

UFM puts the **community** in education.



UFM

a University For huMankind



*a look
INSIDE*

Aerosol Art: Techniques and
Urban Expression - p. 9

Introduction to Film Photography - p. 9

Solar Ceramic Classes - p. 12-13

Gluten-free Indian Thali - p. 16

Japanese Cooking Basics 101 - p. 16

The Art of Grief - p. 18

From Hive to Honey:
An Introduction to Beekeeping - p. 23

After-School Program - p. 36-37

UFM SUMMER 2026 COURSE CATALOG

tryufm.org





HELP SPONSOR A

Project

EXCELL

PARTICIPANT!

Sponsor a Project EXCELL participant and help adults with intellectual and developmental disabilities experience college life at K-State. Any donation helps Project EXCELL participants succeed. Your support keeps this meaningful, accessible, and welcoming program thriving despite funding challenges.

Sponsorship Opportunities Per Participant:

Annual sponsorship (4 sessions) = \$250

3 sessions = \$187.50

2 sessions = \$150

1 session = \$62.50

(Donations are tax-deductible.)



UFM puts the **community** in education.

What's inside...

7	POTTAWATOMIE COUNTY
8	CREATIVE ARTS
11	SOLAR CERAMICS PROGRAM
14	COMMUNICATION
15	CULINARY ARTS & BEVERAGES
17	CULTURAL STUDIES
18	FINANCIAL LITERACY & CONSUMER EDUCATION
18	FAMILY STUDIES & HUMAN DEVELOPMENT
19	HEALTH & WELLNESS
20	MILITARY & VETERAN OPPORTUNITIES
21	LIFETIME LEARNING
23	ANIMAL SCIENCES
24	PLANT SCIENCES
25	SPORTS & FITNESS
30	RECREATION
31	ENGINEERING & TECHNOLOGY
31	PROFESSIONAL DEVELOPMENT
36	YOUTH DEVELOPMENT OPPORTUNITIES
39	INFORMATION
42	REGISTRATION FORM



UFM SUMMER 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!

Daniel Acevedo	Josh Pappan
Ayumi Amama	Gloria Park
Carol Barta	Nicky Peters
Allen Byrne	Little Apple Pilates
Craig Coffman	Mary Robertson
Melissa Copp	Noor Rizvi
Angela Durtschi	Joslyn Roadstrom
Tyler Elliott	Jessica Schierkolk Long
Monica Franco	Kathrine Schlageck
Ana Franklin	Vaishali Sharda
Alejandra Garcia	Robert Smith
Lisa Hatt	Peakform Sports
Don Kang	Neal Strathman
Landon Kang	Justin Teel
Bronwyn Laherty	Cricket Thurston
Sue Maes	Rachel Wahle
David Moore	Stan Wilson
Naho Nagai	Kelly Yarbrough
Debbie Newton	Penni Zelinkoff
Debbie Nuss	Voices For All, LLC
Terry Olson	

UFM STAFF

OLENA CSIZS Operations Coordinator
JAKE HUBER Community Education Program Administrator
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 taken by Don Sae Kang (Video Producer, K-State DCM), featuring UFM's NEW Solar Ceramic Studio.

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

BOARD OF DIRECTORS

Chair | Carol Barta
Vice Chair | Corey Williamson
Secretary | Millie Schroeder

Treasurer | Ryan Wilson
President & CEO | Aliah Mestrovich Seay

Ayumi Amama
Mac Benavides

Jurdene Coleman
Drew Pearl

Andrea Tiede
Jennifer Wilson

Hey Community!

Summer at UFM Community Learning Center is a time of growth, creativity, and connection and this year is no exception. We are excited to share new opportunities, celebrate impactful programs, and invite you to continue learning with us and giving back in meaningful ways.

UFM is excited to launch the **Solar Ceramics Program**, expanding creative opportunities for artists of all skill levels through both structured classes and open studio access. Located in the Solar Addition at UFM Community Learning Center, the program offers beginning, intermediate, and advanced community enrichment ceramics classes each semester, providing a supportive environment for artistic growth and skill development. In addition, the Ceramic Open Studio offers affordable, supervised access to professional-grade equipment for independent practice, designed for students, hobbyists, and emerging artists who are comfortable working with minimal instruction. Together, participants explore personal and collective stories through creative work, fostering connection, healing, and self-expression. Programming serves both youth and adults, individuals with disabilities, including neurodiverse participants, veterans, and community members of all ages. Through classes, workshops, and public art displays, the Solar Ceramics Program offers opportunities for skill-building, creative expression, and shared experiences in a space designed for community engagement.

The **ABLE (After-school Building Leadership and Enrichment) Program** at UFM Community Learning Center is a new after-school initiative designed to meet the evolving needs of families in response to the earlier start and end times being implemented by USD 383 beginning in Fall 2026. The program provides a structured, supportive environment where students can engage in enrichment activities, receive homework support, and build leadership and life skills after the school day. A key component of ABLE is a mentoring model in which K–5 students are supported by teen and K-State college student mentors, creating opportunities for positive role modeling and leadership development for youth at all levels. ABLE offers families a reliable option for supervised after-school care while helping students stay engaged, connected, and supported during critical after-school hours. Rooted in community need, the program strengthens connections between school, family, and community resources to support student success.

UFM is also expanding opportunities for community and workplace engagement. We are proud to offer **custom classes for businesses and professional teams**, including any type of community enrichment programming that would be fun and engaging for team, skill-building, and more. We also offer **CPR classes** that can be hosted at your location or ours. These flexible offerings are designed to meet the needs of organizations seeking meaningful team-building and professional development experiences.

To stay connected with everything happening at UFM, we encourage you to follow us on social media, tune into our podcast (bit.ly/4td6lUG), and subscribe to our newsletter (bit.ly/3P2A99y). These platforms provide updates on new classes, community stories, and ways to get involved.

Thank you for being part of the UFM community. Whether you're joining us for a class, supporting a program through your donation, being a volunteer, or just helping us spread the word, your engagement has made this work possible since 1968.

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 20 for an exciting opportunity.

What people are saying...



“

"UFM is one of the BEST programs around! The staff cares deeply about supporting the community and people in it, and works diligently to connect classes to the people. You can find just about anything you're interested in through UFM and can sign up to be an instructor in your community! Check out the classes, get involved, totally worth it!"

- Rachel W., Google Review (2026)



“

"I taught a class at UFM, and the process was so easy! I had a great time teaching the class! If you want to teach and reach the community in your own way, I highly recommend UFM!"

- Felicia L., Google Review (2026)



”

“

"I had a fantastic experience with UFM Community Learning Center. The variety of classes they offer is impressive, and there's truly something for everyone—whether you're looking to learn a new skill, explore a hobby, or just meet new people in the community."

- Joseph V., Google Review (2026)



”

“

"Love, love, love UFM!!! UFM is a hidden gem in the Manhattan/Flint Hills region. Jake Huber and UFM staff are people and community-driven. If you have an interest in teaching or learning something new, this is a great place to look. Be sure to check them out!!"

- Chris N., Google Review (2026)

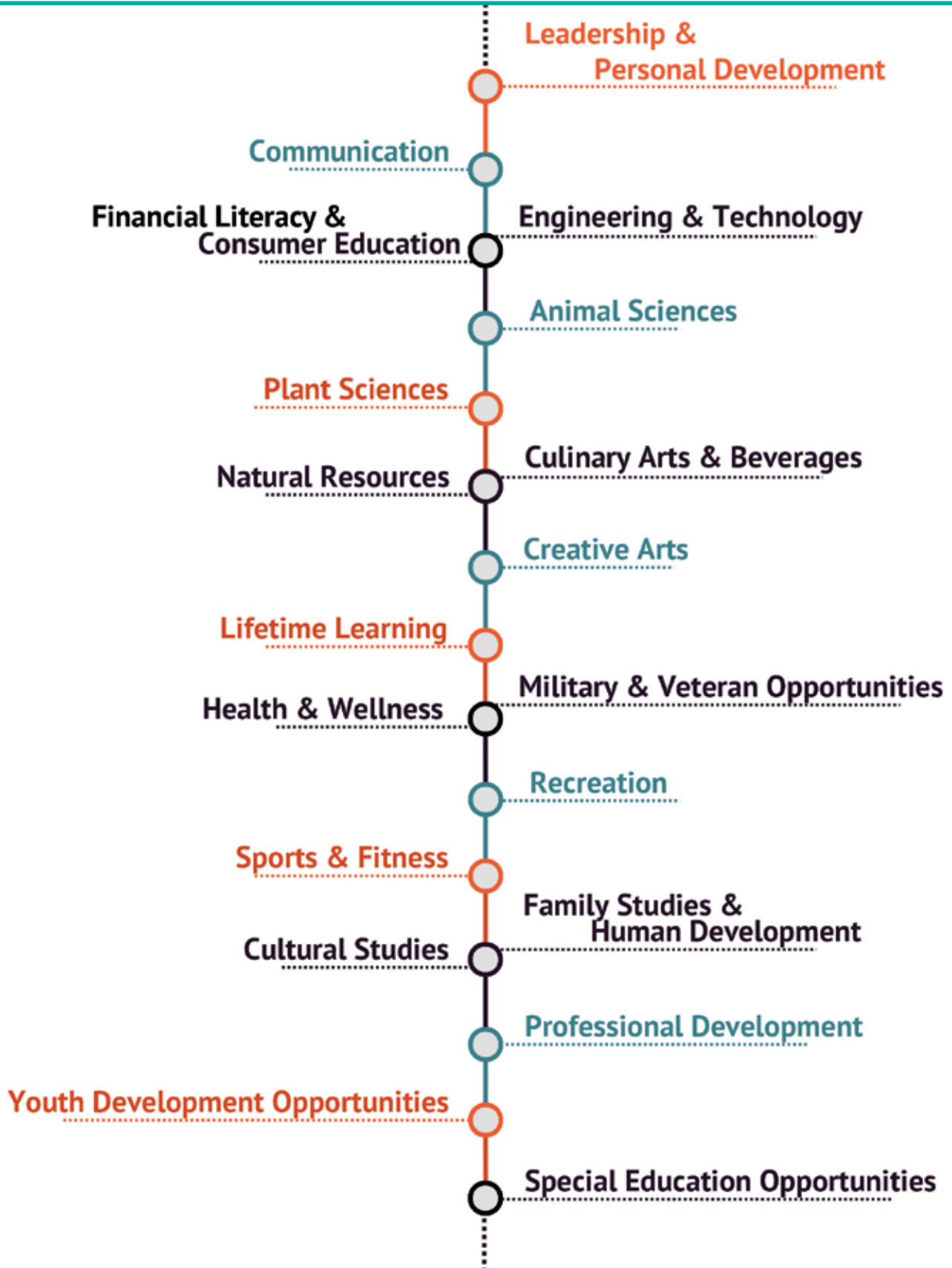


”



UFM puts the **community** in education.

UFM Community Enrichment & Personal Development Class Categories



POTTAWATOMIE COUNTY

Twist, Braid, and Slay

26BCA05Z

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

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 adding face painting in 2023, she has been extending her passion for creativity across four family-run businesses.

SEC	DATE	TIME	FEE
A	06/08 (M)	5:30 - 7:00 PM	\$35
B	07/06 (M)	5:30 - 7:00 PM	\$35
C	08/03 (M)	5:30 - 7:00 PM	\$35

Location: Wamego United Methodist Church - MultiPurpose Rooms - Located Near Back Parking Lot Side Entrance Leading Directly to Classroom
600 Lincoln Ave, Wamego



The Basics of Face Painting.

Transformations in Color:

The Basics of Face Painting

26BCA04

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 three-pot system 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're welcome to bring a friend as a model.

Instructor: Jessica Schierkolk Long

SEC	DATE	TIME	FEE
A	06/22 (M)	5:30 - 7:00 PM	\$45
B	07/20 (M)	5:30 - 7:00 PM	\$45
C	08/17 (M)	5:30 - 7:00 PM	\$45

Location: Wamego United Methodist Church - MultiPurpose Rooms - Located Near Back Parking Lot Side Entrance Leading Directly to Classroom
600 Lincoln Ave, Wamego



The Basics of Face Painting.



CREATIVE ARTS

Upcycling: Sashiko Sardine! **NEW!** 26BCA15Z

We will learn the basics of Japanese Sashiko, a geometric embroidery/mending technique, through upcycling your old shirts into two cute sardine dolls and embellishing them with sashiko stitches. Please bring your damaged favorite clothing.

Instructor: Ayumi Amama

Ayumi, from Osaka, studied architecture in Yokohama and worked in Tokyo, Japan. She loves Japanese design, nature, and food, and is passionate about cultural exchange and traditional craftsmanship.

SEC	DATE	TIME	FEE
A	07/08 (W)	6:30 - 8:00 PM	\$42
B	07/11 (Sa)	10:30 AM - Noon	\$42

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

Jeans To A Boro-Sashiko Bag! **NEW!** 26BCA16

We will learn the basics of Japanese Sashiko, a geometric embroidery/mending technique, through upcycling your old jeans into an eco-bag and embellishing them with boro/sashiko stitches. We will use sewing machines to assemble the bag. Please bring your own sewing machine, if you have one. Bring a bag lunch and a pair of old jeans, also.

Instructor: Ayumi Amama

SEC	DATE	TIME	FEE
A	07/13 (M)	10:00 - 2:00 PM	\$39
B	07/16 (Th)	10:00 - 2:00 PM	\$39

Location: UFM QLC, 1221 Thurston St

Nature's Impact -

Lino Printing Flora & Fauna **NEW!** 26BCA13Z

Dive into the enchanting world of Lino Block Printing, where nature's textures and patterns come to life. Students will learn to translate nature into striking designs by mastering the balance of negative and positive space, opening a fresh view of the world around them. From sketching and carving to hand-tearing pages and printing your pieces, this six-week course will prepare you for this artistic journey. All you need is an open mind and a carving tool (ask for recommendations)! Whether you're a beginner or expanding your skills, get ready to carve, print, and bring your creativity to life!

Instructor: Alejandra Garcia, caspercreates13@gmail.com

A lifelong creative nurtured through early opportunities, Alejandra Garcia spent 16 years bringing their art to life on paper. Now, they enjoy guiding others to discover their own creativity by sharing their knowledge and techniques.

SEC	DATE	TIME	FEE
A	06/02 - 07/07 (T)	2:00 - 3:30 PM	\$115
B	07/21 - 08/25 (T)	Noon - 1:30 PM	\$115

Location: UFM QLC, 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.

CANDLEWOOD
Veterinary Clinic

Expert Care
Tailored for EVERY Whisker

www.candlewoodvet.com

(785) 537-0537



Aerosol Art:

NEW!

Techniques and Urban Expression 26BCA17

This studio course introduces the fundamentals of spray painting as a technical and expressive medium. Students develop skills in aerosol control, including flow, pressure, and techniques such as gradients, stenciling, layering, and texture. Emphasis is placed on surface preparation, color theory, and safety practices. Through guided projects, students explore various surfaces while refining their style. The course culminates in original works demonstrating the ability to plan and execute spray-painted compositions from concept to completion. Ages 13+.

Instructor: Justin Teel, jteel.photo@gmail.com

Justin Teel began exploring photography at a young age, and his passion for the arts grew to include painting and metalsmithing. This led him to study fine arts and ultimately specialize in photography at the Kansas City Art Institute.

SEC	DATE	TIME	FEE
A	06/01 - 06/18 (M/Th)	5:00 - 7:00 PM	\$93
B	06/30 - 07/16 (T/Th)	5:00 - 7:00 PM	\$93
C	07/21 - 08/06 (T/Th)	5:00 - 7:00 PM	\$93

Location: UFM, 1221 Thurston St

Beginner Makeup Basics: From Start to Finish

NEW!

26BCA14

Learn the basics of makeup in a fun, relaxed setting! This beginner-friendly class covers skin prep, foundation matching, simple eye looks, and everyday techniques to enhance your natural beauty. Perfect for anyone wanting to build confidence and create an easy daily routine.

Instructor: Noor Rizvi, elt.noor@gmail.com

Noor is a makeup enthusiast with a passion for helping others feel confident and creative. Experienced in everyday, glam, and trend-based looks, with a focus on easy techniques anyone can learn.

DATE	TIME	FEE
06/18 (Th)	6:00 - 8:00 PM	\$50

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

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

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

CREATIVE ARTS

Mini Movies:

NEW!

A Short Screenwriting Workshop 26BCA12

Students will learn how to write short screenplays through a series of interactive workshops. Using games, creative prompts, and collaborative story-building, the class will explore character, conflict, and visual storytelling. Students will experiment with ideas, write scenes, and discover how everyday moments can become compelling stories on screen. By the end of the series, participants will walk away with a short film they can build on, and the confidence to share more of their stories with the world!

Instructor: Bronwyn Laherty

Bronwyn is a local filmmaker who focuses on personal and community-driven documentary storytelling. She has worked as a producer, writer, and director on multiple short films and led screenwriting workshops as president of her university's film club.

SEC	DATE	TIME	FEE
A	06/08 - 06/29 (M)	5:30 - 7:00 PM	\$37
B	07/07 - 07/28 (T)	5:30 - 7:00 PM	\$37

Location: UFM, 1221 Thurston St

NEW!

Introduction to Film Photography 26BCA18Z

This studio course introduces the fundamentals of film photography, combining technical instruction with creative exploration. Students learn to operate analog cameras, control exposure, and develop black-and-white films. Emphasis is placed on darkroom printing, composition, and lighting. The course explores the aesthetic qualities of analog processes, including grain and tonal range. Through guided projects, students develop a personal visual style. By the end, students produce original prints demonstrating proficiency from capture to final print.

Instructor: Justin Teel, jteel.photo@gmail.com

SEC	DATE	TIME	FEE
A	06/01 - 06/19 (M/W/F)	4:00 - 5:00 PM	\$120
B	06/29 - 07/17 (M/W/F)	4:00 - 5:00 PM	\$120
C	07/20 - 08/07 (M/W/F)	4:00 - 5:00 PM	\$120

Location: UFM Solar Addition, 1221 Thurston St



Performing Arts

Instant Guitar for Hopelessly Busy People

26BCA01Z

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, 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' 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.

SEC	DATE	TIME	FEE
A	06/02 (T)	6:30 - 9:00 PM	\$74
B	06/09 (T)	6:30 - 9:00 PM	\$74

Location: Online - LIVE



Instant Piano for Hopelessly Busy People

26BCA02Z

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 partly hands-on instruction and partly lecture demonstration. Ages 13+.

Instructor: Craig Coffman, chordsarekey@gmail.com

SEC	DATE	TIME	FEE
A	06/01 (M)	6:30 - 9:30 PM	\$74
B	06/08 (M)	6:30 - 9:30 PM	\$74

Location: Online - LIVE

Yosakoi Japanese Dance

26BCA03

Are you ready to visit Japan someday and see the festival? "Yosakoi" is an energetic and a traditional style of dance that is performed at the various festivals in Japan. The dance style originated in Kochi, Japan, and spread out to North America, Europe, and East Asia. To be a global citizen, it is your time to learn "Yosakoi" in Kansas! Let's have fun and learn the new cultural dance together! All ages are welcome and no dance experience is needed.

Instructor: Naho Nagai, ksutatsumakiyosakoi@gmail.com
 Naho is a member of the Kansas Tatsumaki Yosakoi Japanese Dance Team.

SEC	DATE	TIME	FEE
A	06/13 (Sa)	10:00 - 11:30 AM	\$25
B	07/11 (Sa)	10:00 - 11:30 AM	\$25
C	08/08 (Sa)	10:00 - 11:30 AM	\$25

Location: UFM Teaching & Learning Rm, 1221 Thurston St





SOLAR CERAMICS PROGRAM

UFM's Solar Ceramics Program offers hands-on ceramics experiences for youth and adults of all skill levels. Whether you're taking a class or dropping into Open Studio, this program provides a welcoming space to create, learn, and connect through clay.

Designed for community members, including individuals with disabilities, neurodiverse participants, veterans, and artists of all experience levels, the program supports creative expression, skill-building, and creative wellness in an accessible studio environment.



CREATE. EXPRESS. CONNECT. *All are welcome.*



▶ CERAMICS CLASSES

Beginner through advanced ceramics classes are offered each semester in the Solar Ceramics Studio at UFM. Learn wheel throwing, handbuilding, and glazing in a supportive community setting. Summer classes are on pages 12-13.

▶ CERAMIC OPEN STUDIO

Affordable, supervised studio access for independent practice in a shared creative environment. Work with professional ceramic equipment in a welcoming space that supports artistic growth.

- 6 wheels available
- Drop-in access (based on availability)
- Ideal for hobbyists, students, and emerging artists

OPEN STUDIO HOURS

Monday:
10:30 AM – 4:30 PM

Tuesday:
10:30 AM – 3:00 PM

Wednesday:
8:00 AM – 7:00 PM
(Open to Mindful Making UFM Students)

Thursday:
10:30 AM – 4:30 PM

Friday:
10:30 AM – 4:30 PM

Studio access is offered on a drop-in basis, subject to wheel availability.



▶ RATES & FEES

\$10 HALF-DAY DROP-IN
(per session/up to 4 hours/cash only)

\$20 KILN DEPOSIT
(refundable/required for kiln use)

▶ PROGRAM GOALS

- Increase community access to ceramics
- Provide affordable creative space
- Support artistic growth
- Encourage creative wellness
- Foster community connection
- Deliver neurodiverse affirming educational experiences
- Ensure accommodations for community members with disabilities

SOLAR CERAMICS PROGRAM

Ceramics for Hosting NEW! 26BCA06Z

In this ceramics class students will learn how to make functional pieces perfect for hosting friends and family. Using a combination of hand-building and wheel-throwing techniques, participants will create items such as serving platters, snack bowls, small dishes, and drinkware.

Instructor: Nicky Peters, themakersguildinc@gmail.com
Nicky is an Army veteran who graduated from K-State after six years of active service. Art has always been their happy place, and they have always enjoyed sharing their creations with others.

SEC	DATE	TIME	FEE
A	06/01 - 06/25 (M/Th)	8:00 - 10:00 AM	\$119
B	06/02 - 06/26 (T/F)	6:00 - 8:00 PM	\$119

* Enrollment deadlines: A - 05/25, B - 05/26.

Location: UFM Solar Ceramic Studio, 1221 Thurston St
(Located in the Solar Addition, greenhouse building, next to UFM's main building, right off the parking lot.)

Garden Pottery NEW! 26BCA07Z

Whether you have a green thumb or know someone who does, this pottery class is open to skill levels beginner to advanced. We will make small scale garden essentials using wheel, slab, and hand building techniques.

Instructor: Nicky Peters, themakersguildinc@gmail.com

SEC	DATE	TIME	FEE
A	06/01 - 06/25 (M/Th)	5:00 - 7:00 PM	\$129
B	06/02 - 06/26 (T/F)	9:00 - 11:00 AM	\$129

* Enrollment deadlines: A - 05/25, B - 05/26.

Location: UFM Solar Ceramic Studio, 1221 Thurston St
(Located in the Solar Addition, greenhouse building, next to UFM's main building, right off the parking lot.)

Pottery for Plant Lovers NEW! 26BCA08Z

Design and create beautiful pottery for your houseplants in this hands-on ceramics class. Students will learn essential hand-building and wheel-throwing techniques to craft functional pieces such as planters, drainage trays, and plant accessories. Instruction will cover proper form, drainage considerations, and surface decoration using texture, carving, and glaze. This mixed-level class welcomes both beginners and experienced makers, offering guidance tailored to each skill level. By the end of the course, students will have unique, handmade pottery ready to bring their indoor plants to life.

Instructor: Nicky Peters, themakersguildinc@gmail.com

SEC	DATE	TIME	FEE
A	07/06 - 07/30 (M/Th)	8:00 - 10:00 AM	\$129
B	07/07 - 07/31 (T/F)	6:00 - 10:00 PM	\$129

* Enrollment deadlines: A - 06/30, B - 06/31.

Location: UFM Solar Ceramic Studio, 1221 Thurston St
(Located in the Solar Addition, greenhouse building, next to UFM's main building, right off the parking lot.)



Final projects will vary by student.

LEARN WHERE YOU LIVE... Advising Buyers + Sellers with the heart of a teacher

Bria Taddiken-Williams Broker/Partner
785-341-9695 cell/text
Bria@CBmanhattan.com

COLDWELL BANKER
REAL ESTATE ADVISORS



Build a Fairy House

NEW!

26BCA09Z

Step into a world of imagination in this whimsical ceramics class focused on creating handmade fairy houses. Students will use hand-building techniques to design and sculpt unique miniature homes, complete with doors, windows, textures, and natural details inspired by the garden. Instruction will cover basic clay construction, the addition of decorative elements, and surface finishing with slips and glazes. This class is perfect for beginners and experienced makers alike. By the end, each student will have a magical ceramic fairy house ready to charm a garden, planter, or indoor space. Instructor: Nicky Peters, themakersguildinc@gmail.com



SEC	DATE	TIME	FEE
A	07/06 - 07/30 (M/Th)	5:00 - 7:00 PM	\$129
B	07/07 - 07/31 (T/F)	9:00 - 11:00 AM	\$129

* Enrollment deadlines: A - 06/30, B - 06/31.

Location: UFM Solar Ceramic Studio, 1221 Thurston St (Located in the Solar Addition, greenhouse building, next to UFM's main building, right off the parking lot.)



Photo by Don Sae Kang.

Dirty Hands Date Night

NEW!

26BCA10Z

Get your hands dirty and create something memorable together in Dirty Hands Date Night. In this fun, one-night ceramics class, couples will learn the basics of working with clay while making a unique pottery piece, side by side. Our instructor will guide you through simple hand-building or wheel techniques while you laugh, experiment, and enjoy the creative process together. No experience is needed; bring your date and a willingness to play with clay. By the end of the evening, you'll have handmade pottery and a memorable night to share.

Instructor: Nicky Peters, themakersguildinc@gmail.com



SEC	DATE	TIME	FEE
A	06/03 (W)	5:00 - 7:00 PM	\$64

Location: UFM Solar Ceramic Studio, 1221 Thurston St (Located in the Solar Addition, greenhouse building, next to UFM's main building, right off the parking lot.)

Handmade Hosting: Charcuterie Platters

NEW!

26BCA11Z

In this one-night ceramics class, students will use slab-building techniques to design and craft their own ceramic charcuterie board or serving platter. Instruction will cover shaping, adding texture, creating handles or decorative edges, and preparing the piece for glazing. Students are encouraged to personalize their boards with patterns or stamps to suit their hosting style. This beginner-friendly class is perfect for anyone who loves food, gatherings, and handmade objects. Your finished platter will be kiln-fired and ready to elevate your next spread of cheeses, fruits, and snacks.

Instructor: Nicky Peters, themakersguildinc@gmail.com



SEC	DATE	TIME	FEE
A	06/17 (W)	5:00 - 7:00 PM	\$74
B	07/08 (W)	5:00 - 7:00 PM	\$74

Location: UFM Solar Ceramic Studio, 1221 Thurston St (Located in the Solar Addition, greenhouse building, next to UFM's main building, right off the parking lot.)



kstate
CREDIT UNION

truly local. truly yours.

kstatecu.com • Insured by NCUA
Individuals do not need to be affiliated with Kansas State University to become a member.





AUTO LOANS

Compare & Save.
Apply Today!



COMMUNICATION

Certificate in

Workplace Communication

26BPD28

Good communication in the workplace is more important than ever and is critical to career advancement and success. Get comprehensive, intensive preparation with skills and techniques you can put to use Monday morning. Take back a workable conflict management model, along with practical conflict management strategies. Then work with a pro to improve your negotiation skills for a win-win outcome, including helping others get what they want, so you get what you want. Finally, learn more about yourself and others using personality profiles for better work performance.

Instructor: LERN Staff

DATE	TIME	FEE
06/01 - 08/28	Asynchronous online	\$595

Location: Online - Asynchronous

Practical Spanish for Real Life NEW! **26BCM01Z**

This course prioritizes functional fluency: the ability to get things done in Spanish-speaking environments. Instead of following a rigid textbook, each session is built around a high-stakes scenario you are likely to encounter while traveling, working, or living abroad. This class is perfect for low-intermediate to intermediate learners who feel "stuck" knowing the grammar but failing to find the right words when standing in front of a native speaker.

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

Monica is a Spanish Instructor with more than 10 years of experience. She specializes in dynamic, student-centered methodologies, helping learners achieve fluency and confidence through a deep understanding of language and culture.

SEC	DATE	TIME	FEE
A	06/02 - 06/23 (T)	6:00 - 7:00 PM	\$82
B	07/07 - 07/28 (T)	6:00 - 7:00 PM	\$82
C	08/04 - 08/25 (T)	6:00 - 7:00 PM	\$82

Location: Online - LIVE

Beginning Conversational Spanish **26BPD84**

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

Instructor: LERN Staff

DATE	TIME	FEE
06/01 - 07/31	Asynchronous online	\$290

Location: Online - Asynchronous

Spanish for Medical Professionals **26BPD01**

Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class - designed specifically for healthcare professionals - will help you bridge that gap. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know how to ask the questions crucial to quality healthcare. Whether you speak some Spanish and need a refresher, or speak no Spanish, you will complete the course with the skills you will need to effectively communicate with your Spanish-speaking patients.

*NOTE: Students will need to purchase the required course text separately (eBook under \$15 or paperback available). Full textbook details, ISBN information, and purchase options are available at tryufm.org.

Instructor: LERN Staff

DATE	TIME	FEE
06/01 - 07/31	Asynchronous online	\$290

Location: Online - Asynchronous



We're built for personal connections.



Commerce Bank
Member FDIC

Challenge Accepted.™

785.587.1630
commercebank.com



CULINARY ARTS & BEVERAGES

Master the Art of Loose-Leaf Tea **26BCB02Z**

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! Ages 18+.

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	06/18 (Th)	6:00 - 7:30 PM	\$52
B	07/21 (T)	Noon - 1:30 PM	\$52

Location: UFM Kitchen, 1221 Thurston St



Tea Mocktails:

Mixology Without the Buzz **26BCB03Z**

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	06/08 (M)	6:00 - 7:30 PM	\$50
B	07/15 (W)	6:00 - 7:30 PM	\$50

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



Whiskey.

World of Whiskey **26BCB01**

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	06/06 (Sa)	5:00 - 7:00 PM	\$92
B	06/20 (Sa)	5:00 - 7:00 PM	\$92
C	07/11 (Sa)	5:00 - 7:00 PM	\$92
D	07/18 (Sa)	5:00 - 7:00 PM	\$92
E	08/08 (Sa)	5:00 - 7:00 PM	\$92
F	08/22 (Sa)	5:00 - 7:00 PM	\$92

Location: UFM Solar Addition, 1221 Thurston St



From Kitchen 2 Heart: Korean Cooking Edition for Pop-Up Class NEW! 26BCB04

Bring people together through the warmth of Korean cuisine. From Kitchen 2 Heart Pop-Up Classes offer a unique experience for team building, birthdays, anniversaries, and special celebrations. Participants cook authentic Korean dishes while sharing stories, laughter, and meaningful connections around the table. More than a cooking lesson, it's a memorable culinary experience that turns food into a bridge between people. Create lasting memories with colleagues, friends, and loved ones—one delicious dish at a time.

Instructor: Gloria Park

Gloria Park is a Korean immigrant and psychiatric nurse practitioner who believes healing happens both in clinical settings and in everyday moments of connection. Her work is rooted in care, culture, and community, with a deep appreciation for food, storytelling, and shared experiences that nourish both body and soul.

DATE	TIME	FEE
3-4-week advance reservation preferred	TBD	\$79

Location: TBA

Japanese Cooking Basics 101 NEW! 26BCB05Z

New to cooking, or want to learn the basics of Japanese cooking? Come join us to learn how to prepare good rice, make dashi broth, cut vegetables in various styles, prepare miso soup, and make a rolled omelet and stir-fried vegetables.

Instructor: Ayumi Amama

Ayumi, from Osaka, studied architecture in Yokohama and worked in Tokyo, Japan. She loves Japanese design, nature, and food, and is passionate about cultural exchange and traditional craftsmanship.

SEC	DATE	TIME	FEE
A	07/14 (T)	10:00 - Noon	\$50
B	07/15 (W)	5:30 - 7:30 PM	\$50
C	07/17 (F)	5:30 - 7:30 PM	\$50

Location: UFM Kitchen, 1221 Thurston St

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

Gluten-free Indian Thali NEW! 26BCB06

Master the Art of Balanced Indian Feasts - discover the beauty of India's naturally gluten-free cuisine. You will learn to create a complete thali - the traditional Indian platter featuring perfectly balanced flavors, textures, and nutrients. We will cook some foundational dishes together and elevate our skills with some special ones. No substitutions needed - these authentic recipes have been naturally gluten-free for centuries. You will leave the class/es with restaurant-quality recipes, essential techniques, and the confidence to create stunning Indian meals at home for any occasion.

Session A: Gluten-free thali - Dal Tadka (lentils), one vegetable dish, rice, and yogurt.

Session B: Gluten-free thali - Choley (chickpeas), one chicken dish, rice, and raita (spiced yogurt).

Instructor: Vaishali Sharda

Born and raised in India, Vaishali is a local water resources scientist, food blogger, and cooking instructor. She blends her culinary passion with local ingredients, sharing wholesome recipes that are both true to her Indian roots and approachable.

SEC	DATE	TIME	FEE
A	07/01 (W)	6:00 - 8:00 PM	\$70
B	07/29 (W)	6:00 - 8:00 PM	\$75

Location: UFM Banquet Room/Kitchen, 1221 Thurston St



Korean cooking class with Gloria Park.



CULTURAL STUDIES

U.S. Citizenship

NEW!

Test Preparation (Hybrid)

26BCS03

Prepare for the U.S. citizenship test and interview in a supportive learning environment. This class covers the 100 civics questions, basic U.S. history and government, and English practice for speaking, reading, and writing. Students will participate in guided lessons, practice tests, and mock interviews to build confidence. The hybrid format allows you to attend in person or join online, making it flexible and convenient. Ideal for permanent residents preparing for naturalization or anyone wanting to improve English and understand U.S. civics.

Instructor: Noor Rizvi, elt.noor@gmail.com

Noor Rizvi is passionate about helping students prepare for the U.S. citizenship exam and improve their English skills. Noor provides supportive, practical instruction with flexible hybrid options so learners can practice and succeed with confidence.

DATE	TIME	FEE
06/01 - 06/22 (M)	6:00 - 8:00 PM	\$130

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

Enhancing Lives Through the Arts
manhattanarts.org - 1520 Poyntz Ave -785-537-4420
MANHATTAN ARTS CENTER
Classes, Creativity, Connection.



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.

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!

Little Apple Locals Podcast
Tune in Fridays
LISTEN HERE
A collaboration with UFM Community Learning Center and Wildcat 91.9.



FAMILY STUDIES & HUMAN DEVELOPMENT

NEW!

The Art of Grief

26BFH01Z

Grief is a normal and natural response to the death of something. So why does it seem so hard in today's world? In this class your grief is held sacred. You'll be able to share and learn healthy ways to express your grief.

Instructor: Joslyn Roadstrom, joslyn@sacredroaddoula.com
Joslyn is a death doula and grief coach in Manhattan. After the death of her son, she realized the importance of healthy ways to grieve. She teaches about grief, death, and life, and holds a monthly Death Cafe.



UFM PUTS THE
COMMUNITY
IN EDUCATION

SEC	DATE	TIME	FEE
A	06/07 (Su)	2:00 - 4:00 PM	\$50
B	06/21 (Su)	2:00 - 4:00 PM	\$50

Location: UFM QLC, 1221 Thurston St

FINANCIAL LITERACY & CONSUMER EDUCATION

The Confident

Homebuyer Workshop

26BFC182

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 things real estate

DATE	TIME	FEE
06/23 (T)	6:30 - 7:30 PM	Community Sponsored

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



Confident homebuyers.



HEALTH & WELLNESS

Blended Learning: First Aid/CPR/AED

26BHW70

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.



Students practicing First Aid/CPR skills.

Instructors: Melissa Copp & Mary Robertson

Melissa Copp, R.D., L.D., is a registered and licensed dietitian, certified fitness instructor, and Red Cross instructor with a passion for health, wellness, and preparedness. She enjoys empowering participants through engaging, hands-on instruction that builds confidence and lifesaving skills.

Mary Robertson is a lover of all things cats (wildcats or other)! A native of Savannah, Georgia, she has called Kansas home for the past six years. Mary has a love for teaching or taking classing whether through the American Red Cross, professional development, or personal hobbies.

SEC	DATE	TIME	FEE
A	06/01 (M)	6:00 - 8:15 PM	\$85
B	06/13 (Sa)	10:30 AM - 12:00 PM	\$85
C	07/06 (M)	6:00 - 8:15 PM	\$85
D	07/18 (Sa)	10:30 AM - 12:00 PM	\$85
E	08/08 (Sa)	10:30 AM - 12:00 PM	\$85
F	08/24 (M)	6:00 - 8:15 PM	\$85

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

NEW!

From Triggered 2 Transformed **26BHW344Z**

Too many people feel overwhelmed, unseen, or “less than.” Beneath the surface, many struggle with self-doubt, emotional wounds, and limiting beliefs that hinder their identity in Christ. From Triggered 2 Transformed is a Christ-centered group journey designed to guide participants toward healing, renewal, and truth. Through spiritual reflection, practical tools, and supportive community, individuals learn to redirect emotional triggers, release false beliefs, and rediscover their worth through God’s love, empowering them to walk confidently in faith and purpose.

Instructor: Penni Zelinkoff,
admin@triggered2transformed.com

Penni Zelinkoff is a Christian empowerment coach and speaker who equips individuals and organizations to lead from healing, strength, and faith. Her method blends biblical truth with practical tools for lasting personal and professional growth.

DATE	TIME	FEE
06/03 - 08/05 (W)	6:30 - 8:00 PM	\$65

Location: UFM, 1221 Thurston St



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



MILITARY & VETERAN OPPORTUNITIES

Veteran Wellness - Your Health. Your Journey

26BMV01

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. **Please note:** This is a hybrid class available in person at UFM or live online via Microsoft Teams. Please select your attendance option when registering.

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	06/06 (Sa)	1:00 - 3:00 PM	VA Sponsored
B	06/20 (Sa)	1:00 - 3:00 PM	VA Sponsored
C	07/11 (Sa)	1:00 - 3:00 PM	VA Sponsored
D	07/18 (Sa)	1:00 - 3:00 PM	VA Sponsored
E	08/08 (Sa)	1:00 - 3:00 PM	VA Sponsored
F	08/22 (Sa)	1:00 - 3:00 PM	VA Sponsored



UFM PUTS THE
COMMUNITY
IN EDUCATION

Location: UFM Solar Addition, 1221 Thurston St and Live Online - via Microsoft Teams

VETERAN WELLNESS

YOUR HEALTH, YOUR JOURNEY

Want to have more control over your life and health?
Check out what VA Eastern Kansas Whole Health has to offer for you in
your journey to better health and wellness.

Whole Health for Weight Management, Chronic Pain,
Physical & Mental Wellbeing, Whole Health Coaching
Tai Chi and Yoga just to name a few.

You can explore these and other complimentary integrative health
services like acupuncture, guided imagery and biofeedback by
checking out the Whole Health website.

SCAN ME

Scan the QR code
Or go to <https://bit.ly/vaeasternkansaswholehealth>

U.S. Department of Veterans Affairs
Veterans Health Administration
VA Eastern Kansas Healthcare System



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.

At Meadowlark

* **Meadowlark Hills Residents and Passport Holders** see message on page 22. All ages are welcome.

Tea Fundamentals:

Brewing, Flavor, and Technique 26BLL120

Build a strong foundation in loose-leaf tea brewing while exploring how technique shapes flavor. Learn how water temperature, steeping time, and tea type influence each cup, and practice methods for preparing everything from green to black teas. You'll also try your hand at creating smooth, café-style tea lattes. Through guided tastings, develop your palate and leave with the skills and confidence to brew consistently great tea at home. Ideal for both newcomers and those looking to refine their approach. Ages 18+.

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	06/15 (M)	1:00 - 2:30 PM	\$25
B	08/11 (T)	1:00 - 2:30 PM	\$25

Location: Meadowlark Hills, 2121 Meadowlark Road

Tea Mixology:

Crafting Flavorful Mocktails 26BLL121

Dive into the art of creating vibrant, tea-based mocktails. Learn how to layer flavors, balance sweetness, and incorporate simple syrups to build refreshing, alcohol-free drinks. Enjoy a relaxed tasting experience as you watch flavors come together. Sample along the way and pick up simple ideas for creating refreshing tea-based drinks at home. Leave with practical tips and inspiration for crafting crowd-pleasing beverages at home.

Instructor: Lisa Hatt, nonnaskitchensecrets@gmail.com

SEC	DATE	TIME	FEE
A	07/09 (Th)	6:00 - 7:30 PM	\$25
B	08/13 (Th)	6:00 - 7:30 PM	\$25

Location: Meadowlark Hills 2121 Meadowlark Road

A History of the United States NEW!

Marine Corps, 1775-1945 26BLL115

This class will review the history of the United States Marine Corps from its origins at Tun Tavern in 1775 to its notable World War II Pacific campaigns. The class will consist of three sessions; first class: "from the Revolution to the Civil War," second class: "Marines from the late nineteenth century to World War I," and the third class will examine "Marines in the Caribbean and the Pacific Campaigns of World War II."

Instructor: Robert Smith

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

DATE	TIME	FEE
07/15 - 07/29 (W)	6:30 - 8:00 PM	\$42

Location: Meadowlark Hills, 2121 Meadowlark Road



NEW!

Look, Learn and Make - Nature Art 26BLL116

Three weeks of flora and fauna! We will use Visual Thinking Strategies, an open-ended looking method to investigate art by Anna Atkins (cyanotypes), Maria Sybilla Merian (flowers and insects), John Audubon, and Georgia O’Keeffe. Then we will learn a little bit more about each artist and their work, followed by a making activity inspired by their work. Projects include plant prints, cyanotypes, hammered florals, and sun catchers.

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

DATE	TIME	FEE
06/09 - 06/23 (T)	1:00 - 2:30 PM	\$24

Location: Meadowlark Hills, 2121 Meadowlark Road

Follow UFM



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.



*** 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.

Work, Volunteer or Intern

AT A WORLD-CLASS
RETIREMENT
COMMUNITY!

Home Health
Independent Living
Assisted Living
Skilled Nursing

meadowlark.org



MEADOWLARK

2121 Meadowlark Rd, Manhattan, KS | 785.537.4610



ANIMAL SCIENCES

From Hive to Honey: An Introduction to Beekeeping

NEW!

26BAS05Z

In this engaging two-hour introductory course, participants will explore the fascinating world of beekeeping and gain a foundational understanding of how to care for and manage a honeybee hive. Led by an apprentice beekeeper, the class will cover essential topics such as the role of bees in pollination and local ecosystems, the basic structure and organization of a hive, and the different types of bees and their functions. Participants will also be introduced to common beekeeping equipment, seasonal hive management practices, and simple steps to support bee health in their own environments. Whether you're curious about starting your own hive or simply want to learn more about these vital pollinators, this class offers a hands-on, accessible introduction to the art and importance of beekeeping.

Instructor: Daniel Acevedo, dace@valorhoney.org

Daniel, a veteran and local business owner, is CEO of Valor Honey in Riley County, KS. The nonprofit uses beekeeping and honey production to support healing for veterans, active-duty military, and families facing mental health challenges.

SEC	DATE	TIME	FEE
A	06/20 (Sa)	1:00 - 3:00 PM	\$55
B	07/18 (Sa)	1:00 - 3:00 PM	\$55

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



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

TWO BIG FEET
TREE PRUNING & REMOVAL

twobigfeetreepruning.com | [@TwoBigFeetKS](https://www.instagram.com/TwoBigFeetKS) | 785.317.1364



PLANT SCIENCES

Edible Wild Plants

26BPS04

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.

Instructor(s): Sue Maes, Terry Olson, and Kelly Yarbrough, prairy.kelly@gmail.com

Terry Olson is the retired owner of Eastside & Westside Markets, where she sold plants and produce for 43 years. In retirement, she enjoys volunteering at K-State Gardens and leading school kids on hikes as a docent at Konza Prairie. Other class leaders are Sue Maes, who has taught Edible Native Plants for UFM for over 4 decades, and Kelly Yarbrough, a local artist who organizes the annual "Seed Swap" event at the Discovery Center.

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

Location: Prairiewood Retreat and Preserve - Blue Sage Barn, 1484 Wildcat Creek Road
Manhattan, KS 66503

Retrosuburbia:

NEW!

Creating A Resilient Future

26BPS05

What if a group of neighbors, using permaculture principles, adapted their suburban lots into a resilient neighborhood that provided food and more for everyone? Join the discussion of food forests, tool libraries and repair cafes to see how we can create a resilient future in Manhattan.

Instructor: Carol Barta, snowsage54@hotmail.com

Carol Barta is a founding member of the Flint Hills Resilience Coalition and certified permaculturist.

DATE	TIME	FEE
06/11 (Th)	7:00 - 9:00 PM	\$20

Location: UFM Fireplace Room, 1221 Thurston St.



Interested in teaching a class for UFM? → Fall 2026 submission deadline is June 5, 2026 → For more information email jake@tryufm.org

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

26BSF02AZ

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

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

SEC	DATE	TIME	FEE
A	06/02 - 06/30 (T)	12:15 - 1:15 PM	\$54
B	07/07 - 08/04 (T)	12:15 - 1:15 PM	\$54
C	08/11 - 09/08 (T)	12:15 - 1:15 PM	\$54

Location: First Congregational Church, 700 Poyntz Ave

Evening Yoga

26BSF01

Close your day with gentle yoga movements and breathing practices to help you relax, rejuvenate, and restore your energy! Participants will also learn how to develop a home practice. No experience is necessary. Yoga is for everybody. Instructor: Debbie Newton, dn72649@gmail.com

SEC	DATE	TIME	FEE
A	06/01 - 06/29 (M)	5:30 - 6:30 PM	\$44
B	07/06 - 08/03 (M)	5:30 - 6:30 PM	\$44
C	08/10 - 09/07 (M)	5:30 - 6:30 PM	\$44

Location: First Congregational Church, 700 Poyntz Ave

Prenatal Yoga

26BSF24Z

Designed for moms-to-be to move safely, stretch, and connect with their changing bodies. Through mindful breathing, gentle poses, and relaxation, this class helps ease tension, boost energy, and create calm during pregnancy. All levels are welcome!

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/05 - 06/19 (F)	1:00 - 2:00 PM	\$84
B	07/10 - 07/24 (F)	1:00 - 2:00 PM	\$84

* Enrollment deadlines: A - 06/04, B - 06/04.

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



Yoga.

Gentle Yoga for All

26BSF34Z

This online class is for everyone from beginners to experienced yogis. Yoga is a meditative practice, meant to be a daily personal mind/body practice. This class will focus on how to incorporate yoga into your life independently. Your personal practice is not "generic" but reflects your personal needs and abilities. Since we are on Zoom, you can take class without leaving home. Please make sure you have a quiet, distraction-free space for class, attend on an empty stomach, and wear comfortable clothing that allows for movement. Families are welcome, and children ages 10+ may attend. Parents and children who participate should each register separately.

Instructor: Ana Franklin, yogaconnection@gmail.com

Ana Franklin has practiced yoga since the 1970s and has taught since 1984. She has completed extensive training, including studies with Gary Kraftsow through the American Viniyoga Institute and certification from the Krishnamacharya Health and Yoga Foundation in Chennai, India. Ana views yoga as a lifelong commitment and continues to learn and teach with deep dedication.

DATE	TIME	FEE
06/04 - 07/23 (Th)	5:30 - 6:30 PM	\$148

Location: Online - LIVE

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





The Manhattan Self-Defense Project:

Level 1 26BSF03Z

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, giving 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 practiced 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
06/08 - 06/22 (M)	6:30 - 7:30 PM	\$50

Location: UFM Solar Addition, 1221 Thurston St

The Manhattan Self-Defense Project:

Level 2 Phase 1 26BSF19Z

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
06/11 - 07/23 (Th)	6:30 - 7:30 PM	\$80

Location: UFM Solar Addition, 1221 Thurston St

Tae Kwon Do I

26BSF35Z

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

Instructor: David Moore

DATE	TIME	FEE
06/09 - 07/30 (T/Th)	5:30 - 6:30 PM	\$152

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



Tae Kwon Do student.

Unitarian Universalist Fellowship of Manhattan



A diverse, evolving spiritual
community acting for a better world.

UUFM.net • 481 Zeandale Rd, Manhattan • 785-537-2349



Foot Health

26BSF08Z

Perfect for anyone dealing with foot pain, plantar fasciitis, fallen arches, or simply looking to improve posture from the ground up. This class is dedicated to strengthening, mobilizing, and restoring the feet- the foundation of your body. Using targeted exercises, you'll improve balance, alignment, and overall foot function.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com, Little Apple Pilates is a boutique studio offering personalized, guided workouts that improve movement, performance, and injury prevention in a supportive community.

SEC	DATE	TIME	FEE
A	06/05 - 06/19 (F)	2:00 - 2:30 PM	\$60
B	07/10 - 07/24 (F)	2:00 - 2:30 PM	\$60

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

Stretch & Reset: Pilates for Men NEW! 26BSF11Z

Designed specifically for men, focusing on core strength, flexibility, posture, and functional movement. Expect a challenging, low-impact experience where you'll build strength in areas often underused or tight-like the hips, lower back, and shoulders- while improving overall mobility and body awareness.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/05 - 06/19 (F)	5:30 - 6:00 PM	\$84
B	07/10 - 07/24 (F)	5:30 - 6:00 PM	\$84

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

Pilates for Stability + Mobility NEW! 26BSF14Z

This class is designed to strengthen your foundation while restoring freedom in your movement. Expect slow, controlled sequences that enhance stability, improve mobility, and help you feel more balanced — from the inside out. All levels welcome!

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/03 - 06/17 (W)	4:30 - 5:30 PM	\$84
B	07/08 - 07/22 (W)	4:30 - 5:30 PM	\$84

* Enrollment deadlines: A - 06/02, B - 07/07.

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



Pre/Postnatal Pilates Reformer NEW! 26BSF16

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

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/07 - 06/21 (Su)	11:00 - 11:30 AM	\$84
B	07/12 - 07/26 (Su)	11:00 - 11:30 AM	\$78

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

Pilates Mat NEW! 26BSF25Z

A full-body class designed to build core strength, boost body awareness, improve flexibility and posture. Classes may incorporate props such as a magic circle, foam roller, and booty bands. Modifications and progressions are offered for all levels!

Instructor: Little Apple Pilates, littleapplepilates@gmail.com,

SEC	DATE	TIME	FEE
A	06/05 - 06/19 (F)	5:30 - 6:00 PM	\$84
B	07/10 - 07/24 (F)	5:30 - 6:00 PM	\$84

* Enrollment deadlines: A - 06/04, B - 07/09.

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



Pilates Stretching

NEW!

26BSF27Z

Lengthen, release, and restore with this class. Using mindful movement, breathwork, and gentle Pilates techniques, you'll improve flexibility, release muscle tension, and enhance posture. This class is designed to leave you feeling balanced, open, and refreshed - perfect as a recovery session or a complement to your regular Pilates practice. All levels welcome!

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/07 - 06/21 (Su)	11:00 - Noon	\$84
B	07/05 - 07/19 (Su)	11:00 - Noon	\$84

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

Reformer 101 - Beginner Friendly

NEW!

26BSF28Z

Reformer 101 is the perfect class for those new to Pilates or looking to revisit the basics. In this beginner-friendly session, you'll learn the foundational movements, proper alignment, and how to use the Reformer to build strength and flexibility. With clear instruction and a focus on technique, this class provides a solid foundation for your Pilates practice, helping you feel confident and ready to advance in your fitness journey.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/08 - 06/22 (M)	11:30 - Noon	\$84
B	07/13 - 07/27 (M)	11:30 - Noon	\$84

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

Follow UFM



Vibe & Tone:

NEW!

Vibration Plate Workout

26BSF26Z

This 30-minute workout may use bands or weights to help improve strength, coordination, and stability while the vibrations help stimulate muscles and circulation.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/03 - 06/17 (W)	4:00 - 4:30 PM	\$60
B	07/08 - 07/22 (W)	4:00 - 4:30 PM	\$54

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

YOUR free ART MUSEUM for 30 YEARS!
(1996-2026)

MARIANNA KISTLER
BEACH MUSEUM OF ART

FREE admission and parking | 701 Beach Lane, Manhattan, KS 66506
Tues., Wed., Fri. 10-5 | Thurs. 10-8 | Sat. 11-4 | 785-532-7718 | beach.k-state.edu
@beachmuseum | BeachMuseumofArt | @beachmuseum

KANSAS STATE UNIVERSITY

Designing for a stronger community.

We're proud to support UFM and its mission to inspire education, creativity, and connection.



785.539.3931 | info@sndesign.net | www.sndesign.net



Aerial 101

NEW!

26BSF30Z

New to Aerial? Not even sure what it is? This class is for you! This 60-minute class will get you comfortable in a silk hammock stretching, inverting for the first time, and if you are ready a few tricks. This class will take you through the basics of aerial arts and stretching! Come try it out!

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/06 - 06/20 (Sa)	3:00 - 4:00 PM	\$105
B	07/12 - 07/26 (Su)	3:00 - 4:00 PM	\$105

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

Sound Bath

NEW!

26BSF23Z

Sink into serenity as you relax in a gently swaying aerial hammock (optional) while crystal bowls wash the room in healing sound. This restorative experience includes a light sage clearing, deep resonance tones, and an atmosphere designed to release stress and replenish your energy. Perfect for unwinding, grounding, and reconnecting with yourself. Feel free to dress comfy and bring a blanket.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/08 - 06/22 (M)	7:45 - 8:45 PM	\$84
B	07/06 - 07/20 (M)	7:45 - 8:45 PM	\$84

* Enrollment deadlines: A - 06/07, B - 07/05.

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

Floating Pole 101

NEW!

26BSF31Z

This is an introduction to floating pole class for beginners. The class explores basic spins, holds, and transitions while building strength, coordination, and confidence. Come play, explore, and try something new!

Instructor: Little Apple Pilates, littleapplepilates@gmail.com,

SEC	DATE	TIME	FEE
A	06/06 - 06/20 (Sa)	2:30 - 3:30 PM	\$105
B	07/12 - 07/26 (Su)	2:30 - 3:30 PM	\$105

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

This page sponsored by
Thermal Comfort Air, Inc.

Bungee Cardio

26BSF32Z

Bungee Fitness is a low impact, high intensity cardio workout that combines elements of traditional exercise, aerobic conditioning, and resistance training; all performed in your custom fitted harness attached to a bungee station. You will use your body weight and the resistance of the bungees to tone muscles and build strength while having so much fun!!

Little Apple Pilates is a boutique studio offering personalized, guided workouts that improve movement, performance, and injury prevention in a supportive community.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com,

SEC	DATE	TIME	FEE
A	06/07 - 06/21 (Su)	1:00 - 2:00 PM	\$105
B	07/05 - 07/19 (Su)	1:00 - 2:00 PM	\$105

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

Intro to Fire Dancing & Flow Art

NEW!

26BSF33Z

This one-hour movement class blends creative expression with full-body exercise. Using props like poi, fans, and lightning whips, you'll explore rhythmic patterns, coordination, and fluid motion while building strength, mobility, and endurance. Expect guided drills, freestyle flow, and music-driven movement that keeps your heart rate up while engaging your core, shoulders, and legs. No experience required. Beginners are welcome. Experienced flow artists can refine technique and expand their movement vocabulary. Come ready to move, experiment, and leave feeling energized and inspired.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/05 - 06/19 (F)	5:30 - 6:00 PM	\$84
B	07/10 - 07/24 (F)	5:30 - 6:00 PM	\$84

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



Interested in teaching a class for UFM?
Fall 2026 submission deadline is June 5, 2026.
For more information please email jake@tryufm.org.



Follow UFM

**Time-Loop Sprinting:****Beat Your Personal Best... Again 26BSF36**

Train in a controlled time loop where each sprint resets, allowing endless retries to refine technique, pacing, and explosive starts. Students push through mental fatigue and déjà vu while shaving milliseconds off their times. The instructor insists improvement is inevitable. Repeat attendance encouraged.

Instructor: Coach Chronos Tick

Coach Tick is a temporal performance specialist known for blending sprint training with controlled time-loop simulations. He focuses on precision, endurance, and learning through repetition across altered timelines.

DATE	TIME	FEE
07/30 (Th)	5:30 - 6:30 PM	\$48

Location: UFM, 1221 Thurston St

Sk8 School**NEW!****26BSF22**

This class is designed for those interested in learning the fundamentals of skateboarding. It will cover terminology, preventative maintenance and equipment care, and guide the operation and control of the skateboard as the object. (Disclaimer: Skateboarding can be fun but be aware you are skating at your own risk, falling is inevitable.)

Class Times

* Tu & Th: 5:30-6:30 PM

* Sat: 10:30-11:30 AM

Instructor: Josh Pappan

Josh has been skateboarding since age eight (28 years) and has two years of teaching experience. He has served as a contest judge and contributes to the local skateboarding community by hosting events, competitions, and product giveaways.

SEC	DATE	TIME	FEE
A	06/02 - 06/27 (T/Th/Sa)	See Class Description	\$91
B	06/30 - 07/25 (T/Th/Sa)	See Class Description	\$91
C	07/28 - 08/22 (T/Th/Sa)	See Class Description	\$91

Location: TBD

RECREATION

Fantasy Football 101:**A Beginner-Friendly Course 26BRE13****NEW!**

This beginner-friendly fantasy football class covers everything you need to play with confidence. Learn league types, scoring, positions, and key terms, then build draft strategies and practice with mock drafts. Finally, master in-season management, waivers, trades, lineups, and weekly decision-making. By the end, you'll be ready to draft, manage, and compete all season long even if you've never played before.

Instructor: Tyler Elliott, telliot1006@gmail.com

Tyler is a fantasy football veteran with 10+ years of experience and 2 league championships. He enjoys helping new players learn the game, draft smarter, and have more fun during the season. Looking forward to sharing what he's learned along the way.

DATE	TIME	FEE
07/16 - 08/06 (Th)	6:00 - 8:00 PM	\$27

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

What's Up @ UFM

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

Scan QR code to sign up:



ENGINEERING & TECHNOLOGY

3D Printing for Everyone

26BET06

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. Families are welcome, and all ages may attend. Parents who would like to participate are asked to register separately from their children.

Instructors: Don Sae Kang & Landon Seay-Kang

Don Sae Kang is a Video Producer at Kansas State University with a degree in Fine Arts. His 10-year-old son, Landon, is a 3D enthusiast with his own business called Dealsman Creations. Don and Landon enjoy sharing their knowledge of 3D printing with the community.

DATE	TIME	FEE
06/11 (Th)	10:00 AM - Noon	\$37



Location: TBA



PROFESSIONAL DEVELOPMENT

Robert's Rules of Order NEW! 26BPD141

Learn how to use Robert's Rules to provide structure, fairness, and order for your meetings. Knowing how to navigate the procedures and speaking using Robert's Rules of Order is a valuable skill which will enable you to participate confidently and effectively in meetings.

Instructor: Debbie Nuss, deb@debnuss.net

Debbie Nuss has more than 30 years' successful professional experience in nonprofit administration and management. She has served on boards of directors of local, state, and national organizations where Robert's Rules of Order were a required skill.

SEC	DATE	TIME	FEE
A	06/06 (Sa)	9:30 - 11:30 AM	\$22
B	06/20 (Sa)	9:30 - 11:30 AM	\$22

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

Little Apple Locals Podcast

Tune in Fridays

LISTEN HERE

→

A collaboration with UFM Community Learning Center and Wildcat 91.9.



LERN 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]

Certificate in Mastering Excel

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit, and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world. Begin by learning how an Excel worksheet is constructed, populated with content, and edited for delivery. Discover how various menu items, commands, settings, and processes affect the look of your Excel worksheets and workbooks. Then, increase your efficiency by learning how to organize, display, and calculate your data into useful information. Identify different types of data and how data can be best visually represented or formatted by using different data tool techniques. Finally, you'll learn a variety of Excel's most powerful features to analyze data quickly and easily. This certificate will help you discover how to attractively visualize your data into meaningful information with confidence.

Courses included in certificate: Mastering Microsoft Excel, Intermediate Excel, & Advanced Excel
Instructor: LERN Staff

26BPD35

DATE	TIME	FEE
06/01 - 08/28	Asynchronous online	\$495

Certificate in Workplace Communication

Good communication in the workplace is more important than ever and critical to your career advancement and success. Come get a comprehensive and intensive preparation with skills and techniques you can put to use on Monday morning. Take back a workable conflict management model, along with successful and practical conflict management strategies. Then, work with a pro to learn how to improve your negotiation skills for a win-win outcome, including helping others to get what they want, so you get what you want. Finally, find out more about yourself and others using personality profiles for better work performance. You will be learning from some of our popular instructors, and taking away new how-to skills that work. Classes included in certificate: Conflict Management, Management in the 21st Century, & Using Personality Profiles for Better Work Performance

Instructor: LERN Staff

26BPD28

DATE	TIME	FEE
06/01 - 08/28	Asynchronous online	\$595



Certificate in

Leadership Development (For Gen Y) 26BPD43

Especially geared for future leaders in the Gen Y generation (born 1980-1999), the certificate provides how-to practical information on advancing your leadership potential and making a difference in both the workplace and in society. Find out what it takes to become an effective leader. Discover your style of leadership. Discuss task completion, building relationships with your subordinates, becoming socially perceptive to changes in the workplace, utilizing your emotions positively and effectively, and addressing challenging goals. Then, learn the unspoken secrets that leaders know and the strategies they employ/exhibit to influence others. Leadership skills are acquired and learned. You can become a leader if you know the do's and don'ts; what to say, what not to say; what to do, what not to do. At the end of completing the three-course certificate, you will come away with a new understanding, a new toolbox of leadership skills, and the information to move your leadership development into high gear. Classes included in certificate: PLeadership Principles, Developing Your Leadership Skills, & Developing Your Professional Career
Instructor: LERN Staff

DATE	TIME	FEE
06/01 - 08/28	Asynchronous online	\$395

Certificate in Project Management 26BPD51

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

DATE	TIME	FEE
06/01 - 08/28	Asynchronous online	\$495

PROFESSIONAL DEVELOPMENT

Enroll today!

For additional
certificate and
class options, visit
tryufm.org

Cybersecurity Certificate 26BPD111

Equip yourself with the foundational knowledge and advanced skills needed to safeguard networks, data, and systems from cyber attacks. Conquer the core principles of cybersecurity, develop strategies to protect networks, and gain hands-on experience in identifying and mitigating cyber threats. Come away with the essential tools and knowledge to succeed in the ever-evolving field of cybersecurity.

Courses included in certificate: Introduction to Cybersecurity, Network Security and Defense Strategies, & Advanced Cyber Threat Analysis and Mitigation

Instructor: LERN Staff

DATE	TIME	FEE
06/01 - 08/28	Asynchronous online	\$595

AI Certificate 26BPD106

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

DATE	TIME	FEE
06/01 - 08/28	Asynchronous online	\$495



Single Courses [online]

Mastering Microsoft Excel 26BPD36

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

Instructor: LERN Staff

DATE	TIME	FEE
06/01 - 06/26	Asynchronous online	\$195

Conflict Management 26BPD29

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

Instructor: LERN Staff

DATE	TIME	FEE
06/01 - 06/26	Asynchronous online	\$245

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

Podcasting 26BPD79

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

Instructor: LERN Staff

DATE	TIME	FEE
06/01 - 06/26	Asynchronous online	\$245

Introduction to Social Media 26BPD87

Get involved in the move from in-person to online communication. Learn what social networks are and their role in your business and personal life. Find out the top sites and how businesses are using the sites for communication, customer retention, branding, marketing, market research, needs assessment, and serving customers and clients. Explore the options for your organization. Look at case studies of what other organizations are doing. Let your instructor guide your exploration of Facebook and YouTube. For anyone interested in social networks. Your instructor is a nationally known speaker, consultant, and trainer on social networks and social media. Certificate available. For additional information, please see: Social Media for Business Certificate.

Instructor: LERN Staff

DATE	TIME	FEE
06/01 - 06/26	Asynchronous online	\$195

Online Advertising 26BPD75

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

Instructor: LERN Staff

DATE	TIME	FEE
08/03 - 08/28	Asynchronous online	\$195



YOUTH DEVELOPMENT OPPORTUNITIES

From Kitchen 2 Heart:

NEW!

Korean Cooking Edition for Teens 26BYO220

Middle and High School can be exciting and overwhelming. At From Kitchen 2 Heart: Korean Cooking Edition for Teens, we create a space where teens can slow down, connect, and build real-life coping skills while learning to cook delicious Korean-inspired meals together. Led by a Korean immigrant, psychiatric nurse practitioner, this class blends hands-on cooking with meaningful conversation. In this class, teens will prepare simple, healthy, vegan/vegetarian-friendly Korean dishes while learning about culture, teamwork, and the powerful role food plays in community and healing.

Instructor: Gloria Park

Gloria Park is a Korean immigrant and psychiatric nurse practitioner who believes healing happens both in clinical settings and in everyday moments of connection. Her work is rooted in care, culture, and community, with a deep appreciation for food, storytelling, and shared experiences that nourish both body and soul.

DATE	TIME	FEE
06/13 (Sa)	3:00 - 5:00 PM	\$10

* Enrollment deadline 06/12.

Location: UFM Kitchen, 1221 Thurston St.

Kids Aerial Age 9-16 26BYO150Z

Want to keep your kids swinging off your ceilings? Come, let them swing on ours! Classes are on Saturdays and Sundays. Kids' classes are suited for 9–16-year-olds. Teens can come to adult classes. Message Little Apple Pilates for more info.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

Little Apple Pilates is a boutique studio offering personalized, guided workouts that improve movement, performance, and injury prevention in a supportive community.

SEC	DATE	TIME	FEE
A	06/07 - 06/21 (Su)	2:00 - 2:30 PM	\$60
B	07/12 - 07/26 (Su)	2:00 - 2:30 PM	\$60

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

Beautiful Inside & Out:

NEW!

Tween Confidence & Beauty Basics 26BYO217

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! Ages 8-12.

Instructor: Rachel Wahle

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.

DATE	TIME	FEE
06/14 (Su)	2:00 - 3:30 PM	\$35

Location: UFM Solar Addition, 1221 Thurston St



Kids Aerial.



UFM AFTER-SCHOOL BUILDING LEADERSHIP AND ENRICHMENT (ABLE) PROGRAM

GRADES K-5

MONDAYS - FRIDAYS

2:30-5:30 PM

\$225 PER MONTH PER STUDENT

PROGRAM FEATURES:

- Homework Assistance
- STEM & Arts Activities
- Physical Recreation
- Social-Emotional Learning

Launching in the 2026-2027 school year, the UFM After-School Building Leadership and Enrichment (ABLE) Program is a dynamic after-school opportunity for USD 383 elementary students in grades K-5. Operating Monday through Friday from 2:30-5:30 PM, ABLE offers transportation from local schools, dedicated homework time, nutritious snacks, and a wide variety of enrichment experiences, including STEM exploration, creative arts, physical activity, and social-emotional learning.

A distinctive feature of the program is the UFM Teen Mentoring Program, where middle and high school students, as well as K-State college students, serve as volunteer mentors supporting younger students while developing leadership and service skills of their own. Rooted in UFM's mission that everyone can teach and everyone can learn, ABLE fosters meaningful connections across ages while supporting working families with high-quality, affordable afterschool care.



Registration open for Grades K-5.
Limited slots available.



HOW TO ENROLL
Visit: tryufm.org
Call: (785) 539-8763

For more information please email: info@tryufm.org



ABLE Program Membership (After-School Building Leadership & Enrichment) 26BYO221

The ABLE Program is a membership opportunity for your child to sign up to attend UFM's K-5 after-school program for the 2026-2027 school year. Enrollment begins with the purchase of an ABLE Program membership which is required to secure your child's spot in the program. Students participate in daily after-school programming from 2:30-5:30 that includes homework support, hands-on enrichment activities, recreation, and leadership-building in a fun safe environment. After membership is completed, families will be invoiced on a monthly basis for after-school services running August 2026-May 2027. Space is limited so sign up today! Please see page 36 for additional information.

NEW!

DATE	TIME	FEE
2026-2027 School Year	2:30 - 5:30 PM	\$45

Location: UFM, 1221 Thurston St



3D Printing for Everyone

26BET06

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. Families are welcome, and all ages may attend. Parents who would like to participate are asked to register separately from their children. See page 31 for some of their 3D creations!

Instructors: Don Sae Kang & Landon Seay-Kang

Don Sae Kang is a Video Producer at Kansas State University with a degree in Fine Arts. His 10-year-old son, Landon, is a 3D enthusiast with his own business called Dealsman Creations. Don and Landon enjoy sharing their knowledge of 3D printing with the community.



Landon Seay-Kang, Dealsman Creations Owner.

DATE	TIME	FEE
06/11 (Th)	10:00 AM - Noon	\$37

Location: TBA

Youth Tennis

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

26BYO210

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

SEC	DATE	TIME
A	06/02 - 06/25 (T/Th)	5:00 - 5:30 PM
B	07/07 - 07/30 (T/Th)	5:00 - 5:30 PM
C	08/18 - 09/03 (T/Th)	5:00 - 5:30 PM

FEES: *Select Tuesdays OR Thursdays OR Both*
A & B: Tues - \$70 / Thurs - \$70 / Tues & Thurs - \$108
C: Tues - \$57 / Thurs - \$57 / Tues & Thurs - \$85

Location: Peakform Sports and Wellness Center, 3615 Claflin Rd

Red Ball Tennis (Kindergarten - Age 9)

26BYO211

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	06/02 - 06/25 (T/Th)	5:30 - 6:10 PM
B	07/07 - 07/30 (T/Th)	5:30 - 6:10 PM
C	08/18 - 09/03 (T/Th)	5:30 - 6:10 PM

FEES: *Select Tuesdays OR Thursdays OR Both*
A & B: Tues - \$82 / Thurs - \$82 / Tues & Thurs - \$128
C: Tues - \$66 / Thurs - \$66 / Tues & Thurs - \$100

Location: Peakform Sports and Wellness Center, 3615 Claflin Rd





Orange Ball Tennis (Ages 9-11) 26BYO212

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	06/02 - 06/25 (T/Th)	6:15 - 7:15 PM
B	07/07 - 07/30 (T/Th)	6:15 - 7:15 PM
C	08/18 - 09/03 (T/Th)	6:15 - 7:15 PM

FEES: *Select Tuesdays OR Thursdays OR Both*
 A & B: Tues - \$100 / Thurs - \$100 / Tues & Thurs - \$150
 C: Tues - \$79 / Thurs - \$79 / Tues & Thurs - \$116

Location: Peakform Sports and Wellness Center,
 3615 Claflin Rd

Green Ball Tennis (Ages 11-13) 26BYO213

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	06/01 - 06/26 (M/F)	5:00 - 6:15 PM
B	07/06 - 07/31 (M/F)	5:00 - 6:15 PM
C	08/17 - 09/04 (M/F)	5:00 - 6:15 PM

FEES: *Select Mondays OR Fridays OR Both*
 A & B: Mon - \$116 / Friday - \$116 / Mon & Friday - \$166
 C: Mon - \$91 / Friday - \$91 / Mon & Friday - \$129

Location: Peakform Sports and Wellness Center,
 3615 Claflin Rd

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

Teen Tennis (Ages 13-17) 26BYO214

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	06/01 - 06/26 (M/F)	6:15 - 7:30 PM
B	07/06 - 07/31 (M/F)	6:15 - 7:30 PM
C	08/17 - 09/04 (M/F)	6:15 - 7:30 PM

FEES: *Select Mondays OR Fridays OR Both*
 A & B: Mon - \$116 / Friday - \$116 / Mon & Friday - \$166
 C: Mon - \$116 / Friday - \$116 / Mon & Friday - \$129

Location: Peakform Sports and Wellness Center,
 3615 Claflin Rd



Teen tennis.





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 maintaining academic, housing, and work environments that are free of discrimination, harassment, and sexual harassment. Discrimination based on race, color, ethnicity, national origin, sex, sexual orientation, gender identity, religion, age, ancestry, disability, genetic information, military status, or veteran status is prohibited. 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 their students personally that they 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?

Fall 2026 submission deadline is June 5, 2026.

For more information please email jake@tryufm.org.



UFM Community Enrichment and Personal Development Class Categories

Creative Arts - Creative arts empower you to explore your imagination and express yourself through a variety of artistic mediums. Whether you want to create a new design, paint, draw, perform, or experiment with different forms of visual and performing arts, this category offers opportunities to develop your artistic talents. Participants can teach or learn new techniques, discover untapped creativity, and make meaningful contributions to the community through artistic expression in UFM classrooms and beyond.

Communication - Communication classes focus on building the skills needed to effectively share ideas, connect with others, and express yourself with confidence. Whether you want to write a poem, tell a story, learn a new language, strengthen public speaking skills, or craft a compelling argument, this category provides opportunities to grow as a communicator. Participants can develop confidence, enhance interpersonal and professional communication skills, and engage more meaningfully within their communities.

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!

Health and Wellness - Health and wellness classes focus on supporting healthy living across the lifespan. Teachers and learners engage in activities that promote physical health, mental and emotional well-being, stress management, and overall life balance. Topics may include fitness, nutrition, mindfulness, lifespan development, and strategies for making informed decisions that positively impact daily life. This category provides practical tools and supportive learning environments to help individuals and families thrive.

Culinary Arts and Beverages - Culinary arts and beverages classes bring people together through the shared experience of food, cooking, and drink. Participants can explore cooking techniques, baking, nutrition, food safety, and beverage preparation while building confidence in the kitchen. Whether learning a new recipe, discovering cultural cuisines, or teaching others your culinary skills, this category offers hands-on opportunities to connect, create, and enjoy the art and science of food.

Family Studies and Human Development - Family studies and human development classes explore the relationships, roles, and experiences that shape individuals and families across the lifespan. Teachers and learners engage in topics such as child development, parenting strategies, family dynamics, and healthy relationships. This category provides opportunities to better understand ourselves and others while building skills that strengthen families, support personal growth, and foster thriving communities.

Financial Literacy and Consumer Education - Financial literacy and consumer education classes focus on building the knowledge and skills needed to make informed financial decisions in everyday life. Topics may include budgeting, saving, credit management, consumer rights and responsibilities, and long-term financial planning. Participants can gain practical tools to navigate financial systems with confidence, make responsible choices, and support financial well-being for themselves and their families.

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 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.



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.



UFM puts the **community** in education.



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+ _____

26BCA08Z	B	Pottery for Plant Lovers	\$129

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, and community engagement.

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

NON-PROFIT ORG
U.S. POSTAGE PAID
PERMIT NO. 134
MANHATTAN, KS 66502

Summer 2026 Catalog



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