



Senior Institute Registration Form



PLEASE PRINT

Last Name _____ First Name _____ Middle Initial _____

Address _____ City, State, Zip _____

Email _____ Phone _____

Social Security # (optional) _____ Birthdate _____

	Course No.	Course Title	Total Fee
1st Choice _____			
2nd Choice (if first choice class is filled) _____			

How many years have you attended Senior Institute? _____ Dietary Restrictions _____

Check Enclosed _____ Credit Card: Visa Mastercard American Express

Auth. Signature _____ Card # _____ Exp. Date _____

Mail to: Registration at FVCC, 777 Grandview Drive, Kalispell, MT 59901

Email to: registrationinfo@fvcc.edu

Senior Institute 2025

Credit classes offered to senior citizens, age 65 and up

Fridays, February 14-March 21

Lunch program 12-12:50pm | Classes 1-3:05pm

Tuition and fees include a lunch and any materials/supplies needed for class.

In-person registration begins Wednesday, January 29, 2025 at 8am.

Class	Course #	Instructor	Total Tuition
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Beginning Ukulele Learn to play chords and various strums using fun songs and music theory as applied to ukulele. Bring your Soprano, Concert or Tenor ukulele to class (please no plastic ukes), and a pick. Learning materials provided.	SR_81.2_01	Dee Fleming	\$109
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Birds of Northwest Montana Learn about Northwest Montana's beautiful birds. Gain insight into bird biology, behavior, song and identification. A range of area birds will be covered, with a look at several of our nesting neighbors in depth.	SR_82.1_01	Jess Garby Flathead Audubon Society	\$124
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Bone Health Explore basic practices that preserve bone structure, maintain flexibility and strength, and ensure good posture as one ages. Learn exercises, fall risk prevention, safety tips and what footwear helps ensure lasting bone health.	SR_88.1_01	Janice Heil	\$109
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Ceramics Learn fundamentals of the ceramic process from wheel-throwing to hand-building with clay. Learn about clay terms, tools, firing and glazing, including the steps necessary to create a beautiful piece of pottery.	SR_89.5_01	Larry Phan	\$124
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Cowboys, Robber Barons, and Soldiers: The Dawn of the American Century With the rise of industrial technology after the Civil War, the United States experienced unprecedented economic expansion and growth. While cities in the east faced the challenges of labor and division, the west saw waves of pioneers disrupt the last civilizations of native people on the continent. Explore how the United States emerged in the 20th century and was transformed in the process.	SR_80.2	Bruce Guthrie	\$109
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Creative Writing Learn how to write and edit a variety of poems and short fiction through guided exercises and examples in a workshop setting.	SR_87_01	Kathy Dunnehoff	\$109
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Geology of the Flathead Get acquainted with the geologic history, rock types, structural features, landforms and natural resources of the Flathead Valley. Join for in-class discussion and local field trips within the valley to experience first-hand examples of class topics.	SR_81.1_01	Anita Ho	\$124
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Get Connected: Technology for Living This course is designed for intermediate senior learners who want to deepen their skills with modern technology. Learn to confidently use smartphones, tablets and computers to enhance your daily life. From managing communication and exploring apps to ensuring online safety, leave with practical skills to stay connected and engaged with family, friends and the digital world.	SR 81.3-01	Amelia Ward	\$109
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Historical Origins of the Bible Explore the Bible from a historical perspective including divine inspiration, revelation, criteria for selection of the Old and New Testament text, interpretation, the historical development of the various translations, and the process of recording and preserving.	SR_80.3	Sam Herbert	\$109
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How the Irish Saved Civilization (and could save it again...) In 'How the Irish Saved Civilization,' American scholar Thomas Cahill caught the public's imagination with his vivid account of ancient Ireland's love of learning. Join us as we explore ancient (and more recent) Irish society, culture and its lasting impact on the 21st century, from environmentalism to justice, hospitality, peacemaking and more.	SR_81.4	Jon Hatch	\$109
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Line Dancing Enjoy low impact exercise through line dancing. Experience the benefits for the mind and body while learning steps and complete dances. Travel through the history of country dancing from its early days to present style.	SR_89_01	Lauren Rozzano	\$109
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Staying Sharp, Resilient and Happy while "Sage-ing" Through current scientific research and experiential learning, gain a deeper understanding of yourself and others through Brain Dominance Patterning. Learn simple, profound tools to stop stress, maintain physical and mental agility, stay healthy and remain curious and joyful as you age and share your wisdom.	SR_82.6_01	Carla Hannaford	\$109
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Watercolors Join us for a study of the materials and techniques of transparent watercolor with a variety of subject matter considered. No previous experience needed.	SR_83.1_01	Karen Leigh	\$124
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Yellowstone National Park: Through the Years Entering Yellowstone through the iconic Roosevelt Arch invites reflection on the early explorers who passed through before President Grant signed the park into law, preserving it for "the benefit and enjoyment of the people." Explore Yellowstone's 150-year history, examining its connections to travelers, the region and the world.	SR_88.7_01	Sharon Randolph	\$109
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Prices shown are for in-district senior residents of Flathead and Lincoln counties. For out-of-district senior Montana residents, tuition and fees are either \$311.63 or \$326.63 depending on course chosen. For those who have not lived in Montana for at least 12 months, tuition and fees are either \$538.15 or \$553.15.. Scholarships are available. Contact seniorinstitute@fvcc.edu for more information.

Senior Institute Registration Steps:

- 1. Mail the registration form, and a check or credit card information to:**
 - a. FVCC, 777 Grandview Drive, Kalispell MT 59901
 - b. Email the form to: registrationinfo@fvcc.edu
 - c. Drop off the completed form to the Learning Resource Center.
 - d. Register in person starting at 8am Wednesday, January 29.
- 2. Complete a non-degree application for admission if:**
 - a. You are new to FVCC.
 - b. You have not enrolled in a credit course in the past two years.

Both the Registration Form and Non-Degree Application are available at:

fvcc.edu/senior-institute

All registration forms will be processed beginning January 29, 2025 at 8am. However, you may email, mail or drop off your registration items prior to January 29. Classes are filled on a first-come, first-serve basis. Be sure to denote a second choice in case your first choice is not available.