

UFM puts the **community** in education.



UFM

a University For huMankind



a look
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UFM **SPRING** 2026 COURSE CATALOG

tryufm.org



ufm

COMMUNITY
LEARNING
CENTER

UFM is honored to receive an international award from LERN (Learning Resources Network), a nonprofit educational association founded in 1974. LERN was headquartered at UFM in the 1970s and 1980s and has since played a vital role in supporting community and continuing education worldwide. With an enduring mission of “extending lifelong learning to all,” LERN remains committed to education as a driver of positive change. UFM is proud to offer LERN online classes—explore more than 200 offerings in our catalog and online.



www.lern.org · 800-678-5376 · info@lern.org

For Immediate Release

UFM Wins International Award

UFM has won an International Award in community education for its creation of target marketing by the Learning Resources Network (LERN), the leading association in community education.

Dr. Aliah Seay, Executive Director, accepted the award. The award was only one of eleven given at LERN’s big annual conference recently attended by over 1,400 professionals in lifelong learning from three countries.

“The award is for innovation in the field of lifelong learning and serving communities,” noted LERN President William A. Draves. “These awards enhance the quality and involvement in lifelong learning, an absolutely critical component to individual and community quality of life and prosperity in this century,” he noted.

In announcing the award, Draves noted, “In the 1980s UFM decided to find out at a neighborhood level where their participants lived. They created the origin of target marketing for our field. Historically, UFM has been a founder of the modern lifelong learning movement. And UFM continues to this day to be a model for community education.”

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For more information, contact Jordan Kivley, Membership Services Coordinator, at jordan@lern.org

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UFM SPRING 2026 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!

Ayumi Amama	Jayme Morris-Hardeman
Michael Amama	Debbie Newton
Danielle Andrews-Butterfield	Joshua Norris
Mike Bane	Terry Olson
Sam Bane	Gloria Park
Carol Barta	Terri Pearson
Jessa Baxter	Kristen Philip
Tracey Bearman	Little Apple Pilates
Tom Boley	Mariah Raybern
Cary Chappell	Paige Romaine
Craig Coffman	Lisa Rubin
Melissa Copp	Jessica Schierkolk Long
Carlos Cordero	Katherine Schlageck
Lauren Darrah	Karen Schroeder
Stephanie Drake	John Schwartz
Angela Durtschi	Vaishali Sharda
Gregg Eyestone	Lucas Shivers
Gary Ferguson	Robert Smith
Dennis Fike	Peakform Sports
Monica Franco	Neal Strathman
Ana Franklin	Cricket Thurston
Lisa Hatt	Andrea Vinson
Gaige Huber	Dawson Wagner
Jake Huber	Rachel Wahle
Mindy Huber	Lisa Ward
Felicia Lochmiller	Stan Wilson
Sue Maes	Tiffany Wood
Josie Mason	Kelly Yarbrough
Pedro Melendez	Voices For All, LLC
Aliah Mestrovich Seay	

UFM STAFF

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MOLLIE FAGER Student Assistant
JAKE HUBER Community Education Program Administrator
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SAMANTHA LOVITT Marketing & Program Administrator
GAVIN MOORE Student Program Assistant
PAMELA GREEN NEALEY Teen Mentoring Coordinator
DAMARYS NIETO-MARTINEZ Bilingual Student Assistant
MELISSA RICKEL-MORRILL Manhattan Area Risk Prevention Coalition
DR. ALIAH MESTROVICH SEAY Executive Director

Cover photo: UFM's Lifetime Learning program celebrates lifelong curiosity and personal growth for adults ages 50+. Classes and events encourage connection, exploration, and continued engagement through social, cultural, and intellectual experiences. While designed with older adults in mind, all ages are welcome. Visit page 33 for Lifetime Learning classes.

Catalog layout & design by Samantha Lovitt
(Marketing & Program Administrator, K-State).

BOARD OF DIRECTORS

Chair Carol Barta	Treasurer Ryan Wilson
Vice Chair Corey Williamson	President & CEO Aliah Mestrovich Seay
Secretary Millie Schroeder	

Ayumi Amama	Jurdene Coleman	Andrea Tiede
Mac Benavides	Drew Pearl	Jennifer Wilson

Hey Community!

Guess what? I am pleased to announce that UFM is expanding to serve neighboring counties in 2026 to provide community enrichment and personal development programming which supports local people, local knowledge, and community-engaged education. For the Spring catalog, you will find additional community classes in Pottawatomie, Geary, and Clay counties.

UFM delivers a creative education program based in Manhattan serving communities across the state of Kansas. UFM has provided community enrichment and personal development learning opportunities for all ages and interests since 1968. UFM programming provides a forum for the exchange of ideas and as a catalyst for new programs and services that enhance the quality of life for all and support the land-grant mission of bringing resources and research to the people of Kansas.

In support of community-engaged education, we partner with key stakeholders: visitor centers, chambers of commerce, the VA of Eastern Kansas, Business Network International (BNI) Flint Hills Power Team, K-State Extension units, local businesses and more. In this catalog, you will find county pages showcasing this expansion and also highlighting K-State Extension's free or affordable resources available to the community. If you have never heard of K-State Extension, or if it's been awhile since you've visited your local unit, this is a time to check out what is currently being offered to you locally as K-State Extension serves all 105 counties in Kansas.

Established by the Smith-Lever Act, Cooperative Extension was created to bring university-backed resources to the public, bridging academic expertise with community-driven solutions. Local Extension units offer affordable or free community resources such as Medicare counseling, Volunteer Income Tax Assistance (VITA), pesticide applicator tests, Radon test kits, soil and water testing, pressure canner testing as well as environmental testing. There are also 4-H youth development and Master Gardener programs, school enrichment, publication resources, as well as agriculture, horticulture, adult developing and aging, and family and consumer science consultations, programs, and services. For more information, visit your local K-State Extension units by going to the K-State Extension homepage at www.ksre.k-state.edu.

Land-grant resources are designed to ensure that research, education, and practical knowledge generated at Kansas State University directly benefits the people of Kansas, no matter where they live. As UFM expands its reach into neighboring counties, we are strengthening this land-grant mission by working closely with local stakeholders to identify and promote grassroots community instructors who understand the unique needs, interests, and strengths of their own communities. These partnerships help support workforce and economic development while making high-quality learning opportunities accessible to more Kansans. Check out our regional page with our key stakeholders on page 5.

For over 55 years, UFM has been proud to advance Kansas State University's land-grant mission through community enrichment and personal development programs and services - empowering individuals, strengthening communities, and ensuring that Kansans have the knowledge and tools they need to thrive. Let's see what we can dream up together to serve Kansans for the next 50 years!

In Community,



a University For huMankind

Dr. Aliah Mestrovich Seay
Executive Director

UFM Community Learning Center is a military-friendly organization, welcoming all service members and their families. Please visit page 29 for an exciting opportunity.

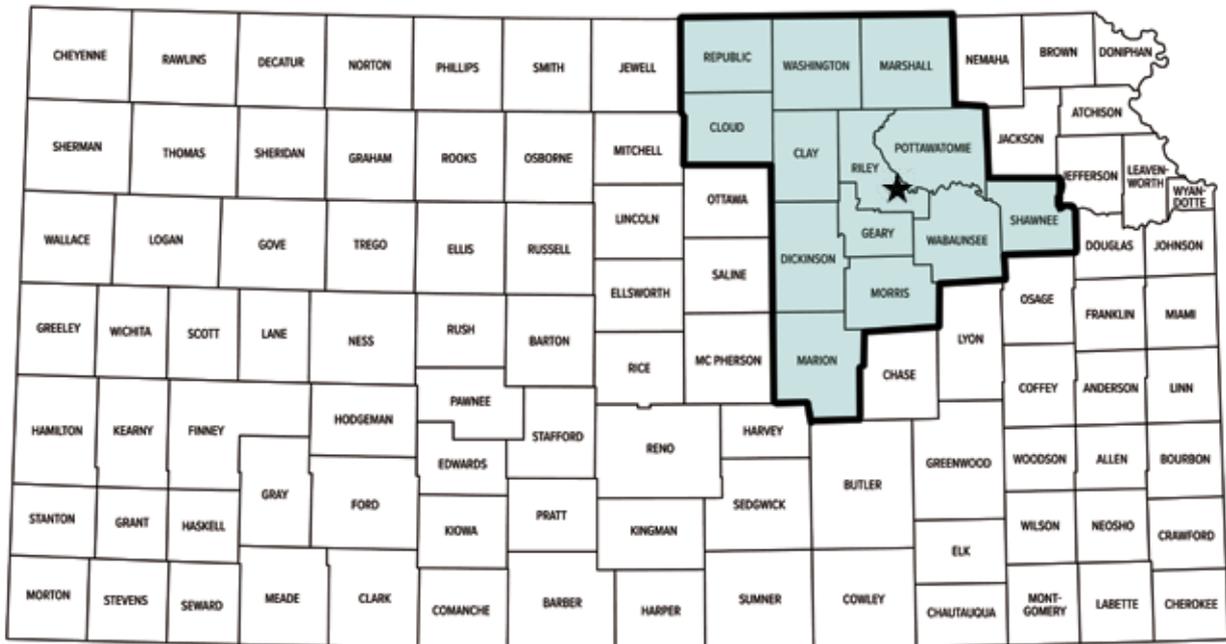
NORTHEASTERN EXPANSION

UFM is expanding to neighboring counties to support local people, local knowledge, and community-engaged education.

UFM is proud to support community-engaged education to continue advancing Kansas State University's land-grant mission through community enrichment and personal development programs and services - empowering individuals, strengthening communities, and ensuring that Kansans have the knowledge and tools they need to thrive.

Below is an area map with our key stakeholders.

Watch us grow together!



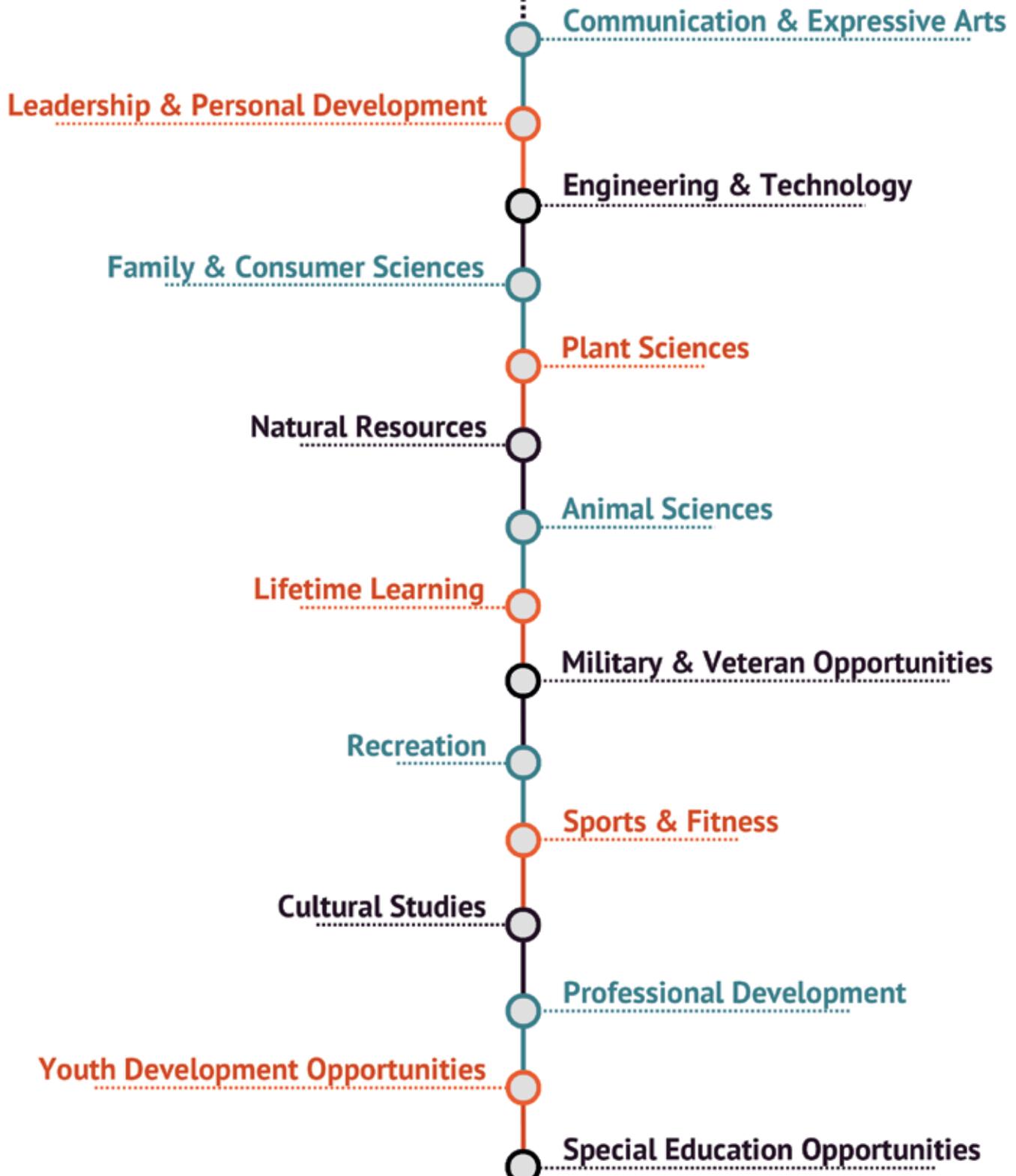
★ UFM Community Learning Center: www.tryufm.org

Key Stakeholders:

- Wildcat 91.9 Radio: www.wildcat919.com
- VA of Eastern Kansas: www.va.gov/eastern-kansas-health-care
- Manhattan Area Chamber of Commerce: www.manhattan.org
- Greater Manhattan Community Foundation: www.mcfks.org
- BNI Flint Hills Power Team: bit.ly/3KKaVOU
- Riley County Extension: www.riley.k-state.edu
- Wamego Area Chamber of Commerce: www.wamego.org/chamber
- Junction City Area Chamber of Commerce: www.junctioncitychamber.org
- Pottawatomie County Extension: www.pottawatomie.k-state.edu
- Shawnee County Extension: www.shawnee.k-state.edu
- River Valley District (Clay, Cloud, Republic, and Washington Counties): www.rivervalley.k-state.edu
- Chisolm Trail District: Dickinson & Marion Counties: www.chisolmtrail.k-state.edu
- Wabaunsee County Extension: www.wabaunsee.k-state.edu
- Marshall County Extension: www.marshall.k-state.edu



UFM Community Enrichment & Personal Development Class Categories



POTTAWATOMIE COUNTY

UFM is expanding to Pottawatomie County to support local people, local knowledge and community-engaged education.

Wine Tasting for Everyday Life - **NEW!** The Trilogy **26AFS16**

Enroll in the full trilogy or choose individual classes that interest you. See full class descriptions below.

Week 1: The Basics of Wine Tasting

Week 2: Couch Favorite Pairings

Week 3: Unexpected Pairings

Ages: 21+

Instructor: Kristen Philip, kristen@ozwinerykansas.com
Kristen has worked at Oz Winery since 2013 and will become its owner in 2026. She and her husband, Alec, are raising their family in Wamego, inspired by their community and the winery's creative, magical spirit.

DATE	TIME	FEE
02/27 - 04/24 (F)	6:00 - 8:00 PM	\$90

Location: Oz Winery, 417 Lincoln Ave, Wamego

Wine Tasting for Everyday Life: **NEW!** The Basics of Wine Tasting **26AFS38**

Explore the fundamentals of wine tasting in this approachable class that breaks down flavor profiles, aromas, and textures - perfect for beginners and enthusiasts alike.

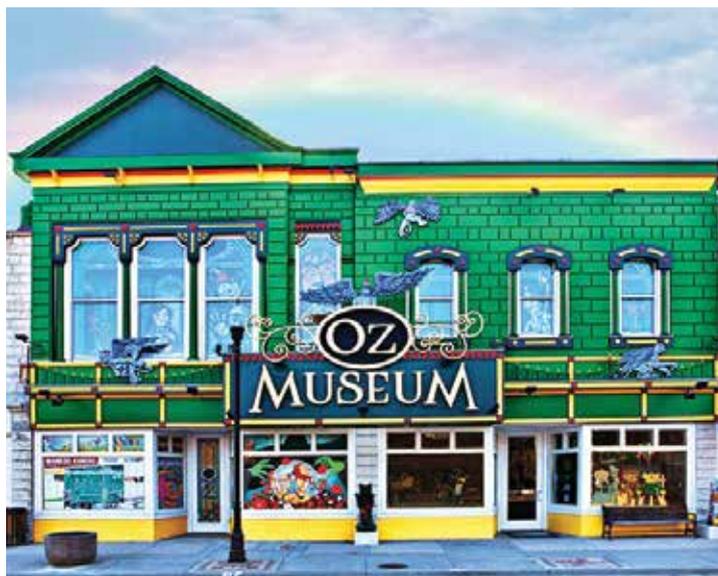
Instructor: Kristen Philip, kristen@ozwinerykansas.com

DATE	TIME	FEE
02/27 (F)	6:00 - 8:00 PM	\$30

Location: Oz Winery, 417 Lincoln Ave, Wamego



Wine tasting.



OZ Museum in Wamego. (Image source www.visitwamego.com)

Wine Tasting for Everyday Life: **NEW!** Couch Favorite Pairings **26AFS39**

From salty to sweet, discover how to pair your go-to snacks with the ideal wine. Learn to elevate everyday favorites straight from your cupboard.

Instructor: Kristen Philip, kristen@ozwinerykansas.com

DATE	TIME	FEE
03/27 (F)	6:00 - 8:00 PM	\$30

Location: Oz Winery, 417 Lincoln Ave, Wamego KS

Wine Tasting for Everyday Life: **NEW!** Unexpected Pairings **26AFS40**

Wine tasting is both an art and a science. This session explores creative and surprising pairings that bring out bold new flavors and leave a lasting impression.

Instructor: Kristen Philip, kristen@ozwinerykansas.com

DATE	TIME	FEE
04/24 (F)	6:00 - 8:00 PM	\$30

Location: Oz Winery, 417 Lincoln Ave, Wamego



Vinyasa & Vino

NEW!

26AFS37

Unwind with an evening of movement, mindfulness, and local flavor. Enjoy a guided Vinyasa flow followed by a tasting of Oz Winery's newest 2026-bottled wines—crafted right here in Wamego. Learn about the winery's history, explore the artistry behind each pour, and discover how the balance of yoga and wine can create the perfect harmony of relaxation and connection.

Instructors: Kristen Philip, kristen@ozwinerykansas.com, & Jessa Baxter, jessa.baxter@gmail.com

Kristen has worked at Oz Winery since 2013 and will become its owner in 2026. She and her husband, Alec, are raising their family in Wamego, inspired by its community and the winery's creative, magical spirit. Jessa, a pioneering yoga instructor and entrepreneur, fosters wellness and connection through her passion for helping others and building mindful, supportive communities.

DATE	TIME	FEE
05/01 (F)	6:00 - 8:00 PM	\$35

Location: Oz Winery, 417 Lincoln Ave, Wamego

From Grape to Glass:

The Art of Home Winemaking

NEW!

26AFS41

Ever wondered how your favorite wines are made? Join us for an introduction to the fundamentals of winemaking. We'll explore each step of the process - from fermentation and bottling to flavor balancing and aging - and share lessons learned from years of home experimentation. Whether you're a curious beginner or ready to start your own batch, from kits to full-scale production, you'll leave with the knowledge (and confidence) to create your own vintage at home. Class will include a tasting of local wine.

Instructor: Dennis Fike, dfike62@gmail.com

Dennis and Lou Ann are co-owners of Valley Trails Winery. They have been growing grapes for 6 years and making wine for 3 years on a commercial scale. They specialize in making wines from local Kansas-grown grapes.

SEC	DATE	TIME	FEE
A	02/05 (Th)	6:00 - 7:30 PM	\$30
B	03/05 (Th)	6:00 - 7:30 PM	\$30
C	04/02 (Th)	6:00 - 7:30 PM	\$30

Location: Valley Trails Winery, 11204 Flush Road, Westmoreland

Caring for Loved Ones with Special Needs:

The Caregiver's Legal Toolkit

26ASE03B

Caring for a loved one with special needs takes heart and careful planning. This class helps families understand the tools available to protect their loved one's future while maintaining essential benefits. Learn about special needs trusts, how to make the most of an ABLE account, balancing independence and protection, and learning the do's and don'ts of guardianships and conservatorships. We'll also discuss how to plan for adult children receiving Medicaid or disability benefits and what steps caregivers can take to ensure long-term stability and peace of mind.

Instructor: Lisa Ward, lisa@lisawardlaw.com

NEW!

SEC	DATE	TIME	FEE
B	04/07 (T)	6:00 - 7:15 PM	\$20

Location: Wamego United Methodist Church, Multi-Purpose Room, 600 Lincoln Ave, Wamego

Who You Gonna Call?

NEW!

The Basics of Pest Control

26AAS02

Do you ever wonder when it's time to call a pest control company or what to look for when choosing one? In this class, you'll learn the basics of identifying pest problems, what questions to ask professionals, and how to recognize when expert help is needed. Some pests are simply annoying, while others can carry diseases or even destroy your home from the inside out. From spiders, roaches, fleas, and bed bugs to termites, carpenter bees, and ants, we'll cover what's harmful, what's manageable, and what must be eliminated to keep your home safe and pest-free.

Instructor: Tracey Bearman, kawvalleyexterminator@gmail.com

Tracey and her husband, Paul, have been proudly serving their community in the pest control business for over 26 years. Together, they've built a business grounded in trust, experience, and hometown values.

SEC	DATE	TIME	FEE
C	02/24 (T)	6:00 - 7:00 PM	Community Sponsored
D	03/24 (T)	6:00 - 7:00 PM	Community Sponsored
G	04/28 (T)	6:00 - 7:00 PM	Community Sponsored

Location: Wamego United Methodist Church, Multi-Purpose Room, 600 Lincoln Ave, Wamego



Transformations in Color:

NEW!

The Basics of Face Painting

26ACE27

Dive into the colorful world of face painting in this fun, hands-on community class! Learn the basics of using sponges, stencils, and different brush types, along with the essential 3-pot system and proper sanitation practices. We'll explore popular, beginner-friendly designs and practice step-by-step techniques. Leave the class with a finished face painting—on yourself or a friend or family member—and the confidence to create vibrant designs anytime! You can bring a friend and use the same face painting that students will take home after class. The class fee covers the face painting kit.

Instructor: Jessica Schierkolk Long

Jessica, a Wamego native, is a mother of six and lifelong entrepreneur. A cosmetologist for nearly fifteen years, opening her own salon in 2021 and added face painting in 2023, she has been extending her passion for creativity across four family-run businesses.

SEC	DATE	TIME	FEE
A	02/15 - 02/22 (Su)	3:00 - 5:00 PM	\$111
B	03/15 - 03/22 (Su)	3:00 - 5:00 PM	\$111
C	04/19 - 04/26 (Su)	3:00 - 5:00 PM	\$111

Location: Wamego United Methodist Church, Multi-Purpose Room, 600 Lincoln Ave, Wamego

Twist, Braid, and Slay!

NEW!

The Art of Hair Braiding

26ACE28

Discover the fun and creativity of hairstyling in this hands-on community class! Learn how to properly prep hair, care for different hair types, and build confidence with foundational braiding skills. We'll explore over- and under-braids and practice popular styles like the double Dutch braid, crown braid, and over-the-shoulder braid. Perfect for beginners or anyone wanting to level up their styling skills. Please bring a friend or a mannequin with appropriately long hair and a hairbrush.

Instructor: Jessica Schierkolk Long

SEC	DATE	TIME	FEE
A	01/12 (M)	7:00 - 8:00 PM	\$40
B	01/25 (Su)	1:00 - 2:30 PM	\$40
C	02/09 (M)	7:00 - 8:00 PM	\$40
D	02/22 (Su)	1:00 - 2:30 PM	\$40
E	03/09 (M)	7:00 - 8:00 PM	\$40
F	03/22 (Su)	1:00 - 2:30 PM	\$40
G	04/13 (M)	7:00 - 8:00 PM	\$40
H	04/26 (Su)	1:00 - 2:30 PM	\$40

Location: Wamego United Methodist Church, Multi-Purpose Room, 600 Lincoln Ave, Wamego



Dutch Mill in Wamego, a stone windmill, circa 1879. (Image source www.visitwamego.com)



**Change A Board
Into A Bowl In One Day!**

26ANR01

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. Ages 13+ with guardian.

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 joy in woodturning.

DATE	TIME	FEE
03/21 (Sa)	8:00 - 5:00 PM	\$150

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

UFM is proud to recognize our Active Duty, Reservist, and Military Veteran instructors with a military dog tag icon next to their name or class. We are grateful for their service and dedication.



Write On!

Make Your Own Wooden Pen

NEW!

26ANR02

Create your own custom wood ballpoint pen using a lathe and specialized turning tools. In this hands-on workshop, you'll learn essential lathe safety, develop tool control techniques, and explore how wood selection impacts design and performance. Guided step-by-step, you'll shape, sand, and finish a beautiful pen you'll be proud to use or gift. Perfect for beginners and curious makers alike! Ages 13+ with guardian. Instructor: Tom Boley

DATE	TIME	FEE
04/25 (Sa)	8:00 AM - Noon	\$115

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



Woodturning class student and instructor Tom Boley.

Want more community education resources in your area?

The Pottawatomie County K-State Extension office is located at
612 Campbell St, Westmoreland, KS 66549.
www.pottawatomie.k-state.edu

Pottawatomie County K-State Extension offers affordable or free community resources such as Medicare Counseling, pesticide applicator tests, Radon test kits, soil and water testing, pressure canner testing as well as environmental testing. There are also 4-H youth development and Master Gardener programs, school enrichment, publication resources, as well as agriculture, horticulture, adult developing and aging, and family and consumer science consultations, programs, and services.

For more information, email PT@Listserv.ksu.edu.



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.

Protecting Your Legacy: Wills and Trusts: **NEW!** Is Self-Help Right for You? **26ALL111A**

Not sure what "estate planning" really means? You're not alone! This class breaks down the basics of wills, trusts, and powers of attorney in plain language. Learn what is important to protect your assets, choose guardians for your kids, and make smart plans for your family's future. We'll cover what works (and doesn't) in Kansas, we'll review a simple DIY option like LegalZoom, and highlight when you may also need an attorney's help. You'll walk away with practical steps you can take now to build security for your loved ones.

Instructor: Lisa Ward, lisa@lisawardlaw.com

Lisa is a business, real estate, and estate planning attorney with decades of experience. She advises businesses, nonprofits, and families on complex legal matters and also leads the Tough2gether Foundation, dedicated to fighting childhood cancer.

SEC	DATE	TIME	FEE
A	02/05 (Th)	6:00 - 7:15 PM	\$20

Location: Wamego United Methodist Church, Multi-Purpose Room, 600 Lincoln Ave, Wamego

Protecting Your Legacy: Smart Legal Planning for the Second Half of Life **26ALL113A**

You've worked hard to build what you have—now it's time to protect it. Explore planning for the dynamics of blended families, your grown children, and children who may struggle with money. This class also explores how to plan for your long-term care costs and protect your assets to go to your heirs. Learn how irrevocable trusts and Medicaid planning work in Kansas, and why preparing in advance is important. Whether you want to stay in your home or prepare for possible nursing care, we'll discuss strategies that help preserve your savings and protect your family.

Instructor: Lisa Ward, lisa@lisawardlaw.com

NEW!

SEC	DATE	TIME	FEE
A	02/19 (Th)	6:00 - 7:15 PM	\$20

Location: Wamego United Methodist Church, Multi-Purpose Room, 600 Lincoln Ave, Wamego

Protecting Your Legacy: **NEW!** Protecting Loved Ones During Cognitive or Physical Decline **26ALL112A**

When a loved one starts to face cognitive decline, the legal and financial questions can feel overwhelming. This class helps you understand what steps to take to protect them—and yourself. Learn about powers of attorney, guardianship, advance healthcare directives, and ways to reduce the risk of financial or online fraud. Whether you're supporting aging parents or a spouse or partner, this session offers guidance and peace of mind for families navigating tough transitions.

Instructor: Lisa Ward, lisa@lisawardlaw.com

SEC	DATE	TIME	FEE
A	03/03 (T)	6:00 - 7:15 PM	\$20

Location: Wamego United Methodist Church, Multi-Purpose Room, 600 Lincoln Ave, Wamego

What's Up @ UFM

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



RILEY COUNTY

UFM has had its headquarters in Riley County, KS for the past 58 years. We have always appreciated our partnership with our local Riley County K-State Extension office as we serve similar community members and value community-based education. This spring, we are partnering in a meaningful way to highlight UFM classes that can serve as a pipeline to local K-State Extension programs and services. Together, we support the land-grant mission of bringing research and resources to the people of Kansas.

4-Week Glucose Stability Challenge 26AFS06

If you lack energy, are bothered by cravings, struggle with sleep, or have difficulty losing weight, these 4 habits will benefit YOU! Learn and practice 4 science-backed habits to stabilize your glucose! Having a stable glucose level is key to overall health, not just for those with a diagnosis of diabetes. This program is for anyone.

- Weekly Zoom Coaching Calls
- Simple nutrition & habit tweaks
- Science-backed strategies for real results
- Once a week, Walk and Talk via Marco Polo

Instructor: Terri Pearson

Terri is a certified health coach through Revelation Wellness and a certified coach through the Federal Internal Coach Training Program. Health and coaching are deep passions for her.

SEC	DATE	TIME	FEE
A	02/07 - 02/28 (Sa)	8:00 - 9:00 AM	\$53
B	04/04 - 04/25 (Sa)	8:00 - 9:00 AM	\$53

Location: Online - LIVE

Good Mood Foods 26AFS33

Is the saying “you are what you eat” actually true? In this case, it may be. Join your Hy-Vee dietitian and dive deeper into the foods we eat and how they affect our mood. Learn more about nutrient-dense options that may decrease rates of depression and increase your happiness and energy levels so you can feel your best each day.

Instructor: Lauren Darrah, lauren.darrah@hy-vee.com

As a Hy-Vee dietitian, Lauren Darrah, MS, RD, LD, is passionate about making a positive impact on her clients, and she aims to provide realistic and science-based strategies to those she works with.

DATE	TIME	FEE
02/10 (T)	5:30 - 6:30 PM	\$45

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

The Podcasters Toolkit 26ACE25

NEW!

Discover the essentials of creating your own podcast from concept to publication. In this hands-on workshop, you'll learn how to plan episodes, record and edit audio, and share your story with the world. Whether you're interested in interviews, storytelling, or talk shows, this class covers practical techniques and creative tools to bring your ideas to life. No prior experience is required—just your curiosity and willingness to explore your voice. By the end, you'll leave with the knowledge and confidence to start your own podcast.

Instructor: Dawson Wagner, wagnerdh@ksu.edu

Dawson Wagner is the Assistant Director of Wildcat Electronic media and he teaches podcasting, audio, and video at K-State, inspiring the next generation of creative storytellers.

DATE	TIME	FEE
02/06 (F)	2:00 - 4:00 PM	\$43

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

Great Gardening: A Month-by-Month Guide to Kansas Vegetable Gardens 26APS01

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.

By appointment at a mutually convenient time.

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
TBD	5:00 - 6:00 PM	\$42

Location: 9th & Riley Lane, Manhattan Community Gardens



Home Landscape Design

26APS03

Make the most of your outdoor living space with thoughtful design elements. Single homeowners or couples are encouraged to enroll.

Instructor: Gregg Eyestone, geyeston@ksu.edu

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

DATE	TIME	FEE
02/26 (Th)	6:30 - 8:30 PM	\$20

Location: Pottorf Hall, CiCo Park

Backyard Chickens 101: A Kid's Guide to Raising Happy Hens!

26AYO205

Learn how to care for chickens like a true Chicken Tender! Discover different breeds, build cozy homes, feed and water your flock, handle them gently, and tackle common challenges while getting hands-on experience with live chickens.

Instructor: Gaige Huber

Gaige is a 5th grader who has experience keeping chickens, goats, and pigs. Her family has kept chickens for more than five years. She is an animal lover. Her favorite breeds of chickens are silkies and polish chickens.

DATE	TIME	FEE
05/03 (Su)	2:00 - 3:30 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St

Want more community education resources in your area?

The Riley County K-State Extension office is located at
110 Courthouse Plz 2nd Floor,
Manhattan, KS 66502.
www.riley.k-state.edu

Riley County K-State Extension offers affordable or free community resources such as Medicare Counseling, VITA Tax Preparation, pesticide applicator tests, Radon test kits, soil and water testing, and pressure canner testing. There are also 4-H youth development and Master Gardener programs, school enrichment, publication resources, as well as agriculture, horticulture, adult developing and aging, and family and consumer science consultations, programs, and services.

For more information, email sriffey@ksu.edu.

Teen Mentoring

26AYO208

Snacks, making friends, and having fun happens every week in the Teen Mentoring Program. This program, for middle school and high school students, offers friendship, snacks and guidance with volunteer mentors! The goal of this program is to provide a positive environment and friendship while modeling positive life skills with the students, so the students involved do not have to walk the confusing path of middle school and high school alone. Discussions on Drugs and Alcohol are done weekly with knowledgeable speakers from the community. This program is free to middle school and high school students. Scholarships are offered by the City of Manhattan Drug and Alcohol Fund, the Little Apple Pilot Club, and private donations.

Coordinator: Pamela Green Nealey

Pamela has been in youth development for over 35 years. She has worked with several youth-serving organizations. She has a caring heart for youth and assures each youth in the Teen Mentoring Program feels welcome, makes friends and of course...enjoys the snacks, field trips and activities.

DATE	TIME	FEE
01/12 - 05/19 (T/Th)	3:30 - 5:30 PM	Community Sponsored

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Blessing Boxes, a Food and Farm Council Partnership with K-State Extension FACS Agent Megan Dougherty.



CLAY COUNTY

UFM is expanding to Clay County to support local people, local knowledge and community-engaged education.

3D Printing for Everyone

NEW!

26AET06

Learn the essentials of 3D printing in this beginner-friendly workshop. We'll explore different types of 3D printers and their key components, then walk through choosing the right 3D model for your project. You'll set up an FDM-style printer, import your model into slicing software, and complete your first print step-by-step. Perfect for anyone ready to bring their ideas to life. All ages are welcome!



Instructor: Gary Ferguson,
makerspacebygary@gmail.com

With 15 years of experience in 3D design and manufacturing, our instructor runs a full-service workshop producing products with 3D printers, lasers, and CNC machines, bringing practical expertise to every lesson.

SEC	DATE	TIME	FEE
A	02/07 (Sa)	1:00 - 3:00 PM	\$37
B	03/07 (Sa)	1:00 - 3:00 PM	\$37

Location: Clay County Extension Fairgrounds, Conference Room, 203 S. 12th St, Clay Center

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

Guild Recruit: Beginner's

NEW!

Dungeons & Dragons 5E (Online) 26ARE12

Welcome, new adventurer! You've been summoned to the Guild to begin your journey into the world of Dungeons & Dragons 5th Edition. This live online class introduces you to the basics of character creation, dice mechanics, and roleplay using D&D Beyond (free, easy-to-use platform). Together we'll build characters, explore classes and spells, and complete a short adventure as your initiation quest. No experience required, just curiosity and imagination! Students will use Discord and a free account through D&D Beyond. This is the first step in the Guild's training series, eventually leading to Guild Adventurer, Guild Veteran, and Dungeon Master's Council classes. Ages 13+

Instructor: Grim

Grim is a Tabletop RPG enthusiast with nearly 30 years of experience playing and running Dungeons & Dragons. Passionate about teaching creative storytelling, teamwork, and imagination to new players through hands-on adventures and accessible learning.

DATE	TIME	FEE
02/21 - 03/21 (Sa)	5:00 - 10:00 PM	\$66

Location: Online - LIVE

Want more community education resources in your area?

You can reach out to your local K-State Extension office for assistance. The Clay County office is part of the River Valley K-State Extension District, a multi-county district serving Clay, Cloud, Republic, and Washington counties. Our office is located at 213 S. 12th Street, Clay Center, KS 67432. www.rivervalley.k-state.edu

The River Valley K-State Extension District offers a wide range of affordable or free community resources, educational programs, and consulting services in agriculture, livestock, horticulture, adult development and aging, nutrition and food safety, 4-H youth development, and family resource management. Examples of available services include Medicare counseling, pesticide applicator testing, radon test kits, soil and water testing, pressure canner testing, environmental testing, Master Gardener programs, school enrichment opportunities, and various educational publications.

For more information, visit the River Valley K-State Extension District website or contact us via wreh@ksu.edu or 785-632-5335.



GEARY COUNTY

UFM is expanding to Geary County to support local people, local knowledge, and community-engaged education.

Who You Gonna Call?

The Basics of Pest Control

NEW!

26AAS02

Do you ever wonder when it's time to call a pest control company or what to look for when choosing one? In this class, you'll learn the basics of identifying pest problems, what questions to ask professionals, and how to recognize when expert help is needed. Some pests are simply annoying, while others can carry diseases or even destroy your home from the inside out. From spiders, roaches, fleas, and bed bugs to termites, carpenter bees, and ants, we'll cover what's harmful, what's manageable, and what must be eliminated to keep your home safe and pest-free.

Instructor: Tracey Bearman,
kawvalleyexterminator@gmail.com

Tracey and her husband, Paul, have been proudly serving their community in the pest control business for over 26 years. Together, they've built a business grounded in trust, experience, and hometown values.

SEC	DATE	TIME	FEE
B	02/20 (F)	Noon - 1:00 PM	Community Sponsored
F	04/24 (F)	6:00 - 7:00 PM	Community Sponsored
I	05/22 (F)	Noon - 1:00 PM	Community Sponsored

Locations: JC Chamber of Commerce, 222 W. 6th St, JC



(Image source www.gearycounty.org)

Rope Dart Basics:

Ancient Weapon, Modern Flow

NEW!

26ASF15

Learn the fundamentals of rope dart, a traditional Chinese weapon turned modern flow art. In this hands-on class, you'll create your own rope dart and explore basic grips, stances, and control techniques. Build coordination and confidence as you practice safe movement and smooth transitions. Whether you're interested in martial arts, performance, or creative movement, this class offers a fun and engaging introduction to an ancient skill with modern style.

Instructor: Josie Mason, Josie.lee.mason@gmail.com

Josie is an Army Veteran with over two years of rope dart experience. After discovering the art post-service, Josie developed a deep passion for its flow and discipline and is excited to share that passion through teaching others.

SEC	DATE	TIME	FEE
A	03/28 - 04/25 (Sa)	3:00 - 4:30 PM	\$100
B	04/19 - 05/17 (Su)	3:00 - 4:30 PM	\$100

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

Level Up Your Golf Game

NEW!

26AYO219

Join us for a fun, hands-on clinic for young golfers of all skill levels. Led by former collegiate golfer and scratch player Josh Norris, players will learn swing fundamentals, short game skills, and course strategy in a positive, supportive setting. Perfect for beginners through high school athletes looking to take their game to the next level. Students can reach out to the instructor for a golf ball purchase. Ages 6-17.

Instructor: Joshua Norris, josh@csgarageservices.com

Josh is a former collegiate golfer and scratch player with multiple top 3 finishes. He is experienced in coaching high school golfers pursuing collegiate play, focusing on consistent swings, smart course strategy, and simple, effective coaching for all skill levels.

SEC	DATE	TIME	FEE
A	04/03 (F)	5:30 - 6:30 PM	\$30
B	04/10 (F)	5:30 - 6:30 PM	\$30
C	04/17 (F)	5:30 - 6:30 PM	\$30
D	05/01 (F)	5:30 - 6:30 PM	\$30

Location: Putt-A-Round, 3116 Liberty Hall Rd, Junction City



COMMUNICATION & EXPRESSIVE ARTS

From Scribbles to Sketches:

A Beginners Guide to Drawing **26ACE14**

If you can scribble, you can sketch! This fun, no-pressure class is perfect for absolute beginners ready to explore the fundamentals of drawing. You'll learn how to see like an artist, break objects down into simple shapes, control your lines, and add depth with shading techniques. We'll also explore how to use essential drawing tools and materials to build a strong, lasting foundation. Each week builds on the last, helping you grow your skills and creative confidence.

Instructor: Tiffany Wood, woodtrene@gmail.com

SEC	DATE	TIME	FEE
A	02/03 - 03/10 (T)	5:00 - 6:30 PM	\$58
B	02/04 - 03/11 (W)	11:00 AM - 12:30 PM	\$58

Location: UFM Solar Addition, 1221 Thurston St

Beyond the Basics:

An Intermediate Guide to Drawing **26ACE22**

Keep your creative momentum going in this relaxed follow-up to From Scribbles to Sketches! In this class, you'll expand your drawing skills through lessons on proportion, perspective, composition, and texture. Learn how to refine your sketches into more detailed, expressive artwork while exploring your personal style. Each session builds on familiar fundamentals, helping you grow confidence, control, and creativity with every line. Students should bring the sketchbook and drawing tools provided in the beginner course.

Instructor: Tiffany Wood, woodtrene@gmail.com

Tiffany is a lifelong artist and former game concept designer with eight years of experience creating and selling custom art. She is passionate about helping beginners build creative confidence through approachable, skill-focused instruction.

SEC	DATE	TIME	FEE
A	03/17 - 04/21 (T)	5:00 - 6:30 PM	\$43
B	03/18 - 04/22 (W)	11:00 AM - 12:30 PM	\$43

Location: UFM Solar Addition, 1221 Thurston St

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

NEW!

Sashiko Teddy Bear Workshop **26ACE23**

We will learn the basic history and stitches of Japanese Sashiko, a geometric embroidery/mending technique. We will start our practice by making a small piece, then start working on making a teddy bear, each section adorned with your Sashiko design. Ages 13+.

Instructor: Ayumi Amama

Ayumi grew up in Osaka, studied architecture in Yokohama, and worked in Tokyo Japan. She loves Japanese architecture, traditional craftsmanship, lush natural landscapes, and Japanese cuisine. She is passionate about sharing Japanese culture with others and learning theirs. Ayumi enjoys cooking and developing new recipes. She also grew up taking calligraphy lessons and sewing lessons from her dad in a tailoring business in Japan.

SEC	DATE	TIME	FEE
A	02/07 - 02/28 (Sa)	10:00 - 11:30 AM	\$57
B	03/16 - 03/19 (M/T/W/Th)	10:00 - 11:30 AM	\$57
C	04/04 - 04/25 (Sa)	10:00 - 11:30 AM	\$57

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



Sashiko Teddy Bear example. The look of the bear will vary based on the fabric and stitch patterns each student chooses.





NEW!

The Wonderful World of Watercolors 26ACE26

Over 6 sessions, this watercolor painting class will take you from the land of still-lives to the land of the (clothed!) human figure and beyond. Wielding a quality Winsor & Newton 12-color palette, 4 brand new brushes, and a pad of Canson watercolor paper, together we will venture forth into a new, colorful world. This class is for anyone ages 16+, no previous experience required! The class fee covers the 12-color watercolor palette, watercolor paper, and brushes for you to take home at the end of our time together.

Instructor: Cricket Thurston, Cricket.l.thurston@gmail.com
 Cricket Thurston is a 2025 K-State graduate with a bachelor's degree in fine arts. They've been selected for four separate Scholarship Exhibitions on the K-State campus and will be pursuing a master's degree of Fine Arts.

SEC	DATE	TIME	FEE
A	02/10 - 02/26 (T/Th)	6:30 - 8:00 PM	\$130
B	03/03 - 03/19 (T/Th)	6:30 - 8:00 PM	\$130
C	03/31 - 04/16 (T/Th)	6:30 - 8:00 PM	\$130
D	04/21 - 05/07 (T/Th)	6:30 - 8:00 PM	\$130

Location: UFM QLC Room, 1221 Thurston St



Introduction to Digital Photography 26ACE08

Unlock the power of your camera and start capturing photos you love! This class is a mixture of lectures and hands-on and is perfect for beginners who want to move beyond auto mode. You'll learn how to confidently use your camera's manual settings, understand light, master composition techniques, and take stunning portraits. Whether you use a DSLR, mirrorless, or even a smartphone, this class will help you see creatively and shoot with purpose. Bring your curiosity and leave with the skills to photograph anything with confidence and creativity!

Instructor: Karen Schroeder,
 karen@karenschroederphotography.com
 Karen specializes in family, senior, and pet photography. She also provides businesses with brand photography and business portraits.

DATE	TIME	FEE
04/16 - 05/07 (Th)	5:30 - 7:30 PM	\$72

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



Introduction to Digital Photography



Communications

Basic Training:

Adult English for Volunteers 26ACE11

Do you have friends, family members, neighbors, or coworkers whose English-language communication skills are holding them back from their goals or dreams? Have you been thinking about volunteering to help them, but you aren't quite sure how to get started? This class is for you!

Instructor: Cary Chappell, cary.chappell@gmail.com
 Cary Chappell, an Alabama native, is an ESL educator trained at the University of Alabama – Birmingham (UAB). After 13 years at K-State, he now teaches remotely from Georgia Gwinnett College in Lawrenceville.

DATE	TIME	FEE
01/26 - 03/02 (M)	7:00 - 8:30 PM	\$33

Location: Online - LIVE

Spanish Conversational Lessons 26ACE24A

Want to speak Spanish confidently and naturally? Join our fun conversational lessons! Practice real-life dialogues, pick up useful vocabulary, and improve your listening and speaking skills. Perfect for beginners or anyone looking to boost fluency, these lessons focus on communication, culture, and everyday situations. Learn to express yourself with ease, understand native speakers, and enjoy authentic conversations—all in a friendly, supportive environment. Start speaking Spanish from day one and make learning a lively, interactive experience!

Instructor: Monica Franco, lidimoni.franco@gmail.com
 Monica is an experienced Spanish instructor focused on practical learning, student engagement, and nurturing a positive, encouraging classroom environment.

SEC	DATE	TIME	FEE
A	02/02 - 02/23 (M)	6:00 - 8:00 PM	\$77
B	03/02 - 03/23 (M)	6:00 - 8:00 PM	\$77
C	04/06 - 04/27 (M)	6:00 - 8:00 PM	\$77
D	05/04 - 05/25 (M)	6:00 - 8:00 PM	\$77

Location: Online - LIVE

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 [Justin Williams]

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Performing Arts

Instant Guitar for Hopelessly Busy People

26ACE05

In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow-up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture/demonstration. Ages 13+

Instructor: Craig Coffman, chordsarekey@gmail.com
 Craig Coffman is an experienced piano and guitar instructor, professional pianist, and music director. He has over 30 years of experience teaching piano privately. His piano and guitar seminars have been offered live through Community Colleges and Community Education Programs nationwide for over 30 years. Over 30,000 students have attended these popular classes. Now the classes are offered exclusively online, and they are more popular than ever. He has a degree in Sociology from Illinois Wesleyan University in Illinois (where he also studied piano) and a Master of Divinity degree from Western Seminary in Portland, Oregon.



Practicing piano.

Instant Piano for Hopelessly Busy People

26ACE06

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow-up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture demonstration. Ages 13+

Instructor: Craig Coffman, chordsarekey@gmail.com

DATE	TIME	FEE
02/03 (T)	6:30 - 9:00 PM	\$69

Location: Online - LIVE

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

DATE	TIME	FEE
02/02 (M)	6:30 - 9:30 PM	\$69

Location: Online - LIVE



UFM is proud to recognize our Active Duty, Reservist, and Military Veteran instructors with a military dog tag icon next to their name or class. We are grateful for their service and dedication.

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Introduction to Voiceovers

26ACE02

Explore the craft of voiceovers! Learn from a working voice actor. Get an inside look at their start in the industry. Discover how easy and affordable it can be to set up and work from home. You will read a script and receive coaching and performance ideas while your instructor takes notes to create a voice evaluation you will receive in a follow-up call. One-time, 90-minute, 1:1, video-chat class! Learn more: <http://www.voicesforall.com/ooo> 18 and over. Upon registration, you will be contacted by VFA to schedule your class, 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. With hundreds of regional and national commercials and public service announcements under their belts, our instructors not only deliver the highest quality education and coaching to their students, but their unique enthusiasm and expertise bring an element of fun and excitement to the virtual classroom as well.

DATE	TIME	FEE
02/01 - 05/18 (Su)	See Class Description	\$50

Location: Online - LIVE

The Podcasters Toolkit

NEW!

26ACE25

Discover the essentials of creating your own podcast from concept to publication. In this hands-on workshop, you'll learn how to plan episodes, record and edit audio, and share your story with the world. Whether you're interested in interviews, storytelling, or talk shows, this class covers practical techniques and creative tools to bring your ideas to life. No prior experience is required—just your curiosity and willingness to explore your voice. By the end, you'll leave with the knowledge and confidence to start your own podcast.

Instructor: Dawson Wagner, wagnerdh@ksu.edu
 Dawson Wagner is the Assistant Director of Wildcat Electronic media and he teaches podcasting, audio, and video at K-State, inspiring the next generation of creative storytellers.

DATE	TIME	FEE
02/06 (F)	2:00 - 4:00 PM	\$43

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



Did you know that UFM partners with Wildcat 91.9 to produce the Award-Winning Little Apple Locals podcast? This weekly series, created in partnership with K-State's student-run radio station, highlights events and activities happening at UFM and in the Manhattan community. Each week features a new guest, ranging from local business owners or UFM instructors to volunteers promoting upcoming community events or highlights of various UFM Programs. You can listen live every Friday at noon on 91.9 FM or online at Wildcat919.com. Episodes are also available on Spotify shortly after airing.

Tune in to stay connected with UFM and the local community!



FAMILY & CONSUMER SCIENCES

Food & Nutrition

Master the Art of Loose-Leaf Tea **26AFS42** NEW!

Unlock the secrets of brewing the perfect cup! Discover how water temperature, steeping time, and tea type transform your experience. Learn how to create café-style tea lattes and gain confidence brewing everything from green to black teas. Taste your way through the basics and leave ready to craft your perfect cup every time. Perfect for beginners and enthusiasts alike!

Instructor: Lisa Hatt, nonnaskitchensecrets@gmail.com
Tea educator and owner of a handcrafted tea business, Lisa shares her passion for loose-leaf tea through engaging classes and tastings. She has taught at the Midwest Tea Festival and been invited to teach at the Nevada Tea Festival.

SEC	DATE	TIME	FEE
A	03/04 (W)	6:00 - 7:30 PM	\$40
B	04/07 (T)	Noon - 1:30 PM	\$40

Locations: A - UFM Solar Addition, 1221 Thurston St
B - UFM Kitchen, 1221 Thurston St

Explore Teas of Japan **26AFS01**

Do you love tea, especially green tea? Explore green tea varieties and blends from Japan, like sencha, genmaicha, hojicha, kukicha, matcha, and more! You will learn about these different types of tea, taste them to find what you may like to drink, and get tips on where to buy the best Japanese teas!

Instructor: Lisa Rubin, lisalevinetx@gmail.com

DATE	TIME	FEE
03/01 (Su)	1:00 - 3:00 PM	\$40

* Enrollment deadline 02/26

Location: UFM Fireplace Room, 1221 Thurston St



Afternoon Tea Etiquette **26AFS52** NEW! with Tea Service

Love Downton Abbey and all those fancy tea sets? Come learn English etiquette like the Crawley family with beautiful fine china. Then take what you've learned and enjoy an afternoon tea on the second day. Ages: 13+
Instructor: Danielle Andrews-Butterfield, andrews.c.danielle@gmail.com

DATE	TIME	FEE
04/25 - 04/26 (Sa/Su)	3:00 - 5:00 PM	\$63

Location: UFM Fireplace Room, 1221 Thurston St

Tea Mocktails: Mixology Without the Buzz **26AFS48** NEW!

Shake, stir, and sip your way into creative tea-based mocktails! Discover how to layer flavors, balance sweetness, and use simple syrups to craft refreshing, alcohol-free drinks that wow any crowd. You'll make and taste your own creations while discovering new ways to enjoy tea. Hands-on, fun, and full of flavor inspiration!

Instructor: Lisa Hatt, nonnaskitchensecrets@gmail.com

SEC	DATE	TIME	FEE
A	02/11 (W)	6:00 - 7:30 PM	\$42
B	03/09 (M)	6:00 - 7:30 PM	\$42

Location: UFM Kitchen, 1221 Thurston St



World of Whiskey

26AFS02

Embark on a personalized journey through the world of whiskey in our student-focused class. Whether a novice or seasoned enthusiast, each student sets their objectives, from understanding basics to exploring classic cocktails. Dive into whiskey's rich history and the legislative framework shaping its modern landscape. Discover flavor profiles, aroma nuances, and pairing principles. Through interactive sessions and guided tastings, students gain insight into whiskey appreciation and food pairing techniques.

Instructor: Neal Strathman, nealstrathman@yahoo.com
Neal is a retired 22-year-Veteran of the U.S. Navy and Navy Reserves. He started his appreciation of whiskey (American and Irish) and whisky (Scottish, Canadian, or Japanese) shortly after turning 21 while stationed near Seattle.

SEC	DATE	TIME	FEE
A	01/17 (Sa)	5:00 - 7:00 PM	\$88
B	04/11 (Sa)	5:00 - 7:00 PM	\$88
C	05/16 (Sa)	5:00 - 7:00 PM	\$88

Location: UFM Solar Addition, 1221 Thurston St

Shaken, Not Chopped: Bella & Co Edition

NEW!

26AFS26

Inspired by Chopped, local bartenders face off using mystery ingredients revealed on the spot. Guests watch, taste, and vote for their favorite creations while enjoying new drink themes each week. Hosted by Paige Romaine of Bella & Co on the Rocks, this event blends creativity, friendly competition, and community connection in one unforgettable night.

Instructor: Paige Romaine, drinkwithbellaco@gmail.com
Paige Romaine, owner of Bella & Co on the Rocks, is a veteran mixologist who brings creativity and community together through fun, hands-on cocktail and mocktail classes.

SEC	DATE	TIME	FEE
A	02/09 (M)	7:00 - 9:00 PM	\$50
B	02/16 (M)	7:00 - 9:00 PM	\$50
C	02/23 (M)	7:00 - 9:00 PM	\$50

Location: UFM Kitchen, 1221 Thurston St

Spring Break in a Glass:

NEW!

Tropical Mixology Workshop

26AFS25

Bring the beach to Kansas with this colorful, tropical-themed mixology night! Learn to craft refreshing cocktails and mocktails like piña coladas, daiquiris, and mojitos. Participants will also make custom rim salts and a flavored syrup, such as coconut-lime or pineapple-vanilla, to take home for future drinks.

Instructor: Paige Romaine, drinkwithbellaco@gmail.com

SEC	DATE	TIME	FEE
A	03/07 (Sa)	6:00 - 8:00 PM	\$50
B	04/18 (Sa)	6:00 - 8:00 PM	\$50
C	03/28 (Sa)	6:00 - 8:00 PM	\$50

Location: UFM Solar Addition, 1221 Thurston St

Sip & Plant:

NEW!

Garden-to-Glass Mixology Workshop

26AFS24

Celebrate spring with fresh, botanical-inspired mixology! Create garden-to-glass drinks featuring herbs, honey, and citrus while planting your own mini herb garden or succulent to take home. A perfect blend of creativity, sustainability, and flavor for a relaxing Sunday afternoon.

Instructor: Paige Romaine, drinkwithbellaco@gmail.com

SEC	DATE	TIME	FEE
A	04/12 (Su)	4:00 - 6:00 PM	\$50
B	04/19 (Su)	4:00 - 6:00 PM	\$50
C	04/26 (Su)	4:00 - 6:00 PM	\$50

Location: UFM Solar Addition, 1221 Thurston St

Book Club Beverages: Literary-Inspired Cocktails & Mocktails

NEW!

26AFS23

Sip your way through stories with this literary-inspired mixology class! Craft cocktails and mocktails based on beloved books like *Pride & Pomegranate Punch* and *A Midsummer Night's Spritz*. Create a custom bookmark-style drink tag to pair with your favorite story and beverage.

Instructor: Paige Romaine, drinkwithbellaco@gmail.com

SEC	DATE	TIME	FEE
A	05/03 (Su)	4:00 - 6:00 PM	\$50
B	05/10 (Su)	4:00 - 6:00 PM	\$50
C	05/17 (Su)	4:00 - 6:00 PM	\$50

Location: UFM Solar Addition, 1221 Thurston St



Passover Desserts

NEW!

26AFS29

Passover is a Jewish holiday remembering the exodus from Egypt. There are unique dietary requirements for the holiday, and the desserts are especially fun! This class will introduce delicious Passover dessert ideas, including matzoh bark, homemade macaroons, crinkle cookies, and chocolate marshmallow logs, customizable to your taste!

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.

DATE	TIME	FEE
03/22 (Su)	2:00 - 4:30 PM	\$40

* Enrollment deadline 03/19

Location: Manhattan Jewish Congregation, 1509 Wreath Ave

From Kitchen to Heart:

NEW!

Korean Cooking Edition 2

26AFS31

As a Korean immigrant and psychiatric nurse practitioner, I believe healing happens not just in clinics, but also in kitchens. I created this Korean cooking class to share the vibrant flavors and heartwarming stories behind our food. Each month, we'll chop, stir, and laugh our way through simple, healthy, vegan/vegetarian-friendly recipes while connecting over conversation and culture. Whether you're here for the Korean food or the company, you're welcome at the table. Let's cook, share, and find a little Seoul food for the body and soul.

Session A: Ttoekjuk (Rice cake soup) & Sanjeok (Korean skewered vegetable)

Session B: Let's learn how to make Kimchi & Suyook (Korean boiled pork)

Session C: Bulgogi Gimbap & Yoo-boo (Fried Tofu) Gimbap

Session D: Bibimbap

Instructor: Gloria Park, Fromkitchen2heart@gmail.com

SEC	DATE	TIME	FEE
A	02/21 (Sa)	5:00 - 7:00 PM	\$79
B	03/28 (Sa)	5:00 - 7:30 PM	\$95
C	04/18 (Sa)	5:00 - 7:00 PM	\$79
D	05/02 (Sa)	5:00 - 7:00 PM	\$79

Location: UFM Kitchen, 1221 Thurston St



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

Indian Street Food

NEW!

26AFS32

Get ready for an explosive flavor adventure through India's most addictive street food! We're bringing India's legendary pav (dinner roll) culture and the irresistible world of chaat right to your kitchen. You'll master three iconic dishes that have millions of Indians lining up at street corners every single day - bold, spicy, tangy, and utterly crave-worthy. This isn't just cooking; it's edible chaos at its most delicious!

Instructor: Vaishali Sharda, sharda.vaishali@gmail.com
Vaishali Sharda created The Kitchen Docs, featuring easy, healthy Indian and Western recipes. Born in India and based in Manhattan, she's a KSU researcher and home cook who makes authentic Indian cuisine accessible.

SEC	DATE	TIME	FEE
A	02/25 (W)	6:00 - 8:00 PM	\$65
B	04/02 (Th)	6:00 - 8:00 PM	\$65

Location: UFM Kitchen, 1221 Thurston St



UFM is proud to recognize our Active Duty, Reservist, and Military Veteran instructors with a military dog tag icon next to their name or class. We are grateful for their service and dedication.



Pear Almost Tart and Florentine NEW! **26AFS30**

This is my favorite cake of all time: Pear Almost Tart. It teaches us the basics of French almond tart, which is very versatile. We are making two treats based on this method. Each of us will make two small Pear Tarts and some Florentine.

Instructor: Ayumi Amama

Ayumi grew up in Osaka, studied architecture in Yokohama, and worked in Tokyo Japan. She loves Japanese architecture, traditional craftsmanship, lush natural landscapes, and Japanese cuisine. She is passionate about sharing Japanese culture with others and learning theirs. Ayumi enjoys cooking and developing new recipes. She also grew up taking calligraphy lessons and sewing lessons from her dad in a tailoring business in Japan.

SEC	DATE	TIME	FEE
A	01/25 (Su)	10:00 AM - Noon	\$51
B	03/07 (Sa)	10:00 AM - Noon	\$51
C	03/28 (Sa)	10:00 AM - Noon	\$51

Location: UFM Kitchen, 1221 Thurston St

Hamantaschen Cookie Class NEW! **26AFS43**

Join me in making savory and sweet hamantaschen cookies. Traditional triangle-shaped cookies with a delicious filling made for the Jewish holiday Purim. Traditionally, these are sweet, but we will also try a few savory flavors.

Instructor: Danielle Andrews-Butterfield,
andrews.c.danielle@gmail.com

DATE	TIME	FEE
03/01 (Su)	2:00 - 4:30 PM	\$51

Location: UFM Kitchen, 1221 Thurston St

Dust Off Your Bread Machine or Come and Use Mine!

26AFS12

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. Your loaf will be ready to pick up at UFM's main office the morning following the evening class.

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 from 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.

SEC	DATE	TIME	FEE
A	03/04 (W)	5:30 - 6:30 PM	\$35
B	04/29 (W)	5:30 - 6:30 PM	\$35

Location: UFM Kitchen, 1221 Thurston St

Bread Baking 101 NEW! **26AFS44**

Have you always wanted to learn how to make bread, but don't know where to start or those online recipes never quite turn out. Have no fear, the bread lady is here. Join the class and have all your questions and concerns answered.

Instructor: Danielle Andrews-Butterfield,
andrews.c.danielle@gmail.com
Danielle turned her love of baking into a business, Fig and Honey Bread Co. She has been baking professionally for close to 10 years. Danielle looks forward to sharing her knowledge and skills with the Manhattan community.

DATE	TIME	FEE
02/07 - 02/08 (Sa/Su)	2:00 - 4:30 PM	\$54

Location: UFM Kitchen, 1221 Thurston St

THE FOUR CHARACTERISTICS OF HUMANISM ARE—

A FREE MIND, CURIOSITY,
& BELIEF IN GOOD TASTE,
& BELIEF IN THE HUMAN RACE.

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S & N DESIGN



Making and Baking Babka

NEW!

26AFS49

Learn how to make this traditional Eastern European sweet yeast bread. We will make both chocolate and cinnamon flavors and a savory of choice. Ages: 13+
Instructor: Danielle Andrews-Butterfield, andrews.c.danielle@gmail.com

DATE	TIME	FEE
02/21 - 02/22 (Sa/Su)	2:00 - 4:30 PM	\$59

Location: UFM Kitchen, 1221 Thurston St

NEW!

The Art of the Party Food: Canapés

26AFS50

Learn how to make fancy party foods, quick and easy, with me. You'll learn how to make the bread and decorate the canapés yourself with delicious recipes of your choice. Ages 13+
Instructor: Danielle Andrews-Butterfield, andrews.c.danielle@gmail.com

DATE	TIME	FEE
04/18 - 04/19 (Sa/Su)	2:00 - 4:30 PM	\$59

Location: UFM Kitchen, 1221 Thurston St

FAMILY & CONSUMER SCIENCES

Baking from the Highlands of Scotland

NEW!

26AFS51

Learn how to bake traditional shortbread, Bannocks (oatcakes), and soda bread of the Highlands. Ages 13+
Instructor: Danielle Andrews-Butterfield, andrews.c.danielle@gmail.com

DATE	TIME	FEE
05/17 (Su)	2:00 - 4:30 PM	\$58

Location: UFM Kitchen, 1221 Thurston St

Good Mood Foods

NEW!

26AFS33

Is the saying "you are what you eat" actually true? In this case, it may be. Join your Hy-Vee dietitian and dive deeper into the foods we eat and how they affect our mood. Learn more about nutrient-dense options that may decrease rates of depression and increase your happiness and energy levels so you can feel your best each day.

Instructor: Lauren Darrah, lauren.darrah@hy-vee.com
As a Hy-Vee dietitian, Lauren Darrah, MS, RD, LD, is passionate about making a positive impact on her clients, and she aims to provide realistic and science-based strategies to those she works with.

DATE	TIME	FEE
02/10 (T)	5:30 - 6:30 PM	\$45

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

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Meal Ideas for Busy Families NEW! 26AFS34

Are you struggling to find time to prepare nutritious meals for your family while also balancing a busy schedule? As Hy-Vee dietitians, we are here to share quick and easy meal solutions that are both healthy and delicious. In this presentation, you'll discover time-saving tips and simple recipes that will keep your family well-fed and happy — even on the busiest days. Let's explore how to make wholesome eating a breeze!
Instructor: Lauren Darrah, lauren.darrah@hy-vee.com

DATE	TIME	FEE
03/10 (T)	5:30 - 6:30 PM	\$45

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

Women's Health and Hormones NEW! 26AFS35

If you're a woman who's interested in hormonal health and ways you can eat to best support your hormones, this presentation is for you. It goes over the main female hormones, nutrients, and foods that support hormone health, menopause, and how to build a balanced meal. Learn how to support the female body in all the right ways with your Hy-Vee dietitian.
Instructor: Lauren Darrah, lauren.darrah@hy-vee.com

DATE	TIME	FEE
04/07 (T)	5:30 - 6:30 PM	\$45

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

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UFM is proud to recognize our Active Duty, Reservist, and Military Veteran instructors with a military dog tag icon next to their name or class. We are grateful for their service and dedication.



Mindful Eating - The Why and How We Eat NEW! 26AFS36

We would be missing a big part of healthy eating if we didn't talk about the why and how we eat. Often, these factors can influence our overall health, total weight, and even our relationship with food — sometimes even more than what we are eating.
Instructor: Lauren Darrah, lauren.darrah@hy-vee.com

DATE	TIME	FEE
05/07 (Th)	5:30 - 6:30 PM	\$45

Location: UFM Solar Addition, 1221 Thurston St

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4-Week Glucose Stability Challenge 26AFS06

If you lack energy, are bothered by cravings, struggle with sleep, or have difficulty losing weight, these 4 habits will benefit YOU! Learn and practice 4 science-backed habits to stabilize your glucose! Having a stable glucose level is key to overall health, not just for those with a diagnosis of diabetes. This program is for anyone.

- Weekly Zoom Coaching Calls
- Simple nutrition & habit tweaks
- Science-backed strategies for real results
- Once a week, Walk and Talk via Marco Polo

Instructor: Terri Pearson, Coach.TerriPearson@gmail.com
Terri is a certified health coach through Revelation Wellness and a certified coach through the Federal Internal Coach Training Program. Health and coaching are deep passions for her.

SEC	DATE	TIME	FEE
A	02/07 - 02/28 (Sa)	8:00 - 9:00 AM	\$53
B	04/04 - 04/25 (Sa)	8:00 - 9:00 AM	\$53

Location: Online - LIVE

Fueling and Refueling Your New Year's Goal: Honest Supplement Reviews for Beginners

NEW!

26AFS17

Start February strong with a realistic look at the supplement world. From pre-workouts to probiotics, this class reviews common products and helps you separate facts from fads. Bring your own supplements for a personalized review of what you're currently taking or considering. You'll learn how to evaluate ingredients, find reputable brands, and identify what truly supports your health and fitness goals. Ideal for anyone wanting to improve energy, focus, or general wellness without wasting money on overhyped products.

Instructor: Felicia Lochmiller, rd@vitalitynutrition.health
Felicia is a registered dietitian and functional medicine nutrition specialist. As owner of Vitality Functional Nutrition, she helps uncover root causes of health issues and guides clients to lasting wellness with personalized nutrition guidance.

DATE	TIME	FEE
02/08 (Su)	3:00 - 5:00 PM	\$37

Location: UFM Solar Addition, 1221 Thurston St

The 40 Day Sugar Fast Challenge - Accountability & Coaching Group 26AFS27

NEW!

How could going without sugar for a period of time change you - body, mind, and spirit? I have had the great privilege of leading people through The 40-Day Sugar Fast by Wendy Speake. Witnessing breakthroughs, awareness of idols, and freedom in participants leads me to be passionate about offering this opportunity several times each year! Book available via Amazon or Audible (Amazon, Spotify).

Instructor: Terri Pearson, Coach.TerriPearson@gmail.com
Terri is a Certified Menopause Coaching Specialist, Precision Nutrition Level 1 Certified, and Certified LiveWell Health Coach. Health and coaching are deep passions for her.

SEC	DATE	TIME	FEE
A	02/01 - 03/08 (Su)	8:00 - 9:00 PM	\$53
B	02/03 - 03/10 (T)	8:00 - 9:00 PM	\$53

Location: Online - LIVE

The 40-Day Feast Challenge - Accountability & Coaching Group 26AFS28

NEW!

The 40-Day Feast invites you to the table to

- learn how to ingest and digest whole passages for yourself
- discover the transforming power bound up in your Bible
- apply its truths to your daily life
- awaken a deep hunger for more of God and less of the things that don't satisfy

Now is the time to seek and find what God has to say and how we are to live as a result. Pull up a chair! Welcome to the feast! Purchase your book on Amazon (Audible or paperback) or Spotify.

Instructor: Terri Pearson, Coach.TerriPearson@gmail.com

DATE	TIME	FEE
03/24 - 04/28 (T)	8:00 - 9:00 PM	\$53

Location: Online - LIVE

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Self-Love Studio: Valentine's Paint & Tea

NEW!

26AFS46

Celebrate Valentine's/Galentine's with a cozy night of creativity and self-love. In this guided Paint & Tea experience, you'll sip soothing herbal tea, unwind with gentle mindfulness, and create a heart-centered painting, no art skills required. We'll focus on relaxation, self-care, and connection, whether you come solo, with a partner, or with friends. Leave with your own artwork, a calmer nervous system, and simple holistic rituals you can use long after the night ends.

Instructor: Andrea Vinson, productsbyandrea@gmail.com
Andrea is a holistic wellness guide and creative host specializing in soulful, sensory experiences. Join her this Valentine's/Galentine's to unwind, sip tea, paint from the heart, and reconnect with yourself and the people you love.

DATE	TIME	FEE
02/14 (Sa)	6:00 - 8:00 PM	\$55

Location: UFM Solar Addition, 1221 Thurston St

Detangle Like a Pro: Products, Tools & Techniques for Every Hair Type

NEW!

26AFS47

Tired of tangles and breakage? Join "Detangle Like a Pro" and master gentle, effective techniques for every hair type! Bring a friend to practice on or work on your own hair. Each participant receives a leave-in detangler, pro comb, and samples to use in class. Leave with expert tips, smoother hair, and the confidence to tackle tangles with ease. Perfect for all ages and hair textures, transform your hair care routine into one fun, hands-on session!

Instructor: Andrea Vinson, productsbyandrea@gmail.com

DATE	TIME	FEE
03/07 (Sa)	6:00 - 7:30 PM	\$55

Location: UFM QLC, 1221 Thurston St

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



Student practicing First Aid/CPR skills.

Blended Learning: First Aid/CPR/AED

26AFS15

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 good for two years. You will be contacted via email by UFM staff with login information and directions. Certification requirements are as follows:

Part I: Complete 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 competency in the hands-on skills practice and assessment session.

Source: American Red Cross

Classes are subject to cancellation if minimum is not met. Registrations are transferable to another Blended CPR class or a refund will be provided. For more information visit tryufm.org.

Instructor: Melissa Copp

SEC	DATE	TIME	FEE
A	01/26 (M)	6:00 - 8:15 PM	\$80
B	02/23 (M)	6:00 - 8:15 PM	\$80
C	03/23 (M)	6:00 - 8:15 PM	\$80
D	04/27 (M)	6:00 - 8:15 PM	\$80
E	05/18 (M)	6:00 - 8:15 PM	\$80

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



Ask about our CPR classes for your organization!
Contact samantha@tryufm.org.



MILITARY & VETERAN OPPORTUNITIES

Veteran Wellness - Your Health. Your Journey

26AMV01

For most people, having "health" is more than just the absence of disease. It also means living with intention and having a sense of purpose in your life. Join us for this one-time class to further explore the concept of Whole Health and what "health" means to you! During our time together, you will have the opportunity to complete a personalized health plan, think about meaningful goals, and consider the next steps that feel most valuable to your wellness journey. If you are a Veteran enrolled with VA Eastern Kansas, you may be eligible for a \$200 scholarship when taking this course.

Instructor: Neal Strathman, nealstrathman@yahoo.com

Neal Strathman is a retired 22-year Veteran of the U.S. Navy and Navy Reserves.

SEC	DATE	TIME	FEE
A	01/17 (Sa)	1:00 - 3:00 PM	VA Sponsored
B	02/21 (Sa)	1:00 - 3:00 PM	VA Sponsored
C	03/21 (Sa)	1:00 - 3:00 PM	VA Sponsored
D	05/16 (Sa)	1:00 - 3:00 PM	VA Sponsored



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Location: UFM Solar Addition, 1221 Thurston St

VETERAN WELLNESS

YOUR HEALTH, YOUR JOURNEY

Want to have more control over your life and health?
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services like acupuncture, guided imagery and biofeedback by
checking out the Whole Health website.

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RECREATION

Ghost Hunting/Paranormal Investigating 101

26ARE09

Have you ever pondered the extraordinary phenomena that lie beyond our understanding? While ghost hunting can be exhilarating, paranormal investigation opens the door to deeper exploration. By utilizing SLS cameras, K-2 meters, recorders, and the Estes Method, you can forge connections with spirits. No experience is required; all you need is a sense of curiosity. Join us on this life-changing journey as we uncover the mysteries of the unknown with the tools and techniques of the field. In this class, you'll learn the history of ghost hunting, have hands-on experience, and potentially have an opportunity to experience something truly amazing.

Instructor: Sam & Mike Bane,  mysterious.mike.sam@gmail.com

Sam is a Reiki Master, Tarot and Oracle reader, and Intuitive and Psychic-Evidential Medium. Her true passion is working with authorities to find missing people and solve cold cases. Sam hosts spiritual retreats, offering spiritual healing, counseling, and mentorship. Having trained at Arthur Findlay College with some of the world's best mediums and divination experts, she brings a fresh perspective to connecting with spirit. Mike and Sam have spent over 20 years investigating the unknown. They founded EPIC VIP Events, LLC in 2024, to share the excitement of the paranormal and inspire others.

SEC	DATE	TIME	FEE
A	03/21 (Sa)	5:00 - 10:30 PM	\$70
B	04/25 (Sa)	5:00 - 10:30 PM	\$70

Location: UFM QLC Room, 1221 Thurston St



Sam & Mike Bane, Ghost Hunting/Paranormal Investigating.

Cosplay Toolkit: Beginner Prop Crafting

NEW!

26ARE10

Learn the basics of cosplay prop making in this three-day hands-on class. Day 1 covers prep, choosing a prop, and materials breakdown. Day 2 focuses on crafting your prop. Day 3 adds finishing touches. Students leave with their complete props to show off.

Instructor: Jake Huber, titanofitusdm@gmail.com 

DATE	TIME	FEE
04/03 - 04/17 (F)	5:00 - 7:00 PM	\$70

Location: UFM Solar Addition, 1221 Thurston St

3D Print & Paint:

NEW!

Miniatures for Tabletop Gaming

26ARE11

Design your own tabletop gaming mini from start to finish. You'll learn how to create a custom figure on Hero Forge, purchase the STL file for under \$10 (separate from the class fee), and watch how it's prepared and printed on a resin printer. After your mini is printed in-house, you'll spend two sessions painting and adding detail. By the end, you'll head home with a fully customized miniature you designed and painted yourself.

Instructor: Pedro Melendez, pimelendez50@gmail.com  Pedro is a graduate of K-State with 2 bachelor's degrees in studio art. He has been painting miniatures for over 5 years, for himself and through commissions. He has also taught classes at The Village Geek, one of our local game stores.

SEC	DATE	TIME	FEE
A	02/04 - 02/18 (W)	5:00 - 8:00 PM	\$90
B	03/04 - 03/25 (W) (No class 03/18)	5:00 - 8:00 PM	\$90
C	04/01 - 04/15 (W)	5:00 - 8:00 PM	\$90
D	05/06 - 05/20 (W)	5:00 - 8:00 PM	\$90

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

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



Dungeons & Dragons



Welcome to our four-part Dungeons & Dragons 5E series. Progressing to the next level requires completing the preceding course. The first class, 'A Beginner's Guide,' is a prerequisite for Tiers 2-4. Each class builds on what you've learned before, taking you deeper into the world of D&D.



A Beginner's Guide to Dungeons & Dragons 5E

26ARE02

This covers all things about getting started from nothing to something. What everything means, how everything is set up and how to expand your learning through roleplay experiences. Participants will understand various items ranging from non-magical to uncommon magical items, spells, and various racial and class features. Players will start at level 1 and make their way to level 5 by the end of the course. This class is a prerequisite for all other D&D classes. Ages 13+.

Instructor: Jake Huber, titanofitusdm@gmail.com 
 Jake Huber, a USMC vet and "Jake-of-all-trades," brings 20+ years of D&D experience to the table. He always delivers creative, engaging, and practical instruction with hands-on skills to classes in prop making, security, CPR, and more.

DATE	TIME	FEE
02/13 - 03/13 (F)	5:00 - 10:00 PM	\$50

* Enrollment deadline 02/06

Location: UFM, 1221 Thurston St

An Intermediate Guide to Dungeons & Dragons 5E

26ARE03

This covers more than the basics. Participants will learn more than the core mechanics and utilize more critical thinking skills. More math, more problem solving and even a few physical puzzles that will challenge the brain to think outside and inside the box. Participants will understand various items ranging from uncommon to rare magical items, and higher-level spells/class features. Players will start at level 6 and make their way to level 10 by the end of the course. Prerequisite: A Beginner's Guide. Ages 13+.
 Instructor: Jake Huber, titanofitusdm@gmail.com 

DATE	TIME	FEE
02/13 - 03/13 (F)	5:00 - 10:00 PM	\$50

* Enrollment deadline 02/06

Location: UFM, 1221 Thurston St

An Advanced Guide to Dungeons & Dragons 5E

26ARE04

This covers more advanced rules and tactics that come into play. Participants will be required to take notes and track story lines in order to unravel mysteries as well as interactions that could be very challenging. Participants will understand various items ranging from rare to very rare magical items and higher-level spells/class features. Players will start at level 11 and make their way to level 15 by the end of the course. Prerequisite: An Intermediate Guide. Full details at tryufm.org. Ages 13+.
 Instructor: Jake Huber, titanofitusdm@gmail.com 

DATE	TIME	FEE
02/13 - 03/13 (F)	5:00 - 10:00 PM	\$50

* Enrollment deadline 02/06

Location: UFM, 1221 Thurston St

UFM is proud to recognize our Active Duty, Reservist, and Military Veteran instructors with a military dog tag icon next to their name or class. We are grateful for their service and dedication. 



An Expert Guide to Dungeons & Dragons 5E

26ARE05

This covers one of the highest tiers of dungeons and dragons. Participants will be required to take notes and track story lines in order to unravel mysteries as well as problem solve interactions that will be very challenging. Participants will understand various items ranging from very rare to legendary magical items and the highest level of spells/class features. Players will start at level 16 and make their way to level 20 by the end of the course. Prerequisite: An Advanced Guide. Full details at tryufm.org. Ages 13+.

Instructor: Jake Huber, titanoftitusdm@gmail.com



DATE	TIME	FEE
02/13 - 03/13 (F)	5:00 - 10:00 PM	\$50

* Enrollment deadline 02/06

Location: UFM, 1221 Thurston St

Mastering Dungeons & Dragons: Becoming a 5E Dungeon Master **26ARE01**

Learn to master Dungeons & Dragons 5E as a Dungeon Master. Explore world-building, encounter design, and storytelling while developing improvisation and player management skills. Craft compelling NPCs, create immersive adventures, and get hands-on practice with guidance from experienced DMs. Whether new or refining your skills, this course gives you the tools to lead epic campaigns with confidence.

Instructor: Jake Huber, titanoftitusdm@gmail.com



DATE	TIME	FEE
02/06 (F)	6:00 - 9:00 PM	\$25

* Enrollment deadline 11/07

Location: UFM, 1221 Thurston St



New Gardeners & Returning Gardeners adding plots

[Riley County Residents]

Signups at UFM:

February 7th (Sat), 9:30 – 10:30 am

March 9th (Mon), 6:30 – 7:30 pm



The Manhattan Community Gardens are a cooperative gardening project located in the southern part of Manhattan, Kansas. Land is provided by the City of Manhattan and by Riley County. UFM Community Learning Center supervises the project. Garden sites are located in southern Manhattan at 9th and Riley Lane and at 1435 Collins Lane. A small plot rental fee is charged to cover the costs of operating the program. Signups occur from November to March each year or until all plots are rented.



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.

Protecting Your Legacy: Wills and Trusts: Is Self-Help Right for You?

NEW!

26ALL111B

Not sure what "estate planning" really means? You're not alone! This class breaks down the basics of wills, trusts, and powers of attorney in plain language. Learn what is important to protect your assets, choose guardians for your kids, and make smart plans for your family's future. We'll cover what works (and doesn't) in Kansas, we'll review a simple DIY option like LegalZoom, and highlight when you may also need an attorney's help. You'll walk away with practical steps you can take now to build security for your loved ones.

Instructor: Lisa Ward, lisa@lisawardlaw.com

SEC	DATE	TIME	FEE
B	02/11 - 02/11 (W)	6:00 - 7:15 PM	\$20

Location: UFM Fireplace Room, 1221 Thurston St



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At Meadowlark

* Meadowlark Hills Residents and Passport Holders see message on page 34. All ages are welcome.

Protecting Your Legacy: Smart Legal Planning for the Second Half of Life

26ALL113B

You've worked hard to build what you have—now it's time to protect it. Explore planning for the dynamics of blended families, your grown children, and children who may struggle with money. This class also explores how to plan for your long-term care costs and protect your assets to go to your heirs. Learn how irrevocable trusts and Medicaid planning work in Kansas, and why preparing in advance is important. Whether you want to stay in your home or prepare for possible nursing care, we'll discuss strategies that help preserve your savings and protect your family.

NEW!

Instructor: Lisa Ward, lisa@lisawardlaw.com

Lisa is a business, real estate, and estate planning attorney with decades of experience. She advises businesses, nonprofits, and families on complex legal matters and also leads the Tough2gether Foundation, dedicated to fighting childhood cancer.

SEC	DATE	TIME	FEE
B	02/25 (W)	6:00 - 7:15 PM	\$20

Location: Meadowlark Hills, 2121 Meadowlark Road

Protecting Your Legacy: Protecting Loved Ones During Cognitive or Physical Decline

NEW!

26ALL112B

When a loved one starts to face cognitive decline, the legal and financial questions can feel overwhelming. This class helps you understand what steps to take to protect them—and yourself. Learn about powers of attorney, guardianship, advance healthcare directives, and ways to reduce the risk of financial or online fraud. Whether you're supporting aging parents or a spouse or partner, this session offers guidance and peace of mind for families navigating tough transitions.

Instructor: Lisa Ward, lisa@lisawardlaw.com

SEC	DATE	TIME	FEE
B	03/11 (W)	6:00 - 7:15 PM	\$20

Location: Meadowlark Hills, 2121 Meadowlark Road



At Meadowlark

* Meadowlark Hills Residents and Passport Holders see message below. All ages are welcome.

Look, Learn, and Make: An Introduction to Visual Thinking Strategies NEW! 26ALL108

This class is an introductory discussion of unique and non-traditional artists as well as Visual Thinking Strategies. Visual Thinking Strategies (VTS) is a research-based teaching method that uses facilitated group discussions about images to develop critical thinking, language skills, wellbeing, and confidence. This art education class is for all ages and skill levels.

Instructor: Katherine Schlageck, Kschlageck@gmail.com
Kathrine Schlageck, former Curator of Education at the Beach Museum of Art, has over 40 years' experience engaging diverse audiences. She is a trained Visual Thinking Strategies facilitator with a MA in Museum Studies.

DATE	TIME	FEE
03/04 (W)	10:00 - 11:30 AM	\$24

Location: Meadowlark Hills, 2121 Meadowlark Road

Look, Learn, and Make: Matisse Papercuts, Assemblages, and Cyanotype NEW! 26ALL109

During the following three-week series, participants will discuss works with Visual Thinking Strategies techniques, gain biographical information about the artists, and make artwork inspired by the artists. We will begin with Matisse papercuts, followed by mini-Joseph Cornell assemblages, to name a few, and learn about artists such as Anna Atkins (cyanotypes). This art education class is for all ages and skill levels.

Instructor: Katherine Schlageck, Kschlageck@gmail.com

DATE	TIME	FEE
03/11 - 03/25 (W)	10:00 - 11:30 AM	\$42

Location: Meadowlark Hills, 2121 Meadowlark Road

Look, Learn, and Make: Collagraphs, Collage, and Linotypes NEW! 26ALL110

During the following three-week series, participants will discuss works with Visual Thinking Strategies techniques, gain biographical information about the artists, and make artwork inspired by the artists. We will learn about artists such as Glen Alps (collagraph), Hannah Hoch (collage), and Elizabeth Catlett (linotypes). This art education class is for all ages and skill levels.

Instructor: Katherine Schlageck, Kschlageck@gmail.com

DATE	TIME	FEE
04/01 - 04/15 (W)	10:00 - 11:30 AM	\$42

Location: Meadowlark Hills, 2121 Meadowlark Road

Flourishing NEW! 26ALL114

In three highly interactive workshops, we will focus on ways to flourish through gratitude, kindness, resilience, joy, and creativity. Learn about the science behind wellness practices while having fun!

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

Jayme is a scientist, a teacher, a nonprofit leader, and a public servant whose purpose in life is to help others flourish. She's a trained facilitator for Action for Happiness.

DATE	TIME	FEE
04/21 - 05/05 (T)	10:00 - 11:00 AM	\$42

Location: Meadowlark Hills, 2121 Meadowlark Road

* Meadowlark Hills Residents and Passport Holders (non-residents):

To register for classes, please call UFM at 785-539-8763 or email info@tryufm.org.

All other community members may register online at tryufm.org or by calling UFM.



The Evolution and Development of the US Army: 1945-1991

NEW!

26ALL106

This three-session class explores the U.S. Army's evolution during the Cold War, focused on containing Communist expansion. The first session covers the Korean War and deterrence of the Soviet-led Warsaw Pact. The second examines continental defense strategies in the nuclear/missile age and the restructuring of Army tactics. The final session looks at Army operations in Vietnam, its rebuilding in the 1970s, and the development of its Land, Sea, and Air doctrine leading up to Desert Storm.

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.

DATE	TIME	FEE
03/04 - 03/18 (W)	6:30 - 8:00 PM	\$42

Location: Meadowlark Hills, 2121 Meadowlark Road

The American Revolution:

NEW!

The British Perspective; 1775-1783 26ALL107

This three-session class will examine the American Revolution from the British point of view. The first session will focus on why the British Crown went to war, their public's perception of the conflict, and the dissenting voices within Britain. The second class will examine both the British political and the military's strategic vision in conducting the war and the logistical handicaps they faced. The final class will look at the successes and failures of the British military operations during the conflict and the motives for ending the conflict.

Instructor: Robert Smith

DATE	TIME	FEE
04/08 - 04/22 (W)	6:30 - 8:00 PM	\$42

Location: Meadowlark Hills, 2121 Meadowlark Road

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Volunteer
or Intern*

AT A WORLD-CLASS
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- Home Health
- Independent Living
- Assisted Living
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ENGINEERING & TECHNOLOGY

Laravel Bootcamp: Build Your First App

NEW!

26AET05

This beginner-friendly class introduces the essentials of Laravel, guiding you through its installation, MVC architecture, routes, Blade templating, and database basics to help you confidently create and launch your first web application.

Instructor: Carlos Cordero, Carlencordero@gmail.com
Carlos is an experienced programmer with a background in application development and IT solutions. He is skilled in PHP, backend and frontend systems, and is passionate about delivering efficient, reliable software.

DATE	TIME	FEE
03/31 - 04/22 (T/W)	4:30 - 6:30 PM	\$55

Location: UFM Teaching & Learning Rm, 1221 Thurston St

3D Printing for Everyone

NEW!

26AET06

Learn the essentials of 3D printing in this beginner-friendly workshop. We'll explore different types of 3D printers and their key components, then walk through choosing the right 3D model for your project. You'll set up an FDM-style printer, import your model into slicing software, and complete your first print step-by-step. Perfect for anyone ready to bring their ideas to life. All ages are welcome!

Instructor: Gary Ferguson, makerspacebygary@gmail.com

With 15 years of experience in 3D design and manufacturing, our instructor runs a full-service workshop producing products with 3D printers, lasers, and CNC machines, bringing practical expertise to every lesson.

SEC	DATE	TIME	FEE
C	04/11 (Sa)	1:00 - 3:00 PM	\$37
D	05/09 (Sa)	1:00 - 3:00 PM	\$37

Locations:

C - Ogden House Cafe, 230 Riley Ave, Ogden
D - UFM Solar Addition, 1221 Thurston St

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

ChatGPT Prompting and Business Automation

NEW!

26AET04

Look at how to effectively use ChatGPT to boost creativity, productivity, and problem-solving. This class teaches practical prompting techniques, context control, and real-world applications for work and life. Through interactive examples, you'll discover how to guide AI responses, refine results, and build confidence using ChatGPT as a daily tool for communication, organization, and innovation.

Instructor: Ethan Avalon
Ethan Avalon is an entrepreneur and educator specializing in AI applications and prompting. He teaches practical ways to leverage ChatGPT for creativity, productivity, and business innovation.

DATE	TIME	FEE
02/15 (Su)	6:00 - 7:00 PM	\$20

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

Electrical Basics Series with the Rayberns

26AET07

Join husband-and-wife team David and Mariah Raybern for a practical, beginner-friendly class on electrical basics. David brings over 20 years of experience as a licensed electrician, and Mariah joined the trade five years ago. Together, they own and operate Raybern Electric, founded in 2018. This class covers everyday electrical know-how: how to stay safe, use basic tools, understand circuits, and tackle simple home projects with confidence. Perfect for homeowners, DIYers, or anyone curious about how electricity really works. All explained in a way that's approachable, hands-on, and fun. This course has evolved into a series due to the amount of content we are sharing with students.

Instructors: David & Mariah Raybern, mariah.raybernelectric@gmail.com
David and Mariah Raybern are the husband-and-wife team behind Raybern Electric, founded in 2018. David has been a licensed electrician since 2004, and Mariah joined the trade in 2020. Together, they're passionate about making electrical knowledge accessible, safe, and empowering for everyone.

DATE	TIME	FEE
03/04-03/25 (W)	5:00 - 7:00 PM	\$34

Location: Raybern Electric, 4000 Stagg Hill Road



ANIMAL SCIENCES

Mini Goats, Big Fun: Beginner Goat Care

NEW!

26AAS01

Spend an hour learning beginner goat care with dwarf goats on site. We'll cover feeding from baby to adult, grooming, fencing, housing, and transportation. Students can interact with our pet goats and get hands-on tips for raising happy, healthy backyard goats.

Instructor: Mindy Huber, mindy@tryufm.org
Mindy has over three years of experience raising backyard goats, caring for them through winter colds and summer heat. She enjoys sharing her knowledge of goat care, health, and daily management with fellow animal enthusiasts.

DATE	TIME	FEE
05/17 (Su)	1:00 - 2:00 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St

Intentional Miscommunication With Animals:

A Dr. Cantalot Masterclass

26AAS04

This course examines the consequences of when humans and animals are not on the same page. Participants will practice confidently explaining things to pets, farm animals, and wildlife while being completely misunderstood. Topics include speaking at the wrong moment, using the wrong tone with total confidence, and maintaining authority when no one is listening. The class emphasizes embracing confusion, misplaced certainty, and the strangely satisfying act of finishing a sentence after the animal has already walked away.

Instructor: Dr. Cantalot
Dr. Cantalot is the long-standing nemesis of Dr. Dolittle and a vocal opponent of animal communication in all forms. He is best known for his decades-long crusade to ensure animals never understand his intentions. With a career built on mutual confusion, Dr. Cantalot brings unmatched experience in being ignored, misunderstood, and confidently incorrect.

DATE	TIME	FEE
04/14 (Tu)	7:00 - 8:00 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St

Backyard Chicken Keeping

26AAS03

This course gives practical guidance on backyard chicken care. You'll learn about feed, housing, common health issues, brooder setup, and raising chicks, with hands-on time handling live chickens. Participants can share their experience and goals so the session can be adjusted to fit the group. Note: breeding and incubation are not covered

Instructor: Mindy Huber, mindy@tryufm.org
Mindy has raised backyard chickens since 2019 in both city and country settings. She's experienced with chicks, flock care, and housing, and enjoys sharing her knowledge to help others confidently care for their own birds.

SEC	DATE	TIME	FEE
A	03/29 (Su)	2:00 - 4:00 PM	\$30
B	04/26 (Su)	2:00 - 4:00 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St

Who You Gonna Call?

NEW!

The Basics of Pest Control

26AAS02

Do you ever wonder when it's time to call a pest control company or what to look for when choosing one? In this class, you'll learn the basics of identifying pest problems, what questions to ask professionals, and how to recognize when expert help is needed. Some pests are simply annoying, while others can carry diseases or even destroy your home from the inside out. From spiders, roaches, fleas, and bed bugs to termites, carpenter bees, and ants, we'll cover what's harmful, what's manageable, and what must be eliminated to keep your home safe and pest-free.

Instructor: Tracey Bearman, kawvalleyexterminator@gmail.com
Tracey and her husband, Paul, have been proudly serving their community in the pest control business for over 26 years. Together, they've built a business grounded in trust, experience, and hometown values.

SEC	DATE	TIME	FEE
A	02/13 (F)	Noon - 1:00 PM	Community Sponsored
E	04/10 (F)	Noon - 1:00 PM	Community Sponsored
H	05/15 (F)	6:00 - 7:00 PM	Community Sponsored

Location: UFM Solar Addition, 1221 Thurston St



SPECIAL EDUCATION OPPORTUNITIES

Navigating the World of Special Education

26ASE01

This course helps families understand IEPs and special education. Beginners can start with the basics, while experienced families can bring specific questions. Students 14+ may attend with a guardian. Each private session includes goal setting, information, and time for questions. Families should keep student/school information confidential. Guidance applies to all districts; specific feedback on local schools cannot be provided.

Instructor: Mindy Huber, mindy@tryufm.org
Mindy is a Level 4 Special Education Teacher with undergraduate and graduate degrees from Kansas State University. She previously worked as a paraprofessional and with adults with disabilities, a passion she carries into her daily work.

DATE	TIME	FEE
04/19 (Su)	1:00 - 3:30 PM	\$35

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

NEW!

Caring for Loved Ones with Special Needs:

The Caregiver's Legal Toolkit

26ASE03A

Caring for a loved one with special needs takes heart and careful planning. This class helps families understand the tools available to protect their loved one's future while maintaining essential benefits. Learn about special needs trusts, how to make the most of an ABLE account, balancing independence and protection, and learning the do's and don'ts of guardianships and conservatorships. We'll also discuss how to plan for adult children receiving Medicaid or disability benefits and what steps caregivers can take to ensure long-term stability and peace of mind.

Instructor: Lisa Ward, lisa@lisawardlaw.com
Lisa is a business, real estate, and estate planning attorney with decades of experience. She advises businesses, nonprofits, and families on complex legal matters and leads the Tough2gether Foundation, dedicated to fighting childhood cancer.

SEC	DATE	TIME	FEE
A	03/25 (W)	6:00 - 7:15 PM	\$20

Location: UFM Fireplace Room, 1221 Thurston St

Project EXCELL

26ASE02

Project EXCELL provides personal enrichment and life skill classes to adults 18 years and older with developmental disabilities. EXCELL strives to give these students a college-like experience. It also provides the opportunity for EXCELL students and Kansas State University students to grow and learn through interactions with each other. The program has a profound impact on the lives of the participants, allowing them to participate in the community and experience a college environment.

EXCELL offers Saturday morning classes in the fall and spring semesters on the K-State campus. Students come as far as an hour's drive to participate in this program.

The program is divided into two five-week sessions each semester. Class topics vary each session and include subjects such as math, geography, reading enhancement, fitness, art, social skills, and finances. The topics are chosen to provide educational enrichment, expand life skills, and create opportunities for social engagement.

The program is designed to help students feel part of the university campus. Each student receives a special K-State ID card with the program name. Volunteer K-State faculty members and students work with the students each week.

Spring 2026 Dates:

* Session 3: 02/07, 02/14, 02/21, 02/28, & 03/07

* Session 4: 04/04, 04/11, 04/18*, 04/25, & 05/02

* Graduation: 05/09

Coordinator: Mindy Huber, mindy@tryufm.org

SEC	DATE	TIME	FEE
A	02/07 - 03/07 (Sa)	9:00 - 11:30 AM	\$30
B	04/04 - 05/02 (Sa)	9:00 - 11:30 AM	\$30

Location: KSU Student Union

*Please note 04/18 will take place at UFM, 1221 Thurston St

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Project

EXCELL

PARTICIPANT OR INSTRUCTOR!

Sponsor a Project EXCELL participant or instructor and help adults with intellectual and developmental disabilities experience college life at K-State.

Your support keeps this meaningful, inclusive program thriving despite funding challenges.

Sponsorship Opportunities:
Instructor Weekly Class Fee --> \$50
Participate, 1 Session --> \$30
 (Donations are tax-deductible.)



UFM puts the **community** in education.



PLANT SCIENCES

Great Gardening: A Month-by-Month Guide to Kansas Vegetable Gardens **26APS01**

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.

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
*TBD	5:00 - 6:00 PM	\$42

*By appointment at a mutually convenient time.
Location: 9th & Riley Lane, Manhattan Community Gardens

Everyday Permaculture Design **26APS02**

We will cover the ethics and principles of creating a Permaculture design for your home, whether you live in an urban apartment, a suburban house, or out in the country. Topics will cover design principles, alternative building and energy technologies, food forests, and annual gardens.

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

DATE	TIME	FEE
02/05 - 02/26 (Th)	6:00 - 8:30 PM	\$27

Location: UFM Solar Addition, 1221 Thurston St

Home Landscape Design **26APS03**

Make the most of your outdoor living space with thoughtful design elements. Single homeowners or couples are encouraged to enroll.

Instructor: Gregg Eystone, geyeston@ksu.edu
See page 8 for instructor bio.

DATE	TIME	FEE
02/26 (Th)	6:30 - 8:30 PM	\$20

Location: Pottorf Hall, CiCo Park

Edible Wild Plants **26APS04**

After a slideshow of edible native plants, we'll take a short hike to identify plants, followed by a buffet of dishes prepared by your instructors.

Instructors: Sue Maes, Kelly Yarbrough, & Terry Olson
Terry Olson is the retired owner of Eastside and Westside Markets and now volunteers with K-State Gardens and as a docent at Konza Prairie. Additional class leaders include Sue Maes, who has taught Edible Native Plants for UFM for over four decades, and Kelly Yarbrough, a local artist who organizes the annual Seed Swap at the Discovery Center.

DATE	TIME	FEE
06/09 (Tu)	5:30 - 7:00 PM	\$30

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

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



SPORTS & FITNESS

Chair Yoga

26ASF02

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 final relaxation will promote stress reduction. Participants will also learn how to develop 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	02/03 - 03/03 (T)	12:15 - 1:15 PM	\$44
B	03/10 - 04/14 (T)	12:15 - 1:15 PM	\$44
C	04/21 - 05/19 (T)	12:15 - 1:15 PM	\$44

Location: First Congregational Church, 700 Poyntz Ave



UFM puts the **community** in education.

Evening Yoga

26ASF01

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 home practice. No experience is necessary. Yoga is for everybody. Instructor: Debbie Newton, dn72649@gmail.com

SEC	DATE	TIME	FEE
A	02/02 - 03/02 (M)	5:30 - 6:30 PM	\$44
B	03/23 - 04/20 (M)	5:30 - 6:30 PM	\$44
C	04/27 - 05/25 (M)	5:30 - 6:30 PM	\$44

Location: First Congregational Church, 700 Poyntz Ave

The Grassroots Community Education Award is an annual recognition given by UFM Community Learning Center to someone in Kansas who has made an outstanding contribution to grassroots community education and learning. This past September, we celebrated the 45th time UFM has presented this award.

Grassroots Award Recipient: Debbie Newton

UFM is proud to recognize Debbie Newton as our 2025 Community Grassroots Award Recipient. A clinically trained social worker who transitioned into yoga teaching, Debbie began offering classes at UFM in 2007, her first teaching home, where she immediately found a welcoming environment for beginners. Her classes blend her background in social work with mindful movement, offering students' meaningful tools for managing stress and exploring self-discovery.

A Teacher Rooted in Community

Debbie's approach to yoga comes from her belief that movement can reach people in ways traditional mental health concepts may not. Her chair yoga classes often leave participants feeling relaxed, centered, and confident using what they learned once they return home.

Dedication to UFM's Mission

When we spoke about her hopes for UFM's future, Debbie shared her desire for the organization to continue expanding its educational offerings, engaging more diverse learners, and reaching more young people. She describes her favorite students as curious and eager to learn, and she expressed gratitude for UFM's supportive staff who help make her teaching possible.

For nearly two decades, Debbie's community-focused teaching has positively impacted UFM students. We are honored to acknowledge her contributions and deeply appreciate her continued service to our community.

Congratulations to Debbie Newton!



**The Manhattan Self-Defense Project:
Level 1**

26ASF03

This is an introductory class for students with no experience, to teach a very basic level of self-defense knowledge. It is a very short class to give basic ideas about self-defense. The book, "Theory of Self-Defense, Volume One," is included in the class fee.

Instructor: Stan Wilson, (785) 313-5488

Stan Wilson has been doing martial arts since 1970. He founded the White Phoenix System and is a black belt in Jujutsu and Kung Fu. He owns over 400 books and 400 DVDs based on martial arts and self-defense.

DATE	TIME	FEE
02/09 - 02/23 (M)	6:30 - 7:30 PM	\$40

Location: UFM Solar Addition, 1221 Thurston St

**The Manhattan Self-Defense Project:
Level 2 Phase 1**

26ASF19

Second level, Phase 1 Manhattan Self-defense Project: This consists of working on the 16 fists from Toguakure Ryu, and 20 Jujutsu self-defense techniques done over and over as the formal training base of self-defense. The book, "The Ultimate Self-Defense Book," is included in the fee.

Instructor: Stan Wilson, (785) 313-5488

DATE	TIME	FEE
02/12 - 04/16 (Th)	6:30 - 7:30 PM	\$75

Location: UFM Solar Addition, 1221 Thurston St

**Shin Shin Shin Gan:
Master Level Awareness**

NEW!

26ASF17

This advanced class explores Shin Shin Shin Gan, often understood as the Mind and Eyes of God. Students learn how to sense intentions, read subtle movements, and respond with clarity under pressure. The course blends meditation, observation drills, and applied techniques to help students see openings before they appear and stay grounded in any situation. This training supports higher-level martial arts practice and deepens awareness both in and out of the dojo.

Instructor: Stan Wilson, (785) 313-5488

DATE	TIME	FEE
03/11 (W)	6:30 - 7:30 AM	\$25

Location: UFM Solar Addition, 1221 Thurston St

**Daito Ryu Foundations:
Levels One and Two**

NEW!

26ASF18

This course introduces the first two levels of Daito Ryu, the traditional art that influenced Aikido, Hakko Ryu, and, some argue, Hapkido. Students will watch and study a detailed instructional DVD that breaks down the core movements, joint controls, and principles of balance that define the system. After each segment, the class will discuss the techniques, their historical context, and how they shaped later arts. No previous experience is required.

Instructor: Stan Wilson, (785) 313-5488

DATE	TIME	FEE
04/08 (W)	6:30 - 8:00 PM	\$25

Location: UFM Solar Addition, 1221 Thurston St

Mindful Yoga for All

26ASF20

Ana has been studying and practicing Yoga for more than forty years. She was certified by Krishnamacharya Healing & Yoga Foundation in 2004. Her classes are welcoming to all and can be helpful to both experienced and beginning yoga students. Emphasis is not on the more "acrobatic" aspects of Yoga practice. Strength and flexibility can be achieved through a gentle, mindful daily practice that fits the individual's needs and limitations. Yoga is therapy, in a very real sense.

Instructor: Ana Franklin

DATE	TIME	FEE
01/21 - 03/11 (W)	5:30 - 6:30 AM	\$119

Location: Online - LIVE

CHECK THIS OUT!

NEW!

Adult Tennis 101 begins January 6. Please visit our website for details and to enroll. [tryufm.org]





Burlesque

26ASF04

This is a fun girls' night in—a women's empowerment experience designed to help you reconnect with your confidence, playful, and feminine energy. The curtains are closed, and clothes stay on, but it's your chance to flip your hair, stomp on a chair, and celebrate being a woman. The group is diverse in age, offering a relaxed, joyful space for girl time—without the hangover.

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 can also 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
B	02/04 - 02/25 (W)	6:30 - 7:30 PM	\$83
C	03/04 - 03/25 (W)	6:30 - 7:30 PM	\$83
D	04/01 - 04/22 (W)	6:30 - 7:30 PM	\$83

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

Heels

26ASF05

This class is all about owning your movement, building confidence, and exploring your inner performer. Join us for a fun, sassy, and empowering class! No experience needed.

* Heels are optional - contact the studio via email for heel recommendations.

* If you would like to opt out of heels, please bring socks and shoes.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	02/06 - 02/27 (F)	6:30 - 7:30 PM	\$67
C	03/06 - 03/27 (F)	6:30 - 7:30 PM	\$67
D	04/03 - 04/24 (F)	2:00 - 2:30 PM	\$67

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

Foot Health

26ASF08

Perfect for anyone experiencing foot pain, plantar fasciitis, fallen arches, or simply looking to improve posture from the ground up, this class focuses on strengthening, mobilizing, and restoring the feet—the foundation of your body. Through targeted exercises, you'll enhance balance, alignment, and overall foot function.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	02/06 - 02/27 (F)	2:00 - 2:30 PM	\$67
C	03/06 - 03/27 (F)	2:00 - 2:30 PM	\$67
D	04/03 - 04/24 (F)	2:00 - 2:30 PM	\$67

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

Pilates for Athletes

26ASF09

Ideal for athletes of all sports and levels, this class targets imbalances, enhances movement efficiency, and supports faster recovery. Using traditional Pilates principles, you'll build strength, improve body mechanics, and increase range of motion—all while reducing the risk of injury. Whether you're in-season or off-season, Pilates will help you stay strong, aligned, and game-ready. All athletic backgrounds are welcome; no prior experience required.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	02/04 - 02/25 (W)	2:00 - 2:30 PM	\$99
C	03/04 - 03/25 (W)	2:00 - 2:30 PM	\$99
D	04/01 - 04/22 (W)	2:00 - 2:30 PM	\$99

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

Men's Only Pilates

26ASF11

Designed specifically for men, this class focuses on core strength, flexibility, posture, and functional movement. Expect a challenging, low-impact workout that targets often underused or tight areas such as the hips, lower back, and shoulders, while improving overall mobility and body awareness.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	02/06 - 02/27 (F)	5:30 - 6:00 PM	\$99
C	03/06 - 03/27 (F)	5:30 - 6:00 PM	\$99
D	04/03 - 04/24 (F)	5:30 - 6:00 PM	\$99

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



Pilates for Stability & Mobility NEW! **26ASF14**

Pilates is a low-impact exercise method designed to strengthen muscles, improve flexibility, and enhance overall body control and posture. Developed by Joseph Pilates in the early 20th century, it emphasizes core strength, proper alignment, and mindful breath control.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	02/04 - 02/25 (W)	4:30 - 5:30 PM	\$67
C	03/04 - 03/25 (W)	4:30 - 5:30 PM	\$67
D	04/01 - 04/22 (W)	4:30 - 5:30 PM	\$67

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

Pre/Postnatal Pilates

NEW!

26ASF16

Focus on improving core stability, posture, balance, and pelvic floor strength while relieving tension in common areas such as the back, hips, and shoulders. Each session emphasizes mindful movement, breath awareness, and personalized modifications to meet your body's changing needs—helping you feel strong, supported, and restored both before and after baby.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	02/01 - 02/22 (Su)	11:00 - 11:30 AM	\$67
C	03/01 - 03/22 (Su)	11:00 - 11:30 AM	\$67
D	04/05 - 04/26 (Su)	11:00 - 11:30 AM	\$67

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

LEADERSHIP & PERSONAL DEVELOPMENT

The Confident Homebuyer Workshop **26AFS45**

This class guides you step-by-step through the homebuying process, from preparing your finances to closing on your new home. You'll learn how to get pre-approved, understand market conditions, choose the right property, and the benefits of home ownership. Gain the knowledge and confidence to make informed decisions and feel prepared for a home purchase.

Instructor: Angela Durtschi, angela@goalliancerealty.com
 Angela Durtschi is a licensed Realtor with Alliance Realty and has called Manhattan home since 2011. In real estate since 2018, she has strong knowledge of the process of buying, selling, investing, and all real estate.

DATE	TIME	FEE
02/24 (T)	6:30 - 7:30 PM	Community Sponsored

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

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

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 @beachmuseum | BeachMuseumofArt | @beachmuseum

Brian Maxwell, Destruction of the Family Farm (detail), 2004, 137

KANSAS STATE UNIVERSITY



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. Several 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 cancelled 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]

Graphic Design

Foundation Certificate

25CPD136

Throughout history, from the earliest carvings in stone to today's digital designs, graphic design has been the foundation of effective visual communication. Whether you're designing a logo, building a website, or crafting a magazine layout, the right graphic design can transform your work from ordinary to exceptional. Build the skills to confidently choose the perfect graphic design for any project, creating work that is not only visually stunning but also functionally effective.

Courses included in certificate: Typography Essentials, Mastering Layout and Grids, & Mastering Color Theory Harmony and Practical Application

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/02 - 05/01	Asynchronous online	\$545
B	04/06 - 06/26	Asynchronous online	\$545

Graphic Design Software

Essentials Certificate

26APD98

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.

Courses included in certificate: Adobe Illustrator Essentials, Adobe Photoshop Essentials, & Adobe InDesign Essentials
Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/02 - 05/01	Asynchronous online	\$545
B	04/06 - 06/26	Asynchronous online	\$545



Digital Marketing Certificate **26APD72**

Gain a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing website traffic, optimizing search engine results, and successfully employing online advertising. This course is relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest, most advanced information and answer your toughest questions. Classes included in certificate: Improving Email Promotions, Boosting Your Web Site Traffic & Online Advertising

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/02 - 05/01	Asynchronous online	\$495
B	04/06 - 06/26	Asynchronous online	\$495

AI Certificate **26APD106**

Give your organization a competitive advantage with Artificial Intelligence (AI). And position yourself in an emerging knowledge specialty and growth area. Explore what AI can do to reduce costs, gather more and better business data, automate time-consuming tasks, improve efficiency, lower human error, reallocate staff time for higher priority functions, and more. Then master the concepts and fundamental techniques of implementing AI. Finally, develop an AI plan and strategy to deliver results for your workplace. Walk away with the knowledge and confidence to help lead your organization into this exciting new area of business expertise. Courses included in certificate: Introduction to ChatGPT, Intermediate AI, & AI Planning and Strategies.

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/02 - 05/01	Asynchronous online	\$495
B	04/06 - 06/26	Asynchronous online	\$495



Bookkeeping for Nonprofits Certificate

NEW!

26APD120

Nonprofit bookkeeping fundamentally differs from business bookkeeping. Delve into fund accounting. Learn how to record transactions with a focus on how money filters into a nonprofit organization and how you track the spending of those funds. Become proficient in how to prepare financial statements for nonprofits, as well as a cash flow statement. Nonprofits make up America's third-largest workforce. It's important to understand how to handle bookkeeping procedures for this unique type of organization. Classes included in certificate: Introduction to Nonprofits, Accounting for Nonprofits, & Financial Statements

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/02 - 05/01	Asynchronous online	\$495
B	04/06 - 06/26	Asynchronous online	\$495

Mastering Payroll Certificate **26APD124**

NEW!

Even if you outsource your payroll needs, you still need to know the rules and regulations. Know how to calculate payroll as well as state and federal payroll tax requirements. In this program, we cover payroll concepts, payroll calculations, payroll and tax withholdings, tax filings, and payroll journal entries. Learn the payroll cycle from start to finish! Classes included in certificate: Payroll Concepts, Payroll Calculations and Tax Withholdings & Payroll and Tax Filings

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/02 - 05/01	Asynchronous online	\$495
B	04/06 - 06/26	Asynchronous online	\$495

The Manager's Guide to HR **26APD133**

NEW!

You, as a manager, are on the front lines of human resources (HR) for your organization. Upskill your knowledge about HR. Conquer one of the essential competencies for a successful manager, moving up, and contributing to the productivity of your organization. Crush it with your people! Whether you work with a small organization or a large one with HR specialists, you play a critical role in creating a positive HR environment. Know what every manager needs to know about HR. Courses included in certificate: Your Role in HR, HR Aspects of Good Leadership & Optimizing Performance and Employee Success

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/02 - 05/01	Asynchronous online	\$495
B	04/06 - 06/26	Asynchronous online	\$495



Payroll Concepts

NEW!

26APD125

Payroll for employees vs. non-employees as well as exempt employees vs. nonexempt employees. Know the various pay periods and required payroll documents. Learn the rules for travel and overtime as well as rules for 1099 reporting. You will also learn the IRS rules for retaining payroll documents. Certificate available. For additional information please see: Mastering Payroll Certificate.

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/02 - 02/27	Asynchronous online	\$195
B	04/06 - 05/01	Asynchronous online	\$195

Advanced Excel Functions

26APD129

Take your Excel skills to the next level. Go beyond what others know, equipping you with advanced functions to efficiently analyze and manipulate data. Explore the advantages of these functions in various contexts, enhancing your productivity and data insights.

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/02 - 02/27	Asynchronous online	\$195
B	04/06 - 05/01	Asynchronous online	\$195

Accounting for Nonprofits

NEW!

26APD122

What fund accounting is and how to build a chart of accounts for nonprofits. Work with the accounting equation for nonprofits, how to record transactions, and how to track allocated funds. Certificate available. For additional information please see: Bookkeeping for Nonprofits Certificate

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	03/02 - 03/27	Asynchronous online	\$245
B	05/04 - 05/29	Asynchronous online	\$245

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

Enroll today!

For additional certificate and class options, visit tryufm.org

Introduction to Tableau

NEW!

26APD130

Uncover Tableau's benefits, including its intuitive, drag-and-drop interface for fast, interactive data visualization and dashboard creation, even for non-technical users. It provides powerful self-service analytics, enabling users to explore data and gain insights independently to improve decision-making across an organization. Come away with the fundamental skills for analyzing your data in Tableau.

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/02 - 02/27	Asynchronous online	\$195
B	04/06 - 05/01	Asynchronous online	\$195

Introduction to ChatGPT

26APD107

Unlock the power of Artificial Intelligence (AI) with ChatGPT, the fastest-growing app in the world. With over 100 million users within the first two months of launch, and 180.5 million now, discover why everyone is talking about this revolutionary platform. In this course, you'll learn how AI tools can dramatically increase your productivity and provide you with a competitive advantage in the workplace. Designed for anyone seeking to acquire new skills, you'll gain an understanding of the capabilities of AI tools and how to leverage them to achieve your goals faster and easier than ever before. Don't get left behind in the AI revolution - join this course and learn how to capitalize on the opportunities it presents. Whether you're a seasoned professional or just starting out, this course is for you. Take the first step towards unlocking your full potential with ChatGPT. Certificate available. For additional information please see: AI Certificate.

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/02 - 02/27	Asynchronous online	\$195
B	04/06 - 05/01	Asynchronous online	\$195



YOUTH DEVELOPMENT OPPORTUNITIES

Beautiful Inside & Out: Tween Confidence & Beauty Basics

NEW!

26AYO217

This fun, confidence-building class is all about celebrating what makes YOU unique! Tweens will learn how to care for their skin, explore simple and age-appropriate makeup tips, and discover that true beauty shines from the inside out. Together, we'll talk about positive thinking, kindness, and the power of surrounding yourself with great friends. You'll leave with glowing skin, new skills, and a big boost of confidence—because when you feel good inside, it shows on the outside!

Instructor: Rachel Wahle, rachelwahle@gmail.com

Rachel Wahle is a skincare and makeup artist with 20+ years of experience. She's passionate about helping others enhance their natural beauty in a way that makes them feel confident inside and out.

SEC	DATE	TIME	FEE
A	03/07 (Sa)	10:00 - 11:30 AM	\$35
B	05/02 (Sa)	10:00 - 11:30 AM	\$35

Location: UFM Solar Addition, 1221 Thurston St

Desmos Art Exploration

NEW!

26AYO218

In this class, we will take a visual and artistic approach to math. We will learn about topics like functions, polar coordinates, parametric equations, conic sections, and utilize these skills to create art. With the help of the Desmos Graphing Calculator, complex mathematical concepts will be made easy and intuitive.

Instructor: Michael Amama

DATE	TIME	FEE
02/19 - 04/30 (Th)	3:30 - 4:30 PM	\$45

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



Backyard Chickens.

Backyard Chickens 101: A Kid's Guide to Raising Happy Hens!

26AYO205

Learn how to care for chickens like a true Chicken Tender! Discover different breeds, build cozy homes, feed and water your flock, handle them gently, and tackle common challenges while getting hands-on experience with live chickens.

Instructor: Gaige Huber

Gaige is a 5th grader who has experience keeping chickens, goats, and pigs. Her family has kept chickens for more than five years. She is an animal lover. Her favorite breeds of chickens are silkies and polish chickens.

DATE	TIME	FEE
05/03 (Su)	2:00 - 3:30 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St



Interested in teaching a class for UFM?
 Summer 2026 submission deadline is March 6, 2026.
 For more information please email jake@tryufm.org.



Teen Mentoring

26AYO208

Snacks, making friends, and having fun happens every week in the Teen Mentoring Program. This program, for middle school and high school students, offers friendship, snacks and guidance with volunteer mentors! The goal of this program is to provide a positive environment and friendship while modeling positive life skills with the students, so the students involved do not have to walk the confusing path of middle school and high school alone. Discussions on Drugs and Alcohol are done weekly with knowledgeable speakers from the community. This program is free to middle school and high school students. Scholarships are offered by the City of Manhattan Drug and Alcohol Fund, the Little Apple Pilot Club, and private donations.

Coordinator: Pamela Green Nealey

Pamela has been in youth development for over 35 years. She has worked with several youth-serving organizations. She has a caring heart for youth and assures each youth in the Teen Mentoring Program feels welcome, makes friends and of course...enjoys the snacks, field trips and activities.

DATE	TIME	FEE
01/12 - 05/19 (T/Th)	3:30 - 5:30 PM	Community Sponsored

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Ichthus University Ministries

26AYO216

At our weekly gatherings, we will meet in a combination of small and large groups to sing together, study passages from the Bible, and discuss how they apply to our lives. Discussions are "discovery-based," with an emphasis on looking at what scripture says about God and people, and what it might be saying about our lives today. Each participant has the opportunity to consider how they might put into practice what God is showing them. We seek to emphasize a "family" atmosphere, where connecting in relationships and getting to know and encourage one another in our daily lives are a high priority.

Instructor: John Schwartz, john@ichthusmhk.org

John and his wife, Jeanette, have been married for 32 years and have five children, ages 14 to 27. He is currently in his 30th year on staff with Ichthus.

DATE	TIME	FEE
01/22 - 05/07 (Th)	7:00 - 9:00 PM	Community Sponsored \$44

Location: UFM, 1221 Thurston St

A Beginner's Guide to Dungeons & Dragons 5E

26ARE02

This covers all things about getting started from nothing to something. What everything means, how everything is set up and how to expand your learning through roleplay experiences. Participants will understand various items ranging from non-magical to uncommon magical items, spells, and various racial and class features. Players will start at level 1 and make their way to level 5 by the end of the course. This class is a prerequisite for all other D&D classes. Ages 13+.

Instructor: Jake Huber, titanofitusdm@gmail.com

Instructor bio on page 31.



DATE	TIME	FEE
02/13 - 03/13 (F)	5:00 - 10:00 PM	\$50

* Enrollment deadline 02/06

Location: UFM, 1221 Thurston St

An Intermediate Guide to Dungeons & Dragons 5E

26ARE03

This covers more than the basics. Participants will learn more than the core mechanics and utilize more critical thinking skills. More math, more problem solving and even a few physical puzzles that will challenge the brain to think outside and inside the box. Participants will understand various items ranging from uncommon to rare magical items, and higher-level spells/class features. Players will start at level 6 and make their way to level 10 by the end of the course. APerequisite: A Beginner's Guide. Ages 13+.

Instructor: Jake Huber, titanofitusdm@gmail.com



DATE	TIME	FEE
02/13 - 03/13 (F)	5:00 - 10:00 PM	\$50

* Enrollment deadline 02/06

Location: UFM, 1221 Thurston St



Dungeons & Dragons.



NEW!

An Advanced Guide to Dungeons & Dragons 5E 26ARE04

This covers more advanced rules and tactics that come into play. Participants will be required to take notes and track story lines in order to unravel mysteries as well as interactions that could be very challenging. Participants will understand various items ranging from rare to very rare magical items and higher-level spells/class features. Players will start at level 11 and make their way to level 15 by the end of the course. Prerequisite: An Intermediate Guide. Full details at tryufm.org. Ages 13+.

Instructor: Jake Huber, titanoffitusdm@gmail.com



DATE	TIME	FEE
02/13 - 03/13 (F)	5:00 - 10:00 PM	\$50

* Enrollment deadline 02/06

Location: UFM, 1221 Thurston St

An Expert Guide to Dungeons & Dragons 5E 26ARE05

This covers one of the highest tiers of dungeons and dragons. Participants will be required to take notes and track story lines in order to unravel mysteries as well as problem solve interactions that will be very challenging. Participants will understand various items ranging from very rare to legendary magical items and the highest level of spells/class features. Players will start at level 16 and make their way to level 20 by the end of the course. Prerequisite: An Advanced Guide. Full details at tryufm.org. Ages 13+.

Instructor: Jake Huber, titanoffitusdm@gmail.com



DATE	TIME	FEE
02/13 - 03/13 (F)	5:00 - 10:00 PM	\$50

* Enrollment deadline 02/06

Location: UFM, 1221 Thurston St

Afternoon Tea Etiquette with Tea Service 26AFS52

NEW!

Love Downton Abbey and all those fancy tea sets? Come learn English etiquette like the Crawley family with beautiful fine china. Then take what you've learned and enjoy an afternoon tea on the second day. Ages: 13+

Instructor: Danielle Andrews-Butterfield, andrews.c.danielle@gmail.com

DATE	TIME	FEE
04/25 - 04/26 (Sa/Su)	3:00 - 5:00 PM	\$63

Location: UFM Fireplace Room, 1221 Thurston St

The Art of the Party Food: Canapés 26AFS50

Learn how to make fancy party foods, quick and easy, with me. You'll learn how to make the bread and decorate the canapés yourself with delicious recipes of your choice.

Ages 13+

Instructor: Danielle Andrews-Butterfield, andrews.c.danielle@gmail.com

Instructor bio on page 24.

DATE	TIME	FEE
04/18 - 04/19 (Sa/Su)	2:00 - 4:30 PM	\$59

Location: UFM Kitchen, 1221 Thurston St

Baking from the Highlands of Scotland 26AFS51

NEW!

Learn how to bake traditional shortbread, Bannocks (oatcakes), and soda bread of the Highlands. Ages 13+

Instructor: Danielle Andrews-Butterfield, andrews.c.danielle@gmail.com

DATE	TIME	FEE
05/17 (Su)	2:00 - 4:30 PM	\$58

Location: UFM Kitchen, 1221 Thurston St

Making and Baking Babka 26AFS49

NEW!

Learn how to make this traditional Eastern European sweet yeast bread. We will make both chocolate and cinnamon flavors and a savory of choice. Ages: 13+

Instructor: Danielle Andrews-Butterfield, andrews.c.danielle@gmail.com

DATE	TIME	FEE
02/21 - 02/22 (Sa/Su)	2:00 - 4:30 PM	\$59

Location: UFM Kitchen, 1221 Thurston St



Babka (example shown; final results will vary).



NEW!

Sashiko Teddy Bear Workshop 26ACE23

We will learn the basic history and stitches of Japanese Sashiko, a geometric embroidery/mending technique. We will start our practice by making a small piece, then start working on making a teddy bear, each section adorned with your Sashiko design. Ages 13+.

Instructor: Ayumi Amama

Ayumi grew up in Osaka, studied architecture in Yokohama, and worked in Tokyo Japan. She loves Japanese architecture, traditional craftsmanship, lush natural landscapes, and Japanese cuisine. She is passionate about sharing Japanese culture with others and learning theirs. Ayumi enjoys cooking and developing new recipes. She also grew up taking calligraphy lessons and sewing lessons from her dad in a tailoring business in Japan.

SEC	DATE	TIME	FEE
A	02/07 - 02/28 (Sa)	10:00 - 11:30 AM	\$57
B	03/16 - 03/19 (M/T/W/Th)	10:00 - 11:30 AM	\$57
C	04/04 - 04/25 (Sa)	10:00 - 11:30 AM	\$57

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



Sashiko Teddy Bear example. The look of the bear will vary based on the fabric and stitch patterns each student chooses.

Instant Guitar for Hopelessly Busy People 26ACE05

In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow-up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture/demonstration. Ages 13+

Instructor: Craig Coffman, chordsarekey@gmail.com

Instructor bio on page 19.

DATE	TIME	FEE
02/03 (T)	6:30 - 9:00 PM	\$69

Location: Online - LIVE

Instant Piano for Hopelessly Busy People 26ACE06

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow-up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture demonstration. Ages 13+

Instructor: Craig Coffman, chordsarekey@gmail.com

DATE	TIME	FEE
02/02 (M)	6:30 - 9:30 PM	\$69

Location: Online - LIVE



3D Printing for Everyone

26AET06

Learn the essentials of 3D printing in this beginner-friendly workshop. We'll explore different types of 3D printers and their key components, then walk through choosing the right 3D model for your project. You'll set up an FDM-style printer, import your model into slicing software, and complete your first print step-by-step. Perfect for anyone ready to bring their ideas to life. All ages are welcome!

Instructor: Gary Ferguson, makerspacebygary@gmail.com

Instructor bio on page 36.



SEC	DATE	TIME	FEE
C	04/11 (Sa)	1:00 - 3:00 PM	\$37
D	05/09 (Sa)	1:00 - 3:00 PM	\$37

Locations:

C - Ogden House Cafe, 230 Riley Ave, Ogden

D - UFM Solar Addition, 1221 Thurston St

GEARY COUNTY:

Level Up Your Golf Game

NEW!

26AYO219

Join us for a fun, hands-on clinic for young golfers of all skill levels. Led by former collegiate golfer and scratch player Josh Norris, players will learn swing fundamentals, short game skills, and course strategy in a positive, supportive setting. Perfect for beginners through high school athletes looking to take their game to the next level. Students can reach out to the instructor for a golf ball purchase. Ages 6-17.

Instructor: Joshua Norris, josh@csgarageservices.com

Instructor bio on page 15.

SEC	DATE	TIME	FEE
A	04/03 (F)	5:30 - 6:30 PM	\$30
B	04/10 (F)	5:30 - 6:30 PM	\$30
C	04/17 (F)	5:30 - 6:30 PM	\$30
D	05/01 (F)	5:30 - 6:30 PM	\$30

Location: Putt-A-Round, 3116 Liberty Hall Rd, Junction City



Golf.



Woodturning class.

POTTAWATOMIE COUNTY:

Change A Board

Into A Bowl In One Day!

26ANR01

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. Ages 13+ with guardian.

Instructor: Tom Boley

Instructor bio on page 10.



DATE	TIME	FEE
03/21 (Sa)	8:00 - 5:00 PM	\$150

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

Write On!

NEW!

Make Your Own Wooden Pen

26ANR02

Create your own custom wood ballpoint pen using a lathe and specialized turning tools. In this hands-on workshop, you'll learn essential lathe safety, develop tool control techniques, and explore how wood selection impacts design and performance. Guided step-by-step, you'll shape, sand, and finish a beautiful pen you'll be proud to use or gift. Perfect for beginners and curious makers alike! Ages 13+ with guardian.

Instructor: Tom Boley



DATE	TIME	FEE
04/25 (Sa)	8:00 AM - Noon	\$115

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



Youth Tennis

Intro to Athletic Movements/ Pre-K Tennis (Ages 4-5)

26AYO210

This class is focused on fundamental athletic movement skills, enhancing hand-eye coordination, and developing ball catching and throwing abilities, all while following simple instructions. It is designed for all children, not just tennis players. It will assist our young athletes in transitioning to our red ball tennis program or any other sport they wish to pursue. Racquets are not required
Instructor: Peakform Sports Staff



Youth tennis.

SEC	DATE	TIME
A	01/06 - 01/29 (T/Th)	5:00 - 5:30 PM
B	02/03 - 02/26 (T/Th)	5:00 - 5:30 PM
C	03/03 - 03/31 (T/Th)	5:00 - 5:30 PM
D	04/07 - 04/30 (T/Th)	5:00 - 5:30 PM
E	05/05 - 05/28 (T/Th)	5:00 - 5:30 PM

* No classes 03/17, 03/19

FEES: *Select Tuesdays OR Thursdays OR Both*
A, B, D, & E: Tues - \$70 / Thurs - \$70 / Tues & Thurs - \$108
C: Tues - \$70 / Thurs - \$57 / Tues & Thurs - \$96

Location: Peakform Sports and Wellness Center,
3615 Claflin Rd

**Check out our
website for
NEW classes!
tryufm.org**

Red Ball Tennis (Kindergarten - Age 9) 26AYO211

Beginner/Intermediate Tennis is taught through exciting games and activities. The focus will be on improving the basic tennis and athletic skills while working to develop rally skills. This class is taught using USTA Net Generation concepts, a smaller 36-foot court, red balls, and 19" rackets.
Instructor: Peakform Sports Staff

SEC	DATE	TIME
A	01/06 - 01/29 (T/Th)	5:30 - 6:10 PM
B	02/03 - 02/26 (T/Th)	5:30 - 6:10 PM
C	03/03 - 03/31 (T/Th)	5:30 - 6:10 PM
D	04/07 - 04/30 (T/Th)	5:30 - 6:10 PM
E	05/05 - 05/28 (T/Th)	5:30 - 6:10 PM

* No classes 03/17, 03/19

FEES: *Select Tuesdays OR Thursdays OR Both*
A, B, D, & E: Tues - \$82 / Thurs - \$82/ Tues & Thurs - \$128
C: Tues - \$82 / Thurs - \$66 / Tues & Thurs - \$114

Location: Peakform Sports and Wellness Center,
3615 Claflin Rd

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Orange Ball Tennis (Ages 9-11) 26AYO212

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. Two days per week are recommended for the best reinforcement and progression of tennis skills.

Instructor: Peakform Sports Staff

SEC	DATE	TIME
A	01/06 - 01/29 (T/Th)	6:15 - 7:15 PM
B	02/03 - 02/26 (T/Th)	6:15 - 7:15 PM
C	03/03 - 03/31 (T/Th)	6:15 - 7:15 PM
D	04/07 - 04/30 (T/Th)	6:15 - 7:15 PM
E	05/05 - 05/28 (T/Th)	6:15 - 7:15 PM

* No classes 03/17, 03/19

FEES: *Select Tuesdays OR Thursdays OR Both*

A, B, D, & E: Tues - \$100 / Thurs - \$100 / Tues & Thurs - \$150

C: Tues - \$104 / Thurs - \$82 / Tues & Thurs - \$139

Location: Peakform Sports and Wellness Center, 3615 Claflin Rd



Youth tennis.

Green Ball Tennis (Ages 11-13) 26AYO213

This class is designed for beginner and intermediate level players aged 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 are recommended for the best reinforcement and progression of tennis skills.

Instructor: Peakform Sports Staff

SEC	DATE	TIME
A	01/05 - 01/30 (M/F)	5:00 - 6:15 PM
B	02/02 - 02/23 (M/F)	5:00 - 6:15 PM
C	03/02 - 03/30 (M/F)	5:00 - 6:15 PM
D	04/06 - 05/01 (M/F)	5:00 - 6:15 PM
E	05/04 - 05/29 (M/F)	5:00 - 6:15 PM

* No classes:

01/19, 02/13, 02/20, 02/27, 03/16, 03/20, 04/13, & 05/25

FEES: *Select Mondays OR Fridays OR Both*

A, D, & E: Mon - \$91 / Friday - \$116 / Mon & Friday - \$147

B: Mon - \$116 / Friday - \$41 / Mon & Friday - \$111

C: Mon - \$116 / Friday - \$91 / Mon & Friday - \$147

Location: Peakform Sports and Wellness Center, 3615 Claflin Rd

Teen Tennis (Ages 13-17) 26AYO214

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

Instructor: Peakform Sports Staff

SEC	DATE	TIME
A	01/05 - 01/30 (M/F)	6:15 - 7:30 PM
B	02/02 - 02/23 (M/F)	6:15 - 7:30 PM
C	03/02 - 03/30 (M/F)	6:15 - 7:30 PM
D	04/06 - 05/01 (M/F)	6:15 - 7:30 PM
E	05/04 - 05/29 (M/F)	6:15 - 7:30 PM

* No classes:

01/19, 02/13, 02/20, 02/27, 03/16, 03/20, 04/13, & 05/25

FEES: *Select Mondays OR Fridays OR Both*

A, D, & E: Mon - \$91 / Friday - \$116 / Mon & Friday - \$147

B: Mon - \$116 / Friday - \$41 / Mon & Friday - \$111

C: Mon - \$116 / Friday - \$91 / Mon & Friday - \$147

Location: Peakform Sports and Wellness Center, 3615 Claflin Rd





Information



ABOUT UFM COMMUNITY ENRICHMENT CLASSES

UFM adheres to the philosophy that everyone can learn and everyone can teach. UFM is a community learning program that contracts with 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 through 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 cancelled by UFM. If a student withdraws from a class 48 hours or more before the class begins, a full refund may be given, except for any published non-refundable fees. No refunds will be given once a class has started.

DISCLAIMER

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

NONDISCRIMINATION POLICY

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

SPECIAL ASSISTANCE

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

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

DONATIONS

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

CONTACT US

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

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.

COMMUNITY ENRICHMENT 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/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



Teach A Class

Interested in teaching a class for UFM?
Summer 2026 submission deadline is March 6, 2026.
For more information please email jake@tryufm.org.



UFM Community Enrichment and Personal Development Class Categories

Communication and Expressive Arts - Communication and expressive arts empower you to tap into your own creativity, self-expression, and communication skills. Whether you want to create a new custom design, write a poem, tell a story, or learn a new language, you can teach or learn to speak with confidence, defend a compelling argument, or hone in on untapped artistic ability to make a community impact or further develop your own communication skills in UFM classrooms and your local community.

Leadership and Personal Development - Being a leader in your community doesn't just have to be an assigned position or role. You can learn to exercise leadership as a practice of bringing out the best of yourself and in others. Leadership skills involve effectively communicating, collaborating with others, public speaking, helping to manage organizations and groups, inspiring others to lead, making responsible and ethical decisions, and addressing and adapting to change. If you want to explore a new community enrichment or personal development option for yourself and your community, you can take a class or teach it here. Start your leadership journey today!

Engineering and Technology - Engineering and technology are integrated into how we think critically to solve everyday problems, engage in teambuilding, and explore STEM fields. If you're interested in learning or teaching how to build things, be a programmer, or create a new design idea, this is a community enrichment opportunity for you!

Family Consumer and Sciences - This community enrichment class category includes food and nutrition as well as health and wellness options. Teachers and learners engage in culinary arts, activities to support healthy living, budgeting, stress management, lifespan development, family and child development, how to make decisions which directly impact daily living and much more. Community members can also learn important financial literacy skills and consumer rights and responsibilities to make good decisions.

Recreation - Gaming, board games, tabletop role playing games, card games, galore! Since the beginning of time, humans needed ways to spend leisure time to connect to our community and have social time. Leisure activities help community members manage their mental and emotional health and develop social connections, community engagement, and support. Board games can even benefit brain health and cognitive function!

Plant Sciences - UFM is known for having the oldest community garden in Kansas for over 50 years, so we are all about community-engaged teaching and learning involving plant sciences. The plant science class category can include tending to a garden, horticulture, landscaping design, learning about insects and even environmental responsibility. Check out a class or sign up to teach one today!

Natural Resources - The Kansas landscape is full of wonderful educational adventures and ways for community members to connect with nature and engage in outdoor activities. This class category allows teachers and learners to connect around topics such as outdoor safety, geology, and wildlife education and management.

Animal Science - Many of us come from farm families or have friends or extended family who have commercial or hobby farms or partake in the homestead lifestyle. This class category addresses community enrichment from an animal science lens – developing skills around animal care and health, how to raise farm animals, companion animals, or even exotic pets! There is really something for everyone whether you are an aspiring farmer or love one. Check out the amazing world of animal science from your own backyard.

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 aged 50+ to enrich their social, cultural, and intellectual learning opportunities. 50+ adults engaged in community-based educational options can experience physical health benefits, improved mental and emotional well-being, increased cognitive stimulation, as well as social engagement, belonging, and a sense of purpose and self-worth. All ages are welcome.



Youth Development Opportunities - Community enrichment and personal development extends across the lifespan at UFM. We particularly enjoy supporting youth, who are tomorrow's leaders, in exploring different class categories, finding purposeful activity, and feeling empowered to make a difference in their community and world. UFM helps youth be teachers and learners in a community-engaged classroom and actively connects youth to Kansas 4-H to deepen their understanding of different youth development project areas. UFM programming also intentionally serves vulnerable at-risk youth in culturally responsive ways through our teen mentoring after school program and YouthBuild workforce development program.

Military and Veteran Opportunities - UFM is a military-connected organization serving active military service men and women, veterans, and families. We offer a variety of options to get involved through teaching and learning and veteran scholarship opportunities and actively support veteran wellness through our community enrichment courses. Check out how you can get involved in military and veteran opportunities.

Sports and Fitness - UFM offers various sports and fitness-related programs to stay active, be healthy, build relationships through team involvement while fostering community bonds. Participating in community sports and fitness programs strengthens social ties and reduces feelings of isolation and can also boost productivity and prevent burnout. Having an active, healthy, fitness-based lifestyle can improve not just our physical but our mental health as well.

Cultural Studies - Culture is everywhere and can really be anything that gives you a ticket to explore the world. Cultural studies are related to the values, beliefs, behaviors, and perceptions of a group of interacting people. This class category can be linked to literature, music, sports, TV, and religion. Each of these areas reflects how educational experiences carry both historical and cultural significance. Cultural studies are grounded in social and community engagement and how we find the rich complexity of how to navigate cross-culturally as we learn about ourselves and others.

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. Several 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 across the state of Kansas.

Special Education Opportunities - At UFM, we support special populations with programs and services to meet their unique needs and also provide classes to equip families and caregivers in navigating the world with a community member with special needs. Our aim is to create more learning opportunities which are accessible and welcoming to our special needs community and provide resources and support to those who advocate and support this community daily.



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+ _____

26ACE23	C	Sashiko Teddy Bear Workshop	57.00

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 _____



*Scan me
& enroll!*

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.



1221 Thurston St
Manhattan, KS 66502

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Spring 2026 Catalog



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