

Old Baldy Adult Education Classes - Winter 2023



Our community's Adult Education program offers a variety of classes to inspire **lifelong learning** and an **active lifestyle**. Please join us for any or all of the classes featured in the Winter 2023 session.

Register for class(es) through the Townsend School District Website <https://www.townsend.k12.mt.us/> or use the registration form on the last page of this publication.

Crafts and Hobbies

Makerspace for Wood or Metal Projects

Have a wood or metal project and need the space, tools, or help to do it? Take advantage of this "makerspace" opportunity in the high school shop.

No cost to participate but you'll provide/purchase the materials for your project. Bring a project design or idea to the first class and the instructor will assist with creating a materials list.

New to working with wood or metals? Our instructor Clint Watson has taught these skills for more than 30 years!

Plasma cutter and basic welding equipment/instruction also available in this class.

Dates: Tuesdays 6:30-9 p.m. from January 10 through February 28 (8 classes)

Fee: FREE Min: 5 Max: 12

Location: Broadwater High School industrial arts shop

Build Your Own Fly Fishing Rod and Flies

This is a hands-on class with guidance from Jemma Loughery, Broadwater High School's Agricultural Education teacher and FFA Adviser.

At the end of class you'll take home your own custom built fly (or spinner) rod and flies (or lures).

Fee (below) will cover supplies and materials.

Dates: Tuesdays 7-9 p.m. from January 10 through February 14 (6 classes).

Fee: \$45 Min: 3 Max: 10

Location: Jemma Loughery's classroom

Book Club

A great opportunity to meet fellow readers, explore new or favorite authors, and learn from other perspectives!

Participants will need to borrow or purchase the book and read it prior to each meeting. Our instructor, Kay Ingalls, has led this Book Club for more than 20 years and will assist participants in obtaining each month's featured book.

Dates: 2nd Thurs. of each month 7:30-9 p.m.

Featured books:

January 12, *Winter Garden* by Kristin Hannah

February 9, *A Flicker of Light* by Katie Powner

March 9, *The Many Daughters of Afong Moy* by Jamie Ford



Fee: FREE Min: 2 Max: none

Location: Community & School Library

Learn Laser Engraving

Want to learn laser engraving and make yourself (or some other lucky person) a beautiful usable item? Take advantage of this hands-on class taught by Jemma Loughery, Broadwater High School's Agricultural Education teacher and FFA Adviser.

At the end of class you'll take home a custom-engraved tumbler (or to-go cup) and a custom calendar (or sign).

Fee (below) will cover supplies and materials.

Dates: Tuesdays 7-9 p.m. from February 21 through March 14 (4 classes).

Fee: \$25 Min: 3 Max: 10

Location: Jemma Loughery's classroom

Computers and Internet

Safe Surfing

Surfing (browsing) the internet is a great way to gather interesting information . . . but also a great way to accidentally catch a computer virus or give the bad guys access to your computer - or worse!

This class is all about **prevention** to avoid computer viruses and stay one step ahead of the bad guys.

Our instructor, Vic Sample, has 45 years of experience as a computer programmer and internet user including 30 years working in the software industry. He'll share a variety of tips, tricks and free resources to surf safely along with ways to get out of a mess if you've already slipped up.



Date: Wednesday, January 11
7-8 p.m.

Fee: FREE Min: 1 Max: 25
Location: Library classroom

Exploring the Basics of Computer Programming

"There's an app for that". . . and maybe you want to be the person that creates it! Opportunities abound for people with computer coding skills - opportunities to work from anywhere in the U.S. (or beyond) and earn a great wage.

This 10-week class will help you develop fundamental coding skills and apply your problem-solving skills from a new perspective. You'll receive information about free programming software that you can use to continue developing your coding skills as a potential career or to enjoy as a hobby.

Our instructor, Vic Sample, has 45 years of experience as a computer programmer and internet user including 30 years working in the software industry. He is passionate about sharing his knowledge!

Dates: Wednesdays 7-8 p.m. from January 18
through March 22 (10 classes)

Fee: FREE Min: 1 Max: 12
Location: Library classroom

Exercise and Fitness Fun

Note: New participants in Open Gym or Pickleball will sign a Liability Release (available from class instructor) prior to participating in first class.

Open Gym

Open Gym draws adult basketball players and lap/stair runners at the high school "old" gym. Please dress appropriately and bring your good cheer!

Dates: Wednesdays 7-9 p.m. from January 4 through
March 22 (and beyond)

Fee: FREE Min: 6 Max: 20
Location: High School "old" gym

Weight Room

No-nonsense no-cost 24/7/365 local opportunity to lift weights on your own (no instructor). New weight room users will sign a Liability Release (available from Adult Ed Program Coordinator) prior to receiving access.

Dates: 24/7/365 Location: High School weight room

Pickleball

Pickleball is one of the fastest growing sports in the country, popular with all age groups and fitness levels for being fantastically fun in addition to being great exercise. It's been described as a mash-up of tennis, badminton and ping pong.

Join local "picklers" to learn basic rules and strategies of play. No need to bring any special equipment but please dress to be active. Pickleball rackets will be available to lend to new picklers.

Dates: Wednesdays 7-9 p.m. from January 4
through March 22 (and beyond)

Fee: FREE Min: 4 Max: 16
Location: High School stage gym



Food and Nutrition

Taking the "Coping" out of Wild Game

Did you successfully harvest deer, elk, antelope, duck or bear but find yourself avoiding some of those little white packages in the freezer? Come to this class for tips and tricks on field care and cooking that will up your wild game.

Our instructor, Eileen Clarke, shares decades of real-world experience! She was the game care and recipe columnist for *Field & Stream* and *Successful Hunter* magazines, has hunted and compared notes with game cooks from New Zealand to South Africa, and Nunavut to Ireland, and has written a dozen wild game cookbooks.

Date: Tuesday, January 17, 6-7 p.m.

Fee: FREE Min: 2 Max: 20

Location: Library classroom



Forever Food: Ways to Preserve and Store Your Garden's Bounty

Did you have an incredible harvest, only to be unable to use it all before it started to spoil? Or maybe you've heard horror stories about using a pressure canner and are intimidated by it?

Join us as we identify 7 methods for preserving your harvest and take a deeper dive into canning and freezing techniques with an emphasis on safety, equipment, as well as producing and storing a quality product. You will leave with practical tips and guidelines that you can use right away to extend your garden's bounty!

Our instructor, Rhonda Simmons, is a certified Master Food Preserver.

Date: Monday, January 30, 6-7:30 p.m.

Fee: FREE Min: 10 Max: 30

Location: Library classroom

Financial Wellness

Basics of Retirement Planning

Does retirement planning seem overwhelming, intimidating, or mysterious? Then this class is for you! It will cover basic concepts like dollar cost averaging and types of accounts including IRAs and Roth IRAs, and employer-sponsored retirement plans. We will discuss some basic investment types such as individual stocks, bonds, and mutual funds. You'll leave with a basic understanding of accounts, investments and knowledge of how to get from here to retirement.

Our instructor, Arlis Ortman of Montana Wealth Management, has more than 15 years experience in the financial services industry and loves the educational component of his profession.



Date: Wednesday, January 18
5:30-6:30 p.m.
Fee: FREE Min: 2 Max: 25
Location: Library classroom

Stock Market Investing for Beginners

Whether you are experienced or just starting out, this introductory class will investigate the resources you need to

build and maintain a profitable portfolio of growth companies. You'll learn the lingo, how to evaluate stock investment opportunities, and the four key principles to becoming a successful long-term investor in good-quality, growth companies.

Our instructor, Jeff Langlinais, has taught this class several times and takes an objective layperson's approach to studying the stock market. He is not associated with a bank or broker. He won't offer hot stock tips or offer financial planning, advice or "playing the market" strategies but will instead use the unbiased teaching approach championed by BetterInvesting.org since 1951. You'll learn to use its Stock Selection Guide (SSG) to evaluate stocks so that you can determine if they are a buying opportunity – or not.

In addition to gaining basic knowledge of stock market investing, you may be inspired to join a local investment club upon completion of this class.

Dates: Thursdays 6:30-8 p.m. January 19 through
February 9 (4 classes)
Fee: \$5 Min: 4 Max: 25
Location: Library classroom

Gardens and Landscapes

Pollinator Conservation in Montana Landscapes

Montana is home to between 500-750 species of native bees which can be found throughout our diverse ecosystems and landscapes. These important pollinators provide essential pollination services to agriculture, home gardens, and native plant biodiversity.

This class will focus on pollinator conservation and habitat needs and how you can integrate best management practices into your yard, garden, and agricultural landscapes. It will include information on safe pesticide use, pesticide timing for flowering trees and shrubs and integrated pest management (IPM) alternatives that can reduce non-target effects and safeguard our pollinators.

Our instructor, Abiya (Abi) Saeed, is the Extension Horticulture Specialist at Montana State University, a writer for the Garden Professors Blog, and a recurring panelist on Montana Ag Live.

Date: Monday, February 20, 4-5:30 p.m.
Fee: FREE Min: 10 Max: 30
Location: Library classroom



Alternatives to Growing in Traditional In-Ground Beds

Curious about options when it comes to growing vegetables and flowers in something other than your traditional in-ground garden beds? We will discuss considerations for growing in raised beds, containers, grow bags, straw bales or even used tires – and more!

We will discuss the pros and cons of each option including choosing building materials, proper soil, incorporating these ideas into your garden layout, trellis ideas, ways to incorporate temporary greenhouse and low tunnels, and irrigation and fertilizing considerations for each option.

Our instructor, Rhonda Simmons, is a Level 3 Montana Master Gardener, and one of the founders and current

President of the Gold Country Montana Master Gardener Association.

Date: Monday, February 27, 6-7:30 p.m.
Fee: FREE Min: 10 Max: 30
Location: Library classroom

Using IPM Principles to Reduce Tree Problems

"What's wrong with my tree?" This is one of the most commonly asked questions of our county extension agent! Learn how to apply strategies to help reduce insect and disease damage based on integrated pest management (IPM) concepts.

Our instructor, Sarah Eilers, is an ISA Certified Arborist and the Master Gardener Coordinator for the state of Montana.

This class is for anyone with an interest in preserving valuable trees and will also provide continuing education credits for Master Gardeners.

Date: Monday, March 6, 6-7:30 p.m.
Fee: FREE Min: 10 Max: 30
Location: Library classroom

The Buzz About Bees

Bees are one of the world's most important pollinators for food crops and serve a vital role in Montana's agriculture-driven economy yet the buzz about bees is confusing - are bee populations increasing or declining? What can/should you do as a bee hobbyist (or "wannabe"), landowner, or farmer?

As the state entomologist and manager of Montana's beekeeper program, our instructor (Alyssa Piccolomini) will describe the current state of beekeeping in Montana, native bees, and the realities of beekeeping as a hobby or commercial venture.

Date: Monday, March 13, 6-7:30 p.m.
Fee: FREE Min: 10 Max: 30
Location: Library classroom



Health and Wellness

STOP THE BLEED®: 3 quick actions that may save a life!

The #1 cause of preventable death after injury is bleeding. Instead of just being a witness to an emergency you can become an immediate responder and potentially save a life!

In this hands-on class you'll learn to recognize life-threatening bleeding and act quickly and effectively to control bleeding using three quick techniques.

STOP THE BLEED® is sanctioned by the American College of Surgeons and you will receive a certification upon successful completion of the class. Our instructors are local health care professionals Tiffany Jayne and Angie Brakefield.

Date: Tuesday, January 24, 6-7 p.m.
Fee: FREE Min: 2 Max: 16
Location: Community room



CPR & First Aid Certification

Learn to provide first aid, CPR, and use an automated external defibrillator (AED).

Successful completion will result in certification from the American Heart Association valid for 2 years.

Our instructor is local health care professional Cyrus Brandt.

Date: Class Session A: Monday, February 13, 5:30-9 p.m.

OR

Class Session B: Monday, February 27, 5:30-9 p.m.

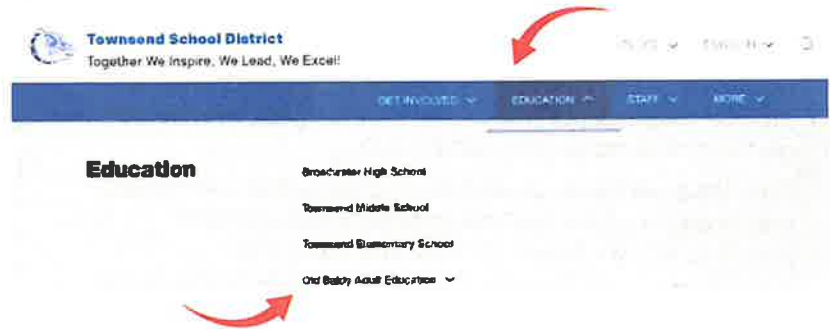
Note: These are two different sessions; you will only need to register for and attend one session. More sessions may be added depending on community interest.

Fee: \$20 Min: 2 Max: 6
Location: Community room

Register for class(es) through the Townsend School District website <https://www.townsend.k12.mt.us/>
Click on the *Education* tab and then *Old Baldy Adult Education*:

Or you can register by completing the form below and dropping it off at Broadwater High School (main office) or mailing it to Townsend School District, Attention Adult Ed Program, 201 North Spruce, Townsend MT 59644.

Note: school office will be closed from Dec. 22, 2022 through Jan. 2, 2023.



Most classes are free! If there's a fee for any class(es) in which you register, include a check payable to Townsend School District with your completed registration form.



Old Baldy Adult Education Class Registration

Name: _____ Phone # incl. area code: _____
Email: _____

List Class(es) Selected:	Fee (if applicable):	List Class(es) Selected:	Fee (if applicable):

Is there a class you'd like to teach? We'd love to hear from you!
Contact Terey Artz, Adult Education & Facility Use Coordinator: tartz@townsend.k12.mt.us