability to listen. This interactive workshop provides you with hands-on learning regarding how to practice empathy-in-action. You will learn active listening skills as well as how to listen and respond in the face of injustice to be a better ally to others and friend to yourself.

#### Session 4: Let's Talk! Communication Style Differences

Did you know that not everyone has the same communication style? Some folks pause, whereas others take turns, and some people overlap each other and don't even consider it interrupting! This interactive experience teaches participants skills and concepts that enable better interpersonal and cross-cultural communication to find ways to appreciate the difference in everyday life.

#### Session 5: Process Group – Lessons Learned:

##### How can I be a peacebuilder in my community?

The purpose of this session is to discuss class learnings, their significance as it applies to your own life, and how to use this knowledge moving forward.

Instructors: Aliah Mestrovich Seay, [aliah@tryufm.org](mailto:aliah@tryufm.org), & Jackie Hernandez, [jacklynh@ksu.edu](mailto:jacklynh@ksu.edu)

DATE	TIME	FEE
08/31 - 09/28 (W)	Noon - 1:00 PM	\$50

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

### Series Two

NEW!

22CPI211

#### Session 1: Process Group - Interpersonal Relationships

Tough conversations can happen when we least expect it and we rarely feel ready to deal with them. This group provides you with the opportunity to share your interpersonal relationship struggles with other group members and experience hands-on learning tools to boost your interpersonal communication skills to their maximum potential.

#### Session 2: Intercultural Conflict Styles

How we navigate conflict comes from our cultural identity and upbringing, which contributes to diversity of values, thoughts, feelings, and ideas. This session will help you to better understand your cultural conflict style and learn more about how to communicate with people that communicate differently than you.

#### Session 3: Listening to De-Escalate

Have you ever had to assess a situation and de-escalate a situation at work or in your personal life? You will learn tools to listen and respond to people processing problems from bullying to civility.

#### Session 4: How Do I Host My Own Conversation Boot Camp?

This session will focus on empowering you to take the tools and knowledge you have gained from this boot camp to bring them to your own organization or community.

#### Session 5: Process Group – Lessons Learned:

##### How can I be a peacebuilder in my community?

The purpose of this session is to discuss class learnings, their significance as it applies to your own life, and how to use this knowledge moving forward.

\*Series One is NOT a prerequisite

Instructors: Aliah Mestrovich Seay, [aliah@tryufm.org](mailto:aliah@tryufm.org) & Jackie Hernandez, [jacklynh@ksu.edu](mailto:jacklynh@ksu.edu)

DATE	TIME	FEE
10/12 - 11/09 (W)	Noon - 1:00 PM	\$50

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



**The Foundations of Peacebuilding 22CPI209**

Conflict is an inevitable part of life. But contrary to most assumptions, conflict doesn't have to be a bad part of your life. In this course, you will learn and practice the fundamentals of interpersonal, community, and society peacebuilding techniques and approaches. Learners will work to hone their own unique peacebuilding skills and strategies with ample opportunity to discover how these practices translate into their everyday experiences.

**Outline:**

- Topic 1 – What is Peacebuilding?
- Topic 2 – Building Peace Within
- Topic 3 – Building Peace Between
- Topic 4 – Mechanisms of Peacebuilding
- Topic 5 – Cross-Cultural Peacebuilding Considerations
- Topic 6 – Creating Space for Peacebuilding: Storytelling
- Topic 7 – Creating Space for Peacebuilding: Physical Space
- Topic 8 – Becoming an Everyday Peacebuilder

Instructor: Brett Mallon

Brett M. Mallon currently serves as the Director for the Conflict Resolution Program at Kansas State University in the Department of Applied Human Sciences. Dr. Mallon completed his Ph.D. in Peace and Conflict Studies (PACS) at the Mauro Centre for Peace and Justice, St. Paul's College, University of Manitoba. He holds a B.S. in Psychology from Kansas State University, with a minor in Conflict Analysis and Trauma Studies. He also earned an M.A. in Political Science with an emphasis on International Relations from the same university.

DATE	TIME	FEE
09/12 - 10/31 (M)	7:00 - 8:30 PM	\$50

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

**Peaceful Communication 22CPI133**

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

*DATE	*TIME	FEE
TBD	TBD	\$48

**\* Classes are available upon request with a minimum enrollment required. Please call the office at 785.539.8763 or email [info@tryufm.org](mailto:info@tryufm.org) for more information.**



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**Peaceful Parenting 22CPI199**

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

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
TBD	TBD	\$48

**\* Classes are available upon request with a minimum enrollment required. Please call the office at 785.539.8763 or email [info@tryufm.org](mailto:info@tryufm.org) for more information.**

**Wholistic Social Emotional Learning with Young Children 22CPI212**

NEW!

Easier parenting. Easier teaching. Skillfully connect with children in ways that make learning about themselves irresistible! Come learn how to build a successful foundation of knowledge on how the mind, body, and emotional connection works through self-regulation while learning more about how to empower children for happier and healthier living. Discover how to apply skills with young children to manage stress and develop social emotional learning in an exciting experiential format. Families and childcare/daycare providers are welcome to attend. Further learning materials included! Childcare, Spanish interpretation, and professional service hours are provided free of charge upon request.

Instructor: Janai Mestrovich

DATE	TIME	FEE
09/24 (Sa)	1:00 - 5:00 PM	\$150 - 1 parent/guardian \$250 - 2 parents/guardians \$175 - Daycare provider

\* Enrollment deadline 09/01.

**Location:** Manhattan Public Library - Auditorium





# CAREER & LEADERSHIP

## Coping with Adaptive Challenges - Adaptive Leadership

NEW!

22CPI213

"Coping with Adaptive Challenges - Adaptive Leadership" is an intensive, six-week leadership capacity-building training designed for individuals interested in understanding and making progress on their adaptive challenges. The training is built on the Harvard concept of adaptive leadership and mobilizes participants to explore ways to put the concept into practice. To demonstrate key aspects of adaptive leadership, the training will use real-life examples and will provide an opportunity for working on real-life challenges drawn from participants' contexts. A holding environment, teamwork, and peer support will contribute to a better understanding of the nature of adaptive challenges.

Instructor: Tamas Kowalik

Tamas Kowalik is a doctoral candidate in the Leadership Communication Ph.D. Program and also works with the Kansas Leadership Center as a research project manager. He earned a B.A. degree in political science at Eötvös Loránd University of Sciences in Hungary and an M.P.A. at Harvard University, John F. Kennedy School of Government. Tamas has 20 years of work experience in the private and public sectors in various client-driven, executive management positions including key public policy roles such as the higher education and public administration reforms in Hungary after the downfall of Communism. He worked as the managing director of the MBA programs at Corvinus University of Budapest and head of international affairs at the Faculty of Public Administration, National University of Public Service. His research interests include the practice of leadership and the role of authority in strong authority contexts, adaptive leadership and education, and leadership development.

DATE	TIME	FEE
09/14 - 10/19 (W)	5:30 - 6:30 PM	\$50

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



## Building Strategic Capacity - Strategic Management Workshop

NEW!

22CFC172

Mission, Vision, and Strategic Goals are the sine qua none of any enterprise. "Building Strategic Capacity - Strategic Management Workshop" is designed for start-ups and/or participants with entrepreneurial aspirations. The six-week intensive workshop will use a framework developed by a leading consulting firm to set up a mission, vision, and strategic goals in the corporate and non-profit sectors. Participants will use their business idea and work with others in teams to think of their goals and step-by-step put the framework into practice. A case study, peer feedback, and discussions will contribute to a better understanding of the importance of strategy.

Instructor: Tamas Kowalik

DATE	TIME	FEE
09/15 - 10/20 (Th)	7:00 - 8:00 PM	\$50

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



# HEALTH & WELLNESS

## Improving & Balancing Gut Health 22CHW271

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, [leslie@gracegoalsandguts.com](mailto:leslie@gracegoalsandguts.com)

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

DATE	TIME	FEE
10/13 (Th)	Noon - 1:00 PM	\$30

**Location:** Online - LIVE

## Herbs for Cold/Flu

### Prevention and Relief

22CHW237

There are simple, cost-effective ways you can use herbs to prevent and ease cold/flu symptoms. Discussion will help you feel more confident in using herbs to stay well and boost immunity, as well as remedy infections, nasal and lung congestion, sore throat, cough, fever, aches and pains, and diarrhea. Participants will become familiar with a wide variety of preparations including tinctures, teas, syrups, topical rubs, steams, and more.

Instructor: Joanne Bauman

Joanne (Prairie Magic Herbs) 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. 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.

DATE	TIME	FEE
09/07 (W)	7:00 - 8:30 PM	\$32

**Location:** Online - LIVE

## Herbal Antivirals

22CHW278

Gain an understanding of viruses, how they mutate and become resistant, and the infections they cause. Learn about herbal antivirals: growing them, preparations, and recommended dosages. Discussion will include how to use herbs to fight influenza, respiratory viruses, such as SARS, mosquito-borne viruses (encephalitis, West Nile, Zika), tick-borne viruses, Epstein Barr, herpes simplex, and shingles. This knowledge can also help you in a pandemic or emergency situation when access to pharmaceutical medicines may be limited.

Instructor: Joanne Bauman

DATE	TIME	FEE
10/05 (W)	7:00 - 8:30 PM	\$32

**Location:** Online - LIVE

## Meditation & Movement

NEW!

22CHW311Z

The course will assist participants to develop a daily habit of meditation along with bodily movement. This whole-person approach to renewal builds skills needed to mitigate stress and anxiety, improve self-awareness, and revitalize self-perception and body image. The mat-based stretching, strengthening, balance, and functional exercises facilitate physiological responses that promote overall well-being. The integrated approach of breathwork, movement, and meditation comprise the model of nourishing the mind, body, and spirit. Ages 18+. Available for KSU credit.

Instructor: Jhoe Stonestreet, [jhoe.de.mesa@gmail.com](mailto:jhoe.de.mesa@gmail.com)

Jhoe Stonestreet desires to impart a wholistic approach to mind-body-soul renewal. She is a certified Pietra Fitness Pro instructor, group exercise instructor, and personal trainer. She has been leading various class formats since 2013.

DATE	TIME	FEE
08/25 - 12/08 (Th) (No class 11/24)	5:30 - 6:30 PM	\$118

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

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## Responding to Emergencies

**22CHW19Z**

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life, minimize pain, and reduce consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes the prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Mask included in the fee. Available for KSU credit. Ages 16+.

**Class dates:** Sept. 11, 18, 25, Oct. 2, & 9 (All Sundays).

**Instructor:** Henry Brown

DATE	TIME	FEE
09/11 - 10/09 (Su)	Noon - 6:30 PM	\$218

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

## Blended Learning:

### First Aid/CPR/AED

**22CHW70**

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. Certification requirements are as follows:

**Part I:** Complete online session by correctly answering at least 80% of the questions on the final exam, then provide proof you successfully completed the online portion at the 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

Classes are subject to cancellation if minimum is not met.

**Instructor:** Melissa Copp

SEC	DATE	TIME	FEE
A	08/21 (Su)	1:00 - 3:00 PM	\$72
B	09/01 (Th)	5:30 - 7:30 PM	\$72
C	10/09 (Su)	1:00 - 3:00 PM	\$72

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

## CareerStep

CareerStep provides non-academic technical healthcare offerings to the community. There are a variety of topics and opportunities.

- Caregiver
- CNA
- EKG Technician
- Hemodialysis Technician
- Home Health Aide
- Medical Assistant
- Medical Laboratory Assistant
- Patient Care Technician
- Pharmacy Technician
- Phlebotomy Technician
- Dental Assistant

- Behavioral and Psychiatric Health Technician
- Mental Health Technician
- Peer Support Specialist
- CCNA Routing and Switching
- Certified Healthcare Documentation Specialist
- Clinical Documentation Improvement-Inpatient
- Clinical Documentation Improvement-Outpatient

- Medical Billing
- Medical Coding for Inpatient Services
- Medical Coding and Billing for Outpatient Services
- Medical Records Specialist
- Medical Scribe
- Medical Transcription Editor
- Physician Coding Specialist
- Release of Information Specialist

To learn more, view all offerings, and enroll please visit  
<https://www.careerstep.com/lp/partner/ap/ufm/>





# YOGA

## Chair Yoga

**22CHW156**

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 are welcome.

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

SEC	DATE	TIME	FEE
A	08/30 - 09/27 (T)	12:15 - 1:15 PM	\$32
B	10/04 - 11/01 (T)	12:15 - 1:15 PM	\$32
C	11/08 - 12/13 (T) (No class 11/22)	12:15 - 1:15 PM	\$32

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

## Evening Yoga

**22CHW88**

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	08/29 - 10/03 (M) (No class 9/05)	5:30 - 6:30 PM	\$32
B	10/10 - 11/07 (M)	5:30 - 6:30 PM	\$32
C	11/14 - 12/12 (M)	5:30 - 6:30 PM	\$32

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



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

## Soothing Yoga

**NEW!**

**22CRF235**

Soothing yoga is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation.  
Instructor: Vanessa Hager, flightriskaerial@gmail.com

SEC	DATE	TIME	FEE
A	08/22 - 10/03 (M/W)	3:00 - 4:00 PM	\$90
B	10/03 - 11/16 (M/W)	3:00 - 4:00 PM	\$90

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

## Aerial Yoga/Stretching

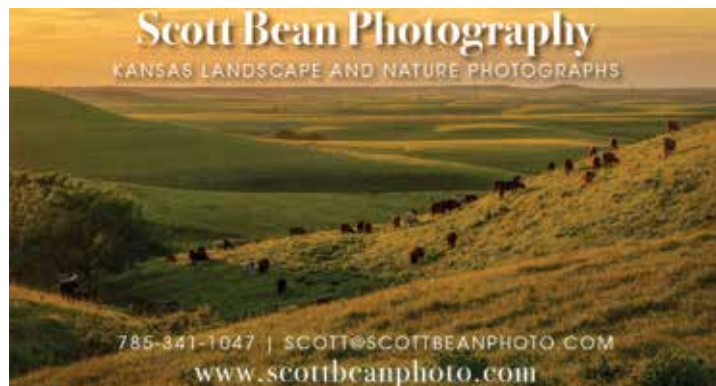
**NEW!**

**22CRF236**

This class uses gentle techniques to help you stretch traditionally and with the aerial hammock.  
Instructor: Ashley Thackrah

SEC	DATE	TIME	FEE
A	08/23 - 09/29 (T/Th)	5:30 - 6:00 PM	\$90
B	10/04 - 11/10 (T/Th)	5:30 - 6:00 PM	\$90

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



**Introduction to Yoga****NEW!****22CRF237**

This is a happy paced class with helpful a teacher who also works in mental health. She will make sure you understand, don't feel awkward (as much as possible) and answer some of those questions you had about the what and why of Yoga. As well as taking you through a delightful Yoga sequence.

Instructor: Vanessa Hager, [flightriskaerial@gmail.com](mailto:flightriskaerial@gmail.com)

Vanessa is a Certified Yoga teacher who loves community, health and helping people feel their best.

SEC	DATE	TIME	FEE
A	08/22 - 09/30 (M/W)	6:30 - 7:30 PM	\$90
B	10/01 - 11/09 (M/W)	6:30 - 7:30 PM	\$90

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

**Tea Time Yoga****NEW!****22CHW312**

Short and sweet Yoga class to prepare for an energetic Saturday evening. How to be energized, calm, and ready for a beautiful evening. We need to balance our lives between being socially 'out there' and taking time to be relaxed and peaceful. This class teaches you easy methods to calm and focus the emotions and mind while bringing comfort and relaxation to muscles.

Instructor: Ana Franklin, [yogaconnection@gmail.com](mailto:yogaconnection@gmail.com)

Ana Franklin began practicing yoga in the 1970s and has been teaching since 1984.

SEC	DATE	TIME	FEE
A	08/06 - 08/27 (Sa)	3:30 - 3:45 PM	\$30
B	09/03 - 09/24 (Sa)	3:30 - 3:45 PM	\$30
C	10/01 - 10/22 (Sa)	3:30 - 3:45 PM	\$30

**Location:** Online - LIVE

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**Gentle Yoga for All****22CHW99**

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](mailto:yogaconnection@gmail.com)

SEC	DATE	TIME	FEE
A	08/10 - 09/14 (W)	6:00 - 7:15 PM	\$90
B	09/21 - 10/26 (W)	6:00 - 7:15 PM	\$90
C	11/02 - 12/07 (W)	6:00 - 7:15 PM	\$90

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

**Location:** Online - LIVE

**Yoga 1****22CHW15Z**

This course will cover the basic fundamentals of yoga: sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises, and an introduction to yoga philosophy. Students must be willing to be on screen so they may receive guidance. Available for KSU credit. Ages 16+.

Instructor: Ana Franklin, [yogaconnection@gmail.com](mailto:yogaconnection@gmail.com)

SEC	DATE	TIME	FEE
A	08/22 - 10/12 (M/W) (No class 03/14, 03/16)	10:30 - 11:30 AM	\$99
B	10/17 - 12/07 (M/W) (No class 11/21, 11/23)	10:30 - 11:30 AM	\$99

**Location:** Online - LIVE



# 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.

## Starting Your

### Family History Journey Series

**22CLL33**

Starting Your Family History Journey will start with a class on Getting Started which will cover the basics of various databases and how to use Ancestry.com, FamilySearch.org, and Find a Grave. The second class will explore ideas to organize your family stories by identifying what you want to tell and the best way to tell your stories. The last class will cover ideas on how to write your family stories. This series is a collaboration with UFM and Riley County Genealogical Society (RCGS).

Instructors: Barry Michie, Joan Smith, KelLee Parr, & Charlene Brownson, [cmb@ksu.edu](mailto:cmb@ksu.edu)

DATE	TIME	FEE
09/12 - 09/26 (M)	10:00 - 11:30 AM	\$32

**Location:** Riley Co. Genealogy Library, 2005 Claflin Rd

## 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](mailto:david@medicareadvisor4you.com)  
David is a licensed agent specializing in senior insurance market, Medicare Advisor 4You.

DATE	TIME	FEE
09/13 - 09/27 (T)	5:30 - 6:30 PM	No Charge

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

Interested in volunteering with the  
Lifetime Learning program?  
Email Erin at [info@tryufm.org](mailto:info@tryufm.org).



Featured  
Instructor

Charlene  
Brownson

Charlene was born and raised in Manhattan – 6th generation Manhattanite. She started working at UFM as the Education Coordinator in 1995 after completing a master's degree in Adult & Continuing Education from K-State. She has enjoyed coordinating several UFM programs including the noncredit class program, the CRA State Outreach Program, the KU/K-State Osher Lifelong Learning Institute program in Manhattan, and developing and coordinating the K-State Credit Recreational Program along with other special projects. Charlene has always enjoyed learning and teaching. She has taken many UFM classes over her 26-year career at K-State and taught UFM classes - water exercise, women and money, genealogy, macramé, and others. She enjoys developing educational programs by connecting teachers who are passionate about their subject matter and learners who want to continue learning, develop a new skill, or just take a fun class - UFM has always been a great place to make that happen.

Thank you, Charlene, for your 26+ years at UFM and K-State!





**The Wizard of Oz****NEW!****22CLL67**

The Wizard of Oz has been inextricably linked with our culture since 1900. It is the world's favorite fairy tale. The Wonderful Wizard of Oz was written by L. Frank Baum, illustrated by W.W. Denslow, and published in 1900. The book gave rise to an official series containing 40 novels. Immediately, after the publication, the story was picked up by the stage and then by the movie industry beginning with silent films. MGM's 1939 film, The Wizard of Oz is ranked number 10 in the American Film Institute's top 100 films as well as making their top ten of ten as the number 1 fantasy film. The popularity of this story has given rise to numerous animated films, graphic novels, spin-off novels, films, and musicals. **Week I:** The Wonderful Wizard of Oz - The history of L. Frank Baum & the 40 official books. **Week II:** MGM's 1939 classic film The Wizard of Oz- How the movie was made and the stars of the film. **Week III:** The Legacy of Oz - The Wiz, Wicked, Tinman, Return to Oz, Oz: Great & Powerful, etc., and the connection to Oz.

Instructor: Chris Glasgow

DATE	TIME	FEE
10/04 - 10/18 (T)	6:30 - 8:00 PM	\$35

**Location:** Meadowlark Hills Community Room**Meadowlark Hills residents** see message on page 25.**Winter Birdwatching****22CLL46**

Participants will be introduced to birds that spend their winters in the Manhattan area. Winter birds include many types of waterfowl, raptors, finches and sparrows. This course will include both classroom sessions and field trips to observe birds at local birding locations. Bird walks will be leisurely with frequent stopping to look or listen to the birds. Bringing binoculars to class is highly recommended, but not necessary for participation. Three 2-hour sessions.

Instructor: Ted Cable

DATE	TIME	FEE
11/28 - 11/30 (M/T/W)	10:00 AM - Noon	\$35

**Location:** Meadowlark Hills Community Room**Eisenhower - Little Ike, Ike the Soldier, Ike the President****NEW!****22CLL61**

The first class on Ike the Kansan will share information about Dwight D. Eisenhower as a youth in Abilene, Kansas. The second class will cover Eisenhower as a soldier, general, and Supreme Allied Commander; and the last class discusses Ike as president of the United States.

Instructor: Roy Bird

DATE	TIME	FEE
TBD	TBD	\$35

**Location:** Meadowlark Hills

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## Jazz History:

### Revisiting the Big Bands

22CLL52

The Big Band Era of American music is most often remembered as "THE" pop music of the 1930s and 40s. Band leaders such as Bennie Goodman, Duke Ellington, Glenn Miller, and Tommy Dorsey were the pop music stars of the day. However, that era is linked to the history and development of jazz. This 3-session class will examine the predecessors of the genre, present some of the highlighted ensembles, and explore what happened to the genre of big band music after the 1940s.

**\*Meadowlark Hills residents** see message below.

Instructor: Paul Hunt

DATE	TIME	FEE
11/01 - 11/15 (T)	6:30- 8:00 PM	\$35

**Location:** Meadowlark Hills Community Room

### Around the World in 1800

NEW!

22CLL69

In 1800 the world had become more closely interconnected and was experiencing significant and noteworthy change. The whirlwind tour begins with the first class and an examination of the United States. This new nation was just a mere seventeen years old and the first real democracy in the world. The United States had to prove to the monarchs of the world that it could adjust to an electorate of the people and the peaceful transition of power. The first class will also focus on seismic changes in Latin America from being a group of colonies to several independent states. The second class will examine events in Europe, such as the end of the chaotic and bloody French Revolution that yielded power to Napoleon. Additionally, the class will explore Great Britain which was experiencing changes brought on by acquiring a worldwide colonial empire and the growing pains of the Industrial Revolution. The third class moves eastward focusing on the once-mighty Ottoman Empire that in 1800 was now decaying and weak. The class will also focus on China as the once-mighty Chinese Empire was now suffering from internal weakness and falling prey to the stronger European powers and Japan.

**\*Meadowlark Hills residents** see message below.

Instructor: Robert Smith

DATE	TIME	FEE
10/13 - 10/27 (T)	6:30 - 8:00 PM	\$35

**Location:** Meadowlark Hills Community Room

## LIFETIME LEARNING

### Lunch & Learn: The Lost Towns and an overview of the Chapman Center

NEW!

22CLL66

The Lost Towns of Kansas and the Chapman Center's mission to preserve the stories and history of the Great Plains. Magic, America City, Blood Creek, Dogtrot, Log Chain, and May Day: Are any of these places familiar to you? Believe it or not, these names represent just a few of the communities profiled on the Lost Kansas Communities website through the Chapman Center. Although migration to Kansas boomed in the late 19th century, urbanization and shifting economies caused many of our earliest Pioneer communities to shrink or disappear over the course of the 20th century. The Chapman Center hopes to document the stories of these communities before they are forgotten entirely. This lunch and learn will share some of our more surprising findings as well as introduce some of our most recent projects, including the preservation of historic autograph albums and a dive into our most recent project, the Unsolved Histories of the Winfield State Training School.

**\*Meadowlark Hills residents** see message below.

Instructor: Mary Kohn

DATE	TIME	FEE
09/02 - 09/02 (F)	11:30 AM - 12:30 PM	\$15

**Location:** Meadowlark Hills Activity Center

### Lunch & Learn: The History of Murals in Kansas – Part TWO!

NEW!

22CLL34

This presentation is a continuation from Hilary's summer class with addition information about the "History of Murals in Kansas." Part TWO will begin with David H. Overmyer, who created the murals in the Great Room in the historic Ferrell Library (now part of Hale Library) at Kansas State University. Hilary will explain how the "Community Mural Movement" that began during the Civil Rights era in urban cities during the 1960s directly influenced and inspired small farming communities in Kansas to "Paint the Town" with murals to revitalize rural communities during the farming crisis in the 1980s. She will conclude her presentation with the end of state-sponsored funding for Kansas Arts Commission in 2011 – to the current Governor's plans for revitalizing small communities across Kansas with murals once again.

**\*Meadowlark Hills residents** see message below.

Instructor: Hilary Wahlen

DATE	TIME	FEE
TBD	TBD	\$15

**Location:** Meadowlark Hills

**\* Meadowlark Hills residents:** to register for this class, please call UFM at 785-539-8763 and leave a message or email [info@tryufm.org](mailto:info@tryufm.org). All others may register online at [tryufm.org](http://tryufm.org) or by calling UFM.



# DOG TRAINING

## Youth Paws Academy

NEW!

22CPI206

This class is for youths 10 years and older. We will work on how you can walk with your dog without it dragging you across the park as well as how to pet a stranger's dogs when yours is at home. This easy class will help build confidence and relationships with you and your furry family members! Please limit registrations to one dog per child. Family members are welcome with a limit of one in the classroom. Dogs, leashes, and water bowls required.

Session C dates: Saturday, Oct. 8, 15, 22, & Sunday, Oct. 30  
Instructor: Christina Stratman, christina@tryufm.org

SEC	DATE	TIME	FEE
A	08/27 - 09/17 (Sa)	1:30 - 2:15 PM	\$80
B	09/03 - 09/24 (Sa)	2:30 - 3:15 PM	\$80
C	10/08 - 10/30 (Sa/Su)	1:30 - 2:15 PM	\$80
D	11/05 - 12/03 (Sa)	6:00 - 6:45 PM	\$80

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

## Watch Me, Fiddo!

NEW!

22CPI207

This short class is for adults and their furry friends! We will work on getting your dog to focus on YOU no matter what's happening around them. One dog per adult, and one adult per dog (over 6 months old). If you want to bring an additional person, an extra \$10 is added to the class fee.

Session B dates: Saturday, Oct. 8, 15, 22, & Sunday, Oct. 30  
Instructor: Christina Stratman, christina@tryufm.org

SEC	DATE	TIME	FEE
A	09/03 - 09/24 (Sa)	3:30 - 4:15 PM	\$75
B	10/08 - 10/30 (Sa/Su)	3:00 - 3:45 PM	\$75

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

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Cute puppy ready to learn!

## Loose Leash Walking Workshop

22CPI208

In this class, we will teach you how to keep your dog by your side, have your dog take responsibility for staying in the heel position, and build reinforcement history for not pulling on their leash. We will also work on teaching your dog to walk nicely on a leash, with attention, without the use of choke chains, pinch, or shock collars. This is a two-part workshop.

**Prerequisite:** Watch Me, Fiddo!

NEW!

Instructor: Mary Hager

Using a positive, science-based, force-free method of training, Mary helps owners curb behavior problems through management, training, exercise, and proper communication. Her goal is to provide dog owners with the building blocks to a better relationship with their dogs. Mary has been training dogs for over 30 years. With her own personal dogs, Mary has competed at some of the highest levels in conformation, obedience, and dog sports. She is a member of APDT and is an AKC Canine Good Citizen Evaluator.

DATE	TIME	FEE
09/24 - 10/01 (Sa)	11:00 - 11:45 AM	\$45

**Location:** Mutt School, 4912 Skyway Dr, Manhattan



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# PERSONAL INTEREST

## You Have the Right to Vote. Use it! 22CPI190

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

(See [lwvmrc.org](http://lwvmrc.org) for more information about who we are.)

Instructor: Catherine Hedge, [lwv.manhattanks@gmail.com](mailto:lwv.manhattanks@gmail.com), Catherine Hedge and Karen Hummel: Catherine and Karen are long-time leaders and members of the LWVMRC. They are frequent presenters locally.

SEC	DATE	TIME	FEE
A	09/19 (M)	7:00 - 8:30 PM	No Charge
B	09/26 (M)	7:00 - 8:30 PM	No Charge

\*Enrollment deadlines: A - 09/14, B - 09/21.

**Location:** Online - LIVE

## Wood Turning for Beginners 22CPI151

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 called Flint Hills Woodturners ([www.flinthillswoodturners.org](http://www.flinthillswoodturners.org)). For Tom's full bio visit our website and his class.

DATE	TIME	FEE
12/03 (Sa)	8:00 AM - 5:00 PM	\$125

\* Enrollment deadline 11/30.

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

## Philosophy of Gurdjieff & Ouspensky

22CPI136

Explore the psychological system of the two Russian philosophers and teachers: Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs by emphasizing a system of self-development grounded in verification through personal exercises, discussion, and reading aloud from Ouspensky's "A Psychology of Man's Possible Evolution."

Instructor: David Seamon, David Seamon has been active with Gurdjieff's work since the early 1980s. He has studied with J.G. Bennet, a pupil of both Gurdjieff and Ouspensky.

DATE	TIME	FEE
09/14 - 10/19 (W)	7:30 - 9:00 PM	\$22

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



### 2022 Films:

9/18: "Plants, Pollinators, and Prayers"

9/25: "Surviving Disasters with Les Stroud"

10/2: "2040: Join the Regeneration"

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# SELF-DEFENSE

## Tae Kwon Do I

22CMA01Z

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance, and flexibility. The basics of blocking, punching, kicking, self-defense, and white belt form will be covered. Class will consist of practicing these skills as a group and working with other classmates and with the instructor. At the end of the semester, students will have the option to be tested for their orange belt. Available for KSU credit. Ages 16+.

Instructor: David Moore

DATE	TIME	FEE
08/30 - 12/08 (T/Th) (No classes 11/22, 11/24)	5:30 - 6:30 PM	\$72

**Location:** Sun Yi Academy, 1125 Laramie Plaza, Suite H

## Judo I

22CMA08

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.

DATE	TIME	FEE
08/23 - 12/06 (T) (No class 11/22)	5:30 - 7:00 PM	\$84

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

## Karate & Self-Defense

22CMA22

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.

SEC	DATE	TIME	FEE
A	08/02 - 09/27 (T)	5:30 - 6:30 PM	\$101
B	10/04 - 11/29 (T)	5:30 - 6:30 PM	\$101

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

## Women's Self-Defense

22CHW118Z

This course takes a holistic approach to self-defense, emphasizing both physical and psychological strategies. This class is designed to improve your awareness, personal safety, and self-confidence. Each class is designed to deal with a different setting such as dating issues, walking alone, car crimes, and home protection. Students will learn basic martial arts skills including jujitsu. No prior martial arts experience is required. Wear comfortable clothing and athletic shoes. Available for KSU credit. Ages 16+.

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

DATE	TIME	FEE
10/02 - 10/30 (Su)	1:00 - 4:00 PM	\$199

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

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Interested in teaching a class for UFM?  
Spring 2023 submission deadline is October 7, 2022.  
For more information please email [christina@tryufm.org](mailto:christina@tryufm.org).





## Aiki Arts and Self-Defense NEW! 22CMA29

In this class, we will do warmups from Hakkoryu Jujutsu, Aikido, and Hapkido. We will do techniques from Hakkoryu, Aikido, and the White Phoenix System. There will be a book included with the class.

Instructor: Stan Wilson, (785) 313-5488

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.

DATE	TIME	FEE
09/12 - 11/28 (M)	7:00 - 8:00 PM	\$74

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

## Krav Maga: Reality-Based Training NEW! 22CRF234

Discover your inner warrior and challenge yourself to control your body and mind under stress. The basic instinct of the fight, flight, or freeze response directs reactions when faced with a traumatic situation. Taking your gross motor skills, developing direct defense techniques, and strengthening your willpower can help you overcome adversity to get home safely. The student will discover strategies for striking (punches, palm, elbows, knees, kicks), defense techniques (strikes, chokes, headlocks, ground, weapons), and controlling reactions during high-stress real-world scenarios. Challenge yourself in a Krav Maga-based controlled environment!

Instructors: Bob Sanchez, (785) 430-6725,

kravmaga@evolutionmhk.com, Maria Ruiz, & Brittany Ratliff  
Bob Sanchez is a certified Krav Maga, Strikefit, and Law Enforcement Instructor through Krav Maga Alliance and Federation of Israeli Martial Arts (FIMA). FIMA U.S. State Representative for Kansas.

SEC	DATE	TIME	FEE
A	09/06 - 10/27 (T/Th)	6:00 - 7:00 AM	\$100
B	09/06 - 10/27 (T/Th)	1:30 - 2:30 PM	\$100

\*Enrollment deadline 9/02.

**Location:** Evolution Training Center, 601 S. 5th Street Ste C

## Self-Defense

### Adult Beginner Boxing

22CMA26

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	08/01 - 08/31 (M/W)	6:30 - 7:30 PM	\$60
B	09/05 - 09/28 (M/W)	6:30 - 7:30 PM	\$60
C	10/03 - 10/31 (M/W)	6:30 - 7:30 PM	\$60
D	11/07 - 11/30 (M/W)	6:30 - 7:30 PM	\$60
E	12/05 - 12/26 (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

22CYO149

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	08/02 - 08/30 (T/Th)	4:30 - 5:30 PM	\$60
B	09/01 - 09/29 (T/Th)	4:30 - 5:30 PM	\$60
C	10/04 - 10/27 (T/Th)	4:30 - 5:30 PM	\$60
D	11/01 - 11/29 (T/Th)	4:30 - 5:30 PM	\$60
E	12/01 - 12/29 (T/Th)	4:30 - 5:30 PM	\$60

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



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# RECREATION & FITNESS

## Belly Dance Basics

**22CRF161**

Tone, strengthen, and celebrate your body while learning basic belly dance moves such as the shimmy, hip bump, snake arms, and hand floreos. No dance experience is necessary. Women of all shapes and sizes are welcome! Ages 13+

Instructor: Kathryn Harth, [kharth@k-state.edu](mailto:kharth@k-state.edu)

Kathryn Harth began belly dancing in 2006 while living in Colorado and has been teaching for UFM since 2016. Kathryn says, "I continue to belly dance to feel connected with other women, to find beauty in my ever-changing body, to challenge myself with an evolving art form, and because it makes me feel good!"

DATE	TIME	FEE
09/28 - 11/02 (W)	7:00 - 8:00 PM	\$50

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

## Latin Dance: Bachata I

**NEW!**

**22CRF239**

Bachata I will teach the necessary steps to create a good foundation in Bachata. We will start by learning the basic steps and the technique to having and maintaining good basics, this goes for basic steps and basic turns as well. We will then practice different sequences to apply the steps that we've learned in ways you may come across them when social dancing.

Instructor: Abena Taylor, [abenattaylor@gmail.com](mailto:abenattaylor@gmail.com)

Abena has been dancing Bachata intensively since 2019.

SEC	DATE	TIME	FEE
A	09/01 - 12/01 (Th)	7:00 - 8:00 PM	\$80
B	09/05 - 12/05 (M)	7:00 - 8:00 PM	\$80

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



Belly Dance Basics

## Modern Western Square Dance

**22CRF192**

Dancers will learn the 70 basic square dance calls that are needed to dance at the "mainstream" level. No partners needed. Upon successful conclusion, you will be able to dance at most square dance clubs, including Manhattan's Lone Wranglers Club. Each week will build on the previous week's lesson with a review of previous calls and the introduction of new calls. Square dancing is fun and good exercise! Today's square dancing is done to a mix of songs from country artists like George Strait, Keith Urban, and Brooks & Dunn, to pop and rock artists including Bob Seger, Michael Jackson, and Bruno Mars, as well as "traditional" country tunes. Ages 13+.

Instructors: Dana Schirmer, [schirmerdj@aol.com](mailto:schirmerdj@aol.com),

Doug Jardine, [jardine@ksu.edu](mailto:jardine@ksu.edu)

Dana began square dancing in 4-H and belonged to a youth club before becoming a charter member of the Sunflower Steppers club in 1975. Dana and Donna met square dancing and were married in 1994. They currently call for Friendship Squares in Topeka, Plus Squares in Topeka, Kansas City Plus Squares, and an advanced workshop group in Topeka.

DATE	TIME	FEE
09/14 - 01/18/2023 (W)	7:00 - 8:30 PM	\$110
(No class 10/05, 11/09)		

\* Enrollment deadline 8/30.

**Location:** Riley County Senior Center, 301 N. 4th Street



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## Ballroom Dance

**22CRF196Z**

This is an introductory course in the principles of ballroom dancing and social dance etiquette. Students will learn both how to lead and follow. Timing, directional movements, and dance positions will be addressed as well as the footwork all while having correct posture and poise throughout. A partner is not required. The two dance styles being covered will be Foxtrot and Jitterbug Swing and a variety of patterns will be covered for both dances. Available for KSU credit. Ages 16+ Instructor: Tim Gregory

DATE	TIME	FEE
08/24 - 11/16 (W)	2:30 - 4:00 PM	\$85

**Location:** Ballroom Dance School Manhattan,  
416 Laramie St

**NEW!**

## Yosakoi Japanese Dance Lesson **22CRF240**

"Yosakoi" is a unique style of dance that originated in Kochi, Japan. Performed at festivals and traditional events, the style of dancing is energetic, combining traditional movements with modern music. Let's have fun together and join us for the K-State Homecoming Parade in October as a community dance team! All ages are welcome. No dance experience needed.

Instructors: Naho Nagai, ksutatsumakiyosakoi@gmail.com  
& Barbara Hanae Johnson

DATE	TIME	FEE
09/17 - 10/22 (Sa) (No class 10/08)	1:30 - 2:30 PM	\$25

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



K-State Yosakoi Japanese Dance Club

## RECREATION & FITNESS

## Archery for Adults

**22CRF01Z**

This course provides instruction in target-style archery. Emphasis is on the archery form currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement. Available for KSU credit. Ages 16+

Instructor: Tom Korte, (785) 494-8889

SEC	DATE	TIME	FEE
A	08/22 - 12/05 (M) (No class 9/05, 11/21)	6:30 - 7:30 PM	\$101
B	08/22 - 12/05 (M) (No class 9/05, 11/21)	7:40 - 8:40 PM	\$101
C	08/23 - 12/06 (T) (No class 11/22)	8:15 - 9:15 PM	\$101

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

## Intermediate Archery

**22CRF132Z**

This class is designed for students who have archery experience and have completed the RRES 200 Beginning Archery course or are competent archers. In this class, students will advance to the next level, which includes learning how to instruct a beginning archery class. This curriculum will include goal setting and a detailed study of the forms and methods of current Olympic-style archery. Testing and practicum for grading will include coursework outside of the classroom. Available for KSU credit. Option for certification through USA Archery is available with additional expense for instructor materials and the requirement to join one of three organizations for proper certification. The level one certification is appropriate for instructors who will be working at camps or with recreational programs. Demonstration of proficiency is a prerequisite and will be evaluated at the first class. Total expenses for instructor materials and membership in one of three organizations for certification is approximately \$70. Available for KSU credit. Ages 16+

Instructor: Tom Korte, (785) 494-8889

DATE	TIME	FEE
08/22 - 12/05 (M) (No class 9/5, 11/21)	7:40 - 8:40 PM	\$101

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





## Beginning Tennis

**22CRF164Z**

The focus of this beginning tennis class is to introduce students to proper techniques of each tennis stroke. Scoring, rules, single and doubles formations, shot selection, and match play will also be covered. Come enjoy the "sport of a lifetime." All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Students must provide their own tennis rackets. Available for KSU credit. Ages 16+

Instructor: Dave Hoover

SEC	DATE	TIME	FEE
A	09/19 - 12/05 (M) (No class 11/21)	1:00 - 2:30 PM	\$99
B	09/20 - 12/06 (T) (No class 11/22)	1:00 - 2:30 PM	\$99

**Location:** Body First, 3615 Claflin Rd

## Beginning Fencing

**22CRF21Z**

Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso, and legs, along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip -- integrating diplomacy, aggression, speed, and skill. Available for KSU credit. Ages 16+.

Instructor: R. Todd Gabbard

DATE	TIME	FEE
08/22 - 12/05 (M) (No class 9/5, 11/21, 11/23)	6:30 - 8:00 PM	\$60 - has equipment \$93 - use instructor's

**Location:** KSU Ahearn Fieldhouse

## Pickleball 101

**22CRF226**

6-Week Class dedicated to introducing pickleball skills to beginners or refreshing the fundamentals to the skills of recreational players. Equipment will be provided.

Instructors: Beth Fischer & Kenny Cook

Beth is a lifelong Manhattanite, tennis player, and as of 2020, a USAPA (United States Pickleball Association) Ambassador! She is excited to share her passion for this game with a crazy name!

SEC	DATE	TIME	FEE
A	08/09 - 09/13 (T)	6:30 - 7:30 PM	\$60
B	09/20 - 10/25 (T)	6:30 - 7:30 PM	\$60

**Location:** Anthony Recreation Center, 2415 Browning Ave

## Scuba Diving

**22CAQ105Z**

Prepare for the NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$100 will be assessed at the time of check out dives. However, neither UFM nor K-State are responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels, which will be available for purchase at the first session; equipment ranges from \$100-\$175. Required textbook for class: "NAUI Scuba Diver", ISBN 0-9679903-0-0. Available on the first day of class for \$38 or students can purchase or borrow the book on their own. Available for KSU credit.

Instructor: Jeff Freeborn

SEC	**DATE	TIME	*FEE
A	08/22 - 10/09 (M/Su) (No class 9/05)	Times vary	\$257
B	10/17 - 12/04 (M/Su) (No class 10/31)	Times vary	\$257

\* Non-refundable material fee of \$50 for withdrawing after the first day. \*\* See tryufm.org for full class schedule.

**Location:** Online - Live/Zoom and In-person at the JC YMCA, 1703 McFarland Rd, Junction City



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# YOUTH

## Coding Around with Makey Makey 22CYO152

This STEM class aims to widen your children's knowledge of coding, electricity, math, literacy, art, and music. We will teach them to think like engineers to build art projects and code it to do actions. Your child will make musical instruments using different things, such as bananas, recycled materials, and even the human body that plays music once touched. Children can take their art projects back home or eat them in the class! They will use different safe innovations such as an electronic invention kit called Makey Makey and the Scratch app. This course will be the key that opens doors to the incredible world of coding. The course will teach new ideas every time. The lessons are never repeated and customized to each child's passion and ability for growing their coding skills to the next level. This class is tailored for beginners, ages 6-10. (Note: snacks are offered throughout the class)

**Required:** Students, please bring a laptop to each class.

Instructor: Safia Malallah

Safia Malallah worked as a computer analyst and graphic designer for ten years and has a master's and bachelor's degrees in Computer Science. Currently, Safia is a graduate teaching assistant and Ph.D. candidate at K-State, researching computational thinking in early childhood development. She holds a passion for developing methods of teaching young children, ages four-to-seven, computational thinking by modeling playground environments.

SEC	DATE	TIME	FEE
A	09/03 - 09/24 (Sa)	9:00 AM - Noon	\$118
B	10/01 - 10/29 (Sa)	9:00 AM - Noon	\$118
C	11/05 - 11/26 (Sa)	9:00 AM - Noon	\$118

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



## TEEN MENTORING

For more information about or to apply for the mentoring program, visit [www.tryufm.org](http://www.tryufm.org) or email [Tiffany@tryufm.org](mailto:Tiffany@tryufm.org)



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## Brick Masters

**NEW!**

**22CYO153**

Come take the brick challenge with us. Participants will work in small groups to build themed LEGO creations. Each team will have the opportunity to present their design to all in attendance.

Instructor: John Jobe, [jajobe@ksu.edu](mailto:jajobe@ksu.edu)

John Jobe has been a 4-H youth development professional with K-State Research and Extension/Riley County for the past 9 years.

SEC	DATE	TIME	FEE
A	09/15 (Th)	5:30 - 6:30 PM	\$25
B	09/29 (Th)	5:30 - 6:30 PM	\$25
C	10/13 (Th)	5:30 - 6:30 PM	\$25
D	10/27 (Th)	5:30 - 6:30 PM	\$25

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

## Rockets and Stuff!

**NEW!**

**22CYO155**

Have you ever made a bottle rocket or watched a rocket launch? This youth-centered class is all about rocketry, learning about the latest in aerospace technology, and exploring other STEM projects of interest. Youth will learn all about the basics of rocketry like lift, drag, and other factors that affect rocket design and also be able to talk about other STEM fields that they want to learn more about. With the support of skilled community members and youth development professionals, youth will have the opportunity to try out various designs of rockets as well as build their own rockets and test their flight ability.

Instructor: Cassandra Moreno & Jackie Hernandez

SEC	DATE	TIME	FEE
A	08/29 - 09/26 (M)	5:30 - 6:30 PM	\$65
B	10/10 - 11/07 (M)	5:30 - 6:30 PM	\$65

**Location:** UFM, 1221 Thurston St





Archery for Youth

## Archery for Youth

**22CYO01**

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	09/06 - 09/27 (T)	7:00 - 8:00 PM	\$38
B	10/04 - 10/25 (T)	7:00 - 8:00 PM	\$38

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

## Kids Aerial Yoga

**22CYO156**

We offer a kids aerial stretching class with a few circus tricks. Kids can swing, stretch and get extra wiggle energy out.

Instructor: Hilary Santana

SEC	DATE	TIME	FEE
A	08/20 - 09/24 (Sa)	1:15 - 1:45 PM	\$90
B	09/30 - 11/04 (F)	1:15 - 1:45 PM	\$90

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

## Youth Beginner Boxing

**22CYO149**

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	08/02 - 08/30 (T/Th)	4:30 - 5:30 PM	\$60
B	09/01 - 09/29 (T/Th)	4:30 - 5:30 PM	\$60
C	10/04 - 10/27 (T/Th)	4:30 - 5:30 PM	\$60
D	11/01 - 11/29 (T/Th)	4:30 - 5:30 PM	\$60
E	12/01 - 12/29 (T/Th)	4:30 - 5:30 PM	\$60

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

## Valentine Cards

**NEW!**

**22CCF351**

Join us for a parent/grandparent/guardian and child card-making class. Create Valentines to send to your family and special friends. Learn the simple technique of rubber stamping and be creative. Each pair of students will make four Valentines. Recommended for ages 5 and up.

Instructor: Melinda Sinn

DATE	TIME	FEE
01/19/2023	6:00 - 8:00 PM	\$24

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





# YOUTH TENNIS

## Pre-K Tennis (Age 4 - 6)

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. Scholarships are available. Please visit [tryufm.org/scholarships](http://tryufm.org/scholarships).

Instructor: Body First Staff

## 22CYT1

## 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. Scholarships are available. Please visit [tryufm.org/scholarships](http://tryufm.org/scholarships).

Instructor: Body First Staff

SEC	DATE	TIME
A	09/09 - 09/30 (M/F)	4:20 - 5:00 PM
B	10/03 - 10/19 (M/F)	4:20 - 5:00 PM
C	10/31 - 11/18 (M/F)	4:20 - 5:00 PM

**FEES:** \*Select Mondays OR Fridays OR Both\*

A: \$42 - Mondays, \$56 - Fridays, \$77 - Mon & Fri

B: \$56 - Mondays, \$56 - Fridays, \$88 - Mon & Fri

C: \$42 - Mondays, \$42 - Fridays, \$66 - Mon & Fri

**Location:** Body First, 3615 Claflin Rd

SEC	DATE	TIME
A	09/06 - 09/29 (T/Th)	5:20 - 6:00 PM
B	10/04 - 10/27 (T/Th)	5:20 - 6:00 PM
C	11/01 - 11/17 (T/Th)	5:20 - 6:00 PM

**FEES:** \*Select Tuesdays OR Thursdays OR Both\*

A & B: \$64 - Tuesdays, \$64 - Thursdays, \$104 - Tu & Th

C: \$48 - Tuesdays, \$48 - Thursdays, \$78 - Tu & Th

**Location:** Body First, 3615 Claflin Rd

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Pre-K Tennis

## 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. Scholarships are available. Please visit [tryufm.org/scholarships](http://tryufm.org/scholarships). Instructor: Body First Staff

SEC	DATE	TIME
A	09/06 - 09/29 (T/Th)	6:00 - 7:15 PM
B	10/04 - 10/27 (T/Th)	6:00 - 7:15 PM
C	11/01 - 11/17 (T/Th)	6:00 - 7:15 PM

**FEES:** \*Select Tuesdays OR Thursdays OR Both\*  
A: \$72 - Tuesdays, \$72 - Thursdays, \$112 - Tu & Th  
B: \$72 - Tuesdays, \$72 - Thursdays, \$120 - Tu & Th  
C: \$54 - Tuesdays, \$54 - Thursdays, \$90 - 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. Scholarships are available. Please visit [tryufm.org/scholarships](http://tryufm.org/scholarships).

Instructor: Body First Staff

SEC	DATE	TIME
A	09/09 - 09/30 (M/F)	5:00 - 6:25 PM
B	10/03 - 10/19 (F/M)	5:00 - 6:25 PM
C	10/31 - 11/18 (M/F)	5:00 - 6:25 PM

**FEES:** \*Select Monday OR Friday OR Both\*

A: \$60 - Mondays, \$80 - Fridays, \$119 - Mon & Fri

B: \$80 - Mondays, \$80 - Fridays, \$136 - Mon & Fri

C: \$60 - Mondays, \$60 - Fridays, \$102 - Mon & Fri

**Location:** Body First, 3615 Claflin Rd

**CHECK THIS OUT!**

## Scholarship Opportunity!

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](mailto:info@tryufm.org) or 785.539.8763.



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](http://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](http://k-state.edu/accesscenter), (785)-532-6441, or email [accesscenter@k-state.edu](mailto: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
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## DANCE 599

16649 - Ballroom Dance	2:30-4:00 PM	8/24-11/16 (W)	BDSM
14513 - Yoga	10:30-11:30 AM	8/22-10/14 (M/W)	Online
14514 - Yoga	10:30-11:30 AM	10/17-12/16 (M/W)	Online

## KIN 101

15043 - Pole Fitness I	4:30-5:30 PM	8/22 -10/14 (T/TH)	Elevation Studios
15044 - Pole Fitness I	4:30-5:30 PM	8/22-10/14 (M/W)	Elevation Studios
15042 - Pole Fitness I	4:30-5:30 PM	10/17-12/16 (T/TH)	Elevation Studios
15045 - Pole Fitness I	4:30-5:30 PM	10/17-12/16 (M/W)	Elevation Studios
15631 - Pole Fitness II	3:30-4:30 PM	8/22-10/14 (M/W)	Elevation Studios
15636 - Pole Fitness II	3:30-4:30 PM	10/17-12/16 (M/W)	Elevation Studios
14549 - Aerial Hammock	4:30-5:30 PM	8/22-10/14 (M/W)	LAP
14548 - Aerial Hammock	4:30-5:30 PM	10/17-12/16 (M/W)	LAP
14551 - Barre Fitness	10:15-11:15 AM	8/22-10/14 (T/TH)	LAP
14553 - Barre Fitness	10:15-11:15 AM	8/22-10/14 (M/W)	LAP





**KIN 101 (continued)**

14550 - Barre Fitness	10:15-11:15 AM	10/17-12/16 (T/TH)	LAP
14552 - Barre Fitness	10:15-11:15 AM	10/17-12/16 (M/W)	LAP
14554 - Bungee Cardio	3:30-4:30 PM	8/22-10/14 (M/W)	LAP
14555 - Bungee Cardio	3:30-4:30 PM	10/17-12/16 (M/W)	LAP
14556 - Hot Yoga	12:00-1:00 PM	8/22-10/14 (M/W)	LAP
14536 - Hot Yoga	6:30-7:30 PM	8/22-10/14 (T/TH)	LAP
15602 - Hot Yoga	12:00-1:00 PM	10/17-12/16 (M/W)	LAP
15601 - Hot Yoga	6:30-7:30 PM	10/17-12/16 (T/TH)	LAP
14538 - Pilates	9:00-10:00 AM	8/22-10/14 (M/W)	LAP
14539 - Pilates	9:00-10:00 AM	8/22-10/14 (T/TH)	LAP
14535 - Hot Pilates	12:00-1:00 PM	8/22-10/14 (T/TH)	LAP
14534 - Hot Pilates	12:00-1:00 PM	10/17-12/16 (T/TH)	LAP
15568 - Pilates	9:00-10:00 AM	10/17-12/16 (M/W)	LAP
14537 - Pilates	9:00-10:00 AM	10/17-12/16 (T/TH)	LAP
14784 - Dance Fitness	5:30-6:30 PM	8/22-10/14 (W/F)	LAP
14785 - Dance Fitness	5:30-6:30 PM	10/17-12/16 (W/F)	LAP
15597 - Reformer Pilates	8:00-9:00 AM	8/22-10/14 (M/W)	LAP
15600 - Reformer Pilates	8:00-9:00 AM	8/22-10/14 (T/TH)	LAP
15598 - Reformer Pilates	8:00-9:00 AM	10/17-12/16 (M/W)	LAP
15593 - Reformer Pilates	8:00-9:00 AM	10/17-12/16 (T/TH)	LAP
15595 - Trampoline Cardio	3:30-4:30 PM	8/22-10/14 (T/TH)	LAP
15594 - Trampoline Cardio	3:30-4:30 PM	10/17-12/16 (T/TH)	LAP
15596 - Lyra Fitness	4:30-5:30 PM	8/22-10/14 (T/TH)	LAP
15599 - Lyra Fitness	4:30-5:30 PM	10/17-12/16 (T/TH)	LAP
14525 - H.I.I.T.	4:00-5:00 PM	8/22-10/14 (T/TH)	AHN 304
14567 - Intro to CrossFit	9:30-10:45 AM	8/22-10/14 (T/TH)	Nat 4
14568 - Intro to CrossFit	9:30-10:45 AM	10/17-12/16 (T/TH)	Nat 4
14572 - Intro to Powerlifting	9:30-10:20 AM	8/22-10/14 (M/W)	Konza Strength
14571 - Intro to Powerlifting	9:30-10:20 AM	10/17-12/16 (M/W)	Konza Strength
14569 - Intro to Weightlifting	9:30-10:20 AM	8/22-10/14 (T/TH)	Gym 07
14570 - Intro to Weightlifting	9:30-10:20 AM	10/17-12/16 (T/TH)	Gym 07
14623 - 5K - Half Marathon	5:00-6:15 PM	8/22-10/14 (T/TH)	Gym 07

**RRES 200**

14653 - Golf	3:30-5:30 PM	8/23-10/11 (T)	Stagg Hill
14652 - Golf	2:30-4:30 PM	8/24-10/12 (W)	Stagg Hill
14638 - Beginning Bowling	10:30-11:30 AM	8/22-12/9 (M)	KSU Union



### **RRES 200 (continued)**

14639 - Beginning Bowling	10:30-11:20 AM	8/22-12/9 (T)	KSU Union
14641 - Beginning Bowling	2:30-3:20 PM	8/22-12/9 (T)	KSU Union
14643 - Beginning Bowling	2:30-3:20 PM	8/22-12/9 (W)	KSU Union
14636 - Intermediate Bowling	2:30-3:30 PM	8/22-12/9 (M)	KSU Union
14635 - Archery	8:15-9:15 PM	8/22-12/9 (T)	AHN 304
14646 - Archery	7:40-8:40 PM	8/22-12/9 (M)	AHN 304
14647 - Archery	6:30-7:30 PM	8/22-12/9 (M)	AHN 304
14645 - Intermediate Archery	7:40-8:40 PM	8/22-12/9 (M)	AHN 304
14625 - Women's Self-Def.	1:00-4:00 PM	10/02-10/30 (Su)	AHN 301
14659 - First Aid/CPR/AED	Noon-7:30 PM	8/27 & 8/26 (Sa/Su)	UFM
14656 - First Aid/CPR/AED	Noon-7:30 PM	10/15 & 10/16 (Sa/Su)	UFM
14655 - First Aid/CPR/AED	Noon-7:30 PM	10/22 & 10/23 (Sa/Su)	UFM
14654 - First Aid/CPR/AED	Noon-7:30 PM	10/30 & 11/6 (Su)	UFM
14658 - First Aid/CPR/AED	Noon-7:30 PM	11/12 & 11/13 (Sa/Su)	UFM
14657 - First Aid/CPR/AED	Noon-7:30PM	12/3 & 12/4 (Sa/Su)	UFM
14628 - RTE (2hrs)	Noon-6:30 PM	9/11-10/9 (Su)	UFM
14626 - Tae Kwon Do	5:30-6:30 PM	8/30-12/8(T/TH)	Sun Yi
16845 - Beg. Fencing	6:30-8:00 PM	8/22-12/9 (M)	AHN FH
14684 - Beginning Tennis	1:00-2:30 PM	9/19-12/5 (M)	Body First
14685 - Beginning Tennis	1:00-2:30 PM	9/20-12/6 (T)	Body First
17043 - Meditation & Movement	5:30-6:30 PM	8/22-12/9 (TH)	AHN 301
17255 - Judo	5:30-7:00 PM	8/22-12/16 (T)	AHN 301
14627 - Scuba	Various Times	8/22-10/9 (M/Su)	JC YMCA/Zoom
16652 - Scuba	Various Times	10/17-12/4 (M/Su)	JC YMCA/Zoom
14558 - Boxing 1	9:00-10:00 AM	8/22-10/14 (M/W)	K.O. Boxing
14559 - Boxing 1	9:00-10:00 AM	8/22-10/14 (T/TH)	K.O. Boxing
14670 - Boxing 1	6:30-7:30 PM	8/22-10/14 (M/W)	K.O. Boxing
14671 - Boxing 1	6:30-7:30 PM	8/22-10/14 (T/TH)	K.O. Boxing
14672 - Boxing 1	9:00-10:00 AM	10/17-12/16 (M/W)	K.O. Boxing
14673 - Boxing 1	9:00-10:00 AM	10/17-12/16(T/TH)	K.O. Boxing
14674 - Boxing 1	6:30-7:30 PM	10/17-12/16 (M/W)	K.O. Boxing
14675 - Boxing 1	6:30-7:30 PM	10/17-12/16(T/TH)	K.O. Boxing
14667 - Boxing 2	8:00-9:00 AM	8/22-10/14 (M/W)	K.O. Boxing
15637 - Boxing 2	8:00-9:00 AM	8/22-10/14 (T/TH)	K.O. Boxing
15638 - Boxing 2	5:30-6:30 PM	8/22-10/14 (M/W)	K.O. Boxing
14669 - Boxing 2	5:30-6:30 PM	8/22-10/14 (T/TH)	K.O. Boxing
15313 - Boxing 2	8:00-9:00 AM	10/17-12/16 (M/W)	K.O. Boxing



**RRES 200 (continued)**

15314 - Boxing 2	8:00-9:00 AM	10/17-12/16(T/TH)	K.O. Boxing
15639 - Boxing 2	5:30-6:30 PM	10/17-12/16 (M/W)	K.O. Boxing
15640 - Boxing 2	5:30-6:30 PM	10/17-12/16(T/TH)	K.O. Boxing
14662 - Boxing 3	8:00-9:00 AM	8/22-10/14 (M/W)	K.O. Boxing
14663 - Boxing 3	8:00-9:00 AM	8/22-10/14 (T/TH)	K.O. Boxing
14676 - Boxing 3	5:30-6:30 PM	8/22-10/14 (M/W)	K.O. Boxing
14677 - Boxing 3	5:30-6:30 PM	8/22-10/14 (T/TH)	K.O. Boxing
14678 - Boxing 3	8:00-9:00 AM	10/17-12/16 (M/W)	K.O. Boxing
14679 - Boxing 3	8:00-9:00 AM	10/17-12/16(T/TH)	K.O. Boxing
14680 - Boxing 3	5:30-6:30 PM	10/17-12/16 (M/W)	K.O. Boxing
14681 - Boxing 3	5:30-6:30 PM	10/17-12/16(T/TH)	K.O. Boxing
14682 - Boxing 4	8:00-9:00 AM	8/22-10/14 (M/W)	K.O. Boxing
14664 - Boxing 4	8:00-9:00 AM	8/22-10/14 (T/TH)	K.O. Boxing
14665 - Boxing 4	5:30-6:30 PM	8/22-10/14 (M/W)	K.O. Boxing
14683 - Boxing 4	5:30-6:30 PM	8/22-10/14 (T/TH)	K.O. Boxing
16841 - Boxing 4	8:00-9:00 AM	10/17-12/16 (M/W)	K.O. Boxing
16842 - Boxing 4	8:00-9:00 AM	10/17-12/16(T/TH)	K.O. Boxing
16843 - Boxing 4	5:30-6:30 PM	10/17-12/16 (M/W)	K.O. Boxing
16844 - Boxing 4	5:30-6:30 PM	10/17-12/16(T/TH)	K.O. Boxing

**In-person locations:**

- Ahearn 301 & 304, Ahearn Complex, 3rd floor, Gymnasium door entry, College Heights Rd, KSU Campus
- BDSM - Ballroom Dance Studio Manhattan, 416, Laramie St.
- Body First Wellness & Recreation Center, 3615 Claflin Rd
- Elevation Studios MHK 1125 Laramie, Suite A
- K.O. Boxing - 2048 Tuttle Creek Blvd. (In the basement under Shelter Insurance)
- Konza Strength, 1019 Hostetler Dr, Suite G, Manhattan
- LAP - Little Apple Pilates Co. - 121 S. 4th St. Suite 106 (next door to Wine Dive)
- Nat 4 - K-State Ahearn Complex
- Red Oak Hollow Lathe Works, 4025 Walnut Creek Dr., Wamego, KS
- Stagg Hill Golf Club - 4441 Stagg Hill Rd
- Sun Yi Academy - 1125 Laramie Plaza, Suite H
- UFM - 1221 Thurston St (UFM Community Learning Center)
- KSU Student Union - Union Bowling Alley, KSU Campus

**Combination in-person/online:**

- Scuba Diving - JC YMCA, 1703 McFarland Rd, Junction City & Live Online via Zoom

**Online (Live online via Zoom):**

- Yoga







# 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 UFM at [info@tryufm.org](mailto:info@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](mailto: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/](http://www.tryufm.org/donate/)

## CONTACT US

Phone: (785) 539-8763 • Email: [info@tryufm.org](mailto:info@tryufm.org)

## ABOUT KSU CREDIT COURSES

### CREDIT CLASS ENROLLMENT

K-State students enroll through KSIS. For credit enrollment questions, contact Samantha, [sam246@ksu.edu](mailto:sam246@ksu.edu) at UFM.

### KANSAS STATE UNIVERSITY TUITION AND FEES FALL 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](http://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 2022/Spring 2023/Summer 2023 Comprehensive Fee Schedule for complete details at: <https://www.k-state.edu/finsvcs/cashiers/costs/comprehensive-tuition-fee-schedules/documents/2022-2023/FY23-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](mailto: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](http://www.tryufm.org) | [info@tryufm.org](mailto: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+ \_\_\_\_\_

22CPI206	B	Youth Paws Academy	\$80.00

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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## Fall 2022 Catalog



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