



UFM

a University For huMankind

UFM puts the **community** in education.



a look
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UFM FALL 2023 COURSE CATALOG



ufm

COMMUNITY
LEARNING
CENTER



Lou Douglas Lecture Series on Public Issues Fall 2023

The Pursuit of Happiness: A Chinese Immigrant Story

with Fanny & Danny Fang

"Our intention of the conversation is to provide a glimpse into the nuances of a Chinese immigrant's journey in America, how and why Danny kept his art dream, and how that pursuit impacted future generations (i.e., Danny's children). Our hope is that by sharing our story, we inspire those who are in similar circumstances to pursue their dreams."

- Danny & Fanny Fang, Father and Daughter

Lecture:

Tuesday, October 17

7:00 PM

Forum Hall



Art Exhibit:

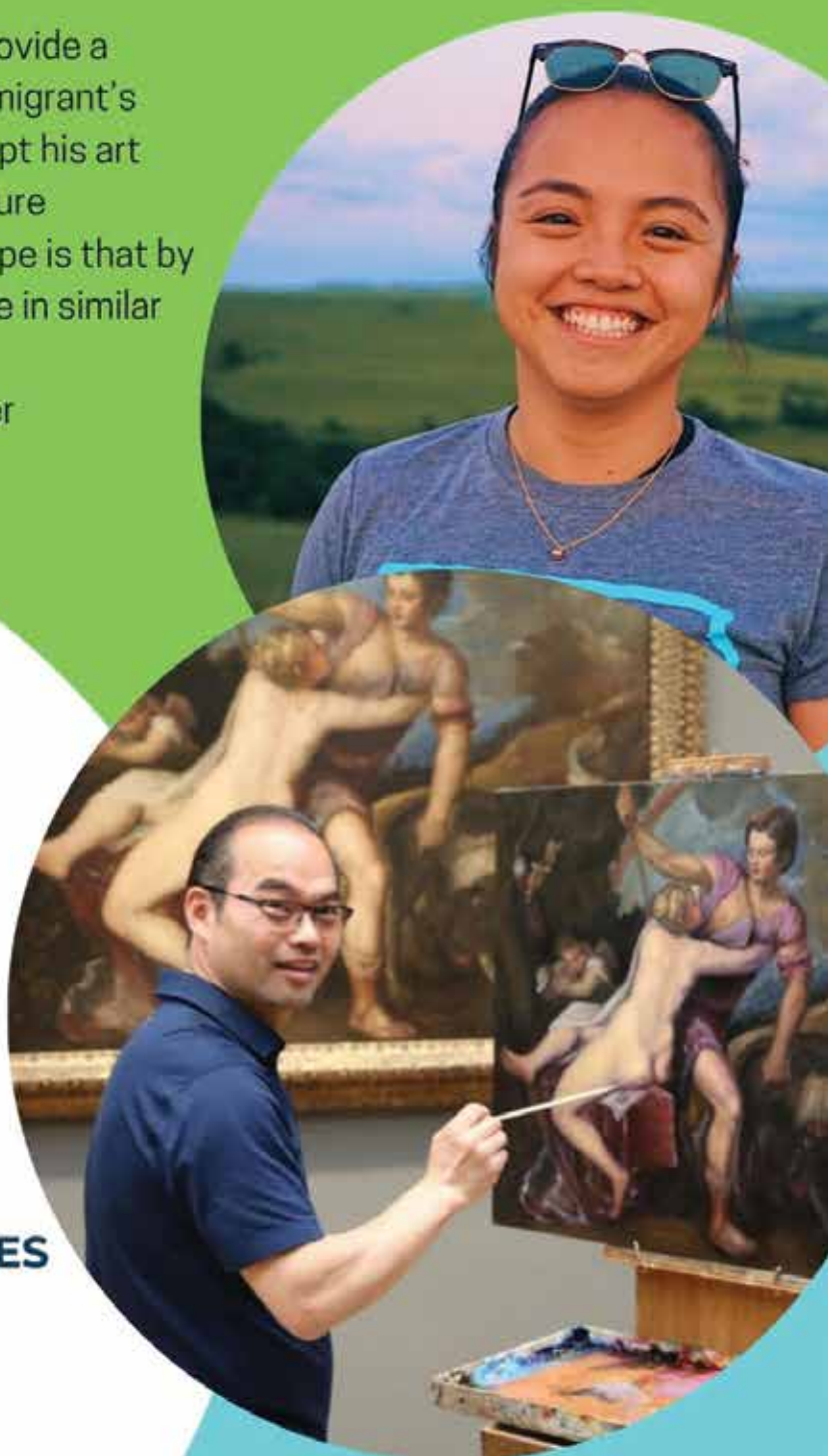
October 16 - Nov 3

Kemper Art Gallery

LOU DOUGLAS LECTURE SERIES

- Promoting social justice
- Serving our community
- Educating our students

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Designed by K-State students from the A.Q. Miller School of Media and Communication.

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UFM FALL 2023 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.

Ameerah Alfaiakawi	Tom Korte
Ayumi Amama	Tamas Kowalik
Ryan Armbrust	George LeRoux
Dave Atchison	Molly Lohman
Carol Barta	Mori M.
Joanne Bauman	Safia Malallah
Tom Boley	Pedro Marquez
Kim Bomberger	Aliah Mestrovich Seay
Charlene Brownson	Barry Michie
Conrad Candelaria	Mia Mondragon
Cary Chappell	David Moore
Melissa Copp	Kassandra Moreno
John D.	Eric Mullins
Brooke Dennis	Debbie Newton
Bill Dorsett	Judy Nickelson
Douglas Dow	Joshua O'Crowley
Ken Embers	Robyn O'Crowley
Gary Fike	Devin Odom
Body First	KelLee Parr
John Flavin	Ginny Petersen
Monica Franco Franco	Little Apple Pilates
Ana Franklin	Vivian Price
Jeff Freeborn	Marty Reed
R. Todd Gabbard	Lisa Rubin
Mentoria Green	Drew S.
Pamela Green Nealey	Elham Salehi
Ana Guanes	David Seamon
Sabrina Handy	Steve Shaner
Katharine Hensler	Lucas Shivers
Jackie Hernandez	Melinda Sinn
Nick Homburg	Robert Smith
Dave Hoover	Chris Sorensen
Fatima Jaghoori	Chris Srackangast
Brihanna Jayde	LERN Staff
Kyoshi Pamela Johansen	Jhoe Stonestreet
Linda Jones	Linda Teener
Richard Jones	Mario Urquilla
Melinda Keeling	Aubree VanTienderen
Bob Kelly	Michael Wesch
Jane Kim	Stan Wilson
Samantha King	Voices For All, LLC

Catalog layout & design by Samantha Lovitt

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		Alfonso Leyva	Cia Verschelden	

UFM is growing and we want to grow with YOU, our beloved community.

We are excited to announce that we have a whole new team of professionals who have joined UFM through our YouthBuild grant. We were awarded this grant in collaboration with the Manhattan Housing Authority (MHA) on June 1st of this year. Dr. Lorenza Lockett (YouthBuild Director), Judy Nickelson (Associate Director), Tamas Kowalik (Case Manager), Pamela Nealey (Vocational Education Coordinator/Instructor of Record), Robert DuTeau (Trade Skills Coordinator/Instructor of Record), and Rafael Cuevas (Finance Coordinator). Carol Barta, an active UFM community instructor, will be teaching the permaculture curriculum to the youth. I am excited to work with these community members as they deliver a novel community-engaged construction pre-apprenticeship training program to young people. YouthBuild grants support a pre-apprenticeship model that provides disadvantaged young people with occupational skills training, employment services, and educational guidance, with an emphasis on introductory construction skills, renewable energy, and permaculture.

UFM, in partnership with MHA, will deliver a novel community-engaged construction (CEC) pre-apprenticeship training program that aims to address labor market shortages in affordable home construction and renewable energy sectors. The grant will support pre-apprenticeships that will educate and train young people from ages 16 to 24 for jobs in high-demand industries. It will focus student learning on building or rehabilitating affordable housing in their communities for low-income or unhoused families. YouthBuild participants will divide their time between classroom instruction – where they earn their high school diploma or equivalency degree – and workplace training to prepare for postsecondary opportunities.

In addition to YouthBuild, UFM has made renewable energy and permaculture classes open to the community so that ANY youth can join in the community learning process called Build Green and Grow! We believe that we can solve some of the environmental and societal issues that plague the world today through teaching and learning together in the community. Expanding youth programming and offering new opportunities to youth is part of my strategic plan. Classes start October 1st and we are working with many community partners to make this pre-apprenticeship program a reality.

We also have a fantastic Lou Douglas Lecture series coming up in October with Ms. Fanny Fang and Mr. Danny Fang our distinguished speakers who will be delivering the keynote on The Pursuit of Happiness: A Chinese Immigrant Story on October 17 at 7 PM in Forum Hall at K-State. This you don't want to miss! Danny Fang is a skilled artist who was one of the co-founders of Mama Fang's Asian Market. He currently lives in New York and will be making the trip back to Kansas to share with the community his immigrant story and art with his daughter, Fanny Fang. His art will be housed in the Kemper Gallery in the K-State Union in October.

Finally, the Queer Liberation Commons (QLC) was developed over the past year as a space to celebrate our LGBTQ+ community members as we continue to host a variety of community classes in the space. In July, we created a community-based mural together and received many donations to our Queer Closet – a wellness space that houses gently used clothing and other personal items free to the LGBT community. Donations to the Queer Closet can be made during our business hours Monday-Friday from 8:30 am to 5:00 pm. UFM is an LGBTQ+ affirming organization.

UFM continues to offer community-based teaching and learning throughout the year and I urge you to get involved in our various class offerings. If you haven't taught a class, please consider sharing something you love to do, or a skill you'd like to share with the community.

In Community,



a University For huMankind

Dr. Aliah Mestrovich Seay (She/Her/Hers)

CREATIVE FREETIME

Introduction to Digital Photography:

The Basics

23CCF356

Learn the basic concepts of photography and how to use your camera. To get the most out of this class, bring a digital camera that allows you to set manual setting like f-stop, shutter speed, ISO, and white balance. Topics covered include how to use the features and functions of your camera like aperture (f-stop), shutter speed, and ISO together to determine exposure. We will also discuss how using white balance effects the cameras processing settings on color and how using your histogram and bracketing exposures work with light in the basic composition. Students will need to bring their own DSLR or Mirrorless Camera to class. There are four classroom meetings on Tuesdays and there will be three optional field trips held on Saturdays to practice what we cover in class. The exact times of the field trips will be discussed in the first class. Ages 13+.

Classroom dates (Tuesdays): September 5, 12, 19, & 26

Field Trips dates (Saturdays): The exact times of the field trips will be discussed in the first class.

Instructor: Nick Homburg, nick@fotopromedia.com, Nick is an entrepreneur, photojournalist, documentary filmmaker, fashion photographer, and has been working professionally in the visual arts since 1982.

DATE	TIME	FEE
09/05 - 09/26 (T/Sa)	5:30 - 7:30 PM	\$79

* Enrollment deadline 09/04.

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



Drag Makeup au Naturel

NEW!

23CCF357

Community members will learn a basic understanding of how to apply makeup including how make up brushes work and finishing touches in partners. This workshop will be interactive and experiential. Refreshments will be provided and a photo opp included if it pleases the group.

Instructor: Brihanna Jayde

Brihanna Jayde is a Kansan native, artist, and creative performer. They live in Junction City with their wife and have performed at numerous shows locally and nationally. Recently, they went to the national Goddess Competition and represented Kansas. Additionally, they have starred in a documentary about their life called "I Am... Brihanna Jayde," which has won numerous film awards. Brihanna is passionate about sharing about queer life with the community and make up artistry skills.

DATE	TIME	FEE
10/22 (Su)	1:00 - 5:00 PM	\$40

Location: UFM Queer Liberation Commons & Queer Closet, 1221 Thurston St



Brihanna Jayde!

Interested in
teaching
a class for UFM?



Spring 2024
submission
deadline is
Oct. 6, 2023



For more
information email
pamela@tryufm.org



Stamping Fall and Halloween Greeting Cards & Projects NEW! 23CCF358

We will make three fall and Halloween greeting cards or paper projects. Children age 7 and older are welcome to come with an adult. This is a fun activity to do with a child or grandchild.

Instructor: Melinda Sinn, kittencreekfarm@gmail.com
Melinda Sinn has been stamping and making greeting cards and paper products for over 25 years and enjoys sharing this craft with others.

DATE	TIME	FEE
09/28 (Th)	6:00 - 8:00 PM	\$25

Location: UFM Solar Addition, 1221 Thurston St

Stamping Holiday Cards and Projects NEW! 23CCF359

We will make three holiday cards for Thanksgiving and Christmas. Stamping is a great craft to share with your children or grandchildren. Children age 7 and older are welcome accompanied by an adult.

Instructor: Melinda Sinn, kittencreekfarm@gmail.com

DATE	TIME	FEE
11/02 (Th)	6:00 - 8:00 PM	\$25

Location: UFM Solar Addition, 1221 Thurston St



Molly's (instructor) finished Coptic Bookbinding projects.

Christmas Sparkle NEW! 23CCF435

Join us in creating a Christmas themed canvas with recycled jewels that bring sparkle to the season. A second option: Allows your gift-giving needs to be filled with a design of your choice, instead of the Christmas Canvas. Supplies included. Dedicated for adults age 50 and up.

Instructor: Melinda Keeling
Melinda Keeling believes in the power of art for all ages. She encourages wee artists to playfully express their natural ability to be free and create. Her adult artist friends, whether seasoned or exploring a new affection, experience and share the treasure of art. Melinda's passion for art has always been present and for over 25 years she has been sharing art with family and friends. She is fond of bringing an eclectic approach and loves to uncover each person's talent. She believes, "Visual beauty is not only a means of creative expression and enjoyment, but a universal means of communication."

DATE	TIME	FEE
11/29 (W)	9:00 - 11:00 AM	\$75

Location: Green Valley Community Center, 3770 Green Valley Rd.

Coptic Bookbinding NEW! 23CCF436

This class explores Coptic bookbinding, an exposed spine binding done by hand that can be adapted to many creative uses. No bookbinding experience is required, just an interest in making a book and having fun! The class will consist of learning basic bookbinding terms and making a small blank book. A supply list/resources will be e-mailed prior to the start of the course, though basic supplies will be provided. Ages 13+.

Instructor: Molly Lohman
Molly graduated from Louisiana State University with an MFA in Printmaking. Her work incorporates bookbinding, various printing techniques, sewing, and mixed-media drawing methods.

DATE	TIME	FEE
10/15 - 10/22 (Su)	2:00 - 4:00 PM	\$59

* Enrollment deadline 10/02.

Location: UFM Solar Addition, 1221 Thurston St.

Follow UFM



NEW!

Flower Arranging for Beginners 23CCF432

Flower Arranging for Beginners is a monthly gathering where you will hand-pick & design a fresh flower arrangement. 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 and a vessel will be provided for you.

Instructor: Aubree VanTienderen

Aubree VanTienderen is a professional educator and passionate about learning new skills. She fell in love with floral design after regularly attending classes through UFM with the previous floral design instructor.

SEC	DATE	TIME	FEE
A	09/21 (Th)	7:00 - 8:00 PM	\$50
B	10/19 (Th)	7:00 - 8:00 PM	\$50
C	11/16 (Th)	7:00 - 8:00 PM	\$50

* Enrollment deadlines A: 09/14; B: 10/12; C: 11/09.

Location: UFM Solar Addition, 1221 Thurston St



Floral arrangement (designs will vary).

CREATIVE FREETIME

Get to Know Your Sewing Machine 23CCF239

Get to know that sewing machine you just bought or the one sitting in your closet. This class will cover parts of the sewing machine, threading, basic maintenance, and stitches. We will also discuss a basic sewing kit and suggestions for easy projects to try. Then we will try some practice sewing with a small project.

Instructor: Linda Teener

DATE	TIME	FEE
09/19 - 09/26 (T)	6:30 - 8:00 PM	\$22

Location: UFM Queer Liberation Commons, 1221 Thurston St

Community Sing Along with Mr. Dave Atchison (The Music Man) and Friends

NEW!

23CCF434

Join Mr. Dave Atchison and friends for this unique music experience in which we can learn a few music skills followed by a community sing along. Bring your family and friends to support UFM community learning and engagement through music making. All proceeds of this experience will go to STEAM youth scholarships in our UFM after school program. Dave Atchison is a music maker and storyteller who has delighted youth and adult audiences in the community over the course of his lifetime. You can find him teaching K-6 graders during the week at Oliver Brown School, working in the garden, and singing and playing musical instruments at the Manhattan Farmer's Market on Saturdays. Connecting our hearts and minds through music is what Mr. Atchison does best. Bring a good mood and a blanket or chair.

*Donation for UFM is highly appreciated! Suggested Donation: \$50 per family, \$25 per couple, or \$15 per individual
Instructor: Dave Atchison

DATE	TIME	*FEE
09/21 (Th)	7:00 - 8:30 PM	See Description/ Donation

Location: UFM Peace Garden, 1221 Thurston St
(In case of rain, class will be held in the UFM Fireplace Room)



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CREATIVE FREETIME

Introduction to Voiceovers

23CCF129

Do you have a passion for voiceovers? Want to earn income using your talents from the comfort of your home? Explore the fun, rewarding possibilities of the growing remote voiceover industry! Discover the current trends in the industry and how easy and affordable it can be to learn, set up, and work from home. You'll learn about different types of voiceovers and the tools you'll need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later in a follow-up call. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. 18 and over. Upon registration, you will be contacted by VFA to schedule your class for a day and time of your convenience.

Instructor: Voices For All, LLC, info@voicesforall.com

The Voices For All Voice Coaches/Producers/Instructors are known for their fun and informative presenting methods. Our coaches have many years of experience in the voiceover industry and are masters at teaching all of the information pertinent to making it in voice acting. Whether it be speaking, presenting, writing, producing, or announcing, Voices For All has it covered.

DATE	TIME	FEE
08/11 - 12/14 (F)	TBD	\$49

Location: One on One Video Chat

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

MHK Chess Club

NEW!

23CCF433

We are a group of people who love to play chess in Manhattan Kansas. We aim to promote chess in the community though providing equipment, teaching, and hosting events. Come join us at one of our events. All skill levels and ages are welcome. Instructor: Eric Mullins, Drew S., Mori M., & John D.

DATE	TIME	FEE
07/06 - 12/17 (Th/Su)	5:00 - 9:00 PM	\$25

Location: Thursdays - UFM Queer Liberation Commons; Sundays - UFM Conference Room, 2nd floor; UFM, 1221 Thurston St

NEW!

Fast Times at Halcyon City High (A "Masks: A New Generation" Campaign)

23CCF431

Come back to high school with a twist! Join Game Master Brooke Dennis as she leads you through the halls of Halcyon City High, where the students are all superheroes. Build a crime fighting team and learn how your powers work, all while navigating regular stressors of high school. Fans of Dimension 20's "Fantasy High" and the Disney Channel Original Movie "Sky High" will enjoy this campaign!

Instructor: Brooke Dennis, Brooke Dennis is a second-year drama therapy student at Kansas State University, specializing in the use of tabletop roleplaying games as a therapeutic tool. She has been playing TTRPGs for three years and volunteers as a Dungeon/Game Master with UFM's Project EXCELL.

DATE	TIME	FEE
10/09 - 12/04 (M)	6:00 - 8:00 PM	\$126

Location: UFM Fireplace Room, 1221 Thurston St.

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

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Blacksmith Knife class.

Tomahawk Class **23CCF424**

This one-day class is from 10-6ish and will take participants through the forging and constructing of a fully functional Tomahawk.

Instructors: Joshua O'Crowley & Robyn O'Crowley
Joshua O'Crowley is a bladesmith with 13 years of experience and has been teaching bladesmithing classes for 9 years. He is also a certified instructor with the U.S. Army and a member of the American Bladesmith Society.

SEC	DATE	TIME	FEE
A	08/26 (Sa)	10:00 AM - 6:00 PM	\$300
B	10/14 (Sa)	10:00 AM - 6:00 PM	\$300

Location: The Ogre's Forge (See welcome letter)

Basic Knife-making class **23CCF423**

The Basic Knife-making class is designed to introduce students to the craft of knife-making. Students accomplish this through an introduction to all knife-making equipment and their application to both forging techniques and stock removal techniques of making knives. The course will equip students with the basic knowledge, skills, and confidence necessary to successfully design and build their knives utilizing either technique.

Instructors: Joshua O'Crowley & Robyn O'Crowley

SEC	DATE	TIME	FEE
A	09/06 - 09/21 (W/Th)	6:00 - 9:00 PM	\$390
B	10/04 - 10/19 (W/Th)	6:00 - 9:00 PM	\$390
C	11/01 - 11/16 (W/Th)	6:00 - 9:00 PM	\$390

Location: The Ogre's Forge (See welcome letter)

Blacksmith Knife **NEW!** **23CCF437**

This class is designed to introduce students both youth and adults to the craft of blacksmithing. Students accomplish this through introduction to all blacksmithing equipment and its application through the course of their project. All raw materials, safety equipment, and finishing products for each student and project are provided. Students must be 16 years of age or 12-15 years of age and accompanied by an adult. Instructors: Joshua O'Crowley & Robyn O'Crowley

DATE	TIME	FEE
09/16 (Sa)	10:00 AM - 6:00 PM	\$290

Location: The Ogre's Forge (See welcome letter)

Leather Project Class **23CCF408**

The Leather Project Class is designed to introduce students to leather crafting with an application to the custom leather industry. Students will learn about the different types of leather available, pattern design and construction, and finishing and care of a leather sheath. The course will equip graduates with the basic knowledge, skills, and confidence necessary to successfully design and build their own leather projects. Students will leave the class with an elegant custom-made leather project created with their hands. Ages 13+. Instructors: Joshua O'Crowley & Robyn O'Crowley

DATE	TIME	FEE
11/04 (Sa)	10:00 AM - 3:00 PM	\$220

Location: The Ogre's Forge (See welcome letter)

Change A Board Into A Bowl in One Day! **NEW!** **23CPI216**

We will take a piece of dry wood, mount it on the lathe, and shape it into a bowl with special tools as the lathe spins the wood. Safety is paramount but wood and tool selection will also be addressed.

Instructor: Tom Boley

Tom has been a woodturner for over 28 years and does demonstrations and workshops for woodturning clubs from Colorado to Maryland. He also teaches woodturning classes at the John C Campbell Folk School in North Carolina. One of Tom's favorite activities is standing at the lathe helping someone learn about the craft and find the joy in woodturning.

DATE	TIME	FEE
12/16 (Sa)	8:00 AM - 5:00 PM	\$140

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



EARTH & NATURE

Introduction to Tree Identification 23CEN164

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 and arrangements and other characteristics used to identify trees. Those attending should prepare to be outside and walking most of the class. 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.

Instructor: Kim Bomberger, Ryan Armbrust

Kim Bomberger is a District Community Forester and Ryan Armbrust the Rural Forestry Coordinator at the Kansas Forest Service. Academically prepared as horticulturists, both are life-long plant enthusiasts. In their professional capacities, they have taught multiple workshops, engage with the public and enjoy cultivating people's knowledge about trees suitable for Kansas and the Great Plains.

DATE	TIME	FEE
09/25 (M)	4:30 - 6:30 PM	\$15

* Enrollment deadline 09/24.

Location: Kansas Forest Service State Office, 2610 Claflin Road

Great Gardening: A Month-by-Month Guide to Kansas Vegetable Gardens 23CEN174

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. He's an educator and can't wait to work with you to find success as a great gardener.

DATE	TIME	FEE
10/09 - 10/23 (M)	5:00 - 6:00 PM	\$44

Location: 9th and Riley Lane, Manhattan Community Gardens

Astronomy Viewing 23CEN191

Join us to explore the night sky using Dr. Sorensen's 8" Newtonian reflecting telescope. We will have a moonless evening which will allow us to see many deep sky objects. We will also see Saturn and watch Jupiter rise in the northeast.

Instructor: Chris Sorensen, sor@phys.ksu.edu, Dr. Sorensen is an amateur astronomer and physics professor with a nice homemade telescope.

DATE	TIME	FEE
10/16 (M)	7:00 - 9:30 PM	\$15

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

Getting Ready for Solar! 23CEN189

This class is offered both live online and in-person at the same time. Learn how to assess your homes suitability for solar electricity production. In the first session we will review your current energy usage, site suitability and the permitting process. In the second session we will consider hardware options and a site plan for installation. We will discuss ordering options and the basic steps for installation.

Instructor: Carol Barta, snowsage54@hotmail.com, FHREEC, Bill Dorsett, wm.c.dorsett@gmail.com Carol Barta is a founding member of the Flint Hills Resilience Coalition and certified permaculturist. Bill Dorsett has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

DATE	TIME	FEE
10/01 - 10/08 (Su)	1:00 - 3:00 PM	Free Sponsored Experience

* Enrollment deadline 09/28

Location: UFM Solar Addition, 1221 Thurston St & Live - Zoom

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**OTHER - THAN Electrical:****NEW!****Practical Home Energy Storage 23CEN192**

In all the buzz about batteries, we tend to forget that energy has been stored in passive solar forms for centuries and refined in response to the Oil Embargo during the Carter administration. Most familiar batteries are design centered on light weight and small size needed for electric vehicles. We don't need extremely fast charge or a footprint that leaves room for passengers. Nearly 45% of our home use is for thermal energy (heat or the reverse of it: refrigeration). This can be stored in some of our most abundant (cheap) resources, stone or tanks of water or ice. Combining these into your design can minimize the quantity of lithium or rare minerals we need. Bring your ideas. This is meant to be a dialog.

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

DATE	TIME	FEE
09/17 (Su)	1:00 - 3:00 PM	Free Sponsored Experience

Location: UFM Solar Addition, 1221 Thurston St

Flint Hills Solar Co-op

Neighbors helping Neighbors

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

fhreec.org
mail@fhreec.org

**Residential Electrical
Energy Storage Systems--
Do They Make Sense for You?****NEW!****23CEN193**

There is a lot of talk about grid-tied battery storage systems for residences, and they are becoming increasingly popular in various parts of the country. However, they can be complicated and expensive to install, and they don't make sense for everyone. We will discuss what their major use cases, technology options, and design and installation considerations are, with the ultimate objective of helping you determine whether installation of a residential energy storage system makes sense for you. This class will be presented from the perspective of a consummate Do-It-Yourselfer based on knowledge and experience gained through the recent installation of a grid-tied battery and solar panel system at his own residence.

Instructor: John Flavin

John Flavin received a BSEE degree from KSU in 1988. Now retired from engineering, he has installed an energy generation and storage test-bed system at his residence in Manhattan.

DATE	TIME	FEE
09/10 (Su)	1:00 - 3:00 PM	Free Sponsored Experience

Location: TBA - Class location will be emailed to enrolled students.

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



Flower Arranging for Beginners **23CCF432**

NEW!

Flower Arranging for Beginners is a monthly gathering where you will hand-pick & design a fresh flower arrangement. 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 and a vessel will be provided for you.

Instructor: Aubree VanTienderen

SEC	DATE	TIME	FEE
A	09/21 (Th)	7:00 - 8:00 PM	\$50
B	10/19 (Th)	7:00 - 8:00 PM	\$50
C	11/16 (Th)	7:00 - 8:00 PM	\$50

* Enrollment deadlines A: 09/14; B: 10/12; C: 11/09.

Location: UFM Solar Addition, 1221 Thurston St

Herbs For Winter Wellness **23CHW327**

Keep you and your family warm and well-tended with simple, cost-effective ways to use herbs to prevent and ease cold/flu symptoms. For the full class description and class details please see page 24.

Instructor: Joanne Bauman

Plants For Dreamwork, Intuition & Enhanced Perception **23CHW328**

We will discuss various nonpsychoactive herbs, barks and spices to calm and relax, promote sleep, enhance dreamwork, increase psychic awareness and allow us to tune in to subtle worlds. For the full class description and class details please see page 24.

Instructor: Joanne Bauman

Kitchen Hearth Herbs & Spices **23CHW329**

Culinary herbs and spices (cinnamon, cardamom, ginger, etc.) enhance the flavor of our meals, but also help build health and mend imbalances. Join us as we explore the medicinal qualities and uses of at least 15 spices you just might have in your kitchen cabinet right now. For the full class description and class details please see page 25.

Instructor: Joanne Bauman

Flint Hills Prairie Bison Reserve: Prairie Bison Retreat, Easy Tent Camping **23CEN194**

NEW!

The Flint Hills Prairie Bison Reserve in Alta Vista Kansas is offering an easy weekend overnigher camping in tents. Two per tent but solo tents can be arranged. Meals are provided with Saturday night dinner and breakfast Sunday. The campsite will have chairs, tables, tents, badminton, horseshoe pits, and poker chips with cards. Participants must be 21 years old to drink alcohol. On Saturday, there will be a field tour of the prairie and a wild bison herd. On Sunday, we will take a road trip scenic to a place called "Little Egypt." Next, we will ride to the old railroad town of Volland, and back to the bison reserve. We will have a campfire Saturday night with live music, sing-along songs, and wild animal stories. Bring your instrument to play along. Please bring appropriate clothing, bedding (ex. cot, air mattress, foam roll, sleeping bag, blankets, pillow), a towel, bug spray, personal toiletries, and drinks and snacks for the weekend (including lunch for Sunday). A liability waiver must be signed by everyone for all activities and to be at the campground. You are responsible to keep yourself safe and without injury. An empty house is available with a bathroom, shower, full kitchen, and refrigerator. It is also a shelter from bad weather. Turn off cell phones, look up at all the stars, listen to the coyotes howling, and relax on the prairie with the bison.

Instructors: George LeRoux

George LeRoux is an environmentalist, outdoorsman, and professional animal handler/animal caregiver. He has trained rhinos, bears, big cats, and 50 other species and endangered species. George has a prairie restoration project with 50 bison.

SEC	DATE	TIME	FEE
A	09/09 - 09/10 (Sa/Su)	See Description	\$147
B	09/16 - 09/17 (Sa/Su)	See Description	\$147
C	09/23 - 09/24 (Sa/Su)	See Description	\$147
D	09/30 - 10/01 (Sa/Su)	See Description	\$147

Location: Flint Hills Prairie Bison Reserve,
8973 N. Munker Creek Rd. Alta Vista, KS 66834

**Exploring Riley County history since 1914!**

Wolf House Museum
630 Fremont
Sat. & Sun. 2:00 - 5:00
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Riley County Historical Museum
2309 Claflin Road
Tues - Fri 8:30 - 5:00
Sat. & Sun. 2:00 - 5:00

Goodnow House Museum
State Historic Site
2301 Claflin Road
Tues - Fri 8:30 - 5:00
Sat. & Sun. 2:00 - 5:00

Pioneer Log Cabin
Manhattan City Park
Open Sundays 2:00 - 5:00
April - October

Rocky Ford School
Tuttle Creek and Barnes Rd.
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LIFE SKILLS

Household Finance 101

This course will cover budgeting, reducing/eliminating debt, saving for an emergency fund, saving for retirement, taxes, insurance, and other financial matters for your household. This will be done in three segments; it is best to attend ALL sessions, but it is not required.

Instructor: Gary Fike, garyfike@ksu.edu

Gary is a Dave Ramsey certified Financial Coach. He does one on one counseling to help people get debt under control, manage household budgets, and invest for retirement.

DATE	TIME	FEE
09/12 - 09/26 (T)	6:00 - 7:30 PM	\$44

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

23CFC169 Home Repair

Follow Richard as he prepares participants to learn the basics of properly using paint.

NEW!

Instructor: Richard Jones, blendsco_rbj@yahoo.com

Richard Jones has a Block B Contractor License and a Construction Science bachelor's degree.

DATE	TIME	FEE
TBD	TBD	\$TBD

Location: UFM, 1221 Thurston St

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/>



Green Build and Grow

Vocational education with real-world applications

UFM is offering certification classes in four areas of green building, energy, and agriculture. Instructors and coaches will guide you through both online and classroom training with hands-on experience for each learning track. Multiple field experiences will be included. All courses include Occupational Safety and Health Administration (OSHA 10) safety training.

Classes will meet at various times and locations to be announced. The cost is \$2500 for the class.

Testing and certification fees will be the responsibility of the student.

Scholarships will be provided for qualifying students.

For more information please contact renz@tryufm.org, (623) 256-4153 and/or aliah@tryufm.org.

Building Science for RESNET NEW! Home Energy Rater Certification **23CGB01**

This instruction in building science will prepare an individual and provide a pathway for pursuing Home Energy Rater Certification through a RESNET accredited Rater Training organization. This training will result in the UFM Residential Energy Auditor certificate. Pre-apprenticeship candidates may then go on to pursue RESNET certification. An Energy Rater inspects, tests, and evaluates the energy features of a residential building. A comprehensive training in building science is the foundation for the skills required for passing the HERS certification tests. This class will teach the building science needed to evaluate the energy performance, comfort and safety of a house through a comprehensive, whole-house diagnostic procedure with adherence to RESNET, ANSI, and ISO Standards. Building science is a systems perspective on how heat, air, and moisture affect the structure and occupants of a building.

You will learn:

- about the hidden flaws often found in standard construction that can cause discomfort, high utility bills, moisture problems and indoor air quality problems
- how to use powerful new tools to find and correct flaws in a building's thermal envelope
- how to evaluate and sell the economic benefits of solutions to these problems by using cutting edge energy analysis software
- a sound understanding of building science principles and residential energy use
- how to use state-of-the-art diagnostic tools, including the blower door
- how to conduct a comprehensive diagnostic analysis of a home
- how to produce a complete home energy analysis using REM/Rate™
- how to produce an IECC compliance report
- how to create or expand your business selling home comfort and diagnostics
- how to size heating and air conditioning systems for new or existing homes

DATE & TIME	FEE
Classes start on the first Monday of every month (October, November, & December) and meet at various times.	\$2,500

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

North American Technician NEW! Excellence (NATE) HVACR Ready to Work Certificate **23CGB02**

North American Technician Exchange (NATE) HVACR Ready to Work Certificate is a pre-apprenticeship training resulting in a UFM HVAC work ready to apprentice certificate. If the candidate passes the NATE online test they will be awarded the NATE Ready to Work Certificate. Virtually every building uses some type of heating, ventilation, air conditioning, and refrigeration (HVACR) system. Because of this, trained and skilled HVACR technicians are in demand to maintain, repair, and install systems. This learning track offers you the fundamental job knowledge and skills for an entry level technician in the areas of component identification, tools, measurements, electrical safety, general safety, and basic heat transfer.

DATE & TIME	FEE
Classes start on the first Monday of every month (October, November, & December) and meet at various times.	\$2,500

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

Follow UFM



North American Board of Certified Energy Practitioners

NEW!

Photovoltaic Associate Certificate 23CGB03

North American Board of Certified Energy Practitioners (NABCEP) Photovoltaic (PV) Associate Certification is designed for individuals with PV installation experience. This training will offer solar instruction and the opportunity to fulfill the OSHA 10 and hands-on PV installation requirements for candidates pursuing this certification. Completion of this course results in UFM solar installation apprentice certificate. Learn the basics of solar energy design and installation.

- Types of Solar PV Systems
- Solar Industry Drivers
- Advantages & Disadvantages of Solar PV
- PV System Sizing
- Basics of Electricity
- Solar Energy Principles
- PV System Components
- Relevant Codes
- PV System Maintenance
- Sales & Economics

DATE & TIME	FEE
Classes start on the first Monday of every month (October, November, & December) and meet at various times.	\$2,500

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

US Green Building Council

NEW!

LEED Green Associate Training 23CGB04

This training will enhance your professional credentials, open doors to new job opportunities and help advance your career in the green building industry. The LEED Green Associate is a valuable certification for anyone interested in making a positive impact on the environment. This training results in the UFM Green Building apprentice certificate. The LEED Green Associate (online) exam measures general knowledge of green building practices and how to support others working on LEED projects. The exam is ideal for those newer to sustainability and LEED. Passing this exam results in the LEED Green Associate certificate.

DATE & TIME	FEE
Classes start on the first Monday of every month (October, November, & December) and meet at various times.	\$2,500

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

Green Build and Grow



NEW!

Kansas Permaculture Institute Permaculture Design Certificate 23CGB05

Kansas Permaculture Institute Permaculture Design Certificate Permaculture practitioners are greatly needed in the world today because they are directly solving global issues such as social inequity, soil infertility, climate change, water and food shortages. Permaculture is a whole-systems design approach to developing sustainable human settlements and institutions. Rooted in horticulture and agriculture, permaculture design also touches on regional planning, ecology, animal husbandry, technology, architecture and international development.

Students completing this course will be able to:

- Describe the challenges facing our current economic and agricultural systems and how permaculture principles provide sustainable solutions.
- Understand how permaculture ethics and principles guide sustainable agriculture systems design.
- Apply the systems of permaculture design to solve problems in real-world situations from conceptual frameworks through installation and maintenance.
- Explain the dynamics of biologically rich and diverse soils, soil development and conservation, and why healthy soil is vital to a sustainable food system.
- Plant perennial polyculture systems from no-till raised bed gardens to cultivation of food forests. Understand how to maintain a perennial food production system.
- Create landscapes that harvest water, influence microclimates, and build soil structure.
- Embrace energy-efficient approaches to building construction, energy conservation, renewable energy sources, and resource utilization.
- Utilize livestock to improve soil structure and biodiversity in dry climates.
- Recognize invisible structures and social systems that create the fabric of our lives and communities.

DATE	TIME	FEE
10/02 (M)	See program description	\$2,500

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



Professional Development

Start learning something new today! UFM partners with LERN to expand our educational offerings. These classes offer online, self-paced learning opportunities for professional development, earning CEUs, or certificates. A number of courses and certificates are offered in categories such as Business, Business Communication, Data Science, Human Resources, Leadership, Management, New Media Marketing, Personal Development, Social Media for Business, Technology Skills, Training and Education, and Training for K-12 Teachers. All of these courses are asynchronous (self-paced). There are no live components for these classes. All of the course units are posted from the beginning of the course with a unit designated for each week. Each course has a defined start and end date, but students can finish the class at their own pace between those dates. We are offering these courses to enhance and expand learning opportunities available in and around the Manhattan community.

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



Enroll at tryufm.org



Certificates [online]

Certificate in Basic Game Design

23CGC17

Games are increasingly recognized as a tool that can serve many business purposes beyond entertainment. This Certificate provides you with a general introduction to what goes into the design and development of both video and analog games, with a focus on the use of games outside of consumer entertainment. In the first course, you will discover resources for developing game design and identify the mechanics and verbs used in different games. You will come away knowing the different activities that are part of game design, being able to flesh out a game idea in order to increase the chances of having a successful game design experience, and have a basic understanding of how to work with game developers. In the second course, you will learn the basics of the video game design process, learn about the main video game genres, and use a game development application to begin your journey of making games.

By successfully completing this Certificate in Basic Game Design, you will have taken the first steps into understanding game design and being able to create your own games.

Instructor: LERN Staff

DATE	TIME	FEE
09/05 - 10/27	Asynchronous online	\$395

Graphic Design

Software Essentials Certificate

23CGC59

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.

Classes in certificate: Adobe Illustrator CC Essentials, Adobe Photoshop CC Essentials, & Adobe InDesign CC Essentials
Instructor: LERN Staff

DATE	TIME	FEE
09/05 - 12/01	Asynchronous online	\$545



Mastering Video

Marketing Certificate

23CGC63

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. Classes Included in certificate: Video Marketing & YouTube for Business

Instructor: LERN Staff

DATE	TIME	FEE
09/05 - 10/27	Asynchronous online	\$395

Management Certificate

23CGC152

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

Instructor: LERN Staff

DATE	TIME	FEE
09/05 - 12/01	Asynchronous online	\$595

Certificate in QuickBooks Online

23CGC168

Save time, track money, and get important insights with Quickbooks Online. Quickbooks Online is the leading online accounting platform. It is the preferred choice for small business managers, owners, bookkeepers and accounting professionals. There are patches and regular automatic upgrades to the software. Get a comprehensive understanding of QuickBooks Online. Then learn how to work with more advanced Quickbooks Online topics. The Certificate in QuickBooks courses must be taken in the below order (the classes build off each other):

- QuickBooks Online Level 1
- QuickBooks Online Level 2

Instructor: LERN Staff

DATE	TIME	FEE
09/05 - 10/27	Asynchronous online	\$395

PROFESSIONAL DEVELOPMENT



UFM PUTS THE
COMMUNITY
IN EDUCATION

Certificate in Mastering Excel

23CGC25

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.

Classes included in certificate:

Mastering Microsoft Excel, Intermediate Excel, & Advanced Excel

Instructor: LERN Staff

DATE	TIME	FEE
09/05 - 12/01	Asynchronous online	\$495

Enroll today!

For additional
certificate and
class options, visit
tryufm.org



Single Courses [online]

QuickBooks Online Level 1 23CGC169

Get a comprehensive understanding of QuickBooks Online, one of the most popular cloud based accounting programs and preferred choice for small business managers, owners, bookkeepers and accounting professionals. In four hands-on units you will learn how to use QuickBooks Online to enter sales, purchases, receive and make payments and add inventory.

Instructor: LERN Staff

DATE	TIME	FEE
09/05 - 09/29	Asynchronous online	\$195

Mastering Microsoft Excel 23CGC26

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

Instructor: LERN Staff

DATE	TIME	FEE
09/05 - 09/29	Asynchronous online	\$195

Podcasting 23CGC08

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.

Instructor: LERN Staff

DATE	TIME	FEE
09/05 - 09/29	Asynchronous online	\$245

Spanish for Medical Professionals 23CGC05

Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class - designed specifically for healthcare professionals - will help you bridge that gap. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know-how to ask the questions crucial to quality healthcare. Whether you speak some Spanish and need a refresher, or speak no Spanish, you will complete the course with the skills you will need to effectively communicate with your Spanish-speaking patients. *NOTE: Students will also need to order an eBook for under \$15, or the paperback book version. Students will purchase (on their own) McGraw-Hill Education Complete Medical Spanish, 3rd Edition: ISBN-13: 978-0071841887. The eBook version is available at Barnesandnoble.com. You can also purchase the paperback book version if you wish, available from numerous sources including Amazon.

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

Instructor: LERN Staff

DATE	TIME	FEE
09/05 - 10/27	Asynchronous online	\$290

Beginning Conversational Spanish 23CGC80

Designed for beginners, we will have you speaking and reading Spanish in no time. You will practice the basic building blocks of the language and common idiomatic expressions. You will know enough vocabulary and grammar for simple conversations, and you will learn how to ask and answer questions. Whether you speak some Spanish and need a refresher or no Spanish, you will complete the course with the skills to communicate in Spanish.

Instructor: LERN Staff

DATE	TIME	FEE
09/05 - 10/27	Asynchronous online	\$290



FUN FOODS

Elevated Game Day Snacks NEW! 23CFF223

Have you been looking for easy, yummy snacks to enjoy while watching the Wildcats play in Fall sports? This class is for you! We will make "unfried" rangoons, muhamarra dip, endive boats, and homemade guacamole-stuffed artichoke bottoms that will be sure to keep you and your guests happy at your watch party!

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

SEC	DATE	TIME	FEE
A	09/07 (Th)	7:00 - 8:30 PM	\$35
B	10/24 (T)	7:00 - 8:30 PM	\$35

*Enrollment deadlines: A - 09/05; B - 10/20.

Location: UFM Kitchen, 1221 Thurston St.

Katsu Curry = Ton-Katsu + Curry Rice NEW! 23CFF218

One of the most popular menus among school-age kids in Japan, especially during school camp and such, is Curry Rice, Japanese style curry with rice (not so spicy). When you add pork cutlets on top, it becomes Katsu Curry, an even better version of Curry Rice!

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

DATE	TIME	FEE
09/01 (F)	5:30 - 7:30 PM	\$38

Location: UFM Kitchen, 1221 Thurston St.

Science of Sugar: NEW! Cotton Candy and Lollipops 23CFF219

In this class you'll learn about some of the scientific properties of sugar, how cotton candy machines work, and how hard candies are made. This will include a presentation, demonstrations, and samples of products.

Instructor: Samantha King
Sam has lived in Manhattan for 14 years, initially to attend K-State and stayed because she loves the community. Sam has been in the candy making business since spring of 2021, initially making hand crafted cotton candies and sugar mixes for her family business and now she has expanded their menu to include other confections. She is happy to share her knowledge with you - please feel free to reach out if you have any questions.

DATE	TIME	FEE
10/03 (T)	5:00 - 6:00 PM	\$20

Location: UFM Solar Addition, 1221 Thurston St


Peanut Butter Cookies NEW! 23CFF220

Join Devin as he instructs his first baking course for the community. This class will provide the community with the essentials needed for baking peanut butter cookies.


Instructor: Devin Odom
Born and raised in South Carolina Devin Odom has always had a passion for cooking and more specifically baking. Although he pursued a career in the military, he has always continued to bake for his family and friends.

DATE	TIME	FEE
10/07 (Sa)	2:00 - 3:30 PM	\$30

Location: UFM Kitchen, 1221 Thurston St.



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Chewies

(recipe includes tree nuts)

NEW!

23CFF221

What is a chewie you ask? Is it a brownie or a cookie, it's neither! A chewie is a pastry with a soft center like a brownie but a crisper outer layer that is cut into squares. This dessert is great for potlucks, bake sales, or just for an after-meal dessert. (Does contain tree nuts).

Instructor: Devin Odom

DATE	TIME	FEE
10/21 (Sa)	2:00 - 3:30 PM	\$40

Location: UFM Kitchen, 1221 Thurston St.

7up Pound Cake

NEW!

23CFF222

With fall starting that means the holidays are right around the corner. Join Devin and learn to make a 7up pound cake just in time for all the family gatherings. Although pound cakes are normally white and dense, this dish will be a whitish-yellow cake with a lemony like flavor.

Instructor: Devin Odom

DATE	TIME	FEE
10/28 (Sa)	2:00 - 5:30 PM	\$50

Location: UFM Kitchen, 1221 Thurston St.

Dust Off Your Bread Machine or Come and Use Mine!

23CFF214

The smell of fresh bread is only a class away. So many people buy a bread machine or get one as a gift and never end up using it. Bread machine baking is a science, and an art so here is your chance to dust off yours or come and use mine to discover how you can make fresh bread for your friends and family. Due to time constraints, we will be making a quick bread so you can take your loaf of bread home that day OR you can make a bread that takes longer to bake and pick it up at UFM on Monday morning. Anyone is welcome. Youth 6-13 must be accompanied by an adult.

Instructor: Aliah Mestrovich Seay, aliah@tryufm.org

Aliah Mestrovich Seay, LCMFT, PhD is the Executive Director of UFM Community Learning Center and has a PhD in Leadership Communication at the K-State Staley School of Leadership. With over 20 years of experience in higher education and the not-for-profit sectors, Dr. Aliah is enjoying post-PhD life by baking bread using a bread machine and serving fresh coffee to community members that enjoy conversations about social justice and transformative change.

DATE	TIME	FEE
09/10 (Su)	4:00 - 6:00 PM	\$30

Location: Papaya's Community Bread Cafe

Show us your creations! Submit your UFM class photos to samantha@tryufm.org

Returning Gardeners

Annual Meeting:

November 5th @ 2:00 PM

[Annual meeting, potluck, & returning gardener signup at Collins Lane.

Plot registration from 2:00-3:00 PM & Meeting at 3:00 PM with food to follow!!]



LANGUAGE & CULTURE

Community ESL for Adults

23CLA73

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

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

DATE	TIME	FEE
09/11 - 11/13 (M)	7:30 - 8:30 PM	\$34

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

American Sign Language

23CLA75

Open the door to self-expression and a new language! Learn to introduce yourself, ask questions, make new friends, appreciate Deaf culture, and integrate ASL into everyday life! Class is free for children under 5 years old, but they must be accompanied by an enrolled adult.

Instructor: Sabrina Handy

Sabrina is enthusiastic about increasing appreciation of Deaf culture and knowledge of American Sign Language. She is currently pursuing her Master's Degree in Drama Therapy at Kansas State University.

SEC	DATE	TIME	FEE
A	08/31 - 09/21 (Th)	10:00 - 11:30 AM	\$39
B	10/05 - 10/26 (Th)	10:00 - 11:30 AM	\$39

* Enrollment deadlines: A - 08/28; B - 10/02.

Locations:

A - UFM Conference Room, 1221 Thurston St, 2nd fl

B - UFM Solar Addition, 1221 Thurston St

Basic Hangeul (Korean alphabet):

NEW!

Writing My Name in Korean

23CLA76

Hangeul (Korean alphabet) is one of the most logical writing systems in the world. It is easy and fun to learn. In this course, you will learn Korean culture, principle of Hangeul, how to read and write in Korean, and basic Korean words/expressions. At the completion of this course, you will be able to write your name in Korean. This course will open up the opportunity to learn in depth of Korean language and culture.

Instructor: Jane Kim

Jane Kim is a certified Korean language instructor who has a passion for sharing Korean culture.

SEC	DATE	TIME	FEE
A	08/31 - 09/28 (Th)	7:00 - 8:20 PM	\$40
B	10/16 - 11/13 (M)	5:30 - 6:50 PM	\$40

Locations:

A - UFM Conference Room, 1221 Thurston St, 2nd fl

B - UFM Queer Liberation Commons, 1221 Thurston St

Basic Korean:

NEW!

Introduce Myself in Korean

23CLA77

Are you interested in learning new language and/or culture? Are you into K-pop/K-drama? Do you like trying exotic foods? This course is for you! Learning language shouldn't be difficult or tedious. It can be fun and practical! You'll learn how to introduce yourself in Korean while learning about Korean culture. This course will cover basic Korean words and expressions.

Instructor: Jane Kim

SEC	DATE	TIME	FEE
A	09/04 - 10/02 (M)	7:00 - 8:20 PM	\$40
B	10/19 - 11/16 (Th)	7:00 - 8:20 PM	\$40

Locations:

A - UFM Teaching & Learning Rm, 1221 Thurston St

B - UFM Conference Room, 1221 Thurston St, 2nd fl

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Fall 2023

21

Online American/Vietnamese Teen ESL Adventure! NEW!

23CLA78

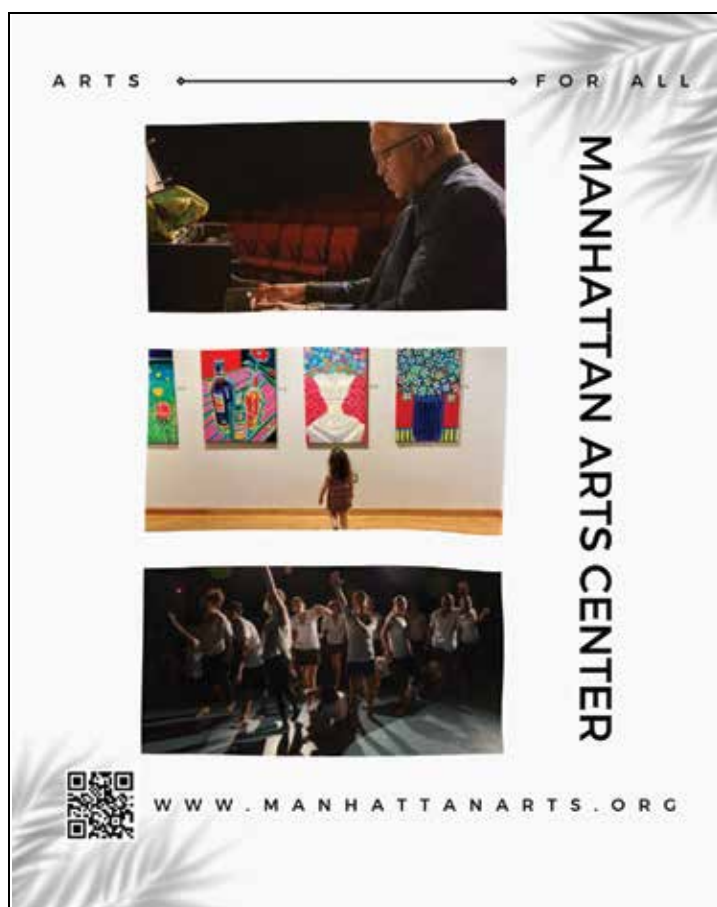
Have you ever wanted to talk to someone from another culture? The US and Vietnam have a long, rich, and complicated history. One way to build bridges across difference is to learn about other languages and cultures. High school Vietnamese students are seeking American ESL (English as a Second Language) high school buddies (13-18 years) to practice English and have an old fashioned American PenPal. This class runs for 8 weeks and scholarships are available for qualified Buddies.

Instructor: Ken Embers

Ken Embers is a native Kansan, veteran, and English as a Second Language teacher. He graduated from K-State with a degree in Sociology and has extensive coursework in Linguistics. Ken is the English Language Program Director for the Libraries of Vietnam Project. He is TEFL (Teachers of English as a Foreign Language) certified and has connected with people from different cultures all over the world.

DATE	TIME	FEE
09/17 - 11/05 (Su)	8:00 - 9:00 PM	\$70

Location: Online



Journey of Cultures: Exploring Afghan Heritage and Language NEW! **23CPI218**

America is the land of immigrants. Most of us have ancestors who came from another place and time. Learning about our own culture and language builds pride and a better understanding of why we are the way we are today. There are over 200 Afghan immigrants currently residing in Manhattan. This class gives you an opportunity to learn more about this community, their language, their culture, and their traditions. As we learn about them, we learn more about ourselves. Families are welcome to come and learn together!

Instructor: Fatima Jaghoori

Fatima Ibrahimi is a resident of Manhattan and a proud Afghan immigrant. She currently works at Walmart and enjoys interacting with community members sharing her language and culture with them. She looks forward to meeting more Manhattan community members and sharing cross-cultural understanding.

SEC	DATE	TIME	FEE
A	10/07 (Sa)	10:30 AM - Noon	\$30
B	10/14 (Sa)	10:30 AM - Noon	\$30
C	10/21 (Sa)	10:30 AM - Noon	\$30
D	10/28 (Sa)	10:30 AM - Noon	\$30

Locations:

A, C, & D - UFM Teaching & Learning Rm, 1221 Thurston St
B - UFM Conference Room, 1221 Thurston St, 2nd floor

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Intro to the Spanish Language and Its Many Cultures NEW! 23CLA44

In this new class, you can explore the Spanish language and the cultures it has influenced. Come and join us for engaged learning, discussion, and questions about cross-cultural understanding and communication with Mario!

Instructor: Mario Urquilla

Mario is a former community banker with experience in retail, commercial, small business, and payment processing, as well as having created the first bilingual banking center in Kansas City, Kansas.

DATE	TIME	FEE
09/11 - 10/02 (M)	Noon - 1:00 PM	\$70

Location: Online - LIVE

Basic Spanish Language NEW! 23CLA45

Have you ever wanted to be able to converse in Spanish or do you want to brush up on your Spanish language skills? Then this conversational Spanish class is right for you.

Instructor: Monica Franco Franco,
lidimoni.franco@gmail.com

Monica Franco Franco is an English-Spanish teacher who works in a public high school. Monica has over ten years of experience teaching foreign languages and is a K-State alum who lives in Equador.

SEC	DATE	TIME	FEE
A	09/11 - 10/23 (M)	6:00 - 7:00 PM	\$52
B	10/30 - 12/11 (M)	6:00 - 7:00 PM	\$52

Location: Online - LIVE

Intermediate Spanish with Duolingo 23CLA79

This course will complement what has been taught in Basic Spanish. Participants that have not taken Basic Spanish are encouraged to join as well! We will learn to phrase simple topic sentences, simple descriptions (house, family, town, favorite place or person), and questions (where, who, when, how). In each section, we will discuss one subject and assign it on Duolingo that week to practice. It is important to bring motivation and confidence to each class! A different language is a different vision of life. Requirements: Students will need to have access to a device with internet access at home (smartphone, tablet, laptop, etc.). It is recommended to have something to take notes on as well.

NEW!

Instructor: Ana Guanes, Ana Guanes is from Paraguay and received a B.S. in Industrial & Manufacturing Systems Engineering at Kansas State University. She is currently a graduate student at Kansas State. Ana speaks Spanish and English fluently and has an intermediate level of Guarani and Portuguese.

DATE	TIME	FEE
09/02 - 10/21 (Sa)	9:30 - 11:00 AM	\$29

Location: UFM Solar Addition, 1221 Thurston St

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9/10	To Be Takei
9/17	Betrayed: Surviving an American Concentration Camp
9/24	Kiss the Ground
10/1	A Whale of a Tale

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Please visit our website for details regarding times, location and additional information.



HEALTH & WELLNESS

Meditation & Movement

23CHW311Z

Meditation and Movement imparts a wholistic approach to mind-body-soul renewal. The class assists participants develop a daily habit of meditation along with bodily movement. This whole person approach to rejuvenation builds skills needed to mitigate stress and anxiety, improves self-awareness, and revitalizes self-perception and body image. The mat-based stretching, strengthening, balance, and functional movement 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 16+ Available for KSU credit.

Instructor: Jhoe Stonestreet, jhoe.de.mesa@gmail.com
Jhoe Stonestreet desires to impart a wholistic approach to mind-body-soul renewal. She has been leading various class formats since 2013.

DATE	TIME	FEE
08/21 - 12/04 (M) (No class 11/20)	5:30 - 6:30 PM	\$118

Location: KSU West Stadium Rm 117, 704 Dension Ave

Educating on the Nature and

Dignity of Women (ENDOW) - Part 1

NEW!

23CHW326

This class is a group study that explores the dignity of every human person. ENDOW Part I introduces young women to the concepts of authentic love, true freedom, and the mystery of beauty. There will be reading aloud, group discussion, and activities. You can purchase the optional book & journal to facilitate learning. *Class materials not required but can be purchased through UFM. Optional material MUST be purchased through UFM by 8/03. If later, please purchase directly here: <https://endow-groups.myshopify.com/products/for-love-bundle>. NOTE: Purchasing the book and journal bundle will be cheaper than buying them individually*

Instructor: Jhoe Stonestreet, jhoe.de.mesa@gmail.com
Jhoe Stonestreet is a life-long learner who desires to help young women see their true nature, beauty, and dignity. In discovering more of themselves in community, young women can learn to express the authentic freedom and joy of femininity.

DATE	TIME	**FEE
08/24 - 11/16 (Th) (No class 9/28)	5:30 - 7:00 PM	\$97 - no materials \$152 - include materials

Location: UFM Fireplace Room, 1221 Thurston St.

Herbs For Winter Wellness

NEW!

23CHW327

Keep you and your family warm and well-tended with simple, cost-effective ways to use herbs to prevent and ease cold/flu symptoms. Discussion will help you feel more confident in using favorite winter herbs to stay well and boost immunity, as well as remedy infections, nasal and lung congestion, sore throat, coughs, fever, aches and pains, and much more. 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 Herbals) is a herbalist, teacher, writer, herb grower, and preparation maker of over 22 years. Her herbalism tradition is wise woman, bioregional, using common plants, and is rooted in various history, folklore, and spirits of her ancestors' lands. Joanne has presented at numerous venues and conferences. She presented workshops at Mother Earth News Fair, wrote for Herbal Living online & podcast Heirlooms and Herbals on the MEN Network.

DATE	TIME	FEE
09/14 (Th)	7:00 - 8:30 PM	\$35

Location: Online - LIVE

Plants For Dreamwork,

Intuition & Enhanced Perception

NEW!

23CHW328

Autumn is a liminal time of thinning boundaries between the world of spirit and matter. It gives us the opportunity to call upon our dreams for guidance, to open our intuition, to plant our seed visions in the dark to emerge in spring. We will discuss various nonpsychoactive herbs, barks and spices to calm and relax, promote sleep, enhance dreamwork, increase psychic awareness and allow us to tune in to subtle worlds. Discussion includes teas, balms, dream pillows, incense, smudges, bath and room washes, etc..

Instructor: Joanne Bauman

DATE	TIME	FEE
10/12 (Th)	7:00 - 8:30 PM	\$35

Location: Online - LIVE

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Kitchen Hearth Herbs & Spices NEW! **23CHW329**

It's the season of spices and scents!. Learn about the magic and medicine of common kitchen herbs, just in time for Thanksgiving preparations. Culinary herbs and spices (cinnamon, cardamom, ginger, etc.) enhance the flavor of our meals, but also help build health and mend imbalances. Join us as we explore the medicinal qualities and uses of at least 15 spices you just might have in your kitchen cabinet right now.

Instructor: Joanne Bauman

DATE	TIME	FEE
11/09 (Th)	7:00 - 8:30 PM	\$35

Location: Online - LIVE

Sunday Barre NEW! **23CHW334**

Barre class is a workout designed for non-dancers with a dance theme. You will tone, lengthen and strengthen the muscles. Ages 13+.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com, Little Apple Pilates is a fitness boutique that specializes in alternative fitness. Traditionally weight lifting and cardio such as running have been available to the masses. For those who need more instruction, personalized class workouts, and innovative methodologies, we are for you. People often joke that we provide workouts for people who don't like to workout. However, we also can give you an edge in your performance and biomechanics if you are concerned about injury prevention and care or if you have an injury. We are a small community where we know our students by name.

SEC	DATE	TIME	FEE
A	08/27 - 10/01 (Su)	10:00 - 11:00 AM	\$90
B	10/08 - 11/12 (Su)	10:00 - 11:00 AM	\$90

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

Intro To Contortion NEW! **23CHW330**

An introductory class to flexibility toward the art of contortion. Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	08/27 - 10/01 (Su)	4:30 - 5:30 PM	\$115
B	10/08 - 11/12 (Su)	4:30 - 5:30 PM	\$115

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

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



Pilates Reformer.

Pilates Reformer & Chair Class NEW! **23CHW332**

The Pilates Reformer is a traditional piece of Pilates equipment that looks like a bed with springs, a sliding carriage, ropes, and pulleys. The origins of the Pilates Reformer date back to the original Pilates studio in New York in the 1920s which was designed by Joseph Pilates himself. We love the reformers for newbies. While you can perform the same series of exercises on the reformer that you can on the mat, the workouts are notably different. Mat classes utilize the body weight for exercises, while the Reformer adds resistance to the Pilates exercises via the use of the springs that form part of the machine and can help you understand how to use your body.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	09/02 - 10/07 (Sa)	9:00 - 9:30 AM	\$70
B	10/14 - 11/18 (Sa)	9:00 - 9:30 AM	\$70

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

Tik Tok Thursday NEW! **23CHW335**

This is a 30-minute class in which you can come and learn a trending dance from Tik Tok. Have fun! You can film it on your own or do a group dance. Laughter is encouraged. Ages 13+. Instructor: Little Apple Pilates, littleapplepilates@gmail.com

DATE	TIME	FEE
09/07 - 09/28 (Th)	4:00 - 4:30 PM	\$40

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





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Postnatal Pilates

NEW!

23CHW331

This class is designed for women who are interested in how the body heals and comes back to place after birth. Postpartum care is limited in the United States and we want to offer up solutions to help mamas heal.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	09/02 - 10/07 (Sa)	9:00 - 9:30 AM	\$95
B	10/14 - 11/18 (Sa)	9:00 - 9:30 AM	\$95

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

Full Spectrum Doula Training

NEW!

23CHW336

Learn how to be a socially aware doula! An in-person training where you will learn to advocate and offer emotional and physical support for birthing persons and their families, before, during and after childbirth. Learn from a seasoned doula and jump start your career as a doula with an in-person training. Doulas are not midwives or medical care providers.

Instructor: Mentoria Green,

mentoria@blackparadisedoulas.com

Mentoria Green is a full spectrum doula located in Manhattan Kansas. Her passion is helping birthing persons have fulfilling births. She is currently looking forward to pursuing a midwifery education in addition to her doula work.

DATE	TIME	FEE
09/05 - 10/10 (T)	6:15 - 7:45 PM	\$225

Location: UFM Solar Addition, 1221 Thurston St

Blended Learning:

First Aid/CPR/AED

23CHW70

Blended Learning is a CPR, First Aid, and AED training program that combines an online session with a hands-on skills practice and assessment session. Certification in Adult and Pediatric First Aid/CPR/AED is valid 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 the online sessions 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 the in-person session and demonstrate competence 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	09/25 (M)	5:30 - 7:30 PM	\$74
B	10/08 (Su)	1:00 - 3:00 PM	\$74
C	11/12 (Su)	1:00 - 3:00 PM	\$74

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



CPR student practicing skills.



Interested in teaching a class for UFM?
Spring 2024 submission deadline is Oct. 6, 2023.
For more information please email pamela@tryufm.org.



YOGA

Chair Yoga

23CHW156

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

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

SEC	DATE	TIME	FEE
A	08/15 - 09/12 (T)	12:15 - 1:15 PM	\$32
B	09/19 - 10/17 (T)	12:15 - 1:15 PM	\$32
C	10/24 - 11/21 (T)	12:15 - 1:15 PM	\$32
D	11/28 - 12/19 (T)	12:15 - 1:15 PM	\$32

Location: UFM Solar Addition, 1221 Thurston St



Chair Yoga.

Evening Yoga

23CHW88

**** Please note the NEW LOCATION for fall classes ****
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 is necessary. Yoga is for everybody.
Instructor: Debbie Newton, dn72649@gmail.com

SEC	DATE	TIME	FEE
A	08/14 - 09/11 (M)	5:30 - 6:30 PM	\$37
B	09/18 - 10/16 (M)	5:30 - 6:30 PM	\$37
C	10/23 - 11/20 (M)	5:30 - 6:30 PM	\$37
D	11/27 - 12/18 (M)	5:30 - 6:30 PM	\$37

Location: First Congregational Church, 700 Poynz Ave

Yoga 1

23CHW15Z

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

SEC	DATE	TIME	FEE
A	08/21 - 10/11 (M/W)	10:30 - 11:30 AM	\$99
B	08/21 - 10/11 (M/W)	4:30 - 5:30 PM	\$99
C	10/16 - 12/06 (M/W) (No class 11/20, 11/22)	10:30 - 11:30 AM	\$99
D	10/16 - 12/06 (M/W) (No class 11/20, 11/22)	4:30 - 5:30 PM	\$99

Location: Online - LIVE

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Fall 2023

27

**Tuesday Morning Yoga****NEW!****23CHW325**

The purpose of Ana's teaching is to offer each student a path to finding his/her own practice and encourage him/her to understand how to practice Yoga outside of class. Yoga is a form of self-inquiry. This class will begin with basic foundational exercises that will prepare students to move gradually into more challenging ones, depending on their need or capacity. Yoga respects individual differences of practitioners and is part of the classic Vedic science of Ayurveda.

Instructor: Ana Franklin, yogaconnection@gmail.com

Ana Franklin is certified by Krishnamacharya Health & Yoga Foundation and trained by T.K.V. Desikachar, Gary Kraftsow and Mirka Kraftsow, Ana has practiced and taught yoga for more than four decades. Ana grew up with both of her parents practicing Yoga, which gave her an early advantage in understanding this meditative practice.

SEC	DATE	TIME	FEE
A	09/05 - 10/10 (T)	10:00 - 11:00 AM	\$27
B	10/17 - 11/21 (T)	10:00 - 11:00 AM	\$27

Location: Online - LIVE

Sunday Yoga**NEW!****23CHW333**

This is a great Sunday afternoon class to help you enjoy the weekend. Ages 13+.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	08/27 - 10/01 (Su)	Noon - 1:00 PM	\$90
B	10/08 - 11/12 (Su)	Noon - 1:00 PM	\$90

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

Ashtanga Yoga**NEW!****23CHW315**

Ashtanga yoga is a dynamic, flowing style that connects each movement of the body with the breath. The method stresses the importance of daily practice, in which students follow a set sequence of postures known as a series. Ages 13+.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com, Little Apple Pilates is a fitness boutique that specializes in alternative fitness. Traditionally weightlifting and cardio such as running have been available to the masses. For those who need more instruction, personalized class workouts, and innovative methodologies, we are for you. People often joke that we provide workouts for people who don't like to work out. However, we also can give you an edge in your performance and biomechanics if you are concerned about injury prevention and care or if you have an injury. We are a small community where we know our students by name.

SEC	DATE	TIME	FEE
A	09/02 - 10/07 (Sa)	4:00 - 5:30 PM	\$100
B	10/14 - 11/18 (Sa)	4:00 - 5:30 PM	\$100

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



Yoga.



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.

Tao and Zen

NEW!

23CLL74

In this class, we will explore Tao and Zen with Michael Wesch, Professor of Anthropology at Kansas State University. We will look at their historical origins, their philosophies, their practices, and how these ideas and practices have helped people find peace, enjoy life, and find success in a wide range of fields. ***Meadowlark Hills residents** see on page 30.

Instructor: Michael Wesch

Dr. Michael Wesch is a Professor of Anthropology at Kansas State University. He has a Ph.D. in Cultural Anthropology from the University of Virginia.



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DATE	TIME	FEE
10/10 - 10/24 (T)	1:30 - 2:30 PM	\$35

Location: Meadowlark Hills Community Room,
2121 Meadowlark Road

Leonardo and Michelangelo

NEW!

23CLL75

Leonardo da Vinci and Michelangelo Buonarroti are synonymous with the Italian Renaissance. Celebrated for their achievements in art, architecture, and engineering, the two have been credited with ushering in a new era through a careful study of nature and ancient culture. This course explores their life histories and examines several of their most famous works of art. ***Meadowlark Hills residents** see on page 30.

Instructor: Douglas Dow

Dr. Douglas N. Dow is an expert on the art and architecture of the Italian Renaissance. A professor at Kansas State University since 2007, Dr. Dow's teaching has been recognized with several awards, including the Commerce Bank and W. T. Kemper Foundation Outstanding Undergraduate Teaching Award. Professor Dow has also published several articles and two books on sixteenth-century Italian art.

DATE	TIME	FEE
11/01 - 11/15 (W)	6:30 - 7:30 PM	\$35

Location: Meadowlark Hills Community Room,
2121 Meadowlark Road

Historical Movies, How Accurate Are They?

NEW!

23CLL76

Did you ever go to a movie that portrays history and think, is this an accurate telling of the story? This class will discuss and examine movies from a historical standpoint. We will look at different aspects of specific movies examining storylines, costumes, and locales. The first class will deal with some iconic movies such as Ben Hur, Spartacus, Bridge on the River Kwai, Lawrence of Arabia, El Cid, and Titanic. The second class will look exclusively at American westerns and cavalry movies. The last class will review war movies of the 20th century. Be prepared to have a lot of long held myths busted. ***Meadowlark Hills residents** see on page 30.

Instructor: Robert Smith

Robert Smith was born in Nebraska and attended Nebraska University where he majored in history. Bob has always had a love for history and a particular interest in military history as he comes from a military family. Prior to his return to academia and advanced degrees Bob managed a family operated business where he learned management and organizational skills. He returned to academia in 1998 attending Kansas State University receiving a Master of Arts in military history in 2004 and a Ph.D. in military history in December 2008. Currently Bob is the Director of the Fort Riley Museum Complex, Fort Riley, Kansas.

DATE	TIME	FEE
11/28 - 12/12 (T)	6:30 - 8:00 PM	\$35

Location: Meadowlark Hills Community Room,
2121 Meadowlark Road



NEW!

Finding Comfort in the Wake of War 23CLL77

This presentation will discuss the research process historians, researchers, and genealogists face concerning errors made during the chaos of wartime, and how, as classified information is being made available to the public after its established retention schedule expires, is opening up worlds of new information toward the discovery of the truth. Katharine Hensler, Director of the Riley County Historical Museum will share the story of a local WWI soldier who was KIA near the Commune of Ploisy (Aisne), France along the road to Soissons in July 1918 and the researchers in Riley County and across the United States working to tell his story.

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

Instructor: Katharine Hensler

Katharine Hensler is the new Director of the Riley County Historical Museum. She moved to Riley County, Kansas in 2017 and brings over 20 years of experience in collections management and museum administration.

DATE	TIME	FEE
10/25 (W)	6:30 - 8:00 PM	\$15

Location: Meadowlark Hills Community Room,
2121 Meadowlark Road

NEW!

Introduction to Tai Chi**23CLL78**

Once considered a martial art, Tai Chi is now used world-wide as an effective form of exercise for health and relaxation. Marty Reed RN certified to teach Tai Chi invites you to the two 30-minute classes to learn the benefits of Tai Chi and to experience the Tai Chi warm-up exercises and movements.

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

Instructor: Marty Reed

DATE	TIME	FEE
09/12 - 09/19 (T)	1:30 - 2:00 PM	\$15

Location: Meadowlark Hills Community Room,
2121 Meadowlark Road

Meadowlark Hills residents:

to register for this class, please call UFM at 785-539-8763 and leave a message or email info@tryufm.org. All others may register online at tryufm.org or by calling UFM.

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Tour of Fort Riley Museums **NEW!** 23CLL79

Join us on a tour of the 1st Infantry Division Museum and the U.S. Cavalry Museum on Fort Riley. The newly remodeled U.S. Cavalry Museum recounts the history of the Army's mounted branch from 1775 to 1950. Exhibits showcase artifacts from the American Revolution, the War of 1812, Bleeding Kansas, the Civil War, life of a cavalry trooper on the frontier, World War I, and World War II. Visitors will be able to see items that belonged to George Custer, George Patton, Teddy Roosevelt's Rough Riders, and Col. Hiram Tuttle who trained America's Olympic Game Equestrian teams. The 1st Infantry Division Museum chronicles the history of the Army's longest continuously serving division from its birth in 1917 to the present. Exhibits include a walk-through World War I trench, a Nuremburg jail door with Manhattan's own World War II veteran and SGT of the Guard Jim Sharp, a massive D-Day diorama, and an Iraqi street scene. Both museums are a view into America's past history. *Please bring your ID to class to be able to get through the Fort Riley gates! Meadowlark Residents will be driven over to the Museums. *Meadowlark Hills residents see on page 30.

Instructor: Robert Smith

Robert Smith was born in Nebraska and attended Nebraska University where he majored in history. Bob has always had a love for history and a particular interest in military history as he comes from a military family. Prior to his return to academia and advanced degrees Bob managed a family operated business where he learned management and organizational skills. He returned to academia in 1998 attending Kansas State University receiving a Master of Arts in military history in 2004 and a Ph.D. in military history in December 2008. Currently Bob is the Director of the Fort Riley Museum Complex, Fort Riley, Kansas.

DATE	TIME	FEE
11/10 (F)	1:30 - 3:30 PM	\$15

Location: Meadowlark Hills, 2121 Meadowlark Road



Fort Riley Museums.

(Image source <https://home.army.mil/riley/about/museums>)

LIFETIME LEARNING

Understanding Medicare: Introduction to the Basics

23CLL27

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

Instructor: David Jones, david@medicareadvisor4you.com
David is an AHIP-certified independent insurance agent focused on Medicare-related products and services.

DATE	TIME	FEE
09/12 - 09/26 (T)	5:30 - 6:30 PM	No Charge

Location: Online - LIVE

Starting Your Family History Journey Series

23CLL33

Starting Your Family History Journey will begin by exploring how to start and organize your family history information and identifying what you want to achieve with your research. The second class will cover the basics about various databases and how to use Ancestry.com, FamilySearch.org, and Find a Grave. The last class will cover ideas on how to write your family stories. This series is a collaboration with UFM and the Riley County Genealogical Society. This series is a collaboration with UFM and Riley County Genealogical Society (RCGS).

Instructor: Barry Michie, KelLee Parr, Ginny Petersen, Charlene Brownson, cmb@ksu.edu
Ginny Petersen, Barry Michie, and Charlene Brownson are members of the Riley County Genealogical Society. KelLee Parr is the author of *My Little Valentine*, *Mansion on a Hill*, *More Voices of The Willows*, and *Mountains of True Peace*. *My Little Valentine* is KelLee's first book that tells the story of KelLee's search for his biological grandmother and the reunion of his mother and grandmother.

DATE	TIME	FEE
09/11 - 09/25 (M)	1:00 - 2:30 PM	\$28

Location: Riley Co. Genealogy Library, 2005 Claflin Rd



RECREATION & FITNESS

Kukuwa® African Dance Fitness 23CRF133

Kukuwa® Dance Workout (KDW) is a unique style of fitness that is derived from African cultural dance movements from across the continent. It is a low-impact - high-intensity dance cardio workout coupled with energetic body isolations. It is appropriate for all ages and fitness levels. KDW class is a 60-minute workout consisting of a warm-up, conditioning segment, and cool down/stretch all done to the rhythms of Africa and the Caribbean.

Instructor: Vivian Price

Since the pandemic, Kukuwa® Fitness has taken the world by storm. Their most popular YouTube video has garnered over 5 million views. KDW instructors are found in most metropolitan U.S. cities and internationally. As of now, Vivian is one of the only certified instructors in the state of Kansas. She also is a nationally certified group fitness instructor through ACE (American Council on Exercise). Vivian is excited about the opportunity to bring this spirit-lifting and culturally enriching fitness class to my community! Travel to Africa without your passport through music and dance!

DATE	TIME	FEE
08/21 - 10/30 (M)	6:00 - 7:00 PM	\$95

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Recreational Table Tennis Class: Embrace Fun While Mastering the Fundamentals 23CRF134

NEW!

Experience the joy of table tennis in this engaging class, where participants can engage in recreational play or beginners can gain a foundation in the sport. Come join the class if you enjoy playing or if you wish to learn how to play.

Instructor: Tamas Kowalik

Tamas Kowalik is a doctoral candidate in the Leadership Communication Ph.D. Program and also works at UFM Community Learning Center as a Community Engagement and Education Coordinator. 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. He is a passionate amateur table tennis player whose cherished childhood memories revolve around the table tennis table, experimenting with various styles and relishing the pure delight of the sport.

DATE	TIME	FEE
11/03 - 11/24 (F)	7:00 - 8:00 PM	\$85

Location: TBD

Bungee 23CRF198

This is a super fun class where you will literally be bouncing off the ceiling and walls. Disclaimers: It is advanced cardio. The harness is tight for your safety. It isn't the most comfortable. It's similar to a rock-climbing harness.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

Little Apple Pilates is a fitness boutique that specializes in alternative fitness. Traditionally weightlifting and cardio such as running have been available to the masses. For those who need more instruction, personalized class workouts, and innovative methodologies, we are for you. People often joke that we provide workouts for people who don't like to work out. However, we also can give you an edge in your performance and biomechanics if you are concerned about injury prevention and care or if you have an injury. We are a small community where we know our students by name.

SEC	DATE	TIME	FEE
A	08/27 - 10/01 (Su)	4:00 - 5:00 PM	\$145
B	10/08 - 11/12 (Su)	4:00 - 5:00 PM	\$145

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



Bungee.



Burlesque Chair Dance

23CRF230

This is a fun girls night in. A woman empowerment opportunity to you to get in touch with your sassy and fun feminine energy. The curtains are closed. Clothes stay on. But a chance to flip your hair, stomp on the chair and be a woman. The group is diverse in age. This is for fun with the opportunity of a performance if you are interested later.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	08/27 - 10/01 (Su)	5:30 - 6:30 PM	\$115
B	08/28 - 10/02 (M)	5:30 - 6:30 PM	\$115
C	10/08 - 11/12 (Su)	5:30 - 6:30 PM	\$115
D	10/09 - 11/13 (M)	5:30 - 6:30 PM	\$115

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

Archery for Adults

23CRF01Z

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 (T) (No class 11/21)	7:30 - 8:30 PM	\$101
B	08/22 - 12/05 (T) (No class 11/21)	8:35 - 9:35 PM	\$101

Location: KSU West Stadium Rm 117, 704 Denison Ave

Pickleball 101

23CRF238

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

Instructor: Bob Kelly & Steve Shaner

Bob is an experienced coach and teacher, having coached tennis at Manhattan High School for twenty-six years. He is excited to share his passion for this game with a crazy name!

SEC	DATE	TIME	FEE
A	09/11 - 09/25 (M)	6:30 - 8:30 PM	\$110
B	10/16 - 10/30 (M)	6:30 - 8:30 PM	\$110

Location: Anthony Recreation Center, 2415 Browning Ave

RECREATION & FITNESS



Burlesque Chair Dance.

Beginning Fencing

23CRF21Z

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
08/21 - 12/04 (M)	7:00 - 8:30 PM	\$60 - has equipment
(No class 11/20)		\$93 - use instructor's

Location: KSU West Stadium Rm 117, 704 Denison Ave

Paper Towel Workout

23CRF245

If you are looking to tone your biceps, pick up one or two paper towel rolls. We will start with arms curls and tricep extensions working up to increasing resistance by using water-soaked rolls. Don't worry if you drop the roll on your bare feet they are injury-proof.

DATE	TIME	FEE
10/02 - 12/04 (M)	5:30 - 6:00 PM	\$30

Location: 1221 Thurston St



RECREATION & FITNESS

Beginning Tennis

23CRF164Z

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	09/18 - 12/04 (M) (No class 11/20)	1:00 - 2:30 PM	\$99
B	09/19 - 12/05 (T) (No class 11/21)	1:00 - 2:30 PM	\$99

Location: Body First, 3615 Claflin Rd

Intermediate Bowling

23CRF168Z

This intermediate bowling course will include lessons on the three factors of rolling the ball: ball weights and how they affect the path down the lane; how different ball surfaces affect ball reaction; and differences in ball cover stocks, counter weights, and balance holes. Students will learn how to play different lane conditions, how that affects the ability to score, and how to make lane adjustments. Advanced bowling terminology, the history of the game of bowling, and governing bodies will be discussed in class. There will be videotaping of the student bowler for review and to document progress. Available for KSU credit. Ages 16+.

Instructor: Chris Srackangast

DATE	TIME	FEE
08/21 - 12/04 (M) (No class 11/20)	2:30 - 3:20 PM	\$80

Location: KSU Student Union - Bowling Alley

Follow UFM



Scuba Diving

23CAQ105Z

This course prepares students for 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 \$115 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	08/21 - 10/08 (M/Su) (No class 9/04)	Times vary	\$257
B	10/16 - 12/03 (M/Su)	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



Bowling at the KSU Student Union.



SELF-DEFENSE

Women's Self-Defense

23CHW118Z

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

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.



Women's Self-Defense instructor and student.

DATE	TIME	FEE
10/01 - 10/29 (Su)	1:00 - 4:00 PM	\$199

Location: KSU West Stadium Rm 117, 704 Dension Ave

Tae Kwon Do I

23CMA01Z

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
08/29 - 12/07 (T/Th) (No class 11/21, 11/24)	5:30 - 6:30 PM	\$72

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

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Judo I

23CMA08Z

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. Available for KSU credit. Ages 16+.

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

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

DATE	TIME	FEE
08/22 - 12/05 (T) (No class 11/21)	5:30 - 7:00 PM	\$84

Location: KSU West Stadium Rm 117, 704 Dension Ave



SELF-DEFENSE

Adult Beginner Boxing

23CMA26

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 16+ may participate!

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

SEC	DATE	TIME	FEE
A	08/21 - 09/13 (M/W)	6:30 - 7:30 PM	\$60
B	09/18 - 10/11 (M/W)	6:30 - 7:30 PM	\$60
C	10/16 - 11/08 (M/W)	6:30 - 7:30 PM	\$60
D	11/13 - 12/06 (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

23CYO149

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 6 - 15 years old may participate!

Instructor: Pedro Marquez, koboxingusa@gmail.com

SEC	DATE	TIME	FEE
A	08/21 - 09/13 (M/W)	4:30 - 5:30 PM	\$60
B	09/18 - 10/11 (M/W)	4:30 - 5:30 PM	\$60
C	10/16 - 11/08 (M/W)	4:30 - 5:30 PM	\$60
D	11/13 - 12/06 (M/W)	4:30 - 5:30 PM	\$60

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



Boxing gloves.

The Manhattan Self-Defense Project Level 1

NEW!

23CMA30

This consists of the 16 fists (body parts to hit with) and 20 preset self-defense techniques, which will be done repeatedly. We have found that it will take the average student two semesters to get the techniques down. This is an intermediate level class, in our view. Students should have some experience in self-defense or martial arts.

Instructor: Stan Wilson, (785) 313-5488, Stan has been doing martial arts since 1970. He has black belts in jujutsu and kung fu.

DATE	TIME	FEE
09/11 - 10/02 (M)	7:00 - 8:00 PM	\$41

Location: UFM Solar Addition, 1221 Thurston St

The Manhattan Self-Defense Project Level 2 Phase 1

NEW!

23CMA30A

DATE	TIME	FEE
09/07 - 12/07 (Th)	7:00 - 8:00 PM	\$41

Location: UFM Solar Addition, 1221 Thurston St



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PERSONAL INTEREST

Discussions on

NEW!

Foundations for Being Alive Now 23CPI220

"Across my life of conversation I have seen that wisdom and wholeness emerge in moments like this — when human beings have to hold seemingly opposing realities in a creative tension and interplay." - Krista Tippett. During each of four class sessions we will listen to a short podcast by Krista Tippett and then discuss how we can use the ideas we glean to make our world a better place. Expect rich discussions about seeing the generative story of our time, living the questions, becoming "critical yeast," and calling and wholeness.

Instructor: Judy Nickelson, judynickelson@gmail.com
Judy Nickelson enjoys discussing interesting and important topics with other people who desire the same.

DATE	TIME	FEE
09/10 - 10/01 (Su)	4:00 - 5:30 PM	\$24

Location: UFM Queer Liberation Commons,
1221 Thurston St

Philosophy of

Gurdjieff & Ouspensky

23CPI136

Explore the psychological system of the two Russian philosophers and teachers: GI Gurdjieff and Peter Ouspensky. Their philosophy joins Eastern traditions with Western needs by presenting a system of self-development grounded in verification through personal experience. Classes include discussion, self-observations, and reading aloud from Ouspensky's "A Psychology of Man's Evolution" (1950) and Gurdjieffian Maurice Nicoll's "Psychological Commentaries on the Teaching of Gurdjieff and Ouspensky."

Instructor: David Seamon
David Seamon studied with British J.G. Bennett and has been involved in the Gurdjieff/Ouspensky tradition since the early 1970s.

DATE	TIME	FEE
09/13 - 12/13 (W)	7:00 - 9:30 PM	\$43

Location: UFM Solar Addition, 1221 Thurston St

What's Up @ UFM

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



Queer Liberation

Community Workshops

23CPI217

Join the Manhattan Community in our monthly Queer Liberation Community Workshops! These democratically facilitated meetings are held for you to direct the course of the Queer Liberation Project. From course development and funding procurement to painting the walls and other fun activities, these workshops offer means to directly engage in progressive social activism through education.

Instructor: Aliah Mestrovich Seay, aliah@tryufm.org

DATE	TIME	FEE
09/25 - 11/27 (M)	7:00 - 8:30 PM	No Charge

Location: UFM Queer Liberation Commons,
1221 Thurston St



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YOUTH

Youth Beginner Boxing

23CYO149

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 6 - 15 years old may participate!

Instructor: Pedro Marquez, koboxingusa@gmail.com, Golden Gloves winner, bachelor's degree in Kinesiology, 10+ years boxing/coaching experience.

SEC	DATE	TIME	FEE
A	08/21 - 09/13 (M/W)	4:30 - 5:30 PM	\$60
B	09/18 - 10/11 (M/W)	4:30 - 5:30 PM	\$60
C	10/16 - 11/08 (M/W)	4:30 - 5:30 PM	\$60
D	11/13 - 12/06 (M/W)	4:30 - 5:30 PM	\$60

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

Kids Aerial Class

23CYO150

This is an aerial hammock class. The age ranges are best from 6-11. We will have your kids getting their energy out and swinging from the ceilings safely while learning aerial poses. Beyond 11 they are welcome to attend the children's class, but we find they may fit in better with an adult version of the class.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com
Little Apple Pilates is a fitness boutique that specializes in alternative fitness. Traditionally weightlifting and cardio such as running have been available to the masses. For those who need more instruction, personalized class workouts, and innovative methodologies, we are for you. People often joke that we provide workouts for people who don't like to workout. However, we also can give you an edge in your performance and biomechanics if you are concerned about injury prevention and care or if you have an injury. We are a small community where we know our students by name.

SEC	DATE	TIME	FEE
A	08/27 - 10/01 (Su)	1:30 - 2:00 PM	\$70
B	09/02 - 10/07 (Sa)	11:00 - 11:30 AM	\$70
C	10/08 - 11/12 (Su)	1:30 - 2:00 PM	\$70
D	10/14 - 11/18 (Sa)	11:00 - 11:30 AM	\$70

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

Minecraft Adventure

23CYO152

Joining the Minecraft club provides opportunities for children to complement schools by learning the same school materials in virtual worlds, allowing them to construct their understanding and learning using problem-solving, self-direction, and collaboration. Not only that but Playing Minecraft can also develop STEM skills (Science, Technology, Engineering, and Mathematics). Our Minecraft adventure club allows children to play on a safe and private server with their peers using Minecraft Education Edition! Kids get to do awesome things together. Bonus: Snacks are provided. Students earn a badge after completing the whole lessons.

Here are some lessons we do together in the course.

- * Aquatic Adventures
- * Language Arts
- * Social Studies
- * Mathematics
- * Science
- * Visual Arts

Instructor: Ameerah Alfaiakawi,
ameerahalfaiakawi@gmail.com

DATE	TIME	FEE
09/02 - 09/23 (Sa)	10:00 AM - Noon	\$148

Location: UFM Queer Liberation Commons,
1221 Thurston St



PINK Diamonds**NEW!****23CYO178**

Girl...STOP! is a program of activities that will assist youth development professionals in empowering girls and is one of many empowering programs we offer to build up our girls to be the best they can be. We follow our girls from age 9-24 years old. As they become Empowerment Specialist. They are able to share the challenges and successes with others to help them in their strive to become successful women in society. Current Program recommended for age 9-11 years old.

Instructor: Pamela Green Nealey

Pamela Green Nealey Creator and CEO born and raised in Chicago. Moved to Atlanta at age 23 and begin to work with girls to help them know their self-worth, this gave her the nickname: "GIRL GURU"

DATE	TIME	FEE
09/05 - 11/07 (T)	6:15 - 7:15 PM	\$133

Location: UFM Fireplace Room, 1221 Thurston St.

Violin Tutorial for Beginners**NEW!****23CYO179**

Violin Tutorial is a one-time class for beginners. Students will work on their violin bow hold and posture. It is required that students provide their own violin. Ages 5-18 years old.

Instructor: Elham Salehi

DATE	TIME	FEE
08/29 (T)	4:00 - 5:30 PM	TBD

Location: UFM Solar Addition, 1221 Thurston St

Violin Tutorial for Beginners**NEW!****23CYO180**

Violin Tutorial is a class for beginners. Students will work on getting ready to play your violin, practice body, and strings. It is required that students provide their own violin and practice book. Ages 5-18 years old.

Instructor: Elham Salehi

DATE	TIME	FEE
09/05 - 09/26 (T)	4:00 - 5:30 PM	TBD

Location: UFM Solar Addition, 1221 Thurston St

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

Violin Tutorial for Beginners**NEW!****23CYO181**

Violin Tutorial is a class for beginners. Students will work on tuning their violin and scales D, G, & A. It is required that students provide their own violin and practice book. Ages 5-18 years old.

Instructor: Elham Salehi

DATE	TIME	FEE
10/10 - 10/31 (T)	4:00 - 5:30 PM	TBD

Location: UFM Solar Addition, 1221 Thurston St

Honey Bee Hive**NEW!****23CYO184**

We will be busy little bees creating our hives using recycled materials from nature and manmade. Buzz on over to see your fingerprints and creativity come to life. Ages 3-6 years old.

Instructor: Melinda Keeling

Melinda Keeling believes in the power of art for all ages. She encourages wee artists to playfully express their natural ability to be free and create. Her adult artist friends, whether seasoned or exploring a new affection, experience and share the treasure of art. Melinda's passion for art has always been present and for over 25 years she has been sharing art with family and friends. She is fond of bringing an eclectic approach and loves to uncover each person's talent. She believes, "Visual beauty is not only a means of creative expression and enjoyment, but a universal means of communication."

DATE	TIME	FEE
08/30 (W)	10:00 AM - Noon	\$45

Location: Green Valley Community Center,
3770 Green Valley Rd.



TEEN MENTORING

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



Scribblers

NEW!

23CYO182

An art experience with my best friend! The toddler and their accompanying adult will explore the exhilaration of art scribbling together. A rich variety of mediums add to fun. Our goal will be for the toddler artist to gain a sense of understanding through art, and satisfaction by living in their moment. (all supplies included). Ages 3-6 years old.

Instructor: Melinda Keeling

SEC	DATE	TIME
A	10/02 (M)	9:00 - 10:00 AM
B	10/09 (M)	9:00 - 10:00 AM
C	10/16 (M)	9:00 - 10:00 AM
D	10/23 (M)	9:00 - 10:00 AM

Fee: \$94 - 1 child; \$145 - Parent & child

Location: Green Valley Community Center,
3770 Green Valley Rd.

Christmas Angel

NEW!

23CYO182

Nothing speaks more love to the heart than a child's precious footprint. Our young artists will be foot-printed with help and then they will embellish their print. The angel masterpiece will be paper matted and ready for you to frame as an 8x10. It can be your treasured wall art, a grandparents Christmas gift or more. All supplies included. Ages 3-6 years old.

Instructor: Melinda Keeling

DATE	TIME	FEE
12/06 (W)	10:00 AM - Noon	\$45

Location: Green Valley Community Center,
3770 Green Valley Rd.

Stamping Fall and Halloween

NEW!

Greeting Cards & Projects

23CCF358

We will make three fall and Halloween greeting cards or paper projects. Children age 7 and older are welcome to come with an adult. This is a fun activity to do with a child or grandchild.

Instructor: Melinda Sinn, kittencreekfarm@gmail.com

Melinda Sinn has been stamping and making greeting cards and paper products for over 25 years and enjoys sharing this craft with others.

DATE	TIME	FEE
09/28 (Th)	6:00 - 8:00 PM	\$25

Location: UFM Solar Addition, 1221 Thurston St



Greeting cards (final projects will vary).

Stamping Holiday Cards and Projects

NEW!

23CCF359

We will make three holiday cards for Thanksgiving and Christmas. Stamping is a great craft to share with your children or grandchildren. Children age 7 and older are welcome accompanied by an adult.

Instructor: Melinda Sinn, kittencreekfarm@gmail.com

DATE	TIME	FEE
11/02 (Th)	6:00 - 8:00 PM	\$25

Location: UFM Solar Addition, 1221 Thurston St

Community Sing Along with Mr. Dave Atchison (The Music Man) and Friends

NEW!

23CCF434

Join Mr. Dave Atchison and friends for this unique music experience in which we can learn a few music skills followed by a community sing along. Bring your family and friends to support UFM community learning and engagement through music making. All proceeds of this experience will go to STEAM youth scholarships in our UFM After school program. Dave Atchison is a music maker and storyteller who has delighted youth and adult audiences in the community over the course of his lifetime. You can find him teaching K-6 graders during the week at Oliver Brown School, working in the garden, and singing and playing musical instruments at the Manhattan Farmer's Market on Saturdays. Connecting our hearts and minds through music is what Mr. Atchison does best. Bring a good mood, blanket or chair.

*Donation for UFM is highly appreciated! Suggested Donation: \$50 per family, \$25 per couple, or \$15 per individual

Instructor: Dave Atchison

DATE	TIME	*FEE
09/21 (Th)	7:00 - 8:30 PM	See Description/ Donation

Location: UFM Peace Garden, 1221 Thurston St
(In case of rain, class will be held in the UFM Fireplace Room)



UFM K-6 After School Program

Creative Explorers: Art, Tutoring, and Science Adventures

Join our engaging 11-week After School Program, where we cultivate a community of peacemakers, empowering youth and fostering their social, emotional, and community awareness skills. Our program is tailor-made for elementary school youth (grades K-6) who seek educational support in math and reading who also may want to explore science and art activities. Operated by dedicated community volunteers with extensive training and UFM core staff, our program offers a unique blend of artistic exploration and academic reinforcement. By creating integrated culturally responsive learning environments, youth just learn better!

Our program caters to both individual learning needs and team-building activities, ensuring a well-rounded educational experience with brain breaks, and -visual, kinesthetic, and auditory learning to diversify the educational experience. To maintain a high-quality learning environment, all students will initially be placed on a waitlist while we assess program eligibility and determine the optimal tutor-to-student ratio.

We also rely on the generous support of donations to fund and expand our program offering needs-based scholarships to youth in our program. If you would like to contribute and make a difference, please visit our donation page at <https://tryufm.org/donate/> or contact our office at 785.539.8763. Don't miss this opportunity to nurture the youth in your community as they develop their artistic talents, academic skills, and community spirit.

UFM is a Qualified Education Service Provider (QESP) with the Kansas Education Enrichment Program (KEEP). KEEP "provides qualifying parents and guardians with a \$1,000 award per eligible child to pay for a variety of educational goods and services that promote learning recovery and facilitate academic enrichment opportunities."



Join our After School Program today and be a part of our journey toward academic achievement, social-emotional learning, and personal empowerment!

Instructors: Jackie Hernandez, Mia Mondragon, & Kassandra Moreno, kassandra@tryufm.org. All three instructors are UFM staff and pursuing their degrees at Kansas State University in the education and child therapy areas.

Please make sure to enroll in the correct session from 4:00 - 6:00 PM:

- Session A: Arts and Sciences on Mondays and Wednesdays - Session B: Math and Reading on Tuesdays and Thursdays
- Session C: Arts, Sciences, Math, Reading on Mondays, Tuesdays, Wednesdays, and Thursdays

Location: UFM Teaching & Learning Rm, 1221 Thurston St



Programa extracurricular UFM K-6

Exploradores Creativos: Arte, Tutorías y Aventuras Científicas

Únete a nuestro cautivador After School Program: Creative Explorers: Art, Tutoring, and Science Adventures de 11 semanas, donde cultivamos una comunidad de pacificadores, empoderando a los jóvenes y fomentando sus habilidades sociales, emocionales y de conciencia comunitaria. Nuestro programa está diseñado especialmente para jóvenes de escuela primaria (grados K-6) que buscan apoyo educativo en matemáticas y lectura y que también desean explorar actividades de ciencias y arte. Operado por voluntarios dedicados de la comunidad con una amplia formación y personal principal de UFM, nuestro programa ofrece una combinación única de exploración artística y refuerzo académico. ¡Al crear entornos de aprendizaje integrados culturalmente responsivos, los jóvenes simplemente aprenden mejor!

Nuestro programa atiende tanto a las necesidades de aprendizaje individuales como a las actividades de trabajo en equipo, asegurando una experiencia educativa integral con pausas para descansar la mente y estilos de aprendizaje visual, kinestésico y auditivo para diversificar la experiencia educativa. Para mantener un entorno de aprendizaje de alta calidad, todos los estudiantes serán inicialmente colocados en una lista de espera mientras evaluamos la elegibilidad para el programa y determinamos la relación óptima de tutores a estudiantes.

UFM es un Proveedor de Servicios de Educación Calificado (Qualified Education Service Provider - QESP) con el Programa de Enriquecimiento Educativo de Kansas (Kansas Education Enrichment Program - KEEP). KEEP "brinda a los padres y tutores que califiquen una subvención de \$1,000 por cada niño elegible para pagar una variedad de bienes y servicios educativos que fomenten la recuperación del aprendizaje y faciliten oportunidades de enriquecimiento académico".



También contamos con el generoso apoyo de donaciones para financiar y expandir nuestra oferta de becas basadas en las necesidades de los jóvenes en nuestro programa. Si deseas contribuir y marcar la diferencia, visita nuestra página de donaciones en <https://tryufm.org/donate/> o contacta nuestra oficina al 785.539.8763. ¡No pierdas esta oportunidad de fomentar el crecimiento de los jóvenes en tu comunidad mientras desarrollan sus talentos artísticos, habilidades académicas y espíritu comunitario!

¡Únete a nuestro After School Program: Creative Explorers: Art, Tutoring, and Science Adventures hoy mismo y forma parte de nuestro viaje hacia el logro académico, el aprendizaje socioemocional y el empoderamiento personal!

Instructores: Jackie Hernández, Mia Mondragón y Kassandra Moreno, Los tres instructores son miembros del personal de UFM y están cursando sus estudios en la Universidad Estatal de Kansas en las áreas de educación y terapia infantil.

Asegúrate de inscribirte en la sesión correcta de 4:00 a 6:00 PM:

- Sesión A: Artes y Ciencias los lunes y miércoles.
- Sesión B: Matemáticas y Lectura los martes y jueves.
- Sesión C: Artes, Ciencias, Matemáticas y Lectura los lunes, martes, miércoles y jueves.

Ubicación: UFM, 1221 Thurston St.



YOUTH TENNIS

Pre-K Tennis (Ages 4 - 6)

23CYT1

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.

Instructor: Body First Staff

SEC	DATE	TIME
A	09/05 - 09/28 (T/Th)	4:55 - 5:30 PM
B	10/03 - 10/26 (T/Th)	4:55 - 5:30 PM
C	10/31 - 11/12 (T/Th)	4:55 - 5:30 PM
D	11/28 - 12/14 (T/Th)	4:55 - 5:30 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A & B: \$68 - Tuesdays, \$68 - Thursdays, \$89 - Tu & Th

C & D: \$54 - Tuesdays, \$54 - Thursdays, \$70 - Tu & Th

Location: Body First, 3615 Claflin Rd

Red Ball Tennis (Kindergarten - Age 8) 23CYT2

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. Scholarships are available. Please visit tryufm.org/scholarships.

Instructor: Body First Staff

SEC	DATE	TIME
A	09/05 - 09/28 (T/Th)	5:30 - 6:10 PM
B	10/03 - 10/26 (T/Th)	5:30 - 6:10 PM
C	10/31 - 11/16 (T/Th)	5:30 - 6:10 PM
D	11/28 - 12/14 (T/Th)	5:30 - 6:10 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A & B: \$76 - Tuesdays, \$76 - Thursdays, \$116 - Tu & Th

C & D: \$60 - Tuesdays, \$60 - Thursdays, \$90 - Tu & Th

Location: Body First, 3615 Claflin Rd

Body First is proud
to sponsor the
Manhattan Cross Country Club
and the
Speedy PD race
for Parkinson's Disease

Body First



🖐️ Massage Therapy

🖐️ Personal Training

🖐️ Tennis for all ages

🖐️ Fitness Center

🖐️ Indoor Tennis Courts



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www.bodyfirst.com



YOUTH TENNIS

Orange Ball Tennis (Ages 9-10)

23CYT3

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.

Instructor: Body First Staff

SEC	DATE	TIME
A	09/05 - 09/28 (T/Th)	6:15 - 7:15 PM
B	10/03 - 10/26 (T/Th)	6:15 - 7:15 PM
C	10/31 - 11/16 (T/Th)	6:15 - 7:15 PM
D	11/28 - 12/14 (T/Th)	6:15 - 7:15 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A & B: \$92 - Tuesdays, \$92 - Thursdays, \$140 - Tu & Th

C & D: \$72 - Tuesdays, \$72 - Thursdays, \$108 - Tu & Th

Location: Body First, 3615 Claflin Rd

NEW!

Please visit tryufm.org for additional Youth Tennis classes! There are new offerings for Pre-K Tennis for Homeschoolers, Red Ball Tennis for Homeschoolers, Orange Ball Tennis for Homeschoolers, Green Group Tennis for Homeschoolers, & Teen Tennis for Homeschoolers.

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 or 785.539.8763.

Green Group Tennis (Ages 11-13)

23CYT4

This class is designed for beginner and intermediate level players ages 11-13. 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 recommended for best reinforcement and progression of tennis skills. Please visit tryufm.org/scholarships.

Instructor: Body First Staff

SEC	DATE	TIME
A	09/08 - 09/29 (M/F)	6:00 - 7:15 PM
B	10/02 - 10/27 (M/F)	6:00 - 7:15 PM
C	10/30 - 11/17 (M/F)	6:00 - 7:15 PM
D	11/27 - 12/15 (M/F)	6:00 - 7:15 PM

FEES: *Select Mondays OR Fridays OR Both*

A: \$87 - Mondays, \$112 - Fridays, \$150 - M & F

B: \$112 - Mondays, \$112 - Fridays, \$168 - M & F

C & D: \$87 - Mondays, \$87 - Fridays, \$129 - M & F

Location: Body First, 3615 Claflin Rd

Teen Tennis (Ages 13-17)

23CYT5

Gives teens the opportunity to improve, and develop tennis skills in a low pressure, fun environment. Perfect for youth players wanting who are coming back to tennis, those wanting to try out for their school tennis team for the first time, or those who are wanting to learn to play the game of tennis. Scholarships are available. Please visit tryufm.org/scholarships.

Instructor: Body First Staff

SEC	DATE	TIME
A	09/08 - 09/29 (M/F)	4:45 - 6:00 PM
B	10/02 - 10/27 (M/F)	4:45 - 6:00 PM
C	10/30 - 11/17 (M/F)	4:45 - 6:00 PM
D	11/27 - 12/15 (M/F)	4:45 - 6:00 PM

FEES: *Select Mondays OR Fridays OR Both*

A: \$87 - Mondays, \$112 - Fridays, \$150 - M & F

B: \$112 - Mondays, \$112 - Fridays, \$168 - M & F

C & D: \$87 - Mondays, \$87 - Fridays, \$129 - M & F

Location: Body First, 3615 Claflin Rd



These Recreation, Dance, and Fitness Credit courses are offered for KSU credit through the K-STATE GLOBAL CAMPUS with the cooperation of various Kansas State University departments.

- Enroll on KSIS at <http://ksis.k-state.edu>. When you find the class you are interested in, write down the class number. You will need this to enroll through KSIS.
- For full class description and information visit www.tryufm.org
- Student Access Center. A student with a disability who wishes to request accommodations for a credit course should contact the Student Access Center (k-state.edu/accesscenter, (785)-532-6441, or email accesscenter@k-state.edu) and their course instructor. Early notification is requested to ensure that accommodations can be provided in a timely manner.
- Kansas State University Tuition and Fees: 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
<u>DANCE 599</u>			
14013 Yoga	10:30-11:30am	8/21-10/13 (M/W)	Online
14014 Yoga	10:30-11:30am	10/16-12/15 (M/W)	Online
16207 Yoga	4:30-5:30pm	8/21-10/13 (M/W)	Online
14015 Yoga	4:30-5:30pm	10/16-12/15 (M/W)	Online
<u>KIN 101</u>			
16731 Pole Fitness	2:30-3:30pm	8/21-10/13 (M/W)	LAP
16732 Pole Fitness	2:30-3:30pm	10/16-12/15 (M/W)	LAP
16733 Pole Silks	2:30-3:30pm	8/21-10/13 (T/TH)	LAP
16734 Pole Silks	2:30-3:30pm	10/16-12/15 (T/TH)	LAP
14462 Pole Fitness	4:30-5:30pm	8/21-10/13 (T/TH)	LAP
14461 Pole Fitness	4:30-5:30pm	10/16-12/15 (T/TH)	LAP
16344 Pole Fitness	4:30-5:30pm	8/21-10/13 (M/W)	LAP
16345 Pole Fitness	4:30-5:30pm	10/16-12/15 (M/W)	LAP
16342 Pole Fitness II	3:30-4:30pm	8/21-10/13 (M/W)	LAP
16343 Pole Fitness II	3:30-4:30pm	10/16-12/15 (M/W)	LAP
14832 Reformer Pilates	8:00-9:00am	8/21-10/13 (M/W)	LAP
14833 Reformer Pilates	8:00-9:00am	10/16-12/15 (M/W)	LAP
14835 Reformer Pilates	8:00-9:00am	8/21-10/13 (T/TH)	LAP
14828 Reformer Pilates	8:00-9:00am	10/16-12/15 (T/TH)	LAP
14029 Hot Pilates	12:00-1:00pm	8/21-10/13 (T/TH)	LAP
14028 Hot Pilates	12:00-1:00pm	10/16-12/15 (T/TH)	LAP
14032 Pilates	9:00-10:00am	8/21-10/13 (M/W)	LAP



Reference # - TITLE	TIME	DATE	LOCATION
<u>KIN 101 (continued)</u>			
14805 Pilates	9:00-10:00am	10/16-12/15 (M/W)	LAP
14033 Pilates	9:00-10:00am	8/21-10/13 (T/TH)	LAP
14031 Pilates	9:00-10:00am	10/16-12/15 (T/TH)	LAP
14045 Aerial Hammock	10:15-11:15am	8/21-10/13 (M/W)	LAP
14044 Aerial Hammock	10:15-11:15am	10/16-12/15 (M/W)	LAP
14041 Aerial Hammock	4:30-5:30pm	8/21-10/13 (M/W)	LAP
14040 Aerial Hammock	4:30-5:30pm	10/16-12/15 (M/W)	LAP
14463 Aerial Hammock Stretching & Floor Flexibility	5:30-6:30pm	8/21-10/13 (T/TH)	LAP
16231 Aerial Hammock Stretching & Floor Flexibility	5:30-6:30pm	10/16-12/15 (T/TH)	LAP
14043 Aerial Silks	10:15-11:15am	8/21-10/13 (T/TH)	LAP
14859 Aerial Silks	10:15-11:15am	10/16-12/15 (T/TH)	LAP
14047 Hot Yoga	12:00-1:00pm	8/21-10/13 (M/W)	LAP
14837 Hot Yoga	12:00-1:00pm	10/16-12/15 (M/W)	LAP
14030 Hot Yoga	6:30-7:30pm	8/21-10/13 (T/TH)	LAP
14836 Hot Yoga	6:30-7:30pm	10/16-12/15 (T/TH)	LAP
14855 Men's Yoga	1:15-2:15pm	8/21-10/13 (M/W)	LAP
14046 Men's Yoga	1:15-2:15pm	10/16-12/15 (M/W)	LAP
16234 Acro Yoga	1:15-2:15pm	8/21-10/13 (T/TH)	LAP
14042 Acro Yoga	1:15-2:15pm	10/16-12/15 (T/TH)	LAP
16232 Chair Dance Fitness	3:30-4:30pm	8/21-10/13 (M/W)	LAP
14464 Chair Dance Fitness	3:30-4:30pm	10/16-12/15 (M/W)	LAP
14830 Trampoline Cardio	3:30-4:30pm	8/21-10/13 (T/TH)	LAP
14829 Trampoline Cardio	3:30-4:30pm	10/16-12/15 (T/TH)	LAP
14831 Lyra Fitness	4:30-5:30pm	8/21-10/13 (T/TH)	LAP
14834 Lyra Fitness	4:30-5:30pm	10/16-12/15 (T/TH)	LAP
14238 Dance Fitness	5:30-6:30pm	8/21-10/13 (W/F)	LAP
14239 Dance Fitness	5:30-6:30pm	10/16-12/15 (W/F)	LAP
16214 Intro to Cross Fit	9:00-10:15am	8/21-10/13 (T/TH)	Crossfit 785
14056 Intro to Cross Fit	9:00-10:15am	10/16-12/15 (T/TH)	Crossfit 785
14060 Intro to Powerlifting	3:00-4:15pm	8/21-10/13 (T/TH)	Crossfit 785
14059 Intro to Powerlifting	3:00-4:15pm	10/16-12/15 (T/TH)	Crossfit 785
14057 Intro to Weightlifting	10:15-11:30am	8/21-10/13 (T/TH)	Crossfit 785
14058 Intro to Weightlifting	10:15-11:30am	10/16-12/15 (T/TH)	Crossfit 785
16215 5k-Half Marathon	1:00-2:15pm	8/21-10/13 (T/TH)	Crossfit 785
17024 5k-Half Marathon	1:00-2:15pm	10/16-12/15 (T/TH)	Crossfit 785

RRES 200

16942 First Aid/CPR/AED	12:00-7:30pm	8/26 & 8/27 (Sa/Su)	UFM
16940 First Aid/CPR/AED	12:00-7:30pm	9/16 & 9/17 (Sa/Su)	UFM
16939 First Aid/CPR/AED	12:00-7:30pm	9/30 & 10/1 (Sa/Su)	UFM
17259 First Aid/CPR/AED	12:00-7:30pm	10/7 & 10/8 (Sa/Su)	UFM
16941 First Aid/CPR/AED	12:00-7:30pm	10/14 & 10/15 (Sa/Su)	UFM
16943 First Aid/CPR/AED	12:00-7:30pm	11/4 & 11/5 (Sa/Su)	UFM
14105 Tae Kwon Do	5:30-6:30pm	8/29-12/7 (T/TH)	Sun Yi's Academy



Reference # - TITLE	TIME	DATE	LOCATION
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RRES 200 (continued)

17113 Beginning Fencing	7:00-8:30pm	8/21-12/8 (M)	West Stadium
14104 Women's Self Def	1:00-4:00pm	10/1-10/29 (SUN)	West Stadium
17260 Meditation & Movement	5:30-6:30pm	8/21-12/15 (M)	West Stadium
14049 Boxing 1	9:00-10:00am	8/21-10/13 (M/W)	K.O. Boxing
14142 Boxing 1	6:30-7:30pm	8/21-10/13 (M/W)	K.O. Boxing
14050 Boxing 1	9:00-10:00am	8/21-10/13 (T/TH)	K.O. Boxing
14143 Boxing 1	6:30-7:30pm	8/21-10/13 (T/TH)	K.O. Boxing
14144 Boxing 1	9:00-10:00am	10/16-12/15 (M/W)	K.O. Boxing
14146 Boxing 1	6:30-7:30pm	10/16-12/15 (M/W)	K.O. Boxing
14145 Boxing 1	9:00-10:00am	10/16-12/15 (T/TH)	K.O. Boxing
14147 Boxing 1	6:30-7:30pm	10/16-12/15 (T/TH)	K.O. Boxing
14139 Boxing 2	8:00-9:00am	8/21-10/13 (M/W)	K.O. Boxing
14861 Boxing 2	5:30-6:30pm	8/21-10/13 (M/W)	K.O. Boxing
14860 Boxing 2	8:00-9:00am	8/21-10/13 (T/TH)	K.O. Boxing
14141 Boxing 2	5:30-6:30pm	8/21-10/13 (T/TH)	K.O. Boxing
17130 Boxing 2	7:30-8:30pm	8/21-10/13 (T/TH)	K.O. Boxing
14683 Boxing 2	8:00-9:00am	10/16-12/15 (M/W)	K.O. Boxing
14862 Boxing 2	5:30-6:30pm	10/16-12/15 (M/W)	K.O. Boxing
14684 Boxing 2	8:00-9:00am	10/16-12/15 (T/TH)	K.O. Boxing
14863 Boxing 2	5:30-6:30pm	10/16-12/15 (T/TH)	K.O. Boxing
17131 Boxing 2	7:30-8:30pm	10/16-12/15 (T/TH)	K.O. Boxing
14135 Boxing 3	8:00-9:00am	8/21-10/13 (M/W)	K.O. Boxing
14148 Boxing 3	5:30-6:30pm	8/21-10/13 (M/W)	K.O. Boxing
14136 Boxing 3	8:00-9:00am	8/21-10/13 (T/TH)	K.O. Boxing
14149 Boxing 3	5:30-6:30pm	8/21-10/13 (T/TH)	K.O. Boxing
17132 Boxing 3	7:30-8:30pm	8/21-10/13 (T/TH)	K.O. Boxing
14150 Boxing 3	8:00-9:00am	10/16-12/15 (M/W)	K.O. Boxing
14152 Boxing 3	5:30-6:30pm	10/16-12/15 (M/W)	K.O. Boxing
14151 Boxing 3	8:00-9:00am	10/16-12/15 (T/TH)	K.O. Boxing
14153 Boxing 3	5:30-6:30pm	10/16-12/15 (T/TH)	K.O. Boxing
17133 Boxing 3	7:30-8:30pm	10/16-12/15 (T/TH)	K.O. Boxing
14154 Boxing 4	8:00-9:00am	8/21-10/13 (M/W)	K.O. Boxing
14138 Boxing 4	5:30-6:30pm	8/21-10/13 (M/W)	K.O. Boxing
14137 Boxing 4	8:00-9:00am	8/21-10/13 (T/TH)	K.O. Boxing
14155 Boxing 4	5:30-6:30pm	8/21-10/13 (T/TH)	K.O. Boxing
17134 Boxing 4	7:30-8:30pm	8/21-10/13 (T/TH)	K.O. Boxing
15658 Boxing 4	8:00-9:00am	10/16-12/15 (M/W)	K.O. Boxing
15660 Boxing 4	5:30-6:30pm	10/16-12/15 (M/W)	K.O. Boxing
15659 Boxing 4	8:00-9:00am	10/16-12/15 (T/TH)	K.O. Boxing
15661 Boxing 4	5:30-6:30pm	10/16-12/15 (T/TH)	K.O. Boxing
17135 Boxing 4	7:30-8:30pm	10/16-12/15 (T/TH)	K.O. Boxing
16739 Women's Boxing 1	4:30-5:30pm	8/21-10/13 (T/TH)	K.O. Boxing
16740 Women's Boxing 1	4:30-5:30pm	10/16-12/15 (T/TH)	K.O. Boxing
16741 Women's Boxing 2	6:30-7:30am	8/21-10/13 (M/W)	K.O. Boxing
16743 Women's Boxing 2	4:30-5:30pm	8/21-10/13 (T/TH)	K.O. Boxing
16742 Women's Boxing 2	6:30-7:30am	10/16-12/15 (M/W)	K.O. Boxing



Reference # - TITLE	TIME	DATE	LOCATION
<u>RRES 200 (continued)</u>			
16744 Women's Boxing 2	4:30-5:30pm	10/16-12/15 (T/TH)	K.O. Boxing
14129 Women's Boxing 3	6:30-7:30am	8/21-10/13 (M/W)	K.O. Boxing
14131 Women's Boxing 3	4:30-5:30pm	8/21-10/13 (T/TH)	K.O. Boxing
14130 Women's Boxing 3	6:30-7:30am	10/16-12/15 (M/W)	K.O. Boxing
14132 Women's Boxing 3	4:30-5:30pm	10/16-12/15 (T/TH)	K.O. Boxing
16748 Women's Boxing 4	6:30-7:30am	8/21-10/13 (M/W)	K.O. Boxing
14133 Women's Boxing 4	4:30-5:30pm	8/21-10/13 (T/TH)	K.O. Boxing
16749 Women's Boxing 4	6:30-7:30am	10/16-12/15 (M/W)	K.O. Boxing
14134 Women's Boxing 4	4:30-5:30pm	10/16-12/15 (T/TH)	K.O. Boxing
17060 Golf	11:00am-1:00pm	8/21-10/13 (W)	Stagg Hill Golf
14127 Golf	2:30-4:30pm	8/21-10/13 (W)	Stagg Hill Golf
17251 Archery	7:30-8:30pm	8/21-12/8 (T)	West Stadium
17252 Archery	8:35-9:35pm	8/21-12/8 (T)	West Stadium
14114 Beginning Bowling	10:30-11:20am	8/21-12/8 (M)	KSU Union
14115 Beginning Bowling	10:30am-11:20am	8/21-12/8 (T)	KSU Union
14117 Beginning Bowling	2:30pm-3:20pm	8/21-12/8 (T)	KSU Union
14119 Beginning Bowling	2:30-3:20 pm	8/21-12/8 (W)	KSU Union
14112 Intermediate Bowling	2:30-3:20 pm	8/21-2/8 (M)	KSU Union
16221 Scuba Diving	Various Times	8/21-10/8 (M/Su)	JC YMCA/Zoom
15547 Scuba Diving	Various Times	10/16-12/3 (M/Su)	JC YMCA/Zoom
14156 Beginning Tennis	1:00-2:30pm	9/18-12/4(M)	Body First
14157 Beginning Tennis	1:00-2:30pm	9/19-12/5 (T)	Body First
16472 Beginner Tumbling	11:00am-12:30pm	8/21-10/13 (T/TH)	Paragon
16473 Beginner Tumbling	11:00am-12:30pm	10/16-12/15 (T/TH)	Paragon
16474 Back Handspring and Above	1:00-2:30pm	8/21-10/13 (T/TH)	Paragon
16481 Back Handspring and Above	1:00-12:30pm	10/16-12/15 (T/TH)	Paragon
16482 Ninja Movement	3:00-4:30pm	8/21-10/13 (T/TH)	Paragon
16483 Ninja Movement	3:00-4:30pm	10/16-12/15 (T/TH)	Paragon

In-person locations:

- Body First Wellness & Recreation Center, 3615 Claflin Rd
- Crossfit Rm 785, 511 Richards Drive
- 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
- KSU Student Union, Union Bowling Alley, KSU Campus
- LAP, Little Apple Pilates Co., 121 S. 4th St. Suite 106 (next door to Wine Dive)
- Paragon Performance Sports, 4701 Stagg Hill Rd
- Red Oak Hollow Lathe Works, 4025 Walnut Creek Dr., Wamego, KS
- Stagg Hill Golf Club, 4441 Stagg Hill Rd
- Sun Yi's Academy, 1125 Laramie Plaza, Suite H
- UFM, 1221 Thurston St (UFM Community Learning Center)
- West Stadium, Rm 117, 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 that 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.

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 accommodations should call (785) 539-8763 to make arrangements for classroom accessibility. All classrooms at UFM require the use of stairs, with the exception of the Solar Addition, which has no stairs. If you cannot use stairs and your class is held in a room other than the Solar Addition, please contact us as soon as possible so that accommodations can be provided in a timely manner.

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

DONATIONS

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

ABOUT KSU CREDIT COURSES

CREDIT CLASS ENROLLMENT

K-State students enroll through KSIS. For credit enrollment questions, contact Samantha, sam246@ksu.edu or Erin, eford23@ksu.edu at UFM.

KANSAS STATE UNIVERSITY TUITION AND FEES FALL 2023 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 fee rates are available at k-state.edu/costs.

Choose your campus at:

<https://www.k-state.edu/finsvcs/cashiers/costs/comprehensive-tuition-fee-schedules/> then view tuition/fee information specific to your enrollment plans. You may also view the University-wide Fall 2023/Spring 2024/Summer 2024. Comprehensive Fee Schedule for complete details at: <https://www.k-state.edu/finsvcs/cashiers/costs/comprehensive-tuition-fee-schedules/documents/2023-2024/FY24-KSU-Comprehensive-Fee-Schedule.pdf> which includes rates specific to cohort-based programs and specialty programs.

STUDENT ACCESS CENTER

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

INCLEMENT WEATHER POLICY

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

CREDIT AND NONCREDIT LIABILITY STATEMENT

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

Follow UFM

CONTACT US

Phone: (785) 539-8763
Email: info@tryufm.org



REGISTRATION FORM



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



Student Name _____ Email _____
Address _____ City _____ State _____ Zip _____
Day Phone (_____) _____ Evening Phone (_____) _____
Parent's name if student is under age 18 _____ Age if under 18 _____
Participant Statistics: K-State Student _____ K-State Faculty/Staff _____ Fort Riley _____ Other _____
Age Group: 18-24 _____ 25-59 _____ 60+ _____

23CYO150	B	Kids Aerial Class	70.00

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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Fall 2023 Catalog



To enroll please visit tryufm.org or call (785) 539-8763.