



UFM

a University For huMankind

UFM puts the **community** in education.



*a look  
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# UFM FALL 2026 COURSE CATALOG

[tryufm.org](https://tryufm.org)



ufm

COMMUNITY  
LEARNING  
CENTER



UFM Community Learning Center  
Lou Douglas Lecture Series on Public Issues Fall 2026

# Building Better Together: Lessons in Partnership from the Autism Community

## Dr. Kerry Magro

*Hosted by UFM Community Learning Center*



Join nationally recognized autistic speaker, best-selling author, and advocate Dr. Kerry Magro, Ed.D., as he shares how stronger partnerships among families, schools, employers, and communities can improve outcomes for neurodiverse individuals.

### BEFORE THE LECTURE

*Hosted by K-State College of Engineering*

- |      |                                                                                     |
|------|-------------------------------------------------------------------------------------|
| 3 PM | Meet & Greet + Refreshments                                                         |
| 4 PM | Facilitating Learning Across a Spectrum of Learners Workshop with Dr. Shannon Locke |
| 5 PM | K-State Student Panel                                                               |



Free -  
Register  
Today!

## Lou Douglas Lecture: September 14th • 7 pm

### Forum Hall, K-State Student Union

All Lou Douglas events are free and open to the public. For more information visit [tryufm.org](http://tryufm.org) or contact UFM at [info@tryufm.org](mailto:info@tryufm.org)



Student Access  
Center



Career Center



Carl R. Ice College of Engineering



Teaching &  
Learning Center



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## UFM FALL 2026 INSTRUCTORS

*We are fortunate to have so many talented and knowledgeable individuals who are willing to share with others through a UFM class. UFM would like to acknowledge and applaud the UFM instructors!*

|                   |                       |
|-------------------|-----------------------|
| Ayumi Amama       | Debbie Newton         |
| Carol Barta       | Pamela Nolley         |
| Dave Carlson      | Gloria Park           |
| Craig Coffman     | Mark Perry            |
| Melissa Copp      | Nicky Peters          |
| Faith Dixon       | Little Apple Pilates  |
| Angela Durtschi   | Jim Rigg              |
| Enchanted Eclipse | Mary Robertson        |
| Kyle Foerschler   | Lisa Rubin            |
| Monica Franco     | Karen Schroeder       |
| Alex Garcia       | Robert Smith          |
| Vern Henricks     | Peakform Sports Staff |
| Katharine Hensler | Neal Strathman        |
| Gaige Huber       | Rachel Wahle          |
| Brady Inman       | Stan Wilson           |
| Steve Johannes    | Tiffany Wood          |
| John Knight       | Penni Zelinkoff       |
| Toni Kroll        | Voices For All, LLC   |
| Bronwyn Laherty   |                       |
| Janai Mestrovich  |                       |
| Micah Nelson      |                       |

## UFM STAFF

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**JAKE HUBER** | Community Education Program Administrator  
**CHELSIE LAROSE-LUGO** | ABLE Program Coordinator  
**SAMANTHA LOVITT** | Marketing & Program Administrator  
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**SAVANNAH NICOL** | ABLE Program Assistant  
**DAMARYS NIETO-MARTINEZ** | Bilingual Student Assistant  
**PAMELA GREEN NOLLEY** | Teen Mentoring Coordinator  
**NDAYAMBAJE NSHIMIYE** | ABLE Program Assistant  
**DOUGLAS OLIVA** | Accounting Intern & Student Program Assistant  
**AVREY RANSOM** | ABLE Program Assistant  
**MELISSA RICKEL-MORRILL** | Manhattan Area Risk Prevention Coalition  
**DR. ALIAH MESTROVICH SEAY** | Executive Director  
**BRENDA VISOSO** | Student Program Assistant/Integrated HR & Project EXCELL

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

## BOARD OF DIRECTORS

Chair | Carol Barta  
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Treasurer | Ryan Wilson  
President & CEO | Aliah Mestrovich Seay

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Cynthia Amano  
Mac Benavides

Charles Carpenter  
Jurdene Coleman  
Windy Nicholson

Drew Pearl  
Andrea Tiede  
Jennifer Wilson

## Hey Community!

As the seasons change, so do the opportunities to learn, connect, and grow. Fall is a season of fresh beginnings, and at UFM Community Learning Center, we are excited to welcome you to another semester filled with enriching classes, meaningful programs, and new ways to strengthen our community. Whether you're exploring a new hobby, developing a professional skill, meeting new friends, or giving back through community engagement, we're grateful you've chosen to be part of UFM.

This fall marks an exciting milestone in UFM's history with the launch of **ABLE (After-School Building Leadership and Enrichment)**. Designed for school-age K-5 youth, ABLE provides a safe, engaging, and enriching environment where children can build leadership skills, explore STEM and the arts, participate in recreation, and develop social-emotional skills after the school day ends. As our capacity grows, we are excited to offer **open enrollment throughout the school year and transportation from local schools**, allowing more families to join our community whenever space is available.

You will also notice some exciting improvements around our building this semester. Fresh paint and updated signage are helping create an even more welcoming and vibrant space for learners of all ages. These updates reflect our commitment to providing an environment where everyone feels valued, inspired, and ready to learn.

We are especially honored to welcome **Dr. Kerry Magro** as our 2026 Lou Douglas Speaker. An award-winning autistic professional speaker, best-selling author, and internationally recognized advocate, Dr. Magro will present **"Building Better Together: Lessons in Partnership from the Autism Community"** on **Monday, September 14th at 7 pm** at Forum Hall at the K-State Student Union. His inspiring message highlights the power of collaboration, listening to autistic voices, and embracing neurodiversity while offering valuable insights for families, educators, professionals, and community members alike. Pre-lecture events will be hosted by the K-State College of Engineering from 3:00-5:30 PM.

Beyond our community enrichment classes, UFM continues to expand programs that create opportunities for people across every stage of life. **Project EXCELL** provides adults with intellectual and developmental disabilities a unique college-like experience through Saturday programming held at the K-State Student Union, fostering lifelong learning, independence, and community connection. Our **Teen Mentoring Program** supports students in **6th through 12th grades**, helping young people develop leadership skills, build confidence, and prepare for bright futures through meaningful relationships and guidance.

Everything we do is rooted in a simple belief: **everyone can learn, and everyone can teach**. Every class you take, every program you support, and every instructor who shares their knowledge helps strengthen our community and create opportunities for others.

Thank you for being part of UFM Community Learning Center. We look forward to learning, growing, and building community with you throughout the fall 2026 semester.

In Community,

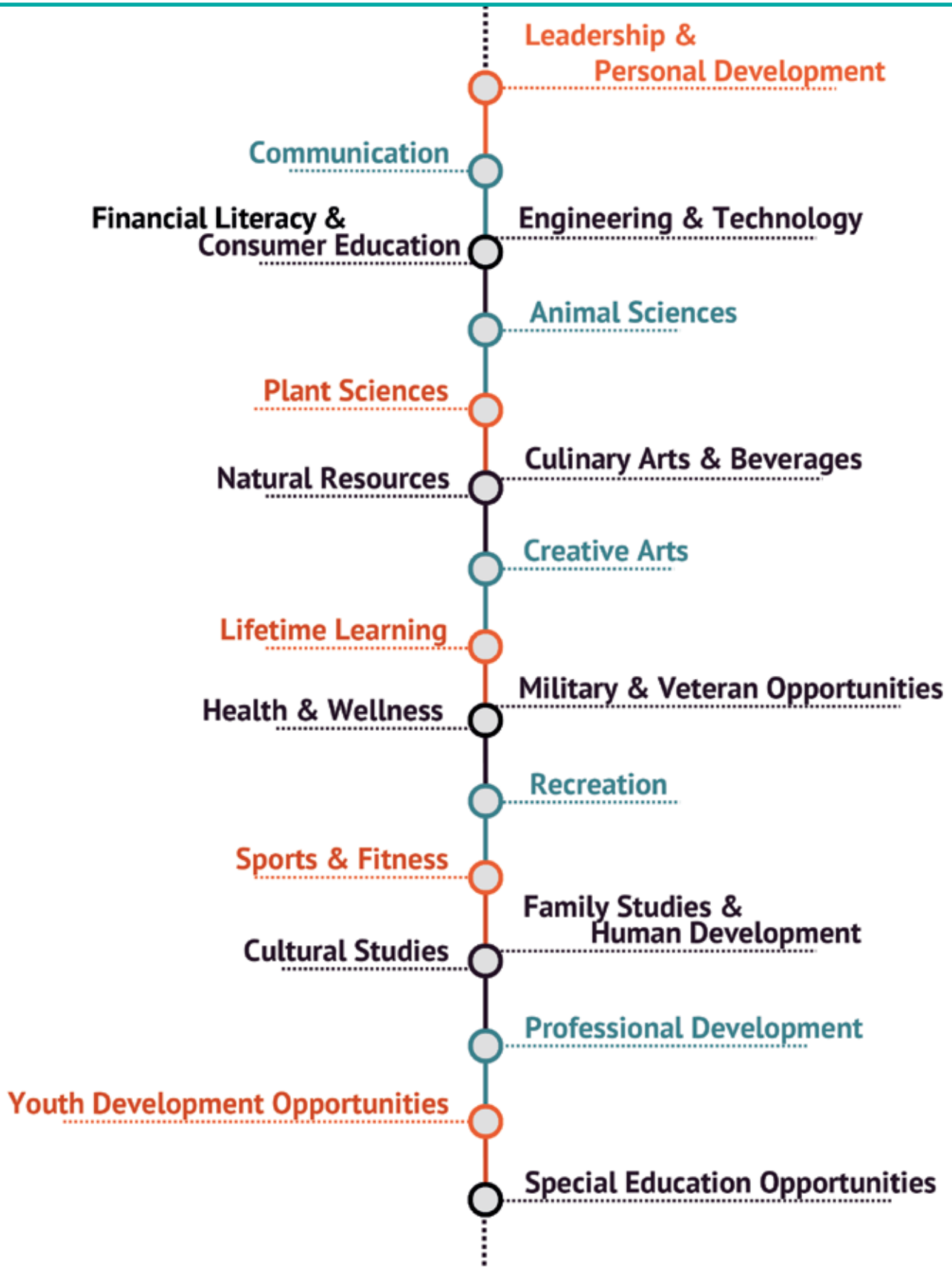


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Dr. Aliah Mestrovich Seay  
Executive Director

UFM Community Learning Center is a military-friendly organization, welcoming all service members and their families. Please visit page 23 for an exciting opportunity.

# UFM Community Enrichment & Personal Development Class Categories



# CREATIVE ARTS

## Origami Art: Ninja Stars

NEW!

26CCA20

Learn how to turn ordinary sticky notes into an awesome transforming origami ninja star! In this fun, beginner-friendly class, you'll fold a simple paper fidget that changes between a pointed ninja star and a circular chakram. Along the way, you'll practice patience, creativity, and basic origami techniques while making a cool toy to take home. No experience is needed, just bring your curiosity and get ready to fold! All ages welcome.

Instructor: Gaige Huber

Gaige Huber is a 6th grader who has experience with crafting, making fidgets, and more. She has been practicing origami for the past few years.

| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 09/20 (Su) | 1:00 - 2:00 PM | \$25 |

Location: UFM Solar Addition, 1221 Thurston St

## Origami Art: Witch Claws

NEW!

26CCA21

Add a spooky touch to your next Halloween costume, cosplay, or fantasy character with handmade origami witch claws! Using just one sheet of paper per finger, you'll learn how to fold long, pointed claws that fit over your fingertips and create a dramatic, eye-catching look. This beginner-friendly class teaches simple folding techniques while encouraging creativity and imagination. Whether you're dressing up as a witch, monster, dragon, or villain, these paper claws make a fun and memorable accessory you'll be excited to show off. All ages welcome.

Instructor: Gaige Huber

| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 10/18 (Su) | 1:00 - 2:00 PM | \$25 |

Location: UFM Solar Addition, 1221 Thurston St

## Origami Art: Fortune Tellers

NEW!

26CCA22

Bring back a favorite childhood pastime in this fun and creative origami class! Learn how to fold a classic paper fortune teller from a simple sheet of paper, then personalize it with colors, fortunes, challenges, and predictions of your own. This beginner-friendly activity is perfect for all ages and helps build creativity, fine motor skills, and imagination. Whether you're reliving childhood memories or discovering fortune tellers for the first time, you'll leave with a nostalgic paper craft that's fun to make and share.

Instructor: Gaige Huber

| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 11/22 (Su) | 1:00 - 2:00 PM | \$25 |

Location: UFM Solar Addition, 1221 Thurston St

## What's Up @ UFM

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







Watercolor art. Projects will vary.

## The Magic of Watercolor NEW! 26CCA23

Enjoy the magic of watercolor while exploring your creativity! Designed for beginning to intermediate painters, this class introduces a variety of watercolor techniques using photos as inspiration. Create landscapes, florals, still lifes, and abstract artwork while building confidence, having fun, and developing your own unique artistic style.

Instructor: Jim Rigg, jimriggart@gmail.com

Jim Rigg earned a fine arts degree with a focus in graphics from Wichita State University. Throughout his career, he has worked as an illustrator and designer for Beechcraft and as a creative director for K-State Communications & Marketing. He is also an experienced artist and instructor who has participated in art fairs and competitions and served as an art competition juror.

| SEC | DATE              | TIME           | FEE   |
|-----|-------------------|----------------|-------|
| A   | 09/08 - 10/13 (T) | 6:00 - 8:00 PM | \$178 |
| B   | 10/20 - 11/24 (T) | 6:00 - 8:00 PM | \$178 |

**Location:** UFM QLC, 1221 Thurston St

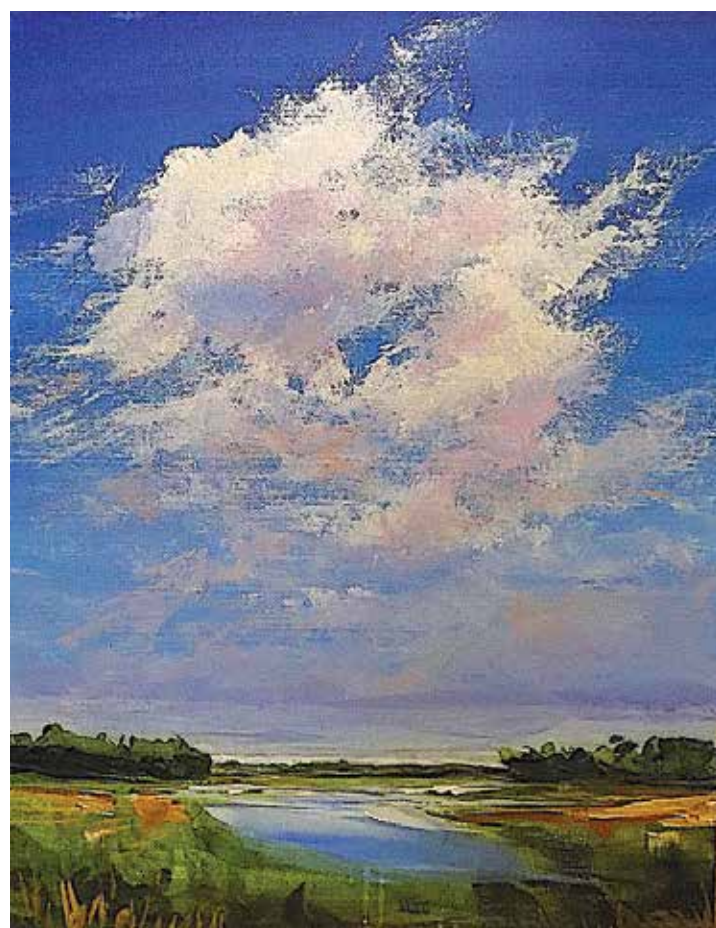
## Discovering Acrylics NEW! 26CCA24Z

Introduction to painting with acrylics in a contemporary and abstract style. Each session is a discovery of using acrylics in opaque or transparent glazing and washes, using matte and gloss medium, gels and molding paste to create textures and your own personal palette.

Instructor: Jim Rigg, jimriggart@gmail.com

| SEC | DATE               | TIME           | FEE   |
|-----|--------------------|----------------|-------|
| A   | 09/10 - 10/15 (Th) | 6:00 - 8:30 PM | \$178 |
| B   | 10/19 - 11/23 (M)  | 6:00 - 8:30 PM | \$178 |

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



Acrylics. Projects will vary.

### ⇒ Payment Information ⇐

**Please note:** A credit card processing fee for all credit and debit card transactions will take effect at a future date. To avoid this fee, payments may be made by cash or check at the UFM office during business hours. If you need to make arrangements to drop off a cash or check payment outside of business hours, please call our office (785-539-8763). Thank you for your understanding and support of UFM Community Learning Center.





## Acrylic Pouring Workshop

NEW!

26CCA25

Bring your own imagination and prepare to have a fun time pouring acrylics on various substrates and using unusual tools to create a one-of-a-kind work of art. You'll be creating your own palette while learning how to pour mixtures onto a canvas to see how it reacts.

Instructor: Jim Rigg, jimriggart@gmail.com



| DATE       | TIME               | FEE   |
|------------|--------------------|-------|
| 09/12 (Sa) | 10:00 AM - 3:00 PM | \$145 |

**Location:** UFM QLC, 1221 Thurston St



Acrylic pour artwork. Projects will vary.

## Acrylic Collage & Construction Workshop

26CCA26

The class will begin with a presentation of examples and will have a unique approach to applying acrylics in opaque and transparent glazing washes, applying medium and modeling paste to create texture and developing a personalized palette.

Instructor: Jim Rigg, jimriggart@gmail.com



| DATE       | TIME               | FEE   |
|------------|--------------------|-------|
| 10/10 (Sa) | 10:00 AM - 4:00 PM | \$175 |

**Location:** UFM QLC, 1221 Thurston St



Alcohol ink artwork.  
Projects will vary.

NEW!

## Exploring Alcohol Ink Workshop

26CCA27

An exciting new medium beyond the typical watercolor, acrylic, or oil...we're using Alcohol Inks! You'll be creating and experimenting with these inks to create landscape, floral, and abstract images, whatever you desire.

Instructor: Jim Rigg, jimriggart@gmail.com



| DATE       | TIME               | FEE   |
|------------|--------------------|-------|
| 11/14 (Sa) | 10:00 AM - 4:00 PM | \$175 |

**Location:** UFM QLC, 1221 Thurston St



Acrylic collage artwork. Projects will vary.





## From Scribbles to Sketches:

### A Beginner's Guide to Drawing 26CCA35

If you can scribble, you can sketch! This fun, no-pressure class is perfect for absolute beginners ready to explore the fundamentals of drawing. You'll learn how to see like an artist, break objects down into simple shapes, control your lines, and add depth with shading techniques. We'll also explore how to use essential drawing tools and materials to build a strong, lasting foundation. Each week builds on the last, helping you grow your skills and creative confidence. Ages 13+

Instructor: Tiffany Wood, woodtrene@gmail.com

Tiffany is a lifelong multimedia artist and former game concept designer with eight years of experience creating and selling custom art. She believes anyone can learn to create and is passionate about helping beginners build confidence through creativity. Her classes make art approachable, engaging, and fun while encouraging imagination, skill development, and personal growth.

| SEC | DATE               | TIME                | FEE  |
|-----|--------------------|---------------------|------|
| A   | 09/06 - 10/11 (Su) | 11:00 AM - 12:30 PM | \$58 |
| B   | 10/18 - 11/22 (Su) | 11:00 AM - 12:30 PM | \$58 |

Location: UFM QLC, 1221 Thurston St

## Beyond the Basics:

### Guided Drawing Workshops 26CCA36

Build confidence in your drawing skills through six beginner-friendly, standalone 2-hour workshops focused on commonly challenging subjects for artists. Topics include: Facial Features (Sept 12), Hair & Hairstyles (Sept 26), Quadruped Anatomy (Oct 10), Creature Features: Horns, Wings, Fur & Scales (Oct 24), Clothing, Folds & Fabric (Nov 7), and Tackling Hands & Feet (Nov 21). Through guided instruction and hands-on practice, students will learn approachable techniques to simplify these complex subjects. Drawing supplies are provided!

Instructor: Tiffany Wood, woodtrene@gmail.com

| SEC | DATE       | TIME               | FEE  |
|-----|------------|--------------------|------|
| A   | 09/12 (Sa) | 11:30 AM - 1:30 PM | \$40 |
| B   | 09/26 (Sa) | 11:30 AM - 1:30 PM | \$40 |
| C   | 10/10 (Sa) | 11:30 AM - 1:30 PM | \$40 |
| D   | 10/24 (Sa) | 11:30 AM - 1:30 PM | \$40 |
| E   | 11/07 (Sa) | 11:30 AM - 1:30 PM | \$40 |
| F   | 11/21 (Sa) | 11:30 AM - 1:30 PM | \$40 |

Location: UFM Solar Addition, 1221 Thurston St

## CREATIVE ARTS

### Nature's Imprint -

NEW!

### Lino Printing Flora & Fauna 26CCA37Z

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. Whether you're a beginner or expanding your skills, get ready to carve, print, and bring your creativity to life! We will be tackling two projects together!

Instructor: Alex Garcia, caspercreates13@gmail.com

| DATE               | TIME           | FEE   |
|--------------------|----------------|-------|
| 11/05 - 12/10 (Th) | Noon - 1:30 PM | \$108 |

\* Enrollment deadline 10/29

Location: UFM Solar Addition, 1221 Thurston St



Lino Printing. Projects will vary.

Show us your creations! Submit your UFM class photos to [samantha@tryufm.org](mailto:samantha@tryufm.org)



## Sustainable Style: Block Printing for Upcycled Clothes

NEW!

26CCA39Z

Art opens doors! Take your knowledge of traditional Printmaking and make it into wearable fashion. Give your wardrobe a new life with your creativity! In this 4-week class, you'll learn everything you need to know, and we will take on one shirt design and one smaller accent design you can add to any piece of clothing! From design to pattern printing, and the best way to prep your clothes, we'll cover it all! Better for artists with some knowledge of Block Printing, but we will be going over the basics together. Come prepped with a mood board for your clothes.

Instructor: Alex Garcia, caspercreates13@gmail.com

| SEC | DATE              | TIME           | FEE  |
|-----|-------------------|----------------|------|
| A   | 09/01 - 09/22 (T) | Noon - 1:30 PM | \$75 |
| B   | 11/03 - 11/24 (T) | 2:30 - 4:00 PM | \$75 |

\*Enrollment deadlines: A - 08/27; B - 10/27.

**Location:** UFM Teaching & Learning Rm, 1221 Thurston St



Sashiko Mini Bag. Projects will vary.



Block Printing for Upcycled Clothes. Projects will vary.

## Sewing Basics & Upcycling: Sashiko Mini Bag

NEW!

26CCA32Z

We will learn to sew a mini tote bag with boxed corners, using a sewing machine, and add an accent with Sashiko stitch. Japanese Sashiko is a mending technique with geometric or free-style patterns. We will upcycle old shirts, pants, curtains, and other items to create a Sashiko piece.

Instructor: Ayumi Amama

Ayumi grew up in Osaka, studied architecture in Yokohama, and worked in Tokyo, Japan. She loves Japanese architecture, craftsmanship, landscapes, and cuisine. She is passionate about sharing Japanese culture with others and learning theirs.

| SEC | DATE               | TIME         | FEE  |
|-----|--------------------|--------------|------|
| A   | 09/26 - 10/03 (Sa) | 10:00 - Noon | \$43 |
| B   | 10/17 - 10/24 (Sa) | 10:00 - Noon | \$43 |
| C   | 11/02 - 11/09 (M)  | 6:00-8:00 PM | \$43 |

**Location:** UFM QLC, 1221 Thurston St





**Beginner Sewing Workshop****26CCA28**

Have you ever wanted to learn how to use that old sewing machine you got years ago? We will cover setting up your machine, understanding the settings, machine maintenance, and practice a simple project you can take home! We will be in a kid-friendly area, so feel free to bring your little one for some fun while you learn!

Instructor: Alex Garcia, [caspercreates13@gmail.com](mailto:caspercreates13@gmail.com)

| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 09/06 (Su) | 5:00 - 6:00 PM | \$30 |

**Location:** UFM QLC, 1221 Thurston St

**Introduction to Voiceovers****26CCA38**

Have you ever listened to a commercial, animation, or audiobook and thought, "I wonder if I could do that?" Voice acting can be a flexible way to earn from home. This introductory class answers questions about getting started, competition, and equipment. In a 90-minute, one-on-one session, you'll meet a professional voice actor via live video chat and learn industry trends and home setups. You'll explore voice-over styles, read a script, and receive coaching and feedback. Learn more: <http://www.voicesforall.com/ooo>. Upon registration you will be contacted by VFA to schedule your class. Participants must be 18 or older.

Instructor: Voices For All, LLC, [info@voicesforall.com](mailto:info@voicesforall.com)

The Voices For All Voice Coaches/Producers/Instructors are known for their fun and informative presenting methods. Our coaches have many years of experience in the voiceover industry and are masters at teaching all of the information pertinent to making it in voice acting. Whether it be speaking, presenting, writing, producing, or announcing, Voices For All has it covered. With hundreds of regional and national commercials and public service announcements under their belts, our instructors not only deliver the highest quality education and coaching to their students, but their unique enthusiasm and expertise bring an element of fun and excitement to the virtual classroom as well.

| DATE              | TIME                  | FEE  |
|-------------------|-----------------------|------|
| 09/01 - 12/31 (T) | See Class Description | \$50 |

**Location:** Online - LIVE

**Introduction to Digital Photography****26CCA34**

Unlock the power of your camera and start capturing photos you love! This class is a mixture of lectures and hands-on and is perfect for beginners who want to move beyond auto mode. You'll learn how to confidently use your camera's manual settings, understand light, master composition techniques, and take stunning portraits. Whether you use a DSLR, mirrorless, or even a smartphone, this class will help you see creatively and shoot with purpose. Bring your curiosity and leave with the skills to photograph anything with confidence and creativity! Ages 15+

Instructor: Karen Schroeder,

[Karen@KarenSchroederPhotography.com](mailto:Karen@KarenSchroederPhotography.com)

Karen Schroeder specializes in family, senior and pet photography. She also provides businesses with branding photography and business portraits.

| DATE               | TIME           | FEE  |
|--------------------|----------------|------|
| 09/03 - 10/01 (Th) | 5:30 - 7:30 PM | \$80 |

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

**Introduction to Adobe Lightroom****26CCA33**

Join us for a journey into Adobe Lightroom Classic, the industry-standard software for organizing, editing and enhancing photographs. This class is designed to equip you with essential skills to streamline your workflow and elevate your photography. Master cataloging techniques to manage and find your images. Learn fundamental editing techniques such as adjusting exposure, color, and contrast. Dive into advanced features like local adjustments, presets, and batch processing. Export photos in various formats and share online or in print. Students need Adobe Lightroom and a laptop to actively participate in class. Those without subscriptions can observe the instructor's demonstration. Ages 15+

Instructor: Karen Schroeder,

[Karen@KarenSchroederPhotography.com](mailto:Karen@KarenSchroederPhotography.com)

| DATE               | TIME           | FEE  |
|--------------------|----------------|------|
| 10/08 - 10/29 (Th) | 5:30 - 7:30 PM | \$80 |

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

Interested in  
teaching  
a class for UFM?



Spring 2027  
submission  
deadline is  
October 11, 2026



For more  
information email  
[jake@tryufm.org](mailto:jake@tryufm.org)



## You're Trending! How to Film and Edit Professional Content with Your Phone

NEW!

26CCA30Z

This class will cover how to film and edit professional looking video content without breaking the bank by using your phone! We will go over lighting, editing, content, and helpful tools to help you build your brand, share your passions, and grow your community through professional use of your phone's camera.

Instructors: Bronwyn Laherty,  
brolah.productions@gmail.com &

Alex Garcia, caspercreates13@gmail.com

Bronwyn is a local filmmaker and videographer who recently moved to Manhattan after studying film production at the University of Utah. Alex is a local artist who regularly films videos with their phone to build and promote their business.

| SEC | DATE      | TIME           | FEE  |
|-----|-----------|----------------|------|
| A   | 11/04 (W) | 2:30 - 4:00 PM | \$39 |
| B   | 12/08 (T) | 2:30 - 4:00 PM | \$39 |

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

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



Beat Your Face, fight and gore makeup class. Final looks will vary.



## Mini Movies

26CCA12

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, brolah.productions@gmail.com

| DATE              | TIME           | FEE  |
|-------------------|----------------|------|
| 11/02 - 11/23 (M) | 5:30 - 7:00 PM | \$37 |

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

## Beat Your Face

NEW!

26CCA29AZ

Learn how to do fight and gore makeup, just in time for Halloween! From split lips to black eyes, you'll learn the basics of gore makeup fit for the screen.

Instructor: Bronwyn Laherty, brolah.productions@gmail.com  
Bronwyn Laherty has worked as a filmmaker for the past six years, including as a fight and gore makeup artist on a number of short film projects.

| SEC | DATE       | TIME           | FEE  |
|-----|------------|----------------|------|
| A   | 10/17 (Sa) | 3:00 - 4:00 PM | \$40 |
| B   | 10/28 (W)  | 5:30 - 6:30 PM | \$40 |

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





# Performing Arts

## Instant Guitar

### for Hopelessly Busy People

**26CCA01AZ**

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. The class fee includes the online book, online follow-up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture/demonstration. Ages 13+.

Instructor: Craig Coffman, chordsarekey@gmail.com

Craig Coffman is an experienced piano and guitar instructor, professional pianist and music director. He has over 30 years' 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.

| DATE      | TIME           | FEE  |
|-----------|----------------|------|
| 10/06 (T) | 6:30 - 9:00 PM | \$74 |

**Location:** Online - LIVE

## Instant Piano

### for Hopelessly Busy People

**26CCA02AZ**

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

Instructor: Craig Coffman, chordsarekey@gmail.com

| DATE      | TIME           | FEE  |
|-----------|----------------|------|
| 10/05 (M) | 6:30 - 9:30 PM | \$74 |

**Location:** Online - LIVE

## Instant Ukulele

### for Hopelessly Busy People

**26CCA19Z**
**NEW!**

In just a few hours you can learn enough about playing the ukulele to give you years of musical enjoyment and you won't have to take private lessons to do this. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Class fee includes the online book, online recorded follow-up lessons, a recording of the class and also access to optional live periodic question and answer sessions at no additional cost. Class is online using Zoom and is partly hands-on and partly lecture/demonstration. Instructor: Craig Coffman, chordsarekey@gmail.com

| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 10/08 (Th) | 6:30 - 9:00 PM | \$74 |

**Location:** Online - LIVE

## Beginner Guitar: First Chords

**26CCA31**
**NEW!**

Unleash your inner musician! This hands-on, welcoming class is designed for absolute beginners who want to start their musical journey from scratch. Guided by an experienced instructor, you will learn the absolute basics of the guitar. We will cover tuning, proper hand positioning, fundamental strumming patterns, and your very first open chords. By the end of the course, you'll have the tools to start playing simple songs you love. Requirements: Bring your own acoustic or electric guitar or use the few we have provided (limited amount). No musical background required!

Instructor: Kyle Foerschler, kfoerschler@gmail.com

| SEC | DATE       | TIME           | FEE  |
|-----|------------|----------------|------|
| A   | 12/06 (Su) | 3:00 - 4:00 PM | \$30 |
| B   | 12/13 (Su) | 3:00 - 4:00 PM | \$30 |

**Location:** UFM QLC, 1221 Thurston St

Follow UFM





# 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:  
11:00 AM – 2:00 PM

Tuesday:  
11:00 AM – 2:00 PM

Wednesday:  
8:00 AM – 2:00 PM  
(Open to Mindful Making  
UFM Students)

Thursday:  
11:00 AM – 2:00 PM

Friday:  
11:00 AM – 2:00 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



## Mindful Making:

### Beginner Throwing

26CCP01Z

Perfect for those who never had the chance to learn in high school or who took a ceramics class years ago and have never forgotten the feeling of clay under their nails. Take this beginner class to learn the basics of centering clay and creating simple forms on the wheel. Each week, you'll focus on a different project, leaving with your own functional handmade piece.

Instructor: Nicky Peters, [themakersguildinc@gmail.com](mailto: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   |
|-----|----------------------|-----------------|-------|
| C   | 09/07 - 10/01 (M/Th) | 8:00 - 10:00 AM | \$164 |
| D   | 09/08 - 10/02 (T/F)  | 6:00 - 8:00 PM  | \$164 |
| E   | 11/16 - 12/10 (M/Th) | 8:00 - 10:00 AM | \$164 |
| F   | 11/16 - 12/10 (M/Th) | 6:00 - 8:00 PM  | \$164 |
| G   | 11/17 - 12/11 (T/F)  | 9:00 - 11:00 AM | \$164 |
| H   | 11/17 - 12/11 (T/F)  | 6:00 - 8:00 PM  | \$164 |

**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.)



### ADDITIONAL CERAMICS CLASSES

*Dirty Hands  
Date Night*

*Handmade Hosting:  
Charcuterie Platters*

Visit [tryufm.org](http://tryufm.org) for dates, details & registration.

## SOLAR CERAMICS PROGRAM

### Intentional Form:

NEW!

### Advanced Wheel Throwing

26CCP03Z

Take your wheel throwing to the next level with this class! Each week, we will focus on more challenging projects that help build your skills and confidence. Learn alongside new friends and supportive instructors.

Instructor: Nicky Peters, [themakersguildinc@gmail.com](mailto:themakersguildinc@gmail.com)

| SEC | DATE                 | TIME            | FEE   |
|-----|----------------------|-----------------|-------|
| A   | 10/12 - 11/05 (M/Th) | 8:00 - 10:00 AM | \$164 |
| B   | 10/13 - 11/06 (T/F)  | 6:00 - 8:00 PM  | \$164 |

**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.)



Ceramics. Projects will vary.

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](http://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.



# CULINARY ARTS & BEVERAGES

## From Kitchen 2 Heart: Korean Cooking Edition 3

NEW!

26CCB07

Learn to prepare authentic Korean dishes in a welcoming, hands-on environment while exploring the culture and traditions behind each recipe. This class is open to all skill levels and offers practical techniques you can recreate at home. What makes this class especially meaningful is its mission: registration fees help support community outreach efforts that encourage individuals facing challenges, celebrate personal achievements, and promote connection and kindness. Come ready to cook, learn, and enjoy great food while helping make a positive difference in our community.

### Each session features a different Korean menu:

Session A: Bi-Bim-Bap and Korean Egg Soup

Session B: Tteok-Galbi (Korean grilled beef patties) and Musaengchae (Korean radish salad)

Session C: Jeyukbokkeum (Korean spicy stir-fried pork) and Gyeran-jjim (Korean steamed savory eggs)

Session D: Soondubu Jjigae (Korean spicy soft tofu stew) and Kongnamul Muchim (Korean seasoned soybean sprouts)

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.

| SEC | DATE       | TIME               | FEE  |
|-----|------------|--------------------|------|
| A   | 09/26 (Sa) | 11:00 AM - 1:00 PM | \$85 |
| B   | 10/24 (Sa) | 11:00 AM - 1:00 PM | \$85 |
| C   | 11/14 (Sa) | 11:00 AM - 1:00 PM | \$85 |
| D   | 12/05 (Sa) | 11:00 AM - 1:00 PM | \$85 |

Location: UFM Kitchen, 1221 Thurston St.

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

## Sourdough Mama:

NEW!

### Beginner Sourdough Workshop

26CCB09Z

In class, we will cover: introduction to sourdough and your starter, mixing dough, stretch and fold demonstrations, fermentation basics, shaping a loaf, and baking instructions for home. Everyone will get to leave with their own dough to bake, a jar of active starter, printed recipe, timeline feeding instructions, and me in your back pocket for all your questions.

Instructor: Faith Dixon, clemensfaith@gmail.com

Faith Dixon is a self-taught sourdough cottage baker who owns and operates Sourdough Mama, a farmstand that offers both sourdough breads and sweet treats and has a passion for teaching others the craft of sourdough.

| DATE       | TIME           | FEE   |
|------------|----------------|-------|
| 09/13 (Su) | 1:00 - 3:00 PM | \$110 |

Location: UFM Kitchen, 1221 Thurston St



Cooking class in UFM's kitchen. Recipes will vary.





## World of Whiskey

26CCB01

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 Strathman is a retired 22-year veteran of the U.S. Navy and Navy Reserves with a passion for whiskey education. Drawing on years of personal study and exploration of American, Irish, Scottish, Canadian, and Japanese whiskeys, he enjoys helping others discover the history, craftsmanship, and unique character of each style.



| SEC | DATE       | TIME           | FEE  |
|-----|------------|----------------|------|
| A   | 09/12 (Sa) | 5:00 - 7:00 PM | \$92 |
| B   | 10/03 (Sa) | 5:00 - 7:00 PM | \$92 |
| C   | 11/14 (Sa) | 5:00 - 7:00 PM | \$92 |
| D   | 12/05 (Sa) | 5:00 - 7:00 PM | \$92 |

**Location:** UFM Solar Addition, 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.



## CULINARY ARTS & BEVERAGES

### Autumn Teas

NEW!

26CCB08Z

Enjoy tasting teas that are perfect for the season of changing leaves and crisp fall weather. Teas include sweet potato pie, black tea, salted caramel oolong, forever nuts herbal, and jade cloud green.

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

| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 09/27 (Su) | 1:00 - 3:00 PM | \$45 |

\* Enrollment deadline 09/24.

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

### Okonomi-Yaki

NEW!

(Japanese Savory Pancake) 26CCB10

We will learn how to make Okonomi-Yaki, which is made like a pancake but has a savory batter with lots of vegetables and a variety of toppings like pork belly, cheese, or mushrooms, then it is garnished with a special Okonomi-Yaki sauce. Participants will take home their own Okonomi-Yaki sauce to enjoy making Okonomi-Yaki at home.

Instructor: Ayumi Amama  
Ayumi grew up in Osaka, studied architecture in Yokohama, and worked in Tokyo, Japan. She loves Japanese architecture, craftsmanship, landscapes, and cuisine. She is passionate about sharing Japanese culture with others and learning theirs.

| SEC | DATE      | TIME           | FEE  |
|-----|-----------|----------------|------|
| A   | 09/09 (W) | 6:00 - 8:00 PM | \$56 |
| B   | 09/23 (W) | 6:00 - 8:00 PM | \$56 |

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



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Kansas State University to become a member.



# AUTO LOANS

Compare & Save.  
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**Yaki-Tori and Yaki-Onigiri (Grilled Chicken & Rice Ball)** NEW! **26CCB11**  
We will learn how to make Yaki-Tori, which is Japanese-style Grilled Chicken on Skewers with teriyaki sauce, and Yaki-Onigiri, grilled rice balls with special miso sauce. We will also make a quick pickled vegetable to go on the side.  
Instructor: Ayumi Amama

| SEC | DATE      | TIME           | FEE  |
|-----|-----------|----------------|------|
| A   | 10/07 (W) | 6:00 - 8:00 PM | \$55 |
| B   | 10/21 (W) | 6:00 - 8:00 PM | \$55 |

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

**Almond Tart With Seasonal Fruit** **26CCB12Z**  
Discover the art of making a beautiful French-style almond tart with seasonal fruit. I've been making many varieties of almond tarts with different toppings over the years, and now I'll share my favorite techniques with you! In this hands-on class, you'll make a buttery tart shell, prepare a rich almond cream from scratch, and create your own unique variation with seasonal fruit. You'll leave with a delicious tart and the confidence to recreate this elegant French dessert at home.  
Instructor: Ayumi Amama NEW!

| SEC | DATE       | TIME           | FEE  |
|-----|------------|----------------|------|
| A   | 11/11 (W)  | 6:00 - 8:00 PM | \$53 |
| B   | 11/14 (Sa) | 6:00 - 8:00 PM | \$53 |
| C   | 11/18 (W)  | 6:00 - 8:00 PM | \$53 |

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

# Cook, learn, and gather!

Many of our culinary classes take place right here in UFM's renovated kitchen.



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.



# COMMUNICATION

## Advanced Spanish

### Conversational Practice

**26CCM03Z**

This advanced Spanish conversation class is designed for students who wish to improve their speaking fluency, vocabulary, and communication skills. Through discussions on current events, culture, social issues, and everyday topics, participants will develop confidence in expressing opinions, debating ideas, and interacting naturally in Spanish. The class emphasizes authentic communication, listening comprehension, and the use of advanced grammatical structures in meaningful contexts.

Instructor: Monica Franco, lidimoni.franco@gmail.com  
Monica Franco is an English and Spanish teacher who works in a public high school. Monica has over ten years of experience teaching foreign languages and is a K-State alum who lives in Ecuador.

| SEC | DATE              | TIME           | FEE  |
|-----|-------------------|----------------|------|
| A   | 09/01 - 09/22 (T) | 6:00 - 7:00 PM | \$75 |
| B   | 10/06 - 10/27 (T) | 6:00 - 7:00 PM | \$75 |
| C   | 11/03 - 11/24 (T) | 6:00 - 7:00 PM | \$75 |
| D   | 12/01 - 12/15 (T) | 6:00 - 7:00 PM | \$75 |

**Location:** Online

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

## Conversational Sign Language

**NEW!**

**26CCM02Z**

This class is designed for the learner who has wanted to know some sign language but didn't know where to begin. This is the place! You will gain both expressive and receptive experience. There is an optional final project to cement your learning.

Instructor: Toni Kroll

Toni Kroll has been a sign language interpreter for almost 30 years and currently calls Manhattan, KS home.

| DATE              | TIME           | FEE  |
|-------------------|----------------|------|
| 09/15 - 11/03 (T) | 6:30 - 8:00 PM | \$96 |

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



Sign language class learning how to sign.

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[ Justin Williams ]

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# FINANCIAL LITERACY & CONSUMER EDUCATION

## The Confident

### Homebuyer Workshop

**26CFC182**

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 understand the benefits of homeownership. Gain the knowledge and confidence to make informed decisions and feel prepared for a home purchase.

Instructor: Angela Durtschi, [angela@goalliancerealty.com](mailto: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                 |
|-----------|----------------|---------------------|
| 09/15 (T) | 6:30 - 7:30 PM | Community Sponsored |

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

## Introduction to

### Real Estate Investing

**26CFC183**

Interested in building wealth through real estate? This beginner-friendly class covers the basics of real estate investing, including rental properties, fix-and-flips, and other investment strategies. Learn how to evaluate properties, understand financing options, and calculate potential returns. Through practical examples and real-world insights, you'll gain the knowledge needed to make informed investment decisions. Perfect for first-time investors, homeowners exploring investment opportunities, or anyone curious about how real estate can be used to create long-term financial growth.

Instructor: Angela Durtschi, [angela@goalliancerealty.com](mailto:angela@goalliancerealty.com)

| DATE      | TIME           | FEE                 |
|-----------|----------------|---------------------|
| 09/22 (T) | 6:30 - 7:30 PM | Community Sponsored |

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

# FAMILY STUDIES & HUMAN DEVELOPMENT

## Learn Fun, Experiential Ways to Teach Children Social-Emotional Learning

**NEW!**

**26CFH02Z**

Learn how to create a fun, interactive learning space that helps children build important social-emotional skills. Explore engaging techniques for helping children recognize emotional triggers, manage difficult feelings, and make positive choices. Learn strategies for identifying rising tension, practicing self-calming techniques, and building the self-confidence children need to strengthen their self-regulation skills. Great for parents, caregivers, educators, and anyone who works with children.

Instructor: Janai Mestrovich, M.S., [janailow@gmail.com](mailto:janailow@gmail.com)

Janai Mestrovich, M.S., is an award-winning Social-Emotional Learning instructor with over 50 years of experience at the University of Oregon and internationally. After creating a pioneering approach focused on fun and experiential ways to manage stress, Janai is excited to share her expertise in Social-Emotional Learning. Among her many accomplishments, she is the author of nine children's books focused on this same topic.

| SEC | DATE       | TIME            | FEE  |
|-----|------------|-----------------|------|
| A   | 10/03 (Sa) | 10:00 AM - Noon | \$85 |
| B   | 11/14 (Sa) | 10:00 AM - Noon | \$85 |

**Location:** UFM, 1221 Thurston St





# HEALTH & WELLNESS

## Triggered

**26CHW344**

Triggered: A Spiritual Journey for Emotional Healing is a transformational 7-week coaching experience designed to help you identify the emotional triggers that have been holding you back and replace them with truth, healing, and freedom.

Instructor: Penni Zelinkoff,

admin@triggered2transformed.com

Penni is a Christian life coach equipping individuals and organizations to lead from a place of healing, strength, and faith. Her method bridges biblical truth with practical leadership tools to create lasting personal and professional growth.

| SEC | DATE               | TIME           | FEE  |
|-----|--------------------|----------------|------|
| A   | 10/01 - 11/12 (Th) | 6:30 - 8:00 PM | \$46 |
| B   | 10/02 - 11/13 (F)  | 6:30 - 8:00 PM | \$46 |

**Location:** UFM QLC, 1221 Thurston St

**NEW!**

## Healing Through Crystal Sound **26CHW363Z**

Experience the soothing vibrations of crystal singing bowls, chimes, and sacred instruments as they create a deeply relaxing sound bath. This immersive experience encourages stress relief, energetic balance, and a peaceful meditative state, allowing the mind, body, and spirit to rest, restore, and reconnect.

Instructor: Enchanted Eclipse,

enchantedeclipse888@gmail.com

The instructors of Enchanted Eclipse 888 provide compassionate guidance through Reiki, Sound Healing, meditation, intuitive practices, and holistic wellness, creating welcoming spaces that inspire healing, self-discovery, and empowerment.

| SEC | DATE       | TIME           | FEE  |
|-----|------------|----------------|------|
| A   | 09/03 (Th) | 7:00 - 8:00 PM | \$50 |
| B   | 09/17 (Th) | 7:00 - 8:00 PM | \$50 |
| C   | 10/01 (Th) | 7:00 - 8:00 PM | \$50 |
| D   | 10/22 (Th) | 7:00 - 8:00 PM | \$50 |

**Location:** UFM Patio, 1221 Thurston St



UFM puts the **community** in education.

## Sacred Somatic Movement

**NEW!**

**26CHW364Z**

Sacred Somatic Movement is a guided, body-centered practice that uses breath, mindful movement, music, and intention to help release stored emotions, reduce stress, and restore balance to the mind and body. Rooted in somatic principles, each session encourages participants to reconnect with their inner wisdom, improve nervous system regulation, and cultivate emotional resilience. No dance experience is needed, only a willingness to move in a way that feels natural, safe, and authentic to you.

Instructor: Enchanted Eclipse,

enchantedeclipse888@gmail.com

| SEC | DATE       | TIME           | FEE  |
|-----|------------|----------------|------|
| A   | 11/05 (Th) | 7:00 - 8:00 PM | \$50 |
| B   | 11/19 (Th) | 7:00 - 8:00 PM | \$50 |
| C   | 12/03 (Th) | 7:00 - 8:00 PM | \$50 |

**Location:** UFM Teaching & Learning Rm, 1221 Thurston St

**CHAUTAUQUA**  
**AT HOME IN MANHATTAN**  
 Learn • Share • Engage  
 City Park Stage & Pavilion  
 Weekend of September 19-20 | 1-5 PM  
 Come to meet, mingle, and motivate!  
 This 2026 Chautauqua explores what being at home means in Manhattan – from personal experience to public expression in designs, policies, and aspirations. Stories will be told of residency, settlement, and development. Themes will be explored about belonging, continuity, and change. Come enjoy the food, drink, gaming, presentations, table-top conversations, and more!  
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## Blended Learning: First Aid/CPR/AED

**26CHW70**

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](http://tryufm.org).

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 classes whether through the American Red Cross, professional development, or personal hobbies.

| SEC | DATE       | TIME                | FEE  |
|-----|------------|---------------------|------|
| A   | 09/28 (M)  | 6:00 - 8:15 PM      | \$85 |
| B   | 10/26 (M)  | 6:00 - 8:15 PM      | \$85 |
| C   | 12/05 (Sa) | 10:00 AM - 12:15 PM | \$85 |

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

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



Students practicing first aid skills.



Student practicing CPR skills.



Ask about our CPR classes for your organization!  
Contact [samantha@tryufm.org](mailto:samantha@tryufm.org).





# MILITARY & VETERAN OPPORTUNITIES

## Veteran Wellness - Your Health. Your Journey

26CMV01

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 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   | 09/12 (Sa) | 9:00 - 11:00 AM | VA Sponsored |
| B   | 10/03 (Sa) | 9:00 - 11:00 AM | VA Sponsored |
| C   | 11/14 (Sa) | 9:00 - 11:00 AM | VA Sponsored |
| D   | 12/05 (Sa) | Noon - 2:00 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 the QR code  
Or go to <https://bit.ly/vaeasternkansaswholehealth>

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



# SPECIAL EDUCATION OPPORTUNITIES

## Project EXCELL

26CSE02

Project EXCELL provides personal enrichment and life skills classes for adults ages 18 and older with intellectual and developmental disabilities. Designed to offer a college-like experience, the program fosters lifelong learning while creating meaningful connections between Project EXCELL participants and Kansas State University students, faculty, volunteers, and Manhattan community members.

Classes are held on Saturday mornings during the fall and spring semesters on the K-State campus. Participants travel from across the region, some driving more than an hour, to take part in this unique community program. Each semester is divided into two five-week sessions featuring a variety of engaging classes.

Topics change each session and may include but are not limited to Dance and Movement, Storytelling through Art, Poetry and Language Arts, Adulting 101, Social Skills, No-Bake Cooking, Knitting, Recreation, Discover Your Hobby, and other hands-on learning experiences. Every class is designed to build practical life skills, encourage personal growth, and provide opportunities for friendship and community involvement.

To help participants feel like members of the K-State community, each student receives a Project EXCELL K-State ID card. K-State faculty, staff, and student volunteers work alongside participants each week, creating a welcoming and inclusive learning environment that benefits everyone involved. At the end of the school year, participants take part in a graduation ceremony with project presentations and a guest appearance by K-State's Willie the Wildcat.

Registration Requirement: In addition to registering for the program, all participants must complete the Project EXCELL registration form: [forms.gle/UYSbTS6zEGrwyZ8G6](https://forms.gle/UYSbTS6zEGrwyZ8G6)

Fall 2026 Dates:

\* Session 1: 09/12 – 10/10

\* Session 2: 10/17 – 11/14

Coordinator: Brenda Visoso Basilio

| SEC | DATE               | TIME            | FEE  |
|-----|--------------------|-----------------|------|
| A   | 09/12 - 10/10 (Sa) | 9:00 - 11:30 AM | \$32 |
| B   | 10/17 - 11/14 (Sa) | 9:00 - 11:30 AM | \$32 |

Location: KSU Student Union







# HELP SPONSOR A

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**E X C E L L**

## 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.



# 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 28. All ages are welcome.

### The American Civil War West of the Mississippi

NEW!

26CLL122

Frequently historians of the American Civil War focus on the major campaigns in the Eastern Theater between Lee's Army of Northern Virginia and the Union Army of the Potomac or Grant's battles in the Western Theatre. However, many significant actions took place west of the Mississippi in the states of Kansas, Missouri, Texas, and the western territory of New Mexico. This class will explore the campaigns and battles that took place in this often-neglected and overlooked theater of war. Battles such as Wilson's Creek, Belmont, Pea Ridge, Glorieta Pass, Pleasant Hill, Westport, and Mine Creek will be examined, shedding light on these often-forgotten Civil War conflicts.

Instructor: Robert Smith

Robert Smith is a Nebraska native with a lifelong passion for history, especially military history. He earned both his M.A. and Ph.D. in Military History from Kansas State University and recently retired as Director of the Fort Riley Museum Complex after a distinguished career preserving and sharing military history.

| DATE               | TIME           | FEE  |
|--------------------|----------------|------|
| 09/17 - 10/01 (Th) | 6:30 - 8:00 PM | \$42 |

**Location:** Meadowlark Hills, 2121 Meadowlark Road

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.



### Really, Really, Really Bad Military Leaders

NEW!

26CLL123

History is full of studies examining the careers of great military leaders such as Alexander the Great, Caesar, Napoleon, Grant, and Eisenhower. But what about those military leaders who were just poor leaders yet had a lasting impact on history? The class will examine many military leaders who were incapable of commanding armies and winning battles. The class will look at those leaders throughout history that exercised poor judgment, exhibited incredible arrogance, and who were just plain unlucky.

Instructor: Robert Smith

| DATE               | TIME           | FEE  |
|--------------------|----------------|------|
| 10/29 - 11/12 (Th) | 6:30 - 8:00 PM | \$42 |

**Location:** Meadowlark Hills, 2121 Meadowlark Road

### The 30-Year War:

#### When Knights Met the Gun

NEW!

26CLL124

From 1618 to 1648, Europe was at war. What started as a Holy War to unmake the growing Protestant Reformation quickly escalated into endless rounds of political maneuvering by Kings and Emperors to undercut their rivals, endlessly betraying one another while the Germanies burned. This was the conflict that made armored knights obsolete by the introduction of firearms and this is the war that history books skip, as this is not a story of heroes and valor, but of compounding atrocity. This was the war that killed the Medieval World and birthed the Modern.

Instructor: Mark Perry

Mark Perry is a passionate student of history and has a deep appreciation for all things related to plants. He holds a Bachelor of Science degree in Agronomy (agriculture focused on row crops) and has been an avid gardener for six years.

| DATE               | TIME           | FEE  |
|--------------------|----------------|------|
| 11/07 - 11/21 (Sa) | 2:00 - 4:00 PM | \$42 |

**Location:** Meadowlark Hills, 2121 Meadowlark Road





**Sea Shanty Singalong****NEW!****26CLL125**

Sea shanties are traditional work songs sailors sang to coordinate their labor aboard ships. These songs are primarily call-and-response, and participants will join in by singing the response. Sailors were not renowned for their singing abilities, so no singing experience or skill is required. All voices are welcome! This class is about cooperation, community, and having fun, not competition.

Instructor: John Knight

John Knight, who goes by the name Billy O'Riley, is originally from Liverpool, England. He has been singing sea shanties since childhood, when he first learned them in school. Billy's goal is to create a fun, interactive group experience where everyone joins in. His sessions are not performances to watch, but an opportunity for participants to sing together and enjoy the spirit of traditional sea shanties as a community.

| DATE              | TIME           | FEE  |
|-------------------|----------------|------|
| 10/09 - 10/30 (F) | 4:00 - 5:00 PM | \$56 |

**Location:** Meadowlark Hills, 2121 Meadowlark Road

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



Sailors singing sea shanties at sea.

# Work, Volunteer or Intern

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**MEADOWLARK**

2121 Meadowlark Rd, Manhattan, KS | 785.537.4610



**The History of Whiskey**

NEW!

**26CLL126**

Explore the fascinating world of whiskey in a class designed for beginners and longtime enthusiasts alike. Learn about the history of whiskey, the laws and regulations that influence its production, and the characteristics that make each style unique. Develop your ability to identify aromas, flavors, and tasting notes while discovering how to pair whiskey with a variety of foods. Through engaging discussions and guided tastings, you'll build the knowledge and confidence to appreciate whiskey better and make informed choices, whether you're enjoying a favorite pour or trying something new.

Instructor: Neal Strathman, [nealstrathman@yahoo.com](mailto:nealstrathman@yahoo.com)  
 Neal Strathman is a retired 22-year veteran of the U.S. Navy and Navy Reserves whose appreciation for whiskey and whisky began while stationed near Seattle. Through years of exploring American, Irish, Scottish, Canadian, and Japanese spirits, he developed a passion for their craftsmanship, history, and traditions. Neal enjoys sharing his knowledge and helping others discover what makes each style unique.



| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 10/15 (Th) | 6:30 - 7:30 PM | \$30 |

**Location:** Meadowlark Hills, 2121 Meadowlark Road

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

**Walking Tour of****Manhattan's Historic City Park**

NEW!

**26CLL83**

Join Riley County Historical Museum Director Katharine Hensler for a comprehensive walking tour of City Park in historic, downtown Manhattan. The park has roots almost as old as the founding of the city. From its conception in 1857 to the many changes and growth it has sustained in its almost 170-year history, City Park has been a centerpiece of community heritage. From the Pioneer Log Cabin (Riley County's first museum) to the old brick works, the goldfish pond, the historic monuments, the rose garden, and Johnny Kaw himself. Participants will learn much of the community's history that has centered around this 45-acre park.

Please note this is a walking tour and will last approximately 1.5 hours. The ground covered is suitable for most mobility aids such as walkers and motorized scooters. Because the tour will be held outdoors, the program will be weather dependent. Please dress accordingly. Should inclement weather arise, organizers will attempt to reschedule. \*If you have your own transportation to City Park, please let us know when you enroll or if you will need to ride the Meadowlark Bus.

Instructor: Katharine Hensler

Katharine Hensler is the new Director of the Riley County Historical Museum. She moved to Riley County, Kansas in 2017 and has over 20 years of experience in collections management and museum administration. Originally from north central Pennsylvania, Ms. Hensler received an undergraduate degree in History from Lock Haven University of Pennsylvania and a graduate degree in Historic Preservation from Goucher College in Baltimore, Maryland.

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

**Location:** Meadowlark Hills, 2121 Meadowlark Road

# NATURAL RESOURCES

**Braintan Buckskin**

NEW!

**26CNR03Z**

Learn the art of turning raw deer hides into soft, supple buckskin, the natural way. Students will be guided through the entire process of fleshing, dry scraping, drying, braining, stretching and the final smoking of the hide.

Instructor: Dave Carlson, [dave@blackthorn-usa.com](mailto:dave@blackthorn-usa.com)

Dave grew up feral, running the woods and waters of rural Kansas. Long before the internet and even cable TV, he was in the woods learning primitive skills. Since 2012, he has been an instructor at Blackthorn-USA, Outdoor Adventure School.



| DATE                    | TIME              | FEE   |
|-------------------------|-------------------|-------|
| 10/16 - 10/18 (F/Sa/Su) | 8:00 AM - 6:00 PM | \$335 |

**Location:** Blackthorn USA Outdoor Adventure School, 16010 Tuttle Creek Blvd Ste. 2, Randolph, KS 66554





# PLANT SCIENCES

## Everyday Permaculture Design

26CPS02

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

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

| DATE              | TIME           | FEE  |
|-------------------|----------------|------|
| 10/06 - 10/27 (T) | 6:00 - 8:30 PM | \$35 |

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

## Retrosuburbia:

### Creating a Resilient Future

NEW!

26CPS05

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](mailto:snowsage54@hotmail.com)

| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 11/05 (Th) | 7:00 - 9:00 PM | \$20 |

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

## Nutrition, Plant Physiology and Soil: Keystones of the Science of Gardening

NEW!

26CPS06

This is a series of four classes that covers the same material taught in my four stand-alone gardening classes (Basic and Advanced Plant Nutrition, Plant Physiology in a Nutshell and Gardening Applications of Soil Types and Composition) with some additional material building in complexity from class to class. The first two lectures will discuss the fundamentals of plant nutrition; the third lecture will explain how plants work and the fourth lecture will cover the basics of soil composition and how it can affect your garden.

Instructor: Mark Perry

Mark Perry is a passionate student of history and has a deep appreciation for all things related to plants. He holds a Bachelor of Science degree in Agronomy (agriculture focused on row crops) and has been an avid gardener for six years.

| DATE               | TIME           | FEE  |
|--------------------|----------------|------|
| 09/05 - 09/26 (Sa) | 6:00 - 7:30 PM | \$37 |

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

Follow UFM



## Flint Hills Solar Co-op

### Neighbors helping Neighbors

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

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



## Basics of Plant Nutrition

NEW!

26CPS07

Everyone knows that plants need fertilizer, but determining what to apply, how much to apply and when to apply it can be challenging. In this class I will explain the basics of plant nutrition, focusing on the Big 3 (nitrogen, phosphorus and potassium). During this class we will cover what these nutrients do for the plant, how to determine if your plants are nutrient deficient, and a breakdown of options to correct their deficiency with fertilizer.

Instructor: Mark Perry



| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 10/03 (Sa) | 6:00 - 7:30 PM | \$32 |

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

## Advanced Plant Nutrition

NEW!

26CPS08

Much like humans, plants have a wide variety of elements they require to perform their biological functions. While the Big 3 (nitrogen, phosphorus, and potassium) are the main nutrients that need supplementation in a garden, many other nutrients could be limiting your plants from reaching their full potential. In this class, we will cover secondary nutrients such as calcium and sulfur (among others) and micronutrients. This class will explain what they do, how to identify deficiencies, and how to supplement identified deficiencies in your garden.

Instructor: Mark Perry



| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 10/10 (Sa) | 6:00 - 7:30 PM | \$32 |

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

## How Do Plants Work?

NEW!

## Plant Physiology in a Nutshell

26CPS09

How do plants work exactly? How does an immobile organism that feeds on sunlight actually take up water, exchange gases, produce food and dispose of waste? This class will serve as a primer in Plant Physiology and will include brief summaries of evapotranspiration, respiration, photosynthesis, and basic plant anatomy/anatomical functions that will help explain these seemingly mysterious processes to a layperson. Having this knowledge will arm you with skills that will assist in ensuring your garden thrives next year.

Instructor: Mark Perry



| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 10/17 (Sa) | 6:00 - 7:30 PM | \$32 |

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

## Gardening Applications

NEW!

## of Soil Types and Composition

26CPS10

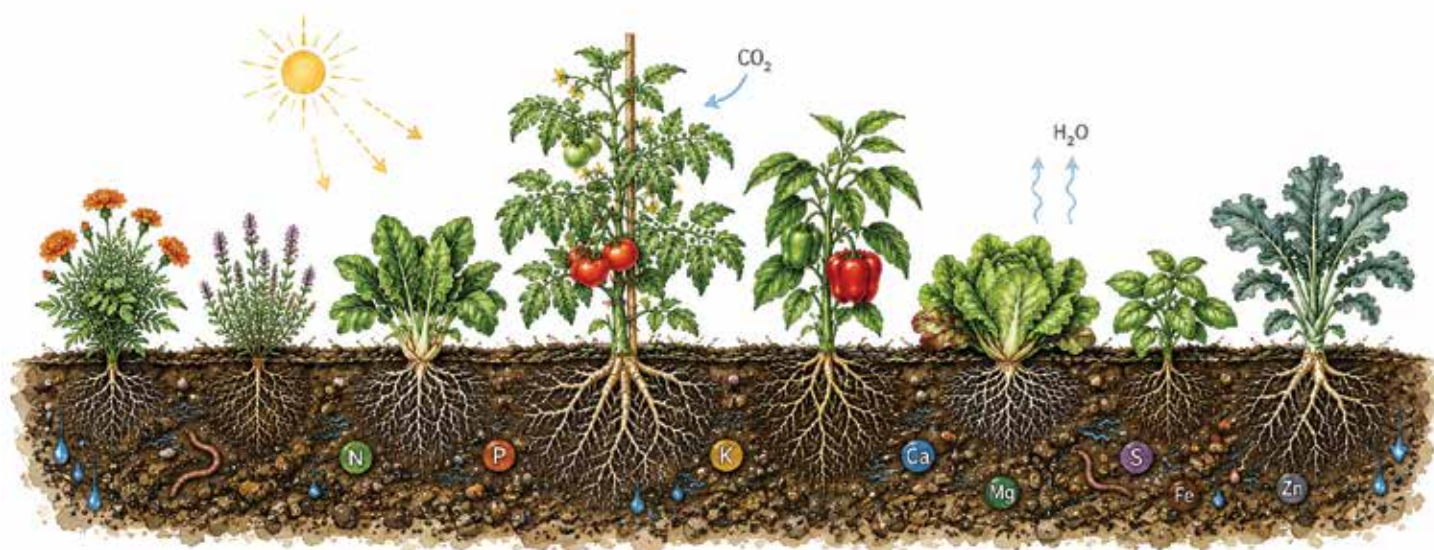
When you ask someone what "soil" is, they're likely going to tell you it's dirt. Being literally underfoot at all times causes this critical part of a garden to be neglected or managed improperly. With some basic knowledge about the chemical composition of soil, how particle size impacts soil texture and how soil texture affects water and nutrient availability and storage capacity, you will be able to tailor your garden to your soil or amend your soil into something better, leading to a much more abundant garden next year.

Instructor: Mark Perry



| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 10/24 (Sa) | 6:00 - 7:30 PM | \$32 |

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





# RECREATION

## Warhammer 40K: Learn to Play

26CRE14

Step into the grim darkness of the far future and discover one of the world's most popular tabletop miniature games! This beginner-friendly class introduces the core rules of Warhammer 40,000, including movement, shooting, combat, objectives, and dice mechanics. Learn how armies are built, explore the unique factions of the 41st millennium, and develop basic battlefield strategies through guided gameplay. No prior experience or miniatures are required, just bring your curiosity and enthusiasm.



NEW!

Instructor: Micah Nelson

Micah is a USAF vet and competitive martial artist who has played Warhammer 40K since 2023, earning 4 RTT wins. He enjoys teaching strategy, tactics, sportsmanship, and helping new players build confidence on the tabletop through fun, engaging games.

| DATE              | TIME           | FEE  |
|-------------------|----------------|------|
| 10/07 - 10/21 (W) | 5:00 - 9:00 PM | \$50 |

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

## Event Horizon - A Stargazing Experience

NEW!

26CRE15Z

This unique stargazing experience blends Astronomy, mythology, and awe-inspiring vistas for an unforgettable night under the stars as well as a unique opportunity to connect with the natural world. Learn to identify stars, planets, and constellations, uncovering the fascinating Greek myths and legends behind them. Enjoy a captivating experience by observing star clusters, nebulae, and even distant galaxies far beyond our own Milky Way.

Instructor: Brady Inman & Steve Johannes,  
sgjohannes2@gmail.com

Brady Inman and Steve Johannes are local amateur astronomers and founding members of EVENT HORIZON, a Manhattan organization whose purpose is to inspire curiosity.

| SEC | DATE       | TIME | FEE  |
|-----|------------|------|------|
| A   | 09/18 (F)  | TBD  | \$25 |
| B   | 10/10 (Sa) | TBD  | \$25 |
| C   | 11/21 (Sa) | TBD  | \$25 |

**Location:** Northeast Community Park, 680 Knox Ln, MHK

## Motorcycle 101:

### Know Before You Buy

NEW!

26CRE16

Thinking about life on two wheels? Skip the guesswork and learn what it takes to ride confidently. This introductory class breaks down the core differences between cruisers, sports bikes, dual-sports, and touring motorcycles so you can find your perfect fit. We will cover essential pre-purchase checklists, licensing requirements, must-have safety gear, basic parts of a motorcycle, and hidden ownership costs.

**Requirements:** No motorcycle or license needed to attend, just your curiosity! Get the facts before you visit the dealership!

Instructor: Kyle Foerschler, kfoerschler@gmail.com

With 16+ years of personal experience in guitar, archery, and motorcycling, Kyle loves sharing his passions. After a decade as a traditional teacher, he's excited to bring hands-on, community-focused instruction to your next favorite hobby!

| SEC | DATE      | TIME           | FEE  |
|-----|-----------|----------------|------|
| A   | 10/06 (T) | 6:00 - 7:00 PM | \$35 |
| B   | 10/13 (T) | 6:00 - 7:00 PM | \$35 |

**Location:** Frank Anneberg Park, Anneberg Shelter 2,  
814 Anneberg Cir, Manhattan, KS



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



Clue Live: Solve the Crime Before Time Runs Out

NEW!

26CRE17

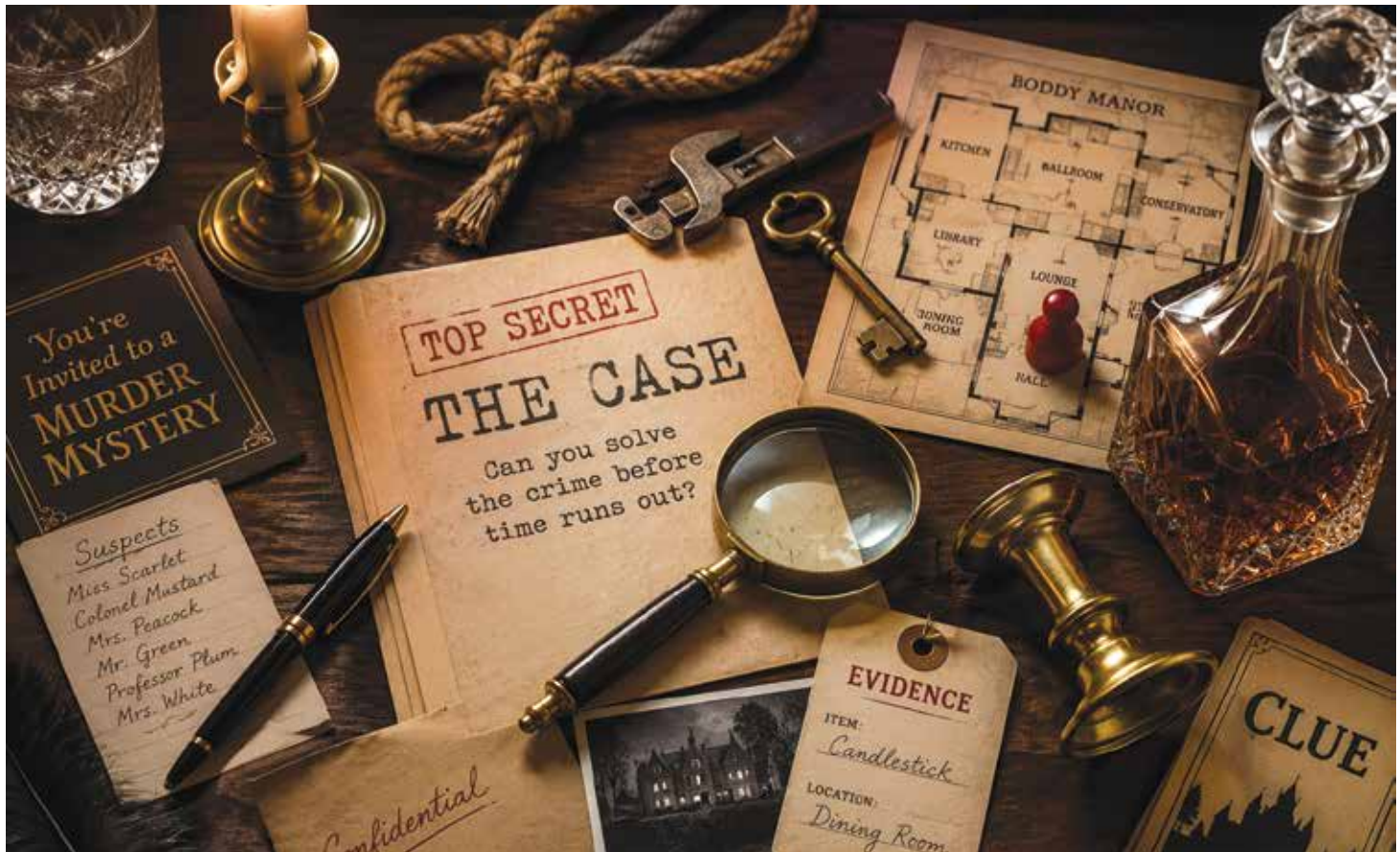
Step into the role of a suspect in this immersive, real-life game of Clue! Held just before Halloween, this interactive mystery puts you in the middle of a scandal-filled event gone wrong. Characters will be assigned before the event, so come ready to play your part! Search hidden rooms, solve puzzles, and uncover secret evidence, all while protecting your own secrets. Work alone or form alliances as you race to determine who committed the crime, with what weapon, and in which room. Costumes, drama, and bluffing encouraged! Can you solve the mystery, or will you be the one everyone suspects?

Instructor: Rachel Wahle

Rachel has spent over 10 years crafting unique, fun experiences, from scavenger hunts to murder mysteries, including this one-of-a-kind Clue event. Her goal: create memorable, unforgettable moments people love being part of.

| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 10/25 (Su) | 3:00 - 5:30 PM | \$45 |

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





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# SPORTS & FITNESS

## Chair Yoga

**26CSF02Z**

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

Instructor: Debbie Newton, dn72649@gmail.com

| SEC | DATE              | TIME            | FEE  |
|-----|-------------------|-----------------|------|
| A   | 09/15 - 10/13 (T) | 12:15 - 1:15 PM | \$49 |
| B   | 10/20 - 11/17 (T) | 12:15 - 1:15 PM | \$49 |
| C   | 11/24 - 12/15 (T) | 12:15 - 1:15 PM | \$44 |

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

## Evening Yoga

**26CSF01Z**

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

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

| SEC | DATE              | TIME           | FEE  |
|-----|-------------------|----------------|------|
| A   | 09/14 - 10/12 (M) | 5:30 - 6:30 PM | \$54 |
| B   | 10/19 - 11/16 (M) | 5:30 - 6:30 PM | \$54 |
| C   | 11/23 - 12/14 (M) | 5:30 - 6:30 PM | \$49 |

**Location:** First Congregational Church, 700 Poyntz Ave



Yoga.

## Burlesque

**26CSF04**

Step into your spotlight and explore burlesque-inspired movement that encourages confidence, self-expression, and a whole lot of fun!

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

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

| SEC | DATE               | TIME             | FEE  |
|-----|--------------------|------------------|------|
| A   | 09/05 - 09/19 (Sa) | 10:00 - 11:30 AM | \$89 |
| B   | 10/03 - 10/17 (Sa) | 10:00 - 11:30 AM | \$89 |
| C   | 11/07 - 11/21 (Sa) | 10:00 - 11:30 AM | \$89 |
| D   | 12/05 - 12/19 (Sa) | 10:00 - 11:30 AM | \$89 |

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

## Foot Health

**26CSF08Z**

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, which are the foundation of your body. Using targeted exercises, you'll improve balance, alignment, and overall foot function.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

| SEC | DATE              | TIME           | FEE  |
|-----|-------------------|----------------|------|
| A   | 09/04 - 09/18 (F) | 2:00 - 2:30 PM | \$60 |
| B   | 10/02 - 10/16 (F) | 2:00 - 2:30 PM | \$60 |
| C   | 11/06 - 11/20 (F) | 2:00 - 2:30 PM | \$60 |
| D   | 12/04 - 12/18 (F) | 2:00 - 2:30 PM | \$60 |

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

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Thermal Comfort Air, Inc.



**Pilates for Stability + Mobility 26CSF14Z**

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   | 09/02 - 09/16 (W) | 4:30 - 5:30 PM | \$84 |
| B   | 10/07 - 10/21 (W) | 4:30 - 5:30 PM | \$84 |
| C   | 11/04 - 11/18 (W) | 4:30 - 5:30 PM | \$84 |
| D   | 12/02 - 12/16 (W) | 4:30 - 5:30 PM | \$84 |

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

**Pre/Postnatal Pilates Reformer 26CSF16**

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   | 09/13 - 09/27 (Su) | 11:00 - 11:30 AM | \$84 |
| B   | 10/11 - 10/25 (Su) | 11:00 - 11:30 AM | \$84 |
| C   | 11/08 - 11/22 (Su) | 11:00 - 11:30 AM | \$84 |
| D   | 12/06 - 12/20 (Su) | 11:00 - 11:30 AM | \$84 |

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

**Stretch & Reset: Pilates for Men 26CSF11Z**

Designed specifically for men, focusing on core strength, flexibility, posture, and functional movement. Expect a challenging, low-impact experience where you will 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   | 09/04 - 09/18 (F) | 5:30 - 6:00 PM | \$84 |
| B   | 10/02 - 10/16 (F) | 5:30 - 6:00 PM | \$84 |
| C   | 11/06 - 11/20 (F) | 5:30 - 6:00 PM | \$84 |
| D   | 12/04 - 12/18 (F) | 5:30 - 6:00 PM | \$84 |

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

**Prenatal Yoga****26CSF24Z**

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   | 09/04 - 09/18 (F) | 1:00 - 2:00 PM | \$84 |
| B   | 10/02 - 10/16 (F) | 1:00 - 2:00 PM | \$84 |
| C   | 11/06 - 11/20 (F) | 1:00 - 2:00 PM | \$84 |
| D   | 12/04 - 12/18 (F) | 1:00 - 2:00 PM | \$84 |

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

**Pilates Mat****26CSF25Z**

A full-body class designed to build core strength, boost body awareness, improve flexibility + 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   | 09/04 - 09/18 (F) | 5:30 - 6:00 PM | \$84 |
| B   | 10/02 - 10/16 (F) | 5:30 - 6:00 PM | \$84 |
| C   | 11/06 - 11/20 (F) | 5:30 - 6:00 PM | \$84 |
| D   | 12/04 - 12/18 (F) | 5:30 - 6:00 PM | \$84 |

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

**Soundbath Nervous System Release 26CSF23Z**

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   | 09/02 - 09/16 (W) | 7:45 - 8:45 PM | \$84 |
| B   | 10/07 - 10/21 (W) | 7:45 - 8:45 PM | \$84 |
| C   | 11/04 - 11/18 (W) | 7:45 - 8:45 PM | \$84 |
| D   | 12/02 - 12/16 (W) | 7:45 - 8:45 PM | \$84 |

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





## Vibe & Tone:

### Vibration Plate Workout

26CSF26

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](mailto:littleapplepilates@gmail.com)

| SEC | DATE              | TIME           | FEE  |
|-----|-------------------|----------------|------|
| A   | 09/02 - 09/16 (W) | 4:00 - 4:30 PM | \$60 |
| B   | 10/07 - 10/21 (W) | 4:00 - 4:30 PM | \$60 |
| C   | 11/04 - 11/18 (W) | 4:00 - 4:30 PM | \$60 |
| D   | 12/02 - 12/16 (W) | 4:00 - 4:30 PM | \$60 |

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

### Reformer 101 - Beginner Friendly

26CSF28Z

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](mailto:littleapplepilates@gmail.com)

| SEC | DATE               | TIME           | FEE  |
|-----|--------------------|----------------|------|
| A   | 09/13 - 09/27 (Su) | 2:00 - 2:30 PM | \$84 |
| B   | 10/11 - 10/25 (Su) | 2:00 - 2:30 PM | \$84 |
| C   | 11/08 - 11/22 (Su) | 2:00 - 2:30 PM | \$84 |
| D   | 12/06 - 12/20 (Su) | 2:00 - 2:30 PM | \$84 |

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

## SPORTS & FITNESS

### Aerial 101

26CSF30Z

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, trying 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](mailto:littleapplepilates@gmail.com)

| SEC | DATE               | TIME           | FEE   |
|-----|--------------------|----------------|-------|
| A   | 09/05 - 09/19 (Sa) | 1:00 - 2:00 PM | \$105 |
| B   | 10/03 - 10/17 (Sa) | 1:00 - 2:00 PM | \$105 |
| C   | 11/07 - 11/21 (Sa) | 1:00 - 2:00 PM | \$105 |
| D   | 12/05 - 12/19 (Sa) | 1:00 - 2:00 PM | \$105 |

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

### Floating Pole 101

26CSF31Z

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](mailto:littleapplepilates@gmail.com)

| SEC | DATE               | TIME           | FEE   |
|-----|--------------------|----------------|-------|
| A   | 09/05 - 09/19 (Sa) | 2:00 - 3:00 PM | \$105 |
| B   | 10/03 - 10/17 (Sa) | 2:00 - 3:00 PM | \$105 |
| C   | 11/07 - 11/21 (Sa) | 2:00 - 3:00 PM | \$105 |
| D   | 12/05 - 12/19 (Sa) | 2:00 - 3:00 PM | \$105 |

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

## Returning Gardeners Annual Meeting & Signup: November 1st at Collins Lane

Annual Meeting, Potluck & Plot Registration  
1:00–2:00 PM

Workday  
2:00–4:00 PM



**Bungee Cardio****26CSF32Z**

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

| SEC | DATE               | TIME           | FEE   |
|-----|--------------------|----------------|-------|
| A   | 09/13 - 09/27 (Su) | 1:00 - 2:00 PM | \$105 |
| B   | 10/11 - 10/25 (Su) | 1:00 - 2:00 PM | \$105 |
| C   | 11/08 - 11/22 (Su) | 1:00 - 2:00 PM | \$105 |
| D   | 12/06 - 12/20 (Su) | 1:00 - 2:00 PM | \$105 |

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

**NEW!****Intro to Fire Dancing and Flow Arts 26CSF37**

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, and 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   | 09/04 - 09/18 (F) | 7:45 - 8:45 PM | \$89 |
| B   | 10/02 - 10/16 (F) | 7:45 - 8:45 PM | \$89 |
| C   | 11/06 - 11/20 (F) | 7:45 - 8:45 PM | \$89 |
| D   | 12/04 - 12/18 (F) | 7:45 - 8:45 PM | \$89 |

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

**Prenatal Fusion:****NEW!****Yoga, Pilates & Barre****26CSF38**

Prepare your body and mind for childbirth. This fusion practice combines breathwork with poses that strengthen and stretch the pregnant body. Prenatal yoga, Pilates, and barre are beneficial for both mother and baby, focusing on their unique connection. All stages of pregnancy are welcome.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

| SEC | DATE                 | TIME             | FEE   |
|-----|----------------------|------------------|-------|
| A   | 09/05 - 09/26 (Sa)   | 10:00 - 11:00 AM | \$102 |
| B   | 10/10 - 10/31 (Sa)   | 10:00 - 11:00 AM | \$102 |
| C   | 11/12 - 12/19 (Th/T) | 10:00 - 11:00 AM | \$102 |

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

**NEW!****Bring Your Own Baby (BYOB) Yoga 26CSF39**

This healthy, playful, and bonding yoga class is designed for caregivers to bring babies from newborns to the age of crawling. Through loving touch and movement, you'll begin sharing all the benefits of yoga with your baby while connecting with a wider community.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

| SEC | DATE               | TIME             | FEE   |
|-----|--------------------|------------------|-------|
| A   | 09/05 - 09/26 (Sa) | 11:30 - 12:30 PM | \$102 |
| B   | 10/10 - 10/31 (Sa) | 11:30 - 12:30 PM | \$102 |
| C   | 11/12 - 12/19 (Th) | 11:30 - 12:30 PM | \$102 |

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

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.



Designing for a stronger community.

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

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**Intro to Archery**

NEW!

**26CSF40Z**

Discover the art of the bow! Guided by an instructor with 30 years of archery and bowhunting experience, this hands-on workshop introduces you to target archery fundamentals. You'll learn the mechanics of recurve, self, and compound bows, master range etiquette, and wrap up with a Q&A session. Come learn the ropes, find your focus, and hit the bullseye!

Equipment: Bring your own bow or borrow/share ours.

Instructor: Kyle Foerschler, kfoerschler@gmail.com

With 16+ years of personal experience in guitar, archery, and motorcycling, Kyle loves sharing his passions. After a decade as a traditional teacher, he's excited to bring hands-on, community-focused instruction to your next favorite hobby!

| SEC | DATE       | TIME           | FEE  |
|-----|------------|----------------|------|
| A   | 10/24 (Sa) | 2:00 - 3:00 PM | \$35 |
| B   | 11/08 (Su) | 2:00 - 3:00 PM | \$35 |

**Location:** Tuttle Creek 5800 River Pond Rd A, Manhattan

**Park Access:** A valid State Park Pass or day pass is required.

**Competitive Resting:****Recovery for the Ambitious****26CSF42**

Take your recovery days to the next level! Practice strategic couch positioning, efficient snack retrieval, controlled blanket deployment, and maintaining a resting heart rate when someone asks if you plan to do anything today. Class concludes with a cool-down from all that resting.

Instructor: Coach N. A. Minute

| DATE              | TIME               | FEE  |
|-------------------|--------------------|------|
| 10/09 - 11/04 (W) | 10:00 AM - 9:00 PM | \$42 |

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



Archery.

**White Phoenix Kung Fu**

NEW!

**26CSF41**

Also known as Kansas Pai Lung, this method combines soft, hard, internal, and external in one martial system. We will work on the basics and one-step sparring. There will be a manual included with the class.



Instructor: Stan Wilson, (785) 313-5488

Stan Wilson has studied martial arts since 1970 and has a black belt in Hakkoryu Jujutsu and a black sash in Pai Lum Kung Fu. Stan has eight degrees in this art, promoted by Grandmaster Larry Collins in 1995.

| DATE              | TIME           | FEE  |
|-------------------|----------------|------|
| 09/09 - 11/04 (W) | 6:00 - 7:00 PM | \$62 |

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

# PROFESSIONAL DEVELOPMENT

**Robert's Rules of Order****26CPD141**

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: Vern Henricks

| DATE       | TIME            | FEE  |
|------------|-----------------|------|
| 10/03 (Sa) | 9:00 - 11:00 AM | \$25 |

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



## 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](http://tryufm.org)



## Certificates [online]

### The Manager's Guide to HR

**26CGC215**

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

| DATE          | TIME                | FEE   |
|---------------|---------------------|-------|
| 09/08 - 11/27 | Asynchronous online | \$495 |

### Certificate in Mastering Excel

**26CGC25**

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

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

| DATE          | TIME                | FEE   |
|---------------|---------------------|-------|
| 09/08 - 11/27 | Asynchronous online | \$495 |



UFM puts the **community** in education.





## Certificate in

### Workplace Communication

**26CGC144**

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

| DATE          | TIME                | FEE   |
|---------------|---------------------|-------|
| 09/08 - 11/27 | Asynchronous online | \$595 |

### Mastering Payroll Certificate

**26CGC206**

Even if you outsource your payroll needs, you still need to know the rules and regulations. Know how to calculate payroll as well as state and federal payroll tax requirements. In this program we cover payroll concepts, payroll calculations, payroll and tax withholdings, tax filings and payroll journal entries. Learn the payroll cycle from start to finish!

Instructor: LERN Staff

| DATE          | TIME                | FEE   |
|---------------|---------------------|-------|
| 09/08 - 11/27 | Asynchronous online | \$495 |

### Digital Marketing Certificate

**26CGC52**

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

Instructor: LERN Staff

| DATE          | TIME                | FEE   |
|---------------|---------------------|-------|
| 09/08 - 11/27 | Asynchronous online | \$495 |

## PROFESSIONAL DEVELOPMENT

Enroll today!

For additional  
certificate and  
class options, visit  
[tryufm.org](http://tryufm.org)

### Cybersecurity Certificate

**26CGC198**

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   |
|---------------|---------------------|-------|
| 09/08 - 11/27 | Asynchronous online | \$595 |

### AI Certificate

**26GC194**

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   |
|---------------|---------------------|-------|
| 09/08 - 11/27 | Asynchronous online | \$495 |



## Single Courses [online]

**Mastering Microsoft Excel****26CGC26**

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

Instructor: LERN Staff

| DATE          | TIME                | FEE   |
|---------------|---------------------|-------|
| 09/03 - 09/28 | Asynchronous online | \$195 |

**Spanish for Medical Professionals****26CGC05**

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

Instructor: LERN Staff

| DATE          | TIME                | FEE   |
|---------------|---------------------|-------|
| 09/08 - 10/30 | Asynchronous online | \$290 |

**Conflict Management****26CGC75**

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.

| DATE          | TIME                | FEE   |
|---------------|---------------------|-------|
| 09/08 - 10/02 | Asynchronous online | \$245 |

**Introduction to Web Design****26CGC45**

Discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. Throughout the course, you will get the info you need to plan and design effective web pages. Come away knowing how to implement web pages by writing HTML and CSS code. And discover ways to enhance web pages with the use of page layout techniques, text formatting, graphics, and images. Certificate available. For additional information please see: Certificate in Web Design.

Instructor: LERN Staff

| DATE          | TIME                | FEE   |
|---------------|---------------------|-------|
| 09/08 - 10/02 | Asynchronous online | \$245 |

**Marketing Using Social Media****26CGC72**

Develop a two-way communication and marketing strategy for your organization using social networks. Let your instructor guide you in exploring major social networks, including Twitter, LinkedIn, and blogging. Learn quick, easy ways to use Twitter, blogs, and LinkedIn to engage your customers or clients and keep them interested in your organization or business. You'll find out the advantages and disadvantages of each and learn what's right for your work and kind of organization. Your instructor is a director of marketing for a national association and writes and speaks on the topic. Certificate available. For additional information please see: Social Media for Business Certificate.

Instructor: LERN Staff

| DATE          | TIME                | FEE   |
|---------------|---------------------|-------|
| 10/05 - 10/30 | Asynchronous online | \$195 |

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



# YOUTH DEVELOPMENT OPPORTUNITIES

## Kids Yoga

**26CYO223**

Yoga for kids!! Students will learn poses and sequences in a supportive and fun environment. This 30-minute class is a great option for kids who are looking to get moving and practice body awareness.

Instructor: Little Apple Pilates, [littleapplepilates@gmail.com](mailto: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   | 09/05 - 09/26 (Sa) | 11:00 - 11:30 AM | \$70 |
| B   | 10/10 - 10/31 (Sa) | 11:00 - 11:30 AM | \$70 |
| C   | 11/12 - 12/19 (Th) | 11:00 - 11:30 AM | \$70 |

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

## Kids Aerial

**26CYO150Z**

Got kids who love to climb, swing, and stay active? Let them swing from our ceilings instead! These aerial classes introduce students to the fundamentals of aerial movement in a fun, supportive environment while building strength, flexibility, coordination, and confidence. Kids' classes are designed for ages 9–16, and teens are welcome to attend adult classes. Classes are offered on Saturdays and Sundays. For more information, contact Little Apple Pilates at [littleapplepilates@gmail.com](mailto:littleapplepilates@gmail.com).

Instructor: Little Apple Pilates, [littleapplepilates@gmail.com](mailto:littleapplepilates@gmail.com)

| SEC | DATE               | TIME           | FEE  |
|-----|--------------------|----------------|------|
| A   | 09/13 - 09/27 (Su) | 2:00 - 2:30 PM | \$60 |
| B   | 10/11 - 10/25 (Su) | 2:00 - 2:30 PM | \$60 |
| C   | 11/08 - 11/22 (Su) | 2:00 - 2:30 PM | \$60 |
| D   | 12/06 - 12/20 (Su) | 2:00 - 2:30 PM | \$60 |

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

Follow UFM



Kids yoga.

## Youth White Phoenix Kung Fu

**NEW!**

**26CYO225**

Also known as Kansas Pai Lung, this method combines soft, hard, internal, and external in one martial system. We will work on the basics and one-step sparring. There will be a manual included with the class. Stan has eight degrees in this art, promoted by Grandmaster Larry Collins in 1995.

Instructor: Stan Wilson, (785) 313-5488

Stan Wilson has studied martial arts since 1970 and has a black belt in Hakkoryu Jujutsu and a black sash in Pai Lum Kung Fu.

| DATE               | TIME           | FEE  |
|--------------------|----------------|------|
| 09/13 - 10/25 (Su) | 6:00 - 7:00 PM | \$56 |

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



Kids aerial.





**NEW!**

## Young Creators Studio (Ages 8+) 26CYO227

Get creative in these fun 2-hour workshops designed for young artists and their families! Each standalone session features a different hands-on project.

### Sessions:

- A - Decorate Your Own Sketchbook
- B - Fantasy Map Making
- C - Paint-a-Pumpkin
- D - Candy Tote Bag Decorating
- E - Glow-in-the-Dark Galaxy Painting
- F - Potion Brewing (Consumable Drinks)
- G - Holiday Bauble Decorating

All supplies are provided, and every participant goes home with a finished creation! Parents are warmly encouraged to craft alongside younger children and enjoy quality creative time together.

Instructor: Tiffany Wood, woodtrene@gmail.com

Tiffany is a multimedia artist who believes anyone can learn to create. Passionate about helping others build confidence through creativity, her classes aim to make art approachable, engaging, and fun while encouraging imagination and personal growth.

| SEC | DATE       | TIME           | FEE  |
|-----|------------|----------------|------|
| A   | 09/12 (Sa) | 2:00 - 4:00 PM | \$50 |
| B   | 09/26 (Sa) | 2:00 - 4:00 PM | \$50 |
| C   | 10/10 (Sa) | 2:00 - 4:00 PM | \$50 |
| D   | 10/24 (Sa) | 2:00 - 4:00 PM | \$50 |
| E   | 11/07 (Sa) | 2:00 - 4:00 PM | \$50 |
| F   | 11/21 (Sa) | 2:00 - 4:00 PM | \$50 |
| G   | 12/05 (Sa) | 2:00 - 4:00 PM | \$50 |

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

**NEW!**

## Origami Art: Ninja Stars 26CCA20

Learn how to turn ordinary sticky notes into an awesome transforming origami ninja star! In this fun, beginner-friendly class, you'll fold a simple paper fidget that changes between a pointed ninja star and a circular chakram. Along the way, you'll practice patience, creativity, and basic origami techniques while making a cool toy to take home. No experience is needed, just bring your curiosity and get ready to fold! All ages welcome.

Instructor: Gaige Huber

Gaige Huber is a 6th grader who has experience with crafting, making fidgets, and more. She has been practicing origami for the past few years.

| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 09/20 (Su) | 1:00 - 2:00 PM | \$25 |

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

**NEW!**

## Origami Art: Witch Claws 26CCA21

Add a spooky touch to your next Halloween costume, cosplay, or fantasy character with handmade origami witch claws! Using just one sheet of paper per finger, you'll learn how to fold long, pointed claws that fit over your fingertips and create a dramatic, eye-catching look. This beginner-friendly class teaches simple folding techniques while encouraging creativity and imagination. Whether you're dressing up as a witch, monster, dragon, or villain, these paper claws make a fun and memorable accessory you'll be excited to show off. All ages welcome.

Instructor: Gaige Huber

| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 10/18 (Su) | 1:00 - 2:00 PM | \$25 |

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

# Origami

Explore the art of paper folding and make beautiful creations to take home.



## Origami Art: Fortune Tellers NEW! 26CCA22

Bring back a favorite childhood pastime in this fun and creative origami class! Learn how to fold a classic paper fortune teller from a simple sheet of paper, then personalize it with colors, fortunes, challenges, and predictions of your own. This beginner-friendly activity is perfect for all ages and helps build creativity, fine motor skills, and imagination. Whether you're reliving childhood memories or discovering fortune tellers for the first time, you'll leave with a nostalgic paper craft that's fun to make and share.

Instructor: Gaige Huber

| DATE       | TIME           | FEE  |
|------------|----------------|------|
| 11/22 (Su) | 1:00 - 2:00 PM | \$25 |

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

## Teen Mentoring 26CYO208

Snacks, making friends, and having fun happen every week in the Teen Mentoring Program! Open to middle and high school students, the program offers friendship, guidance, and support from volunteer mentors in a positive environment. Mentors model positive life skills and help students navigate the sometimes confusing middle and high school years so they don't have to do it alone. Weekly discussions about drugs and alcohol are led by knowledgeable speakers from the community. The Teen Mentoring Program is free for middle and high school students and is made possible through support from the City of Manhattan Drug and Alcohol Fund and private donations.

Coordinator: Pamela Nolley

Pamela has worked in youth development for over 35 years and has a caring heart for young people. She works to ensure everyone in the Teen Mentoring Program feels welcome, makes friends, and, of course, enjoys the snacks, field trips, and activities!

| DATE                 | TIME           | FEE                 |
|----------------------|----------------|---------------------|
| 09/03 - 11/17 (T/Th) | 3:30 - 5:30 PM | Community Sponsored |

**Location:** UFM, 1221 Thurston St

## Play, Connect, Grow: NEW! Fun Experiential Techniques for Social and Emotional Learning 26CYO228Z

Discover fun, interactive activities that help children understand how their thoughts, feelings, bodies, and breathing work together. Through hands-on activities, children will learn to recognize emotional triggers, notice different levels of tension, and practice techniques to calm themselves when feelings become overwhelming. Along the way, they'll build self-confidence, strengthen self-awareness, and develop skills to help them manage emotions and make positive choices. Ages 5-7.

Instructor: Janai Mestrovich, M.S., janailow@gmail.com

Janai Mestrovich, M.S., is an award-winning Social-Emotional Learning instructor with over 50 years of experience at the University of Oregon and internationally. After creating a pioneering approach focused on fun and experiential ways to manage stress, Janai is excited to share her expertise in Social-Emotional Learning. Among her many accomplishments, she is the author of nine children's books focused on this same topic.

| SEC | DATE       | TIME            | FEE  |
|-----|------------|-----------------|------|
| A   | 09/26 (Sa) | 10:00 AM - Noon | \$85 |
| B   | 12/05 (Sa) | 10:00 AM - Noon | \$85 |

**Location:** UFM, 1221 Thurston St

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



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# Beyond the school day.

UFM **ABLE** After-School Program  
After-School Building Leadership & Enrichment

**Grades K–5 • School Pickup Available • Mon–Fri: 2:30–5:30 PM**  
[ from participating USD 383 elementary schools ]



**STEAM Enrichment**  
(Ceramics Included)



**Recreation & Friendships**



**Mentoring & Homework Support**



**Leadership & Life Skills**

UFM **ABLE**   
**PROGRAM**

At ABLE, students build confidence, friendships, leadership skills, and creativity through hands-on STEAM activities, mentoring, recreation, and guided support.



**More than care.**  
**A place to learn, grow, and belong.**

## AFFORDABLE & SIMPLE

- **Full-Time** (Mon–Fri)  
**\$225 /month**
- **Part-Time** (Mon–Thu)  
**\$200 /month**

Annual membership required to reserve a spot.



**Limited spots available!**

Register now at [ufmclc.org/able](https://ufmclc.org/able)



SCAN TO  
LEARN MORE





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

UFM Community Learning Center is launching the new ABLE (After-school Building Leadership and Enrichment) Program for K-5 students during the 2026-2027 school year. Enrollment begins with the purchase of an annual membership, which secures your child's spot. Students may attend daily from 2:30-5:30 PM Monday through Friday, where they will engage in hands-on STEAM enrichment activities, leadership development, recreation, and even homework support. The program offers a fun, safe environment with mentorship from UFM teen mentors and K-State college students. Transportation will be provided from local schools.

Due to popular demand, families now have two attendance options: a full-time Monday through Friday option for \$225 per month or a part-time Monday through Thursday option for \$200 per month. Monthly fees are invoiced from August 2026 through May 2027. Membership fees are nonrefundable. Space is limited, so early registration is encouraged. For any questions, please email [able@tryufm.org](mailto:able@tryufm.org).

Please Note: Transportation is available from participating USD 383 elementary schools. Transportation from private elementary schools, including Flint Hills Christian School and Manhattan Catholic School, may be available upon request and approval.

| DATE                                     | TIME           | FEE  |
|------------------------------------------|----------------|------|
| 2026-2027 School Year - Full-time (M-F)  | 2:30 - 5:30 PM | \$45 |
| 2026-2027 School Year - Part-time (M-Th) | 2:30 - 5:30 PM | \$35 |

**Location:** UFM, 1221 Thurston St

## YOUTH DEVELOPMENT

NEW!

## No School? Make it a UFM DAY! 26CYO224

Turn school days off into days of discovery! When USD 383 students are out of school for Teacher Professional Development Days during the 2026-2027 school year, UFM-DAY offers a full day of engaging community enrichment for children in kindergarten through fifth grade designed to spark curiosity, foster community, and build confidence. At UFM-DAY, every child is at the center of the experience. Led by experienced UFM staff, the program provides a safe, welcoming environment where children can explore their unique interests, develop new skills, make friends, and learn through hands-on, experiential activities. Each session encourages creativity, inspires new passions, and nurtures the confidence to become lifelong learners. Whether students attend one session or several throughout the year, every UFM-DAY offers a fresh opportunity to discover, create, and grow. Programs are offered from 7:30 a.m.-5:30 p.m. on select USD 383 Teacher Professional Development Days. Registration is required, and space is limited.

Instructor: UFM ABLE Program Staff, [able@tryufm.org](mailto:able@tryufm.org)

| SEC | DATE       | TIME              | FEE  |
|-----|------------|-------------------|------|
| A   | 09/25 (F)  | 7:30 AM - 5:30 PM | \$45 |
| B   | 10/12 (M)  | 7:30 AM - 5:30 PM | \$45 |
| C   | 10/16 (F)  | 7:30 AM - 5:30 PM | \$45 |
| D   | 10/22 (Th) | 7:30 AM - 5:30 PM | \$45 |
| E   | 10/23 (F)  | 7:30 AM - 5:30 PM | \$45 |
| F   | 11/20 (F)  | 7:30 AM - 5:30 PM | \$45 |

\*Enrollment deadlines:

A - 09/24; B - 10/11; C - 10/15; D - 10/21; E - 10/22; F - 11/19.

**Location:** UFM, 1221 Thurston St

## YOUTH TENNIS

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

26CYT1

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. Rackets are not required.

Instructor: Peakform Sports Staff

| SEC | DATE                 | TIME           |
|-----|----------------------|----------------|
| A   | 09/08 - 10/01 (T/Th) | 5:30 - 6:00 PM |
| B   | 10/06 - 10/29 (T/Th) | 5:30 - 6:00 PM |
| C   | 11/03 - 11/19 (T/Th) | 5:30 - 6:00 PM |

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

A & B: Tues - \$70 / Thurs - \$70 / Tues & Thurs - \$108 OR C: Tues - \$57 / Thurs - \$57 / Tues & Thurs - \$85

**Location:** Peakform Sports, 3615 Claflin Rd



## Red Ball Tennis (Kindergarten - Age 8) 26CYT2

Beginner/Intermediate Tennis taught through exciting games and activities. The focus will be on improving basic tennis and athletic skills while working to develop rally skills. This class is taught using USTA Net Generation concepts, smaller 36-foot courts, red balls, and 19-inch rackets.

Instructor: Peakform Sports Staff

| SEC | DATE                 | TIME           |
|-----|----------------------|----------------|
| A   | 09/08 - 10/01 (T/Th) | 5:30 - 6:15 PM |
| B   | 10/06 - 10/29 (T/Th) | 5:30 - 6:15 PM |
| C   | 11/03 - 11/19 (T/Th) | 5:30 - 6:15 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, 3615 Claflin Rd

## Orange Ball Tennis (Ages 9-10) 26CYT3

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 best reinforcement and progression of tennis skills.

Instructor: Peakform Sports Staff

| SEC | DATE                 | TIME           |
|-----|----------------------|----------------|
| A   | 09/08 - 10/01 (T/Th) | 6:15 - 7:15 PM |
| B   | 10/06 - 10/29 (T/Th) | 6:15 - 7:15 PM |
| C   | 11/03 - 11/19 (T/Th) | 6:15 - 7:15 PM |

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

A & B: Tues - \$104 / Thurs - \$104 / Tues & Thurs - \$156

C: Tues - \$82 / Thurs - \$82 / Tues & Thurs - \$122

**Location:** Peakform Sports, 3615 Claflin Rd

Follow UFM



## Green Ball Tennis (Ages 10-12) 26CYT4

This class is designed for beginner and intermediate-level players ages 10-12. 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 best reinforcement and progression of tennis skills.

Instructor: Peakform Sports Staff

| SEC | DATE                | TIME           |
|-----|---------------------|----------------|
| A   | 09/11 - 10/02 (M/F) | 5:00 - 6:15 PM |
| B   | 10/05 - 10/30 (M/F) | 5:00 - 6:15 PM |
| C   | 11/02 - 11/20 (M/F) | 5:00 - 6:15 PM |

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

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

B: Mon - \$116 / Friday - \$116 / Mon & Friday - \$166

C: Mon - \$91 / Friday - \$91 / Mon & Friday - \$129

**Location:** Peakform Sports, 3615 Claflin Rd

## Teen Tennis (Ages 13+) 26CYT5

This class 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   | 09/11 - 10/02 (M/F) | 6:15 - 7:30 PM |
| B   | 10/05 - 10/30 (M/F) | 6:15 - 7:30 PM |
| C   | 11/02 - 11/20 (M/F) | 6:15 - 7:30 PM |

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

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

B: Mon - \$116 / Friday - \$116 / Mon & Friday - \$166

C: Mon - \$91 / Friday - \$91 / Mon & Friday - \$129

**Location:** Peakform Sports, 3615 Claflin Rd

FLINT HILLS  
Masterworks  
Chorale

**Conductor: Chad Pape**

[www.masterworksmhk.org](http://www.masterworksmhk.org)

[masterworksmhk@gmail.com](mailto:masterworksmhk@gmail.com)





# 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 at their own responsibility. Please share any concerns you may have about class material or an instructor by emailing UFM at [info@tryufm.org](mailto:info@tryufm.org).

## UFM CANCELLATION POLICY

When we cancel or reschedule a class, you will be notified. Therefore, it is extremely important that we have a daytime and evening phone number and/or email address where we may reach you or leave a message. We reserve the right to cancel any class.

## PAYMENT INFORMATION

**Please note:** A credit card processing fee for all credit and debit card transactions will take effect at a future date. To avoid this fee, payments may be made by cash or check at the UFM office during business hours. If you need to make arrangements to drop off a cash or check payment outside of business hours, please call our office. Thank you for your understanding and support of UFM Community Learning Center.

## 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.

## 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.

## 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.

## SPECIAL ASSISTANCE

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

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

## DONATIONS

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

## CONTACT US

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

## 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.

## Teach A Class

Interested in teaching a class for UFM?  
Spring 2027 submission deadline is October 11, 2026.  
For more information please email [jake@tryufm.org](mailto: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 team building, 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, and more! 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 ages 50 and older to enrich their social, cultural, and intellectual learning opportunities. Learners 50+ who are 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 extend across the lifespan at UFM. We particularly enjoy supporting youth, who are tomorrow's leaders, as they explore different class categories, find purposeful activities, and discover ways to make a difference in their community and world. UFM encourages youth to be both teachers and learners in community-engaged classrooms and connects them with Kansas 4-H to deepen their understanding of different youth development project areas. UFM also provides programs that help young people build positive relationships, develop life skills, and connect with their community through opportunities such as the ABLE After-School Program and Teen Mentoring 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 help us explore how history, traditions, and shared experiences shape the way people understand the world and interact with one another.

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

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



# REGISTRATION FORM



**UFM REGISTRATION FORM**  
1221 Thurston St | Manhattan, KS 66502  
785.539.8763 | [www.tryufm.org](http://www.tryufm.org) | [info@tryufm.org](mailto:info@tryufm.org)



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

|         |   |                                                          |      |
|---------|---|----------------------------------------------------------|------|
| 26CCB11 | B | Yaki-Tori and Yaki-Onigiri (Grilled Chicken & Rice Ball) | \$55 |
|         |   |                                                          |      |
|         |   |                                                          |      |
|         |   |                                                          |      |

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 \_\_\_\_\_  
(See payment information note below)

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.

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# 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.



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Manhattan, KS 66502

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## Fall 2026 Catalog



To enroll please visit [tryufm.org](http://tryufm.org) or call (785) 539-8763.