



UNIVERSITY of WISCONSIN
GREEN BAY

LIFELONG LEARNING
INSTITUTE

FORWARD TOGETHER

Spring 2023
Course Catalog



Registration begins December 8, 2023 at 8 a.m.
Register early for best selection.

Learn more and register at
www.uwgb.edu/lli

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Attention Lifelong Learning Institute Members

Information included in this catalog is accurate and current at the time of printing.
 Lifelong Learning Institute reserves the right to make changes to the course schedule.
 Visit www.uwgb.edu/lli for the most updated course schedule.

No.	Course Title	Time	Start	Subsequent Dates				
130	U.P. Stories (Book Club)	10 a.m.-12 p.m.	1/19	2/16	3/16	4/20		
31	Continuing Issues	1-3 p.m.	1/10	1/24 4/4	2/7 4/18	2/21	3/7	3/21
131	Haiti: The Lost Decade After the 2010 Earthquake	1-3 p.m.	1/12					
181	Guess Who's Coming to Dinner	10 a.m.-12 p.m.	1/13	1/20 6/16	2/17 7/21	3/17	4/21	5/19
32	Learn to Play Chess	10 a.m.-12 p.m.	1/17	1/24	1/31			
33	Redaction Criticism of the Gospel Passion Narratives: Mark vs. Luke vs. Matthew	10 a.m.-12 p.m.	1/17	1/24	1/31			
34	Bullet Journaling: Monthly Spreads	1-3 p.m.	1/17					
82	Choosing a Care Facility That Fits Your Needs	10 a.m.-12 p.m.	1/18					
83	Comfort Foods for the New Year	10 a.m.-12 p.m.	1/18					
84	7 Step Chair Caning	1-3 p.m.	1/18	1/25	2/8	2/15	2/22	3/1
132	Introduction to Wales	10 a.m.-12 p.m.	1/19					
133	Books and You	1-2:30 p.m.	1/19	2/16	3/16	4/20		
134	Knit a 'Top-Down' Sweater	1-2:30 p.m.	1/19	1/26	2/2	2/9	2/16	
135	Tracking the Phantoms	1-3 p.m.	1/19					
136	Spiders: Tiny Tool-Using Tigers	9-11:30 a.m.	1/19					
182	Safe and Savvy Travel in a Post Covid World	1-3 p.m.	1/20					
183	Sailing the Port Huron to Mackinac Island Race	8-10 a.m.	1/20					

1	Einstein Project's Makerspace Tour	10 a.m.-12 p.m.	1/23					
3	It's a Mystery to Me	1-3 p.m.	1/23	2/13	3/6	4/3	5/1	
35	Tour the Capitol Civic Centre	10 a.m.-12 p.m.	1/24					
85	Stalag USA: WWII POW Camps	10 a.m.-12 p.m.	1/25					
86	Beginning Line Dancing	10 a.m.-12 p.m.	1/25	2/1	2/8			
137	Great Decisions 2023	10 a.m.-12 p.m.	1/26	2/9 4/20	2/23 5/4	3/9	3/23	4/6
138	Journey of Grief	10 a.m.-12 p.m.	1/26					
139	Telling Stories in Stone: What can Volcanic Rocks Tell Us?	1:30-3:30 p.m.	1/26					
184	Green Bay Fisheries with a focus on Northern Pike	10 a.m.-12 p.m.	1/27					
4	Design Tech - Intro CAD, 3D printing and Laser Cutting	10 a.m.-12 p.m.	1/30					
5	Lasers, Electrons, and Bubbles: Geoscience Research in the 21st Century	1-3 p.m.	1/30					
36	Get on the Ball	10 a.m.-12 p.m.	1/31					
37	Sex and Gender: Complex Mosaics in a Black-and-White World	1-3 p.m.	1/31					
140	Hairpin Lace	10 a.m.-12 p.m.	2/2	2/9	2/16			
141	Spread the Word, About Cheese That Is!	10 a.m.-12 p.m.	2/2					
142	Group Piano	1-2:30 p.m.	2/2	2/9	2/16	2/23		
185	Get on the Ball	10 a.m.-12 p.m.	2/3					
186	Behind the TV Cameras of a PGA Golf Tournament	8-10 a.m.	2/3					

6	Why Have There Been No Great Women Composers?	10 a.m.-12 p.m.	2/6	
7	Design Tech - Intro CAD, 3D printing and Laser Cutting - Coasters	10 a.m.-12 p.m.	2/6	2/13
8	Yoga Basics	1-2 p.m.	2/6	2/13 2/20
9	A House is More than A Home: Native American Architecture	1-3 p.m.	2/6	
38	Learn to Play Backgammon	10 a.m.-12 p.m.	2/7	2/14
39	Wau-Bun: The “Early Day” in the Northwest	1-3 p.m.	2/7	
40	Needle Felting a Pincushion	1-3 p.m.	2/7	2/14
41	Oneida Nation Bird Monitoring, Restoration, and Cultural Exchange	9-10:30 a.m.	2/7	
87	Creating a Safe Home Environment	10 a.m.-12 p.m.	2/8	
88	Snowshoe Walk at Woodland Dunes Nature Preserve	10 a.m.-12 p.m.	2/8	
89	Rebuilding: Life After Caregiving and Loss	10 a.m.-12 p.m.	2/8	
90	Fun With Beads	10-11 a.m.	2/8	
91	RV Life: “I Love It”	1-3 p.m.	2/8	
143	Following the Money - Exposing the Mysteries of the Federal Reserve System	10 a.m.-12 p.m.	2/9	

Registration Reminder

New members please visit www.uwgb.edu/lii to register.
 Current members will be emailed a registration link.

144	Oneida Nation Bird Monitoring, Restoration, and Cultural Exchange	9-10:30 a.m.	2/9			
187	Louise Erdrich Novels <i> canceled </i>	10 a.m.-12 p.m.	2/10	2/24	3/10	3/24
10	Classics of European Cinema	10 a.m.-12 p.m.	2/13	2/20		
11	Legal Issues in Retirement	1-3 p.m.	2/13	2/20		
42	AmeriCorps Seniors, What's it all about?	10-11:30 a.m.	2/14			
92	D-Day	10 a.m.-12 p.m.	2/15	2/22	3/1	3/8
93	Painting With Encaustics (Colored Beeswax)	11:30 a.m.-2:30 p.m.	2/15			
94	Seeds 101: Everything You Need to Know to Start Your Vegetable Garden	1-2:30 p.m.	2/15	2/22		
95	Hospice 101 and Advance Directives	1-3 p.m.	2/15			
145	The 26th Wisconsin in the Civil War	10 a.m.-12 p.m.	2/16			
146	Seroogy's Tour Session A	10 a.m.-12 p.m.	2/16			
147	Seroogy's Tour Session B	1-3 p.m.	2/16			
188	New Germany: Germany after the Russian Invasion of Ukraine	10 a.m.-12 p.m.	2/17			
12	Tatted Greeting Cards	1-3 p.m.	2/20	2/27	3/6	3/13
43	Learn to Play Cribbage	10 a.m.-12 p.m.	2/21	2/28		
44	Experience the SS Badger Ferry	1-3 p.m.	2/21			
45	The Evolution of the Public Library in the United States	1-3 p.m.	2/21			
46	Smartphone Device Workshop	1-3 p.m.	2/21			

96	Intermediate Line Dancing	10 a.m.-12 p.m.	2/22	3/1	3/8	3/15	3/22
148	How to Choose a Paint Color	10 a.m.-12 p.m.	2/23				
189	Wisconsin's Best Kept Geological Secret: The Niagara Escarpment	1-2:30 p.m.	2/24				
47	Progression of Dementia-What Skills Remain?	1-2:30 p.m.	2/28				
48	In This Economy?! Session A	1-3 p.m.	2/28				
97	Food Is Medicine: Optimize Your Brain Health	10 a.m.-12 p.m.	3/1				
98	Writing Your Memoirs	1-3 p.m.	3/1	3/8	3/15	3/22	3/29 4/5
149	ADRC Services through Life's Changes	11 a.m.-12 p.m.	3/2				
150	Piano Ensemble	1-2:30 p.m.	3/2	3/9	3/16	3/23	
151	We are Stardust	8 a.m.	3/2				
190	Smallmouth Bass in Door County: the Background and History	10 a.m.-12 p.m.	3/3				
191	Fun With Aromatherapy: Build Your Own Blend	1-3 p.m.	3/3				
13	Design Tech - Intro CAD, 3D printing and Laser Cutting - Hanging Lamps	10 a.m.-12 p.m.	3/6	3/13			
14	Revisiting the Second Vatican Council	1-3 p.m.	3/6	3/13	3/20		
49	Burger Boat Company Capabilities, Opportunities and History	10 a.m.-12 p.m.	3/7				
50	The Ins and Outs of Organ and Whole Body Donation	10 a.m.-12 p.m.	3/7				
51	In This Economy?! Session B	1-3 p.m.	3/7				
52	Holy Land...Holy Smoke	8 a.m.	3/7	3/14	3/21	3/28	

99	From Pearl Harbor to Nagasaki - Air War in the Pacific	10 a.m.-12 p.m.	3/8	3/15	3/22	3/29
152	Kids Teaching Art to Adults	10 a.m.-12 p.m.	3/9			
153	One Indian's Journey: From Savage to Published Poet/Playwright	1-3 p.m.	3/9			
154	What Does "A New Study Shows" Really Mean? Biomedical Research	1-3 p.m.	3/9			
192	Exploring the Gift of Gratitude, Grit and Grace Along Life's Journey	10 a.m.-12 p.m.	3/10			
193	The Beatles, Then, Now and Forever	1-3 p.m.	3/10			
15	Home Staging - Dressed to Sell	10 a.m.-12 p.m.	3/13			
53	Tour Krueger International (KI) - 100% Employee Owned	10 a.m.-12 p.m.	3/14			
54	"Mr. Jefferson's Secret Agent"	10 a.m.-12 p.m.	3/14			
55	Under the Trench Coat	10 a.m.-12 p.m.	3/14			
100	Issues Facing the Aging Population	10 a.m.-12 p.m.	3/15			
101	When Aging Parents Need Help: How to Start the Conversation of Care	10 a.m.-12 p.m.	3/15			

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102	Sap to Syrup	9-11 a.m.	3/15						
156	Discussion of William Shakespeare's The Merchant of Venice	10 a.m.-12 p.m.	3/16						
194	Make Your Own Beauty Potions	1-3 p.m.	3/17						
81	To Supplement or Not to Supplement: That is the Question!	1-3 p.m.	3/20	3/27					
56	Connect with Curative Connections	1-3 p.m.	3/21						
103	Changing World of Recycling and Solid Waste	10 a.m.-12 p.m.	3/22						
104	Christmas Trees: A Profession	10 a.m.-12 p.m.	3/22						
106	Vintage of Ada	1-3 p.m.	3/22						
157	What's Your Neutral: Beige or Gray?	10 a.m.-12 p.m.	3/23						
195	STEM Innovation Center at UW-Green Bay	10 a.m.-12 p.m.	3/24						
57	Lost Lady: The Lady Elgin Tragedy Session A	10 a.m.-12 p.m.	3/28						
58	More Birds and Poetry	10 a.m.-12 p.m.	3/28						
59	Lost Lady: The Lady Elgin Tragedy Session B	1-3 p.m.	3/28						
107	Beginning Spanish 4	1-3 p.m.	3/29	4/5	4/12	4/19	4/26	5/10	
158	Bringing Wisconsin's Shipwrecks Back to Life	10 a.m.-12 p.m.	3/30						
159	Sugar - The Hidden Sugars You Eat	1-3 p.m.	3/30						
160	Music to My Ears	1-3 p.m.	3/30						
196	I've Always Wanted to Write a Book!	10 a.m.-12 p.m.	3/31						

16	Simply Scrumptious Scones	10 a.m.-12 p.m.	4/3					
17	Shakespeare is Playing with You (and you might as well enjoy it!)	10 a.m.-12 p.m.	4/3					
18	Coniferous Trees 101	10 a.m.-12 p.m.	4/3					
60	Learn to play Catan	10 a.m.-12 p.m.	4/4	4/11				
108	Spanish II	10 a.m.-12 p.m.	4/5	4/12	4/19	4/26	5/3	5/10
109	Critical Race Theory	10 a.m.-12 p.m.	4/5	4/12				
110	Picture Arranging Tips, Tricks, and Try's	10 a.m.-12 p.m.	4/5					
111	Advanced Line Dancing	9:30-11:30 a.m.	4/5	4/12	4/19	4/26		
161	Art of Calligraphy	10 a.m.-12 p.m.	4/6	4/13	4/20			
162	Gospel of Q: The Earliest Gospel	1-3 p.m.	4/6					
19	Next Solar Eclipse in America	10-11:15 a.m.	4/10					
61	Clearing the Clutter from your Life	10 a.m.-12 p.m.	4/11					
62	Presidential Trivia 2	1-3 p.m.	4/11					
112	Restoring Islands in Green Bay - Cat Island and Renard Island Restoration Efforts	10 a.m.-12 p.m.	4/12					
113	Lakeside Foods Tour	10 a.m.-12 p.m.	4/12					
114	Hartman's Towne & Country Greenhouse Tour	10 a.m.-12 p.m.	4/12					
115	Make Your Own Scrubbies	1-3 p.m.	4/12					
163	Quilts of Western India	10-11:30 a.m.	4/13					

164	Using Local, State, and Federal Laws to Protect the Waters of NE Wisconsin	10-11:30 a.m.	4/13						
165	Connect with Curative Connections	1-3 p.m.	4/13						
166	Community-Based Medical Education	1-3 p.m.	4/13						
197	Art of Thrift Store Shopping	9 a.m.-12 p.m.	4/14						
198	History of Flight	9:30 a.m.-12 p.m.	4/14						
20	Vegetable Gardening Tips	10 a.m.-12 p.m.	4/17						
21	Gentle Yoga	1-2 p.m.	4/17	4/24	5/1	5/8	5/15	5/22	
22	Campaigning For Local Office	1-3 p.m.	4/17						
23	Slow Vinyassa Flow Yoga	2:30-3:30 p.m.	4/17	4/24	5/1	5/8	5/15	5/22	
63	Introduction to Role Playing Games	10 a.m.-12 p.m.	4/18	4/25	5/2				
64	The Benefits of Thrifting: Good for You and the Sponsoring Organization	10 a.m.-12 p.m.	4/18						
65	Wau-Bun: The “Early Day” in the Northwest	1-3 p.m.	4/18						
116	Tour Syble Hopp School	10 a.m.-12 p.m.	4/19						
117	Climate Change and Energy Policy	10 a.m.-12 p.m.	4/19						
118	Popular Songs of Jerome Kern	10 a.m.-12 p.m.	4/19						
119	Exceptional Equestrian Tour Session A	10 a.m.-12 p.m.	4/19						
120	Exceptional Equestrian Tour Session B	1-3 p.m.	4/19						
121	Tips and Secrets of Growing an Everyday Backyard Garden	1-3 p.m.	4/19						

167	Pollinators + Pollination + Plants = Life	10 a.m.-12 p.m.	4/20	4/27					
168	Following the Money - Exposing the Mysteries of the Federal Reserve System	10 a.m.-12 p.m.	4/20						
169	SSA/Medicare: Understanding the Basics	2-3:30 p.m.	4/20						
199	Biking is Fun at Any Age	10 a.m.-12 p.m.	4/21	5/5	5/12	5/19	5/26	6/2	
200	Sweet with a Little Heat	10 a.m.-12 p.m.	4/21						
201	How Does a Piece of "Rock" Become "Classical"???	10 a.m.-12 p.m.	4/21						
202	Dad's Attic	1-3 p.m.	4/21						
24	Wild Carrot Cuisine	10 a.m.-12 p.m.	4/24						
66	Glass Fusion Jewelry - Session A	10 a.m.-12 p.m.	4/25	5/2					
67	What is Justice? Law Way <=> Peace Way	10 a.m.-12 p.m.	4/25	5/2					
68	Glass Fusion Jewelry - Session B	1-3 p.m.	4/25	5/2					
69	History & Mystery in Medieval Italy	1-3 p.m.	4/25						
122	Climate Change and Energy Policy	10 a.m.-12 p.m.	4/26						
123	I Had No Idea: Tour and Luncheon at Meals On Wheels of Sheboygan County Inc.	10 a.m.-12 p.m.	4/26						
124	Manitowoc Police Departments K-9	10 a.m.-12 p.m.	4/26						
170	America's National Debt Problem	10 a.m.-12 p.m.	4/27						
171	ADRC Services through Life's Changes	11:30 a.m.-12:30 p.m.	4/27						
172	Compress & Shock Foundation CPR and AED Training	1-3 p.m.	4/27						

173	Authentic 1850s Windmill Tour - Session A (R)	1-3 p.m.	4/27	
25	Tour of Steine's Water Gardens	10 a.m.-12 p.m.	5/1	
26	Migration Identification	10 a.m.-12 p.m.	5/1	
70	Maximizing Your AncestryDNA Test Results	10-11:30 a.m.	5/2	
71	Biking Northeast Wisconsin	1-3 p.m.	5/2	
174	Human Immune System: Components and Case Studies	10-11:30 a.m.	5/4	
175	Persecution of Early Christians: Facts, Myths, and Misconceptions	1-3 p.m.	5/4	
176	Racewalking for Lifetime Fitness	9:30 a.m.-12 p.m.	5/4	5/18
203	Barkhausen Waterfowl Preserve	10 a.m.-12 p.m.	5/5	
204	Exploring Model Railroading	1-3 p.m.	5/5	
205	Federal Indian Policy and First Nations Identity	9-11 a.m.	5/5	
27	Guided Walk in Baird Creek: Ecology and History Session A	10 a.m.-12 p.m.	5/8	
28	Guided Walk in Baird Creek: Ecology and History Session B	1-3 p.m.	5/8	
72	Ancient Rome on the Silver Screen: Myth versus Reality	11 a.m.-1 p.m.	5/9	5/16
73	Try America's Fastest-Growing Sport, Pickleball!	1-3 p.m.	5/9	
74	Mandalas	1-3 p.m.	5/9	
75	Tour of Manitowoc's Sabbatical Brewing Company	1-3 p.m.	5/9	
125	Spring Wildflower Hike	1-3 p.m.	5/10	

177	Stalag USA - WWII POW Camps	10 a.m.-12 p.m.	5/11
178	Hurricanes and Tornadoes: Catastrophic Weather Events	1-3 p.m.	5/11
206	Spring in the Garden	10 a.m.-12 p.m.	5/12
76	Hearty Olive and Roadside Cucina Unite	10:30 a.m.- 12:30 p.m.	5/16
77	Civil War Medicine - Hollywood Version	1-3 p.m.	5/16
78	Von Stiehl Winery Tour	1-3 p.m.	5/16
126	Interactive Alpaca Ranch Tour - Session A (R)	10 a.m.-12 p.m.	5/17
127	Habitat for Humanity: Safe, Decent, and Affordable Housing Solutions	10 a.m.-12 p.m.	5/17
179	Green Armoire	10 a.m.-12 p.m.	5/18
180	Historical Tour of Franciscan Sisters Motherhouse	1-3 p.m.	5/18
207	Make a Ceramic Plant Pot at NWTC Artisan Center	10 a.m.-12 p.m.	5/19
208	Integral Trek: Point Beach Walk and Write, Session A	10 a.m.-12 p.m.	5/19
209	Integral Trek: Point Beach Walk and Write, Session B	1-3 p.m.	5/19
29	Interactive Alpaca Ranch Tour - Session B (R)	10 a.m.-12 p.m.	5/22
79	Authentic 1850s Windmill Tour - Session B	10 a.m.-12 p.m.	5/23
80	Archery	9-11 a.m.	5/23
128	Sharon S. Richardson Community Hospice Tour	10 a.m.-12 p.m.	5/24
129	Bookworm Gardens: Guided Tour	1-3 p.m.	5/24

210	Functions of a Medical Examiner's Office	1-3 p.m.	5/26
211	Drawing II	9:30 a.m.-12 p.m.	5/26
30	Is it Invasive?	10 a.m.-12 p.m.	6/5

Are You Receiving LLI's Emails?

If not, please check your Junk, Spam, Promotions or Bulk email folders to be sure Lifelong Learning Institute emails are not going in these folders! Don't miss out on important LLI information and opportunities.



Monday

1 Einstein Project's Makerspace Tour (R)

Type: Classroom
Location: Green Bay
Classroom: STEM Innovation Center
Presenter: Dennis Rockhill
Coordinator/Moderator: Sue Rocheleau
Dates: 1/23
Time: 10 a.m.-12 p.m.
Limit: 20

What is a makerspace and why are they important? Come for a tour of the Einstein Project's makerspace (in the STEM Innovation Center on campus). We'll show you the tools and materials that we use to create projects and workshops, explain how memberships work and show how makerspaces are making a difference in transforming education. We'll have a short, easy make-and-take project too!

2 It's a Mystery to Me (R)

Type: Classroom
Location: Green Bay
Classroom: Ashwaubenon Library
Presenter: Fred Delie
Coordinator/Moderator: Fred Delie
Dates: 1/23 2/13 3/6 4/3 5/1
Time: 1-3 p.m.
Limit: 15

We will discuss the latest mysteries we have read, either as a good work of fiction or nonfiction. Participants will have a few minutes to tell us why they like a particular book or author.

3 It's a Mystery to Me (R)

Type: Live Online (Zoom)
Presenter: Fred Delie
Coordinator/Moderator: Fred Delie
Dates: 1/23 2/13 3/6 4/3 5/1
Time: 1-3 p.m.
Limit: 15

We will discuss the latest mysteries we have read, either as a good work of fiction or nonfiction. Participants will have a few minutes to tell us why they like a particular book or author.

4 Design Tech - Intro CAD, 3D printing and Laser Cutting (R)

Type: Classroom
Location: Green Bay
Classroom: STEM Innovation Center
Presenter: Dennis Rockhill
Coordinator/Moderator: Sue Rocheleau
Dates: 1/30
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$10 Due at Registration

Are you interested in learning about 3D printing and laser cutting? It starts with CAD (Computer Aided Design) to create the content. We'll introduce you to the process using a simple CAD program called Tinkercad while working on fun and interesting projects. In this INTRO course we will design a luggage/backpack tag.

5 Lasers, Electrons, and Bubbles: Geoscience Research in the 21st Century (N)

Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: John Luczaj
Coordinator/Moderator: Karen Dallman
Dates: 1/30
Time: 1-3 p.m.
Limit: 200

Geoscience professor John Luczaj presents an overview of how geoscientists use technology to probe the microscopic world of rocks and minerals to understand their composition and history. Examples of topics will include scanning electron microscopy, laser ablation and mass spectrometry, cathodoluminescence, and fluid-inclusion analyses. Beautiful examples from around the world illustrate how scientists solve mysteries involving questions ranging from the timing of geologic events to the temperature and composition of ancient waters.

6 Why Have There Been No Great Women Composers? (N)

Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Janet Hathaway, Ph.D.
Coordinator/Moderator: Jim Hinckley
Dates: 2/6
Time: 10 a.m.-12 p.m.
Limit: 150

This provocative title is cribbed from art historian Linda Nochlin's article "Why Have There Been No Great Women Artists?" In her article she tells us outright that we are asking the wrong question. Because women who created art, literature and music experienced different circumstances and opportunities than men, it stands to reason that the work they produce should be considered and understood on its own terms. This presentation surveys several remarkable women composers and their music, primarily in the Western classical tradition, beginning with the abbess Hildegard of Bingen in the Middle Ages through Clara Schumann and into the 20th century.

7 Design Tech - Intro CAD, 3D printing and Laser Cutting - Coasters (R)

Type: Classroom
Location: Green Bay
Classroom: STEM Innovation Center
Presenter: Dennis Rockhill
Coordinator/Moderator: Theresa Reiter
Dates: 2/6 2/13
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$20 Due at Registration

Are you interested in learning about 3D printing and laser cutting? It starts with CAD (Computer Aided Design) to create the content. We'll introduce you to the process using a simple CAD program called Tinkercad while working on fun and interesting projects. In this course we will design a laser cut, layered, personalized drink coaster. No CAD experience is necessary, but one of our Design Tech Intro courses may be helpful (see catalogue).

8 Yoga Basics (R)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: Mary Hall
Coordinator/Moderator: Karen Dallman
Dates: 2/6 2/13 2/20
Time: 1-2 p.m.
Limit: 75

Understand how basic yoga techniques such as movement, breathing and mindfulness can be incorporated into your daily life to reduce stress, and improve strength and flexibility. Modifications for poses will be offered, so all are welcome to attend. All you need is a sturdy chair and a yoga mat.

9 A House is More than A Home: Native American Architecture (N)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: Sam E. Watson III, Ph.D.
Coordinator/Moderator: Pati Wiegand
Dates: 2/6
Time: 1-3 p.m.
Limit: 150

This session will explore the ideas and symbolism associated with different Native American architectural traditions. From the clan house of the Pacific Northwest to the Seminole chickee in the Southeast, we will study the ways that homes function on both practical and metaphysical levels.

10 Classics of European Cinema (N)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: David Coury Ph.D.
Coordinator/Moderator: Jim Hinckley
Dates: 2/13 2/20
Time: 10 a.m.-12 p.m.
Limit: 50

Paris and Berlin have often been cited as the birthplace of cinema and European filmmakers have honed the art of filmmaking over the course of the 20th century. This course will explore important movements and some of the classics of European cinema. We'll discuss what made these films great and what impact and effect these movements had on the history of cinema.

(N) - New Course (R) - Repeat (C) - Continuing

11 Legal Issues in Retirement (R)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Matt Geimer, Mary Rose Orcutt & Bob Geimer
Coordinator/Moderator: Shirley Garthwaite NA
Dates: 2/13 2/20
Time: 1-3 p.m.
Limit: 50

There is much to learn as we age. In this class we will discuss legal issues affecting us, including wills, trusts, powers of attorney, guardianship, estate tax, planning for a nursing home stay, gift tax rules, and other elder law issues. Geimer & Orcutt Law, S. C. has concentrated on elder law issues since 1990.

12 Tatted Greeting Cards (C)

Type: Classroom
Location: Green Bay
Classroom: RH230
Presenter: Nona Litzelman
Coordinator/Moderator: Mary Cook
Dates: 2/20 2/27 3/6 3/13
Time: 1-3 p.m.
Limit: 20

Learn to create original greeting cards decorated with various tatted designs and motifs. This course is for anyone who has already mastered the basics of shuttle tatting. Besides the usual tatting supplies, participants will need a few sheets of card stock paper, glue stick, and markers or acrylic paints.

13 Design Tech - Intro CAD, 3D printing and Laser Cutting - Hanging Lamps (R)

Type: Classroom
Location: Green Bay
Classroom: STEM Innovation Center
Presenter: Dennis Rockhill
Coordinator/Moderator: Sue Rocheleau
Dates: 3/6 3/13
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$25 Due at Registration

Are you interested in learning about 3D printing and laser cutting? It starts with CAD (Computer Aided Design) to create the content. We'll introduce you

to the process using a simple CAD program called Tinkercad while working on fun and interesting projects. In this course we will design a laser cut, personalized hanging lamp. No CAD experience is necessary, but one of our Design Tech Intro courses may be helpful (see catalogue).

14 Revisiting the Second Vatican Council (R)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Sr. Elise Cholewinski
Coordinator/Moderator: Wes Carvenough
Dates: 3/6 3/13 3/20
Time: 1-3 p.m.
Limit: 30

Last fall, The Catholic Church celebrated the 60th anniversary of the beginning of the Second Vatican Council. In this course, we will explore the reasons for having the council and the effects of the council. We will look at some of the changes that developed, especially in regard to the Scriptures, the mass and the Catholic Church's view of itself, other religions and the world.

15 Home Staging - Dressed to Sell (R)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Vickie Linssen
Coordinator/Moderator: Shirley Garthwaite
Dates: 3/13
Time: 10 a.m.-12 p.m.
Limit: 50

Staged homes sell faster and for more money. Home staging can be the best way to get top dollar by highlighting your home's strengths, downplay its weaknesses and appeal to the greatest number of buyers. Home staging is about getting a property sold for top dollar.

16 Simply Scrumptious Scones (R)

Type: Classroom
Location: Green Bay
Classroom: First Presbyterian Church
Presenter: Terry Smith & Sue Schuette
Coordinator/Moderator: Theresa Reiter
Dates: 4/3
Time: 10 a.m.-12 p.m.
Limit: 16
Fee: \$5 Due at Registration

Participate in making delectable scones, using a simple method and recipe that allows for many sweet and savory variations. A materials fee of \$5 is due at registration.

17 Shakespeare is Playing with You (and you might as well enjoy it!) (N)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: David Collins, Ph.D.
Coordinator/Moderator: Pati Wiegand
Dates: 4/3
Time: 10 a.m.-12 p.m.
Limit: 50

You like Shakespeare but sometimes get lost in passages that seem incomprehensible? Not to worry. Let's talk about focusing on the big picture, on learning to trust your instincts. We'll zero in on ways Shakespeare shapes audience reactions that don't require you to understand every arcane reference.

18 Coniferous Trees 101 (N)

Type: Outdoor
Location: Sheboygan
Classroom: Ellwood H. May Environmental Park
Presenter: Samantha Lammers, Ellwood H. May Environmental Park Director
Coordinator/Moderator: Liz Koehler
Dates: 4/3
Time: 10 a.m.-12 p.m.
Limit: 30

Join Master Naturalist Samantha Lammers in a deep dive of coniferous tree identification. We will be learning ways to easily identify differences in our native pine trees as well as putting our knowledge to the test by taking a hike in the pine forest areas of Maywood. This program will begin in the Pavilion with classroom identification. Please dress for any weather condition and hike at your own pace.

19 Next Solar Eclipse in America (N)

Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Gary Dallman
Coordinator/Moderator: Karen Dallman
Dates: 4/10
Time: 10-11:15 a.m.
Limit: 150

Many of us witnessed the last total solar eclipse in America on August 21, 2017. You have now lived long enough to start planning for the next total eclipse on April 8, 2024. This class will provide you with the path and timing of this unique event and also teach the fundamentals of the movements of the sun, moon, and earth, that create the phenomena.

20 Vegetable Gardening Tips (R)

Type: Classroom
Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Sue Schuette
Coordinator/Moderator: Shirley Garthwaite
Dates: 4/17
Time: 10 a.m.-12 p.m.
Limit: 25

Share gardening tips with other vegetable gardeners and "wannabes." Learn about varieties of vegetables that grow well in our area, organic ways to control pests and diseases, etc. By answering each other's questions, participants can become more successful gardeners.

(N) - New Course (R) - Repeat (C) - Continuing

21 Gentle Yoga (R)**Type:** Classroom**Location:** Green Bay**Classroom:** Allouez Village Hall**Presenter:** Ginny Siscoe**Coordinator/Moderator:** Contact the LLI Office to Volunteer**Dates:** 4/17 4/24 5/1 5/8 5/15 5/22**Time:** 1-2 p.m.**Limit:** 25

Join Ginny for a gentle practice of mindfulness, stretches, gentle yoga poses and movements coordinated with the breath. This yoga can be done on the floor or in a chair or as a combination of both, according to your body's needs. You will need to bring a yoga mat, water bottle and to wear comfortable, non-binding clothes or yoga apparel. Chairs will be available to use and if you'd like to bring props (block, towel, blanket, bolster, etc.) to enhance your practice feel free, but they are not required. Ginny often incorporates mantra, seed sounds, visualization and meditation into her yoga sessions and each includes a 5-10 minute Savasana (final resting pose) for total relaxation.

22 Campaigning For Local Office (N)**Type:** Classroom**Location:** Green Bay**Classroom:** RH220**Presenter:** Dan Theno**Coordinator/Moderator:** Gary Lewins**Dates:** 4/17**Time:** 1-3 p.m.**Limit:** 50

Whether you want to run for local office, help a friend run or just curious as to how political campaigns are organized and run, this course is for you. The course will cover the basics of campaigning for local office.

23 Slow Vinyassa Flow Yoga (R)**Type:** Classroom**Location:** Green Bay**Classroom:** Allouez Village Hall**Presenter:** Ginny Siscoe**Coordinator/Moderator:** Contact the LLI Office to Volunteer**Dates:** 4/17 4/24 5/1 5/8 5/15 5/22**Time:** 2:30-3:30 p.m.**Limit:** 25

Ginny will lead you through a slow-paced practice of mindfulness, stretches, yoga poses and movements coordinated with the breath on the floor and standing. You will need to bring a yoga mat and water bottle and wear comfortable non-binding clothes or yoga apparel. If you'd like to bring props (block, towel, blanket, bolster etc.) to enhance your practice feel free, but they are not required. Ginny often incorporates mantra, seed sounds, visualization and meditation into her yoga sessions and each includes a 5-10 minute Savasana (final resting pose) for total relaxation. This class is good for beginners and any yogi interested in a less intense, quiet, meditative, and restorative practice.

24 Wild Carrot Cuisine (N)**Type:** Classroom**Location:** Sheboygan**Classroom:** Wild Carrot Cuisine**Presenter:** Diane Trester**Coordinator/Moderator:** Jean Rausch**Dates:** 4/24**Time:** 10 a.m.-12 p.m.**Limit:** 6**Fee:** \$10 Due at Registration

Get your health on and join Chef Diane Trester, owner of Wild Carrot Cuisine, for a hands-on salad making experience. She is well-known in Sheboygan county for her gourmet catering and gluten free vegan creations. A \$10 course fee for ingredients is due at registration.

25 Tour of Steine's Water Gardens (N)**Type:** Classroom, Tour**Location:** Two Rivers**Classroom:** Steine's Water Gardens**Presenter:** Judy Sleger**Coordinator/Moderator:** Jane Hertel**Dates:** 5/1**Time:** 10 a.m.-12 p.m.**Limit:** 20

Steine's Water Gardens is a unique garden center offering over 9000 sq ft of greenhouses, specializing in fish and plants for ponds, water gardens and fountains. Tour their greenhouses with plants, koi and goldfish and explore what is available for those with backyard ponds/fountains. Explore the possibilities of creating beauty in your backyards with water.

26 Migration Identification (N)

Type: Outdoor

Location: Sheboygan

Classroom: Ellwood H. May Environmental Park

Presenter: Samantha Lammers, Ellwood H. May Environmental Park Director

Coordinator/Moderator: Liz Koehler

Dates: 5/1

Time: 10 a.m.-12 p.m.

Limit: 30

Join Master Naturalist Samantha Lammers as we hike the Maywood property in search of migrating songbirds, waterfowl, and other winged creatures. During our hike we will discuss the many varieties of species that pass through Maywood every spring and fall as well as some of the issues that are affecting migration for many of our native species. Please dress for any weather condition and come prepared for birdwatching. Some bird identification books and binoculars will be available in the Ecology Center.

27 Guided Walk in Baird Creek: Ecology and History Session A (R)

Type: Outdoor,Tour

Location: Green Bay

Classroom: Christa McAuliffe Park, 3100 Sitka Street, Green Bay, WI, 54311

Presenter: Charles Frisk

Coordinator/Moderator: Anneliese Waggoner

Dates: 5/8

Time: 10 a.m.-12 p.m.

Limit: 30

See the natural beauty of one of Green Bay's gems with a guided walk in nature. This area has been a long-standing preserve for local wildlife. Learn more about it for future generations to protect and enjoy. Session A will be walking on hills, inclines and dirt paths so if you have a walking stick, bring it along. This is the more challenging tour of the two offerings.

28 Guided Walk in Baird Creek: Ecology and History Session B (N)

Type: Outdoor, Tour

Location: Green Bay

Classroom: Lower Parking Lot, 324 Baird Creek Rd, Green Bay, WI 54311

Presenter: Charles Frisk

Coordinator/Moderator: Vickie Keigley

Dates: 5/8

Time: 1-3 p.m.

Limit: 30

See the natural beauty of one of Green Bay's gems with a guided walk in nature. This area has been a long-standing preserve for local wildlife. Learn more about it for future generations to protect and enjoy. Session B will be walking on a paved walkway and less challenging than Session A. This Session can accommodate walkers of any ability including walkers and wheelchairs (you need to provide the pusher).

29 Interactive Alpaca Ranch Tour - Session B (R)

Type: Outdoor

Location: Two Rivers

Classroom: LondonDairy Alpacas

Presenter: Kevin Stoer & Laura Prellwitz

Coordinator/Moderator: Barb Derenne

Dates: 5/22

Time: 10 a.m.-12 p.m.

Limit: 60

Fee: \$7 Payable on the Day of Class

Hands-on, educational, interactive tour with opportunities to meet, pet and feed one or more of our 50+ alpacas on a fourth generation farm. Learn about the unique qualities of alpaca fiber, their history in the Americas, husbandry and role in agritourism in NE Wisconsin. Sign up for Session A or B, but not both. A \$7 fee is due at class.

(N) - New Course (R) - Repeat (C) - Continuing

30 Is it Invasive? (N)**Type:** Outdoor**Location:** Sheboygan**Classroom:** Ellwood H. May Environmental Park**Presenter:** Samantha Lammers, Ellwood H. May Environmental Park Director**Coordinator/Moderator:** Liz Koehler**Dates:** 6/5**Time:** 10 a.m.-12 p.m.**Limit:** 30

Join Master Naturalist Samantha Lammers as we discuss many invasive plant and animal species in Wisconsin. From the Rusty Crayfish, to Honeysuckle, invasive species can have a devastating impact on our native landscapes. We will begin our program indoors with the who, what, when, and how's of some of our notorious invasive species. Our program will finish with a hike around the property to ID as many species as we can. Please dress for any weather condition.

Tuesday**31 Continuing Issues (C)****Type:** Classroom**Location:** Green Bay**Classroom:** RH220**Presenter:** Steve Jansen**Coordinator/Moderator:** Mike DeGrand**Dates:** 1/10 1/24 2/7 2/21 3/7 3/21 4/4 4/18**Time:** 1-3 p.m.**Limit:** 50

Discussion of international, national, state and local issues. A variety of opinions is valued. Class members will respect the other member's opinions and not condemn. Members are asked to email suggested topics of discussion 4 days prior to each class at: sjansen9@new.rr.com.

32 Learn to Play Chess (R)**Type:** Classroom**Location:** Green Bay**Classroom:** Gnome Games-East Mason St.**Presenter:** Pat Fuge/Gnome Games Staff**Coordinator/Moderator:** Mary Gajeski**Dates:** 1/17 1/24 1/31**Time:** 10 a.m.-12 p.m.**Limit:** 20

Chess is one of the oldest classic two-player

strategic board games in the world. It has been part of the world of game culture since the sixth century. It is played on a sixty-four-square board with sixteen pieces, each with a unique set of moves that are used to capture your opponent's pieces, forcing a "checkmate." During the three class sessions, you will learn how each of the pieces move and how to capture opponent's pieces, experiencing the basics of the game. This class will be held at Gnome Games Green Bay East (E. Mason).

33 Redaction Criticism of the Gospel Passion Narratives: Mark vs. Luke vs. Matthew (N)**Type:** Classroom**Location:** Green Bay**Classroom:** RH220**Presenter:** Julie Black-Harder**Coordinator/Moderator:** Mary Mueller**Dates:** 1/17 1/24 1/31**Time:** 10 a.m.-12 p.m.**Limit:** 30

Did you know that the author of the Gospel of Mark wrote the base story of Jesus' arrest, trial and crucifixion, and that Matthew and Luke each modified it to fit their own emphases and themes? In this class, we will learn and apply the scholarly tool of "redaction criticism" to these three narratives, analyzing them side-by-side, and so discover the distinctive messages each author wished to convey. The presenter holds a Master's Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College.

34 Bullet Journaling: Monthly Spreads (C)**Type:** Classroom**Location:** Marinette**Classroom:** Marinette Campus - M107**Presenter:** Linda Berry**Coordinator/Moderator:** Linda Berry**Dates:** 1/17**Time:** 1-3 p.m.**Limit:** 10

Want to keep on "track" monthly ... prioritize all your new habits ... practice gratitude and know where you're "supposed" to be every day in a fun, creative way? Then try Bullet Journaling and you will leave all those other planners behind!

35 Tour the Capitol Civic Centre (N)

Type: Classroom, Tour
Location: Manitowoc
Classroom: Capitol Civic Center
Presenter: PJ Albert, Executive Director
Coordinator/Moderator: Faye Malek
Dates: 1/24
Time: 10 a.m.-12 p.m.
Limit: 20

Enjoy a guided tour of the beautiful Capitol Civic Center (CCC) to learn of its history. View both public and backstage areas of the facility and get answers to your questions. There are a number of lunch opportunities within walking distance of the CCC.

36 Get on the Ball (N)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: Antonia Nelson
Coordinator/Moderator: Pati Wiegand
Dates: 1/31
Time: 10 a.m.-12 p.m.
Limit: 150

Enjoy a class learning to reduce pain, stiffness, incontinence and much more with gentle and simple techniques using a ball. It's like having your own therapist in your pocket. Antonia has 40 years experience as a Massage Therapist, Myofascial Release and Craniosacral therapist and will share her techniques with participants.

37 Sex and Gender: Complex Mosaics in a Black-and-White World (R)

Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Daniel Meinhardt
Coordinator/Moderator: Karen Dallman
Dates: 1/31
Time: 1-3 p.m.
Limit: 200

Awareness of the complex nature of gender is growing, however few people know that biological sex also comes in more than two forms. In this course we'll cover the basic biology of sex determination, then examine situations that deviate

from typical male and female states, including individuals who are born with the outer anatomy of a typical female, only to develop male anatomy spontaneously at puberty.

38 Learn to Play Backgammon (R)

Type: Classroom
Location: Green Bay
Classroom: Gnome Games-East Mason St.
Presenter: Pat Fuge/ Gnome Games Staff
Coordinator/Moderator: Kris Lewins
Dates: 2/7 2/14
Time: 10 a.m.-12 p.m.
Limit: 20

Backgammon is one of the oldest board games known. It is a two-player game where playing pieces are moved according to the roll of dice. A player wins by removing all of his or her pieces from the board before his/her opponent. This is an introductory course where the rules will be taught and is ideal for new players. This class will be held at Gnome Games Green Bay East (E. Mason St.).

39 Wau-Bun: The "Early Day" in the Northwest (N)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: Shirley VerBruggen
Coordinator/Moderator: Dean Cherry
Dates: 2/7
Time: 1-3 p.m.
Limit: 200

Take an adventure back in time to 1830 pre-Wisconsin to learn about Juliette Kinzie, a pioneer, author, historian, and wife of John Kinzie, the Indian Agent at Fort Winnebago, as told in her book, Wau-Bun.

(N) - New Course (R) - Repeat (C) - Continuing

40 Needle Felting a Pincushion (R)

Type: Classroom
Location: Green Bay
Classroom: RH230
Presenter: Gretchen Berg
Coordinator/Moderator: Sue Pike
Dates: 2/7 2/14
Time: 1-3 p.m.
Limit: 8
Fee: \$15 Due at Registration

This class will be a basic introduction to needle felting. Participants will work with wool roving and special barbed needles to make a pincushion. All materials will be provided. A materials fee of \$15 is due at time of registration.

41 Oneida Nation Bird Monitoring, Restoration, and Cultural Exchange (N)

Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Erin Giese
Coordinator/Moderator: Karen Dallman
Dates: 2/7
Time: 9-10:30 a.m.
Limit: 100

Since 2021, Northeastern Wisconsin (NEW) Audubon, Audubon Great Lakes, and UW-Green Bay formed a deep, collaborative partnership with the Oneida Nation through the successful implementation of a bird monitoring program at multiple restoration sites on the Oneida Nation Reservation. Project goals include collecting bird field data to inform land management decision, engaging a community of bird watchers from the Oneida Nation, UW-Green Bay, NEW Audubon, and other birding groups, and highlighting Oneida Nation's beautiful culture, language, and history. Attendees will learn about this exciting project and preliminary bird monitoring results.

42 AmeriCorps Seniors, What's it all about? (R)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Leanne Baeten
Coordinator/Moderator: Shirley Garthwaite
Dates: 2/14

Time: 10-11:30 a.m.

Limit: 50

This introduction of AmeriCorps Seniors, formerly known as Senior Corps, defines the program, discusses benefits, opportunities, and how to get involved. Participants will understand what AmeriCorps Seniors is, what it means to be an RSVP volunteer, who is served by these senior volunteers and what's in it for them should they get involved.

43 Learn to Play Cribbage (R)

Type: Classroom
Location: Green Bay
Classroom: Gnome Games-East Mason St.
Presenter: Pat Fuge/Gnome Games Staff
Coordinator/Moderator: Sue Johnson
Dates: 2/21 2/28
Time: 10 a.m.-12 p.m.
Limit: 20

Cribbage, as a two-handed card game, has been entertaining players since the seventeenth century. It is one of the most popular card games in the English-speaking world. Cribbage affords players the anticipation of the luck of the deal and ample opportunity to exercise their skills in discarding while using the board for scoring instead of pencil and paper. You will learn the basics of play, scoring and two or three-player cribbage while enjoying a morning of pegging out with the Gnomes. This class will be held at Gnome Games Green Bay East (E. Mason St.).

44 Experience the SS Badger Ferry (R)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: Shelby Soberalski
Coordinator/Moderator: Gary Hanna
Dates: 2/21
Time: 1-3 p.m.
Limit: 100

Since 1953 the SS Badger ferry has been in service on Lake Michigan. As a passenger and vehicle ferry it travels 62 miles from Manitowoc, WI to Ludington, MI on Hwy 10 across the lake. The presentation will go through the Badger's history from transporting railroad cars to today transporting semi trucks, RV's, motorcycles, cars, people and more from May to October each year. See what it's like on board on the four hour trip across the lake.

45 The Evolution of the Public Library in the United States (R)

Type: Classroom

Location: Green Bay

Classroom: RH230

Presenter: Julia Wallace, Ph.D., Tracy Vreeke and Sarah Sugden

Coordinator/Moderator: Vicki DeMain

Dates: 2/21

Time: 1-3 p.m.

Limit: 50

Public libraries have changed dramatically in the last 230 years, both in number and types of patrons, but also in their organization, collaboration and interaction with their communities. This presentation will discuss the initial history of the Public Library System in the United States and show how the library system in Wisconsin, created by state statute in 1971, has provided increased access to library resources for all patrons. Finally, we will examine how the local public library has become an integral part of our communities, providing resources far beyond simple reading pleasure. Presenter Julia Wallace will be joined by the Directors of the Nicolet Federated Library System and the Brown County Library.

46 Smartphone Device Workshop (N)

Type: Classroom

Location: Green Bay

Classroom: Christie Theater

Presenter: Eric Larson

Coordinator/Moderator: Mary Mueller

Dates: 2/21

Time: 1-3 p.m.

Limit: 100

This class will help answer those questions you are afraid to ask. You will also learn new things to make your smartphone more user friendly and make you comfortable with today's technology.

47 Progression of Dementia-What Skills Remain? (N)

Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Sheri Fairman

Coordinator/Moderator: Theresa Reiter

Dates: 2/28

Time: 1-2:30 p.m.

Limit: 50

Often progression of dementia is measured in stages and focuses on what skills are lost. This doesn't give us any tools to help provide care and support. There is a better way to understand the progression of the disease by looking at what skills remain. With Teepa Snow's trademarked GEMS State Model, attendees will gain deeper insight into the experience of the person with dementia that can help guide the care provided.

48 In This Economy?! Session A (N)

Type: Classroom

Location: Green Bay

Classroom: RH230

Presenter: John D. Weninger, CFP

Coordinator/Moderator: Mary Cook

Dates: 2/28

Time: 1-3 p.m.

Limit: 50

Inflation is at levels not seen in nearly four decades. Interest rates are rapidly increasing. Economic growth is beginning to slow. It's easy to ask the question how you'll enjoy a comfortable retirement "In This Economy?!" Join John D. Weninger, CFP, a Senior Wealth Advisor with Endowment Wealth Management as we look at making smart investment, tax, and estate planning decisions "In This Economy!" Class participation and questions are encouraged!

49 Burger Boat Company Capabilities, Opportunities and History (N)

Type: Classroom, Tour

Location: Manitowoc

Classroom: Burger Boat Company

Presenter: Brianna Sprague & Aaron Cerkas

Coordinator/Moderator: Faye Malek

Dates: 3/7

Time: 10 a.m.-12 p.m.

Limit: 30

Talk with Burger Boat associates about their roles in the company, view some of the history, see the progress of current projects, and tour the shipyard.

(N) - New Course (R) - Repeat (C) - Continuing

Attendees can enter the main entrance located on the east side of Spring Street. A parking lot is located near the entrance.

50 The Ins and Outs of Organ and Whole Body Donation (N)

Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Amanda Nelson CST, PhD

Coordinator/Moderator: Karen Lacey

Dates: 3/7

Time: 10 a.m.-12 p.m.

Limit: 50

Have you ever checked the organ donor box on your driver's license? In this course, we'll discuss what more you need to know about the processes of organ, tissue, and whole-body donation. Optional tour to UWGB's human cadaver lab.

51 In This Economy?! Session B (N)

Type: Classroom

Location: Green Bay

Classroom: RH230

Presenter: John D. Weninger, CFP

Coordinator/Moderator: Ed Smith

Dates: 3/7

Time: 1-3 p.m.

Limit: 50

Inflation is at levels not seen in nearly four decades. Interest rates are rapidly increasing. Economic growth is beginning to slow. It's easy to ask the question how you'll enjoy a comfortable retirement "In This Economy?!" Join John D. Weninger, CFP, a Senior Wealth Advisor with Endowment Wealth Management as we look at making smart investment, tax, and estate planning decisions "In This Economy!" Class participation and questions are encouraged!

52 Holy Land...Holy Smoke (R)

Type: Pre-recorded

Presenter: Dr. Richard J. Stevens, Ph.D.

Coordinator/Moderator:

Dates: 3/7 3/14 3/21 3/28

Time: 8 a.m.

Limit: 1000

This course explores places from the Old & New Testament with photos of actual sites in the Holy Land. We will look at Egypt, Bethlehem, Nazareth, Galilee & Jerusalem in the context of Old & New Testament stories. The Exodus & Mt. Sinai experiences and the formation of the Israeli people will be examined along with their influence upon Americans. We will consider the lands of Jesus' ministry, history of the early Christian church, and origins of the Bible & the creed. It is said that the geography of the Holy Land is like a "5th Gospel" because it so enlivens our understanding of Bible stories. Our talks look at history, anthropology, scripture, Holy Land places, theology, and the nature of prophets in O.T. and N.T. Participants will be sent a link to view the class online on the dates above, however it can be watched at your own pace.

53 Tour Krueger International (KI) - 100% Employee Owned (R)

Type: Tour

Location: Green Bay

Classroom: Krueger International

Presenter: John Kersten

Coordinator/Moderator: Gary Lewins

Dates: 3/14

Time: 10 a.m.-12 p.m.

Limit: 30

This tour of the KI flagship operation in Green Bay will include operations, metal fabrication, robotic welding, chrome plating, painting, assembly and distribution. KI, a contract furniture company, manufactures innovative furniture and moveable wall system solutions for educational, university, business and government markets. Participants MUST wear long pants and closed toe shoes. Safety glasses will be provided on-site. No photography is allowed. This tour will require walking for the entire duration of the tour. Parking is in the back lot. Enter the reception area in the front of the building next to the railroad tracks. Registered students ONLY!

54 “Mr. Jefferson’s Secret Agent” (N)

Type: Live Online (Zoom)

Classroom: Zoom

Presenter: James S. Pula

Coordinator/Moderator: Dean Cherry

Dates: 3/14

Time: 10 a.m.-12 p.m.

Limit: 200

Sometimes called the “hero of two continents,” Thaddeus Kosciuszko was a Polish engineer who was instrumental in the American victory over the British at Saratoga during the Revolutionary War, designed and constructed West Point, and later led an insurrection against Russian rule in Poland. He also wrote a will leaving his American assets to purchase the freedom of slaves and educate them to become good citizens. What most people do not know is that he also served as a secret agent for Thomas Jefferson when war threatened between the United States and France in the 1790s. This illustrated PowerPoint presentation will discuss this little-known event that prevented a war between two former allies.

55 Under the Trench Coat (R)

Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Colleen Belongea & Jill Goffin

Coordinator/Moderator: Theresa Reiter

Dates: 3/14

Time: 10 a.m.-12 p.m.

Limit: 50

What is the role of a private investigator (PI) in today’s world? This session looks at a variety of issues to provide clarity about the reality of private investigations. We will explore the difference between law enforcement and PI’s, how PI’s fit into the criminal justice system, the types of cases PI’s work, the “tools” of the trade and what Hollywood typically gets wrong. Myths - Charlie’s Angels, Magnum PI and Red Corvettes.

56 Connect with Curative Connections (N)

Type: Tour

Location: Green Bay

Classroom: Curative Connections

Presenter: Kari Moody

Coordinator/Moderator: Jim Huss

Dates: 3/21

Time: 1-3 p.m.

Limit: 25

Join us for a tour of Curative Connection’s 13 programs, which include training and employment services, dementia and healthy aging services, home and community services, adult day services, specialized transportation services, and brain rehabilitation services. Each program allows clients opportunities to build skills, have a better quality of life, a more independent way of living, and an enriching opportunity to grow.

57 Lost Lady: The Lady Elgin Tragedy Session A (N)

Type: Classroom

Location: Manitowoc

Classroom: UW-Manitowoc Campus F170

Presenter: M. Paul Hollander

Coordinator/Moderator: Ellen Framness

Dates: 3/28

Time: 10 a.m.-12 p.m.

Limit: 24

Lost Lady: The Lady Elgin Tragedy tells the background story of the politics, history and legacy which led to the worst disaster ever to occur on the Great Lakes. Two key characters of the 1860 story are 10-year-old Mary Ann Fahey and her friend, Willie Barry, the son of Captain Garrett Barry, commander of the Irish militia. The book, authored by Paul Timm, under the name of M. Paul Hollander, was released in 2018 and made headlines throughout Wisconsin.

58 More Birds and Poetry (N)

Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Mike Murphy & Cheryl Murphy

Coordinator/Moderator: Anneliese Waggoner

Dates: 3/28

Time: 10 a.m.-12 p.m.

Limit: 50

(N) - New Course (R) - Repeat (C) - Continuing

Birds have amazing abilities and for over a thousand years poets have been writing wonderful poems about them. This class follows up last semester's "Birds and Poetry" class with a focus on new birds and fascinating facts, photos and poems about them. The birds discussed range from wrens and grackles to Blue Footed Boobies and Magnificent Frigates, and the poets who wrote about them include Robert Frost and Ogden Nash.

59 Lost Lady: The Lady Elgin Tragedy Session B (N)

Type: Classroom

Location: Manitowoc

Classroom: UW-Manitowoc Campus F170

Presenter: M. Paul Hollander

Coordinator/Moderator: Bob Cook

Dates: 3/28

Time: 1-3 p.m.

Limit: 24

Lost Lady: The Lady Elgin Tragedy tells the background story of the politics, history and legacy which led to the worst disaster ever to occur on the Great Lakes. Two key characters of the 1860 story are passengers 10-year-old Mary Ann Fahey and her friend, Willie Barry, the son of Captain Garrett Barry, commander of the Irish militia. The book, authored by Paul Timm, under the name M. Paul Hollander, was released in 2018 and made headlines throughout Wisconsin.

60 Learn to play Catan (R)

Type: Classroom

Location: Green Bay

Classroom: Gnome Games-Ridge Rd.

Presenter: Pat Fuge

Coordinator/Moderator: Kris Lewins

Dates: 4/4 4/11

Time: 10 a.m.-12 p.m.

Limit: 24

Settlers of Catan, or just Catan, is a multiplayer board game which is one of the first German-style games to become popular in the U.S. (currently #1 here). In Catan, players assume the roles of settlers, each attempting to build and develop holdings while trading and acquiring resources. This is a learn-to-play class, and rules will be taught. This class will be held at Gnome Games Green Bay West (S. Ridge Rd.).

61 Clearing the Clutter from your Life (R)

Type: Classroom

Location: Sheboygan

Classroom: Sheboygan Campus - 3105

Presenter: Bill Horsch

Coordinator/Moderator: Ellen Framness

Dates: 4/11

Time: 10 a.m.-12 p.m.

Limit: 20

Instructions on cleaning up the clutter from your life. Class includes benefits of decluttering, where to begin, specific methods, and room to room guidelines.

62 Presidential Trivia 2 (R)

Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Sue Johnson

Coordinator/Moderator: Sue Johnson

Dates: 4/11

Time: 1-3 p.m.

Limit: 35

Learn interesting facts about Past Presidents and the Presidential office. For example, which President invented the swivel chair? Which President died from pneumonia after delivering a speech without his coat or hat? These and plenty of other interesting facts will be shared along with testing your knowledge of the Presidency.

63 Introduction to Role Playing Games (R)

Type: Classroom

Location: Green Bay

Classroom: Gnome Games, East Mason St.

Presenter: Pat Fuge/Gnome Games Staff

Coordinator/Moderator: Mary Gajeski

Dates: 4/18 4/25 5/2

Time: 10 a.m.-12 p.m.

Limit: 18

Tabletop Role Playing games are an interactive social storytelling game where the players interact with the game master to tell a story about how their characters will participate to tell the collective story of a grand adventure. You will learn the basics of the classic Dungeons and Dragons role-playing system in a fun and engaging adventure over three sessions. Bring pen and paper. Rules will be taught. This class will be held at Gnome Games Green Bay East (E. Mason St.).

64 The Benefits of Thrifting: Good for You and the Sponsoring Organization (N)

Type: Tour
Location: Sheboygan
Classroom: Richardson Hospice Resale Store
Presenter: Ruth Weigel
Coordinator/Moderator: Jeanne Pfeiffer
Dates: 4/18
Time: 10 a.m.-12 p.m.
Limit: 50

Richardson Hospice Resale Store is in Sheboygan County and serves the Sharon S. Richardson Community Hospice mission. Through purchases and donations, the resale store funds patient care to those in need, as well as outreach and education programs. In addition to providing a great place to shop, the Richardson Hospice Resale Store offers a truly meaningful volunteer experience! Store manager, Ruth Weigel, will provide participants with a tour, speak about the benefits of thrifting and allow some time to shop!

65 Wau-Bun: The “Early Day” in the Northwest (N)

Type: Classroom
Location: Green Bay
Classroom: RH230
Presenter: Shirley VerBruggen
Coordinator/Moderator: Karen Dallman
Dates: 4/18
Time: 1-3 p.m.
Limit: 50

Take an adventure back in time to 1830 pre-Wisconsin to learn about Juliette Kinzie, a pioneer, author, historian, and wife of John Kinzie, the Indian Agent at Fort Winnebago, as told in her book, Wau-Bun.

66 Glass Fusion Jewelry - Session A (R)

Type: Classroom
Location: Green Bay
Classroom: Festival Foods (University Ave) Community Room
Presenter: John Hathaway
Coordinator/Moderator: Vickie Keigley
Dates: 4/25 5/2
Time: 10 a.m.-12 p.m.
Limit: 30

Learn the process involved in making glass fusion jewelry. This is a demonstration class where participants will watch glass being cut, shaped, layered and glued together. Kiln firing of the glass will be done off site between classes. A fused glass will be ready for show at the second class, where findings will be attached. A basic description of fusing: full, laminating and slumping will be discussed. Sign up for Session A or Session B, NOT both please.

67 What is Justice? Law Way <=> Peace Way (N)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Judge Mark Warpinski & Judge David Raasch
Coordinator/Moderator: Pati Wiegand
Dates: 4/25 5/2
Time: 10 a.m.-12 p.m.
Limit: 50

This two session course will provide a philosophical comparison of state courts and tribal courts. Many tribal courts have attempted to bring back traditional dispute resolution techniques (Peacemaking) and have added these methods to their systems of justice. As a result, these courts and their procedures may differ from the procedures of a state court. The session will discuss a movement of some state courts to adopt alternative dispute resolution processes as an alternative to the adversarial system. Focus will be on “Peacemaking” with audience participation expected.

(N) - New Course (R) - Repeat (C) - Continuing

68 Glass Fusion Jewelry - Session B (R)

Type: Classroom
Location: Green Bay
Classroom: Festival Foods (University Ave) Community Room
Presenter: John Hathaway
Coordinator/Moderator: Pati Wiegand
Dates: 4/25 5/2
Time: 1-3 p.m.
Limit: 30

Learn the process involved in making glass fusion jewelry. This is a demonstration class where participants will watch glass being cut, shaped, layered and glued together. Kiln firing of the glass will be done off site between classes. A fused glass will be ready for show at the second class, where findings will be attached. A basic description of fusing: full, laminating and slumping will be discussed. Sign up for Session A or Session B, NOT both please.

69 History & Mystery in Medieval Italy (N)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: H.G. Watts
Coordinator/Moderator: Karen Dallman
Dates: 4/25
Time: 1-3 p.m.
Limit: 40

Millions know of St. Francis, but few realize a Roman noblewoman shares his crypt in Assisi...and was the only female at his deathbed. What may have bonded the two is at the heart of H.G. Watts' historical novel, "Blood of the Seven Suns." The author will share some surprising sights and insights gathered on her many trips to Italy.

70 Maximizing Your AncestryDNA Test Results (N)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: Tanner P. Sousley
Coordinator/Moderator: Sue Pike
Dates: 5/2
Time: 10-11:30 a.m.
Limit: 50

Learn how to maximize your autosomal AncestryDNA results through an in-depth DNA Analysis to help better understand your DNA results and how they can help identify individuals, break down pesky "Brick Wall" Ancestors, and confirm your family tree. This class will include an introduction and overview of AncestryDNA's DNA Story, their new "Ethnicity Inheritance" feature, and help with putting these data points into practice!

71 Biking Northeast Wisconsin (R)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: Lou Ann Norsetter
Coordinator/Moderator: Sue Pike
Dates: 5/2
Time: 1-3 p.m.
Limit: 100

Take a virtual ride on bike trails in northeastern Wisconsin. We'll describe trails in Green Bay and some within a 90-minute drive. We talk about surface conditions, trails of varying lengths, wildlife on the ride and historic sights. We also provide the logistics: parking, places to eat, trail fees, and seasonal events. We give a brief overview of popular bike racks for cars and picnic planning ideas. The course will entice participants to enjoy cycling throughout northeastern Wisconsin.

72 Ancient Rome on the Silver Screen: Myth versus Reality (N)

Type: Classroom
Location: Green Bay
Classroom: To Be Determined
Presenter: Gregory S. Aldrete
Coordinator/Moderator: Wes Carvenough
Dates: 5/9 5/16
Time: 11 a.m.-1 p.m.
Limit: 150

Does your favorite movie set in ancient Rome reflect myth or reality? This course looks at a set of famous Roman films and analyzes their historical accuracy in terms of plot, costumes, sets, and characterizations. Learn fascinating insights into the process of making each movie, and challenges filmmakers faced in bringing the ancient world to life. Some of the films covered include The Sign of the Cross, Cleopatra, Life of Brian, and HBO's Rome.

73 Try America's Fastest-Growing Sport, Pickleball! (N)

Type: Outdoor

Location: Green Bay

Classroom: Allouez Kiwanis Park

Presenter: Sue Bodilly

Coordinator/Moderator: Jim Hinckley

Dates: 5/9

Time: 1-3 p.m.

Limit: 20

Pickleball is a cross between tennis, badminton and ping pong. Its simplicity and reduced court-size makes it the paddle sport for everyone, young and old. Learn the rules, scoring and strategy from experienced instructors. Course will require a liability waiver. Bring water and tennis shoes. All other equipment is provided. This will be on Tuesday, May 9th from 1:00 to 3:00 p.m. (Rain Date, Thursday, May 11th) at Kiwanis Park, Allouez.

74 Mandalas (N)

Type: Classroom

Location: Marinette

Classroom: Marinette Campus - M107

Presenter: Linda Berry

Coordinator/Moderator: Sue Pike

Dates: 5/9

Time: 1-3 p.m.

Limit: 10

Mandalas are a geometric design that represents the universe. Want to know more about the history? Even better, want to create your own mandala using repetitive patterns and perhaps a bit of color? Come join the fun and explore ... no drawing experience needed. All you need is a pencil, a compass and a willingness to explore!

75 Tour of Manitowoc's Sabbatical Brewing Company (N)

Type: Tour

Location: Manitowoc

Classroom: Sabbatical Brewing Company

Presenter: Will Schneider

Coordinator/Moderator: Liz Koehler

Dates: 5/9

Time: 1-3 p.m.

Limit: 30

From grain to glass, enjoy a guided tour at Sabbatical Brewing Co. by owner and brewer, Will Schneider. Nestled in the Oriental Mill building, located in Manitowoc's historic Custerdale neighborhood, you'll receive part brewing lesson, part history lesson. The tour will culminate with a guided tasting in the taproom of four different Sabbatical beers, for a small fee, if desired.

76 Hearty Olive and Roadside Cucina Unite (N)

Type: Classroom

Location: Manitowoc

Classroom: The Hearty Olive

Presenter: Rick Couron & Diana Beschta

Coordinator/Moderator: Jean Rausch

Dates: 5/16

Time: 10:30 a.m.-12:30 p.m.

Limit: 20

Fee: \$10 Due at Registration

Rick from Hearty Olive and Chef Diana from Roadside Cucina would like to offer you a tasty culinary experience. Rick will discuss Hearty Olive's olive oils and vinegars. Chef Diana will prepare several dishes using local seasonal foods incorporating olive oils and vinegars. Come hungry as you will sample all dishes prepared. A \$10 fee for supplies is due at registration.

77 Civil War Medicine - Hollywood Version (N)

Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Gordon E. Dammann D.D.S.

Coordinator/Moderator: Pati Wiegand

Dates: 5/16

Time: 1-3 p.m.

Limit: 25

Scenes from 7 films portraying medical practices at the time of the Civil War will be shown and discussed as to their being good, bad, or ugly.

(N) - New Course (R) - Repeat (C) - Continuing

78 Von Stiehl Winery Tour (R)**Type:** Tour**Location:** Algoma**Classroom:** Von Stiehl Winery**Presenter:** Patti Seidl**Coordinator/Moderator:** Sue Johnson**Dates:** 5/16**Time:** 1-3 p.m.**Limit:** 15**Fee:** \$11 Payable on the Day of Class

Von Stiehl Winery is the oldest licensed winery in Wisconsin. It was established in 1967 by Dr. Charles Stiehl. Tour the winery where you will get to experience the underground cellars, see the bottling line, production facility, and then partake in wine tasting. You may stay and enjoy a glass of wine. Walking up a few stairs is required. A fee of \$11 is required the day of the event.

79 Authentic 1850s Windmill Tour - Session B (R)**Type:** Tour**Location:** Little Chute**Classroom:** Little Chute Windmill, Inc.**Presenter:** Volunteers**Coordinator/Moderator:** Cindy Johnson**Dates:** 5/23**Time:** 10 a.m.-12 p.m.**Limit:** 16**Fee:** \$6 Payable on the Day of Class

Be amazed! Experience history and discover how Little Chute came to be through immigration in the mid 1800s. Learn how technology harnessed wind power to benefit the lives of the Dutch by visiting a fully functioning authentic 1850s windmill that grinds grain into flour. Explore the Dutch artifacts found in the museum and even search out genealogy to find out if you are a descendent of an original founding citizen of Little Chute. A course fee of \$6 is due on day of class. Please register for Session A or B, not both.

80 Archery (R)**Type:** Classroom**Location:** Green Bay**Classroom:** STEM Innovation Center**Presenter:** Doug Thompson**Coordinator/Moderator:** Sue Johnson**Dates:** 5/23**Time:** 9-11 a.m.**Limit:** 16

An archery experience for beginners who want a fun morning learning how to shoot a bow and arrow. All equipment is geared for those of any age and ability. Your certified archery instructor will have you hitting bullseyes and popping balloons even if you have never used a bow before.

Wednesday**81 To Supplement or Not to Supplement: That is the Question! (R)****Type:** Classroom**Location:** Green Bay**Classroom:** RH220**Presenter:** Karen Lacey, MS, RDN, CD, FAND**Coordinator/Moderator:** Pati Wiegand**Dates:** 3/20 3/27

This class will take place on Mondays.

Time: 1-3 p.m.**Limit:** 50

Are you confused about whether or not dietary supplements should be taken? How do you know when they might be beneficial or even harmful? This expanded 2-part course will provide an overview of current supplement use and regulatory requirements for the safety and labeling of supplements in part one. Part two will continue by discussing science-based use and efficacy of many popular supplements. Helpful resources will also be provided.

THANK YOU

Thank you for working with us to make the
Lifelong Learning Institute at UW-Green Bay a success!

82 Choosing a Care Facility That Fits Your Needs (N)

Type: Classroom
Location: Sheboygan
Classroom: Sheboygan Campus - 3105
Presenter: Cheryl Kruschke , EdD, MS, RN, CNE
Coordinator/Moderator: Contact the LLI Office to Volunteer
Dates: 1/18
Time: 10 a.m.-12 p.m.
Limit: 24

How often do you hear someone say, “I am looking forward to going to the nursing home now that I am older”? Most of us will remain in our homes throughout our lives as we age. However for 3-5% of the population, services will be needed outside the home. Understanding your options before you must make this decision is critical in choosing the right care facility for yourself or someone you love or care about. In this class we will explore the options available in the state of Wisconsin and how you can choose the option that fits your needs.

83 Comfort Foods for the New Year (N)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: Lauren Tulig, RDN, CD & Casey Wing, RDN, CD
Coordinator/Moderator: Dean Cherry
Dates: 1/18
Time: 10 a.m.-12 p.m.
Limit: 800

The New Year calls for new recipes! Join Festival Foods Mealtime Mentors and registered dieticians as they show you how to make a better-for-you soup and dessert. Cook along from your kitchen OR sit back and learn tips and tricks for eating well. A shopping list and recipe will be emailed to all participants in advance of this Zoom class.

84 7 Step Chair Caning (R)

Type: Classroom
Location: Green Bay
Classroom: RH230
Presenter: Bill Seleen
Coordinator/Moderator: Patti Glendenning
Dates: 1/18 1/25 2/8 2/15 2/22 3/1
Time: 1-3 p.m.
Limit: 8

Students will learn the 7 Step chair caning method. Students will learn how to lay out and weave a seat, including binding. Students will need to contact the instructor at least two weeks before the start of the class with the chair they want to cane in hand. Students will need to order materials and a caning awl and pegs before the start of class. If you don't have a chair, Bill may be able to get you a stool kit for around \$30.

85 Stalag USA: WWII POW Camps (R)

Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Bob Cook
Coordinator/Moderator: Ed Smith
Dates: 1/25
Time: 10 a.m.-12 p.m.
Limit: 150

During World War II the United States was home to over 400,000 German and Italian POW's. There were even some in the State of Wisconsin. We will look at the places they were kept, the conditions of those camps, and how they lived, played, and worked.

86 Beginning Line Dancing (R)

Type: Classroom
Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: James Huss
Coordinator/Moderator: Mary Cook
Dates: 1/25 2/1 2/8
Time: 10 a.m.-12 p.m.
Limit: 50

Beginning Line Dancing is appropriate for those who have never line danced before and those who wish to review and refresh their knowledge of basic steps and terminology before participating in Intermediate Line Dancing. Experienced dancers are welcome to join as visual guides to assist beginners.

(N) - New Course (R) - Repeat (C) - Continuing

87 Creating a Safe Home Environment (N)**Type:** Classroom**Location:** Sheboygan**Classroom:** Sheboygan Campus - 3105**Presenter:** Cheryl Kruschke , EdD, MS, RN, CNE**Coordinator/Moderator:** Jeanne Pfeiffer**Dates:** 2/8**Time:** 10 a.m.-12 p.m.**Limit:** 24

Falls in and around the home result in thousands of injuries and deaths each year. This is one of the primary causes for individuals to need care outside the home. In this class we will focus on safety in the home especially as we age. We will discuss steps you can take to remain safe and secure while enjoying your retirement years.

88 Snowshoe Walk at Woodland Dunes Nature Preserve (R)**Type:** Outdoor**Location:** Two Rivers**Classroom:** Woodland Dunes Nature Preserve**Presenter:** Jessica Johnsrud**Coordinator/Moderator:** Jane Hertel**Dates:** 2/8**Time:** 10 a.m.-12 p.m.**Limit:** 9

Enjoy a guided snowshoe walk on the trails at Woodland Dunes Nature Center. Snowshoes, instruction and fun provided! The entire program will take place outdoors, wear warm socks, winter boots and warm clothing. If there is no snow, we will walk trails on foot.

89 Rebuilding: Life After Caregiving and Loss (N)**Type:** Live Online (Zoom)**Classroom:** Zoom**Presenter:** Elizabeth DenDekker, MSW, LCSW
Bereavement Specialist**Coordinator/Moderator:** Dean Cherry**Dates:** 2/8**Time:** 10 a.m.-12 p.m.**Limit:** 100

As a caregiver, you may experience a deep sense of purpose. As a long-term caregiver, that role becomes a large part of your identity. So, what

happens when caregiving ends? Do you lose your sense of purpose and sense of self? When you experience loss, grief focuses on the loss of the person. But another part of grief that we may be less aware of is losing our sense of self. Through the experiences of caregiving and loss, we may realize that we no longer know who we are without the lost loved one and the lost role of being a caregiver. In this session, we will explore how grief and loss impact our identity and learn strategies for coping and rebuilding life after loss.

90 Fun With Beads (R)**Type:** In Person**Location:** Green Bay**Classroom:** N.E.W. Beads and Jewelry**Presenter:** Jo Brinkley-Chaudoir**Coordinator/Moderator:** Pati Wiegand**Dates:** 2/8**Time:** 10-11 a.m.**Limit:** 10**Fee:** Described below

Create a beautiful dapped, textured and punched pendant using hammers, a dapping set and hole punch. This wonderful creation can be made with all copper or brass for \$25, all three metals for \$30 or all sterling for \$40.

91 RV Life: "I Love It" (R)**Type:** Classroom**Location:** Green Bay**Classroom:** RH220**Presenter:** Ken and Mary Braband**Coordinator/Moderator:** Sue Pike**Dates:** 2/8**Time:** 1-3 p.m.**Limit:** 50

Considering joining the rapidly growing lifestyle of RV ownership and wondering where to start? There's a lot to learn and many decisions to make. In this fun and informative class, Mary and Ken will describe types of recreational vehicles on the market, how to decide which one is right for you, buying tips, and how to get the most out of your RV after the purchase including helpful "do's" and "don'ts" about RV travel.

92 D-Day (R)

Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Walt Busalacchi
Coordinator/Moderator: Pati Wiegand
Dates: 2/15 2/22 3/1 3/8
Time: 10 a.m.-12 p.m.
Limit: 150

Join Walt Busalacchi for a repeat of this very popular 4-session presentation. The program begins with a review of events leading to the start of WWII and the evolution of Allied war plans; a review of the build-up of men and material, elaborate deception plans and German defenses. We will learn the critical objectives of the Airborne troops, and the Rangers at Point du Hoc. Lastly, we will chronicle the beach landings as they unfolded and German response.

93 Painting With Encaustics (Colored Beeswax) (R)

Type: Classroom
Location: Suamico
Classroom: Suamico Village Hall
Presenter: Deb O'Harrow
Coordinator/Moderator: Jane Hertel
Dates: 2/15
Time: 11:30 a.m.-2:30 p.m.
Limit: 8
Fee: \$10 Due at Registration

Following a brief history of the origin of "encaustics" (painting with colored beeswax), the technique will be demonstrated, after which participants will use their knowledge to paint a landscape on paper, using an iron and the beeswax medium. Learn a new way of painting and join in the fun! No prior painting experience is necessary to enjoy the class. The instructor will provide all the materials for this course. A \$10 fee is due to UW-Green Bay upon confirmation of enrollment.

94 Seeds 101: Everything You Need to Know to Start Your Vegetable Garden (N)

Type: Classroom
Location: Green Bay
Classroom: RH220 & UW-Green Bay Greenhouse
Presenter: Vicki Medland & Dorothy Summers
Coordinator/Moderator: Karen Dallman
Dates: 2/15 2/22
Time: 1-2:30 p.m.
Limit: 15

This course will cover the basics of what gardeners need to know in order to start their veggie gardens. The first session will cover seed botany including pollination and germination, genetics, GMO versus pollination, and selecting seed varieties. The second session will be hands on in the greenhouse and cover testing germination, starting seeds indoors and out, equipment and lights, keeping seedlings healthy, grafting seedlings, and transplanting.

95 Hospice 101 and Advance Directives (R)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: Dr. Amy James & Cathy Mileski, RN, CHPN
Coordinator/Moderator: Gary Hanna
Dates: 2/15
Time: 1-3 p.m.
Limit: 100

This class will cover hospice benefits for the entire family, hospice philosophy, eligibility, guidelines and benefits and the difference between Hospice, Palliative and Acute care. It will also cover the benefits of advance planning, initiating the end-of-life care conversation, myths associated with hospice and how to refer a loved one.

(N) - New Course (R) - Repeat (C) - Continuing

96 Intermediate Line Dancing (R)

Type: Classroom
Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: James Huss
Coordinator/Moderator: Nancy McGrew
Dates: 2/22 3/1 3/8 3/15 3/22
Time: 10 a.m.-12 p.m.
Limit: 50

Intermediate Line Dancing is appropriate for those who already understand beginning line dance terminology and will feel comfortable combining steps in new and challenging ways after a short review and demonstration of steps. Studies show that line dancing helps memory, balance and coordination. It's an enjoyable form of moderate exercise and you don't need to have a partner.

97 Food Is Medicine: Optimize Your Brain Health (N)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: LaReina Tipping, MSW, CAPSW
Coordinator/Moderator: Jim Hinckley
Dates: 3/1
Time: 10 a.m.-12 p.m.
Limit: 50

Our brain's constant supply of fuel comes from the foods we eat. Emerging research from the fields of neuroscience and nutrition shows that by changing what you eat, you can improve your mental and emotional well-being. You can stabilize your moods and improve your focus. You can even make your brain grow. Join us to learn how food affects the structure and function of your brain.

98 Writing Your Memoirs (C)

Type: Classroom
Location: Green Bay
Classroom: RH230
Presenter: Lou Ann Norsetter
Coordinator/Moderator: Karen Dallman
Dates: 3/1 3/8 3/15 3/22 3/29 4/5
Time: 1-3 p.m.
Limit: 25

This ongoing class continues to be a favorite for both new and seasoned writers. Each class session

focuses on different features in life writing to engage all levels of writing. Opportunities include sharing your 1-2-page memoir, coaching from other writers, easy exercises to help writers get started and even some suggestions for publishing. We have many returning memoirists but love to hear from new writers too. Consider this class even if you haven't started a life story yet.

99 From Pearl Harbor to Nagasaki - Air War in the Pacific (R)

Type: Classroom
Location: Green Bay
Classroom: To Be Determined
Presenter: Bob Cook
Coordinator/Moderator: Ed Smith
Dates: 3/8 3/15 3/22 3/29
Time: 10 a.m.-12 p.m.
Limit: 150

While the U.S. Navy believed in the beginning of WWII that this would be large ship conflict, it turned out to be fought by carrier aircraft. The strategic bombing of Japan turned out to be very different from what we used in Europe. We will look at the ships, planes, major battles and controversies relating to this part of WWII.

100 Issues Facing the Aging Population (N)

Type: Classroom
Location: Sheboygan
Classroom: Sheboygan Campus - 3105
Presenter: Cheryl Kruschke, EdD, MS, RN, CNE
Coordinator/Moderator: Jeanne Pfeiffer
Dates: 3/15
Time: 10 a.m.-12 p.m.
Limit: 24

The baby boomer generation is the largest generation of aging individuals in the United States. Issues being faced by this generation are far different from the issues faced by previous generations resulting in the need to understand these changing issues and proactively respond to them.

101 When Aging Parents Need Help: How to Start the Conversation of Care (N)

Type: Live Online (Zoom)

Classroom: Zoom

Presenter: Dawn Thaves: Referral Specialist

Coordinator/Moderator: Dean Cherry

Dates: 3/15

Time: 10 a.m.-12 p.m.

Limit: 100

Caring for a family member or close friend is one of the most important roles anyone will ever play. It may start with shopping for groceries, picking up medication or attending a doctor's appointment. Later, you may find yourself taking more time off from work, preparing meals, handling bills and potentially facing caregiver burnout. In this presentation we will examine the different signs of "need" and when the family caregiver should consider additional help to avoid burnout. We will also discuss some basic techniques that family members can use to initiate a conversation about care with a loved one.

102 Sap to Syrup (R)

Type: Outdoor

Location: Appleton

Classroom: Bubolz Nature Preserve

Presenter: Erica Bukouricz

Coordinator/Moderator: Kris Lewins

Dates: 3/15

Time: 9-11 a.m.

Limit: 30

Fee: \$5 Payable on the Day of Class

Enjoy the sweetness of spring with the magic of maple syrup season at the preserve. Participants will learn the history and process of making maple syrup from the sugar bush to the sugar shack. If the sap is running, we will tap a maple tree and enjoy ice cream topped with maple syrup.

103 Changing World of Recycling and Solid Waste (R)

Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Mark Walter

Coordinator/Moderator: Vickie Keigley

Dates: 3/22

Time: 10 a.m.-12 p.m.

Limit: 40

This course will discuss the process of recycling and solid waste management in the US and northeast Wisconsin with a look at how recycling and waste recovery efforts are changing.

104 Christmas Trees: A Profession (N)

Type: Classroom

Location: Green Bay

Classroom: RH230

Presenter: Jeff Aissen

Coordinator/Moderator: Pati Wiegand

Dates: 3/22

Time: 10 a.m.-12 p.m.

Limit: 50

This course will guide you through the endless variable activities involved in Christmas Tree Farming. From dinner table planning, to planting, caring, and selling, the jobs are constantly changing.

105 Christmas Trees: A Profession (N)

Type: Classroom

Location: Green Bay

Classroom: RH230

Presenter: Jeff Aissen

Coordinator/Moderator: Pati Wiegand

Dates: 3/22

Time: 10 a.m.-12 p.m.

Limit: 50

Join Jeff Aissen from Aissen Tree Farm as he guides us through the endless variable activities involved in Christmas Tree Farming. From dinner table planned discussions, to planting, caring, and selling, the jobs are constantly changing.

(N) - New Course (R) - Repeat (C) - Continuing

106 Vintage of Ada (N)

Type: Classroom
Location: Elkhart Lake
Classroom: Vintage of Ada
Presenter: Susan Puls
Coordinator/Moderator: Jean Rausch
Dates: 3/22
Time: 1-3 p.m.
Limit: 24

Join Susan Puls at her lovely country vintage shop in Ada to learn all about the difference between “vintage” and “antique,” how to determine the worth of a piece in the “hot” vintage market, and all things “Pyrex.” Susan owns a charming shop specializing in retro, cottage and repurposed furniture, kitchen, and garden goods for us to browse.

107 Beginning Spanish 4 (R)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Mary Elmer
Coordinator/Moderator: Jim Huss
Dates: 3/29 4/5 4/12 4/19 4/26 5/10
Time: 1-3 p.m.
Limit: 20

This class is for those who would like to build on previously acquired Spanish language skills. We will begin with a review of what we did in Spanish 3 in the fall and then focus on improving conversational skills while practicing new vocabulary and sentence structures. Course content varies each semester depending on the needs and interests of the class members. Information regarding textbook and supplies will be emailed to rostered members in March.

108 Spanish II (R)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Mary Elmer
Coordinator/Moderator: Julia Norton
Dates: 4/5 4/12 4/19 4/26 5/3 5/10
Time: 10 a.m.-12 p.m.
Limit: 20

After a review of Beginning Spanish 1, we will continue learning thematic vocabulary and the basic sentence structures needed to use our new words in conversation and in writing. Lessons will be supplemented by Internet resources and practiced through pair and group activities, short dialogs, games and assignments. Information regarding textbook options and supplies will be emailed to rostered members in March.

109 Critical Race Theory (N)

Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Bob Cook
Coordinator/Moderator: Kathy Bergner
Dates: 4/5 4/12
Time: 10 a.m.-12 p.m.
Limit: 150

What is Critical Race Theory? We will examine the component parts of this theory as proposed by its leading proponents. We will examine the critiques of this theory from both the conservative and liberal points of view. Finally, we will examine what place, if any, this theory has in our elementary, middle and high schools.

110 Picture Arranging Tips, Tricks, and Try's (R)

Type: Classroom
Location: Green Bay
Classroom: RH230
Presenter: Vickie Linssen
Coordinator/Moderator: Theresa Reiter
Dates: 4/5
Time: 10 a.m.-12 p.m.
Limit: 50

Picture arranging is always one of those “arts” that either you’re good at or not. Principles like balance, scale, proportion, color, rhythm, and more, are as important to displaying art as they are to painting the art. But have no fear, much can be learned with a few basics.

111 Advanced Line Dancing (R)

Type: Classroom
Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: James Huss
Coordinator/Moderator: Jim Huss
Dates: 4/5 4/12 4/19 4/26
Time: 9:30-11:30 a.m.
Limit: 50

This class is intended for those who feel confident about their knowledge of terminology used in Beginner and Intermediate Line Dance classes. Steps will be demonstrated and practiced, but songs will tend to be faster and involve multiple turns and combinations of steps.

112 Restoring Islands in Green Bay - Cat Island and Renard Island Restoration Efforts (R)

Type: Classroom
Location: Green Bay
Classroom: RH230
Presenter: Mark Walter
Coordinator/Moderator: Gary Lewins
Dates: 4/12
Time: 10 a.m.-12 p.m.
Limit: 40

The Cat Island Restoration recreated three islands in the lower bay, providing habitat for shorebirds and other critters. Renard Island is a man-made island built to hold material dredged from the bay and Fox River. New plans are being developed to turn it into public parkland.

113 Lakeside Foods Tour (R)

Type: Tour
Location: Manitowoc
Classroom: Lakeside Foods
Presenter: Brian Gates
Coordinator/Moderator: Sue Johnson
Dates: 4/12
Time: 10 a.m.-12 p.m.
Limit: 15

Tour Lakeside Foods Packaging center in Manitowoc; where the vegetables you enjoy at dinner are packaged daily. Lakeside Foods has been around since 1887. It is a family owned company

with the corporate headquarters in Manitowoc. You will tour the facility where vegetables are frozen and then packaged on automated robotic production lines to be delivered to the grocery store. Walking shoes are required.

114 Hartman's Towne & Country Greenhouse Tour (N)

Type: Tour
Location: Manitowoc
Classroom: Hartman's Towne & Country Greenhouse
Presenter: Tom Hartman
Coordinator/Moderator: Liz Koehler
Dates: 4/12
Time: 10 a.m.-12 p.m.
Limit: 20

Hartman's Towne & Country Greenhouse is a family owned garden center with over 75 years of experience. Tour the greenhouse and learn the process of how plants are prepared for the spring season.

115 Make Your Own Scrubbies (R)

Type: Classroom
Location: Green Bay
Classroom: RH230
Presenter: Agnes Fischer
Coordinator/Moderator: Theresa Reiter
Dates: 4/12
Time: 1-3 p.m.
Limit: 20

Join us for a fun learning experience and you'll never have to get your scrubbies at craft sales again. For this one-session class, participants will need several yards of nylon net, crochet hook J or K, a few straight pins and a scissors. Participants should know how to single crochet.

(N) - New Course (R) - Repeat (C) - Continuing

116 Tour Syble Hopp School (R)

Type: Tour
Location: Green Bay
Classroom: Syble Hopp School
Presenter: Abbie Schmidt
Coordinator/Moderator: Wes Carvenough
Dates: 4/19
Time: 10 a.m.-12 p.m.
Limit: 30

Syble Hopp School is a public school that is funded through Brown County. Educational programming is provided at Syble Hopp School to meet the needs of children with disabilities between the ages of three to a student's twenty-first birthday residing in Brown County in the seven districts served (De Pere, West De Pere, Wrightstown, Denmark, Ashwaubenon, Howard-Suamico and Pulaski). Through early intervention and the programming available in each district's integrated setting, attempts are made to avoid the need for continued special programming. In cases where continued special programming is necessary, education can take place in the least restrictive environment in which the child is successful at Syble Hopp School.

117 Climate Change and Energy Policy (R)

Type: Classroom
Location: Green Bay
Classroom: RH230
Presenter: Mike Kraft
Coordinator/Moderator: Gary Lewins
Dates: 4/19
Time: 10 a.m.-12 p.m.
Limit: 50

Climate Change is of increasing interest and importance and solutions lie in the remaking of energy policy, both in the United States and globally. This course reviews the challenges presented by climate change and solutions to it. Emphasis is given to the way we use energy today, current energy policies, proposals for changing energy use and public policies and conflicts that arise over such actions.

118 Popular Songs of Jerome Kern (N)

Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Terence O'Grady, PhD
Coordinator/Moderator: Wes Carvenough
Dates: 4/19
Time: 10 a.m.-12 p.m.
Limit: 150

Jerome Kern was one of the most renowned and successful composers of popular songs in the first half of the 20th century. Several of his songs are still known today, including some from his greatest Broadway show, Showboat, with lyrics by Oscar Hammerstein II. A number of others have also claimed an honored place in the American songbook tradition, including "All the Things You Are", "Smoke Gets in Your Eyes" and "They Didn't Believe Me".

119 Exceptional Equestrian Tour Session A (R)

Type: Tour
Location: De Pere
Classroom: Exceptional Equestrians
Presenter: Aaron Geitner
Coordinator/Moderator: Sue Johnson
Dates: 4/19
Time: 10 a.m.-12 p.m.
Limit: 15

Witness the healing power of horses through hippotherapy. Learn how equine hippotherapy strengthens and nurtures individuals of all ages. It helps improve their self esteem and aids in their achievement of functional skills. The class will learn about the facility and it's programs, tour the pediatric center and the sensory trail. Walking shoes are required.

120 Exceptional Equestrian Tour Session B (R)

Type: Tour

Location: De Pere

Classroom: Exceptional Equestrians

Presenter: Aaron Geitner

Coordinator/Moderator: Sue Johnson

Dates: 4/19

Time: 1-3 p.m.

Limit: 15

Witness the healing power of horses through hippotherapy. Learn how equine hippotherapy strengthens and nurtures individuals of all ages. It helps improve their self esteem and aids in their achievement of functional skills. The class will learn about the facility and it's programs, tour the pediatric center and the sensory trail. Walking shoes are required.

121 Tips and Secrets of Growing an Everyday Backyard Garden (N)

Type: Classroom

Location: Manitowoc

Classroom: Manitowoc Campus F170

Presenter: Conor Benham

Coordinator/Moderator: Liz Koehler

Dates: 4/19

Time: 1-3 p.m.

Limit: 24

Conor Benham, a Master Gardener, will share his successful ideas of producing a bountiful harvest of vegetables and herbs. Learn about soil preparation, fertilizing, mulching, common garden problems, what vegetables are compatible with each other as well as how to grow crops in a small hoop throughout the year in your backyard.

122 Climate Change and Energy Policy (R)

Type: Live Online (Zoom)

Classroom: Zoom

Presenter: Mike Kraft

Coordinator/Moderator: Pati Wiegand

Dates: 4/26

Time: 10 a.m.-12 p.m.

Limit: 200

Climate Change is of increasing interest and importance and solutions lie in the remaking of energy policy, both in the United States and globally This course reviews the challenges presented by climate change and solutions to it. Emphasis is given to the way we use energy today, current energy policies, proposals for changing energy use and public policies and conflicts that arise over such actions.

123 I Had No Idea: Tour and Luncheon at Meals On Wheels of Sheboygan County Inc. (N)

Type: Tour

Location: Sheboygan

Classroom: Meals On Wheels of Sheboygan County, Inc.

Presenter: Allison Thompson, CEO

Coordinator/Moderator: Jeanne Pfeiffer

Dates: 4/26

Time: 10 a.m.-12 p.m.

Limit: 30

Fee: \$15 Payable on the Day of Class

Most people who visit Meals On Wheels of Sheboygan County, Inc., leave saying "I had no idea". This is your chance to gain an inside look at North America's most successful FRESH meal delivery program and be "in the know" about what happens in your community. No other program grows, locally sources, and utilizes fresh fruits and vegetables as is done in Sheboygan County. This is credited to the community's agricultural backbone and successful manufacturers who help guide the way. This one-of-a-kind program includes a special lunch created by a top-notch culinary team as well as a behind the scenes tour of the facility, including gardens and a greenhouse. Meals on Wheels is located across from Aldi's. A \$15 fee is payable directly to Meals on Wheels on the first day of class.

(N) - New Course (R) - Repeat (C) - Continuing

124 Manitowoc Police Departments K-9 (R)**Type:** Classroom**Location:** Manitowoc**Classroom:** Manitowoc Campus F170**Presenter:** Officer Jason Koenig**Coordinator/Moderator:** Liz Koehler**Dates:** 4/26**Time:** 10 a.m.-12 p.m.**Limit:** 24

The K-9 Unit has been a vital tool for the citizens of Manitowoc and the surrounding communities and the officers of the Police Department since its introduction. From locating missing children to apprehending criminals, the K9's benefits are immeasurable. Join Officer Koenig along with K-9 partner as they share information about the program and show their K-9 partner's skills in action.

125 Spring Wildflower Hike (R)**Type:** Outdoor**Location:** New London**Classroom:** Mosquito Hill Nature Center**Presenter:** Mike Hibbard**Coordinator/Moderator:** Nancy Whitfield**Dates:** 5/10**Time:** 1-3 p.m.**Limit:** 25**Fee:** \$6 Payable on the Day of Class

Join naturalist Mike Hibbard for a spring wildflower hike. A short indoor presentation on spring flora will be followed by a leisurely hike on the hill in search of the ephemeral beauties of spring. No previous plant identification skills are required.

126 Interactive Alpaca Ranch Tour - Session A (R)**Type:** Outdoor**Location:** Two Rivers**Classroom:** London Dairy Alpacas**Presenter:** Kevin Stoer & Laura Prellwitz**Coordinator/Moderator:** Sue Johnson**Dates:** 5/17**Time:** 10 a.m.-12 p.m.**Limit:** 60**Fee:** \$7 Payable on the Day of Class

Hands-on, educational, interactive tour with opportunities to meet, pet and feed one or more

of our 50+ alpacas on a fourth generation farm. Learn about the unique qualities of alpaca fiber, their history in the Americas, husbandry and role in agritourism in NE Wisconsin. Sign up for Session A or B, but not both. A \$7 fee is due at class.

127 Habitat for Humanity: Safe, Decent, and Affordable Housing Solutions (N)**Type:** Classroom**Location:** Sheboygan**Classroom:** Sheboygan Campus - 3105**Presenter:** Niki Zohrab: Executive Director**Coordinator/Moderator:** Carol Dussault**Dates:** 5/17**Time:** 10 a.m.-12 p.m.**Limit:** 24

Habitat for Humanity is best known for building houses in developing countries, but the organization was established for families closer to home. Habitat Lakeside Executive Director, Niki Zohrab, will cover the history of this international organization, their rapid growth, the development of the affiliate, current programs, and how they impact our community.

128 Sharon S. Richardson Community Hospice Tour (N)**Type:** Tour**Location:** Sheboygan**Classroom:** Sharon S. Richardson Community Hospice**Presenter:** Luann Travis, Senior Manager of Outreach**Coordinator/Moderator:** Jeanne Pfeiffer**Dates:** 5/24**Time:** 10 a.m.-12 p.m.**Limit:** 15

Sharon S. Richardson Community Hospice is the only hospice provider in Sheboygan and Manitowoc counties that has an Inpatient Unit that assists patients and their family who need 24 hours of skilled nursing. Most of our hospice services take place in homes or senior living communities but sometimes patient needs are best met at our Inpatient Unit. Please join us for a tour of the Sharon S. Richardson Community Hospice and a presentation about our services and mission. Limited to 15 participants.

129 Bookworm Gardens: Guided Tour (N)

Type: Outdoor
Location: Sheboygan
Classroom: Bookworm Gardens
Presenter: Amanda Salazar: Coordinator of Adult Tours
Coordinator/Moderator: Jeanne Pfeiffer
Dates: 5/24
Time: 1-3 p.m.
Limit: 30
Fee: \$15 Due at Registration

Bookworm Gardens is a vibrant, playful botanic garden located in Sheboygan, Wisconsin, and inspired by children's literature, the natural world, and the imagination. Get an insider's view into the creation, mission, operation, and future of Bookworm Gardens, led by our knowledgeable volunteers or staff members, while enjoying the beauty and splendor of the Gardens. Chat with us about planting, garden features, children's literature, programming, and how the Gardens are utilized for the enjoyment and education of people of all ages. This is an outdoors walking tour and will take place rain or shine! There is a \$15 dollar fee, no refunds within a month of tour date.

Thursday

130 U.P. Stories (Book Club) (R)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: Diane Shepard & Linda Berry
Coordinator/Moderator: Julia Wallace
Dates: 1/19 2/16 3/16 4/20
Time: 10 a.m.-12 p.m.
Limit: 25

Help us explore the history, myth and mystery of the Upper Peninsula of Michigan. We will read four books over four months and talk about what we have read. Last presented fall 2022.

131 Haiti: The Lost Decade After the 2010 Earthquake (N)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Theresa Charapata

Coordinator/Moderator: Wes Carvenough
Dates: 1/12
Time: 1-3 p.m.
Limit: 50

On the 13th anniversary of the 2010 earthquake that struck Haiti, we will look at the plethora of reasons why Haiti still struggles to recover over a decade later. In addition, we will preview first-hand photos of my experiences, two months after the earthquake, as I traveled to Haiti to help with the earthquake effort and to be immersed in a mix of culture, compassion, and corruption.

132 Introduction to Wales (R)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Mike Murphy & Cheryl Murphy
Coordinator/Moderator: Sue Johnson
Dates: 1/19
Time: 10 a.m.-12 p.m.
Limit: 50

A historical, cultural and pictorial overview of Great Britain's smallest country, famous for its spectacular castles, picturesque mountains, quaint villages, charming legends, distinctive harp and choral music and a surprising number of distinguished actors and writers, including Dylan Thomas.

133 Books and You (R)

Type: Zoom
Classroom: Zoom
Presenter: Terri Gulyas
Dates: 1/19 2/16 3/16 4/20
Time: 1-2:30 p.m.
Limit: 12

Explore various genres, themes, or authors. Members are invited to discuss a book of their own choosing within the assigned topic.

1/19: book related to winter weather disasters

2/16: book related to a president whose term was between 1850-1900

3/16: book set in Ukraine or Nigeria

4/20: book written by Willa Cather or Zora Neale Hurston

(N) - New Course (R) - Repeat (C) - Continuing

134 Knit a 'Top-Down' Sweater (R)**Type:** Classroom**Location:** Green Bay**Classroom:** RH230**Presenter:** MaryLu Sachs**Coordinator/Moderator:** Theresa Reiter**Dates:** 1/19 1/26 2/2 2/9 2/16**Time:** 1-2:30 p.m.**Limit:** 8

Participants will make an adult-size pullover or cardigan sweater beginning at the top, without seams. We will be using 'Ann Norling Adult Top-down Raglan Pattern #60.' Patterns will be available at the first class. We will go over the pattern, choose a size and discuss what yarn and needles will be needed for class. Class attendants must know how to cast-on, knit and purl.

135 Tracking the Phantoms (N)**Type:** Classroom**Location:** Green Bay**Classroom:** RH220**Presenter:** John Jacobs**Coordinator/Moderator:** Ed Smith**Dates:** 1/19**Time:** 1-3 p.m.**Limit:** 50

Using the latest technology, we will follow Red-shouldered hawks as they migrate from Wisconsin in the fall to their wintering grounds and then back north in the spring to their nesting areas.

136 Spiders: Tiny Tool-Using Tigers (R)**Type:** Classroom**Location:** Green Bay**Classroom:** Christie Theater**Presenter:** Professor Mike Draney**Coordinator/Moderator:** Sue Rocheleau**Dates:** 1/19**Time:** 9-11:30 a.m.**Limit:** 200

Spiders are one of the most diverse and ecologically important groups of animals on Earth, and they have a prominent place in human cultures and the human mind as well. Arachnologist Michael Draney will attempt to answer any questions you might have about these interesting animals, and try to convey the fascination that has led him to devote

his scientific career to their study. We will take a visual and intellectual journey across the planet and through geological time to see how spiders have become so successful in nearly every terrestrial environment. Hopefully, you may begin to see spiders as beautiful creatures, and replace fear and loathing with wonder and respect.

137 Great Decisions 2023 (R)**Type:** Classroom**Location:** Green Bay**Classroom:** United Congregational Church**Presenter:** Jeff Gibson & Jim Landry**Coordinator/Moderator:** Kris Lewins & Bob Cook**Dates:** 1/26 2/9 2/23 3/9 3/23 4/6 4/20 5/4**Time:** 10 a.m.-12 p.m.**Limit:** 50**Fee:** To Be Determined

This eight-session course will use the published 2023 topic material of the Foreign Policy Association. We will begin with a brief 15-minute video that covers some of the written material, followed by a group discussion of the respective topic, sharing ideas, concerns and suggestions. Reading the material prior to the discussion (5-12 pages) is essential to having a meaningful discussion. The following are the topics to be covered:

- 1) Global Famine - Lack of food worldwide.
- 2) Climate Migration - The human impact of climate change.
- 3) Energy Geopolitics - The oil and gas industries in flux.
- 4) Economic Warfare - The power of sanctions.
- 5) War Crimes - A history of crimes against humanity.
- 6) Elections in Latin America - The rise of left-wing governments in Latin America,
- 7) China's Foreign Policy - China's push for global dominance.
- 8) Iran and the Gulf States - Iran's status in the world. A course fee of TBD is due at the time of registration for the class text, the Great Decisions 2023 Briefing Book.

138 Journey of Grief (N)

Type: Live Online (Zoom)

Classroom: Zoom

Presenter: Amanda Prue

Coordinator/Moderator: Jim Huss

Dates: 1/26

Time: 10 a.m.-12 p.m.

Limit: 150

This course will provide an overview of grief, including misconceptions and common experiences of grief. It will also cover the rights a person has when grieving, how to care for yourself while grieving and ideas on how to offer support to a person grieving.

139 Telling Stories in Stone: What can Volcanic Rocks Tell Us? (N)

Type: Classroom

Location: Green Bay

Classroom: Christie Theater

Presenter: Shawn J. Malone

Coordinator/Moderator: Karen Dallman

Dates: 1/26

Time: 1:30-3:30 p.m.

Limit: 200

In this course we will examine the textures and minerals of volcanic rocks, and learn how to use them to investigate the Earth processes that formed them.

140 Hairpin Lace (N)

Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Pati Wiegand

Coordinator/Moderator: Pati Wiegand

Dates: 2/2 2/9 2/16

Time: 10 a.m.-12 p.m.

Limit: 10

You really don't need to know how to knit or crochet to make a beautiful afghan. A simple single crochet stitch is all it takes! Bring a couple of simple items and a skein of your favorite color worsted weight yarn along with a cup of coffee and we'll have a fun time.

141 Spread the Word, About Cheese That Is! (R)

Type: Classroom

Location: Green Bay

Classroom: RH230

Presenter: Mary Lindemann

Coordinator/Moderator: Jean Rausch

Dates: 2/2

Time: 10 a.m.-12 p.m.

Limit: 25

Learn the origin of the iconic Midwest snack, Cheese Spread! Gain insight into the art of cheese. Learn how a local Wisconsin company, Pine River Pre-Pack, crafts their award-winning cheese spreads and markets them across the country. Cheese spread is not just for crackers anymore. Liven up any recipe and learn how "to spread beyond the cracker." Best of all, enjoy samples of a variety of flavors.

142 Group Piano (R)

Type: Classroom

Location: Green Bay

Classroom: Jeff's Music

Presenter: Heidi Lueck

Coordinator/Moderator: Jane Hertel

Dates: 2/2 2/9 2/16 2/23

Time: 1-2:30 p.m.

Limit: 10

This course is geared toward beginners with little or no experience. Anyone, regardless of age, musical background or talent can learn in a fun, relaxed and pressure-free environment. Basic note reading, rhythm and efficient practice techniques are taught. The class will use Alfred's Basic Adult Piano Course Book 1 (ISBN 0882846167), which everyone should have on first day of class. This book can be purchased through area music stores or online.

(N) - New Course (R) - Repeat (C) - Continuing

143 Following the Money - Exposing the Mysteries of the Federal Reserve System (R)**Type:** Live Online (Zoom)**Classroom:** Zoom**Presenter:** Bob Srenaski**Coordinator/Moderator:** Gary Hanna**Dates:** 2/9**Time:** 10 a.m.-12 p.m.**Limit:** 150

It's called "The Fed" and it is the most powerful financial institution in the world and its decisions affect our everyday lives and financial well-being. Yet its structure and secretive decision-making methods are shrouded in mystery. We'll pull back the curtain and expose the FED for what it really is.

144 Oneida Nation Bird Monitoring, Restoration, and Cultural Exchange (N)**Type:** Live Online (Zoom)**Classroom:** Zoom**Presenter:** Erin Giese**Coordinator/Moderator:** Ed Smith**Dates:** 2/9**Time:** 9-10:30 a.m.**Limit:** 100

Since 2021, Northeastern Wisconsin (NEW) Audubon, Audubon Great Lakes, and UW-Green Bay formed a deep, collaborative partnership with the Oneida Nation through the successful implementation of a bird monitoring program at multiple restoration sites on the Oneida Nation Reservation. Project goals include collecting bird field data to inform land management decision, engaging a community of bird watchers from the Oneida Nation, UW-Green Bay, NEW Audubon, and other birding groups, and highlighting Oneida Nation's beautiful culture, language, and history. Attendees will learn about this exciting project and preliminary bird monitoring results.

145 The 26th Wisconsin in the Civil War (N)**Type:** Live Online (Zoom)**Classroom:** Zoom**Presenter:** James S. Pula**Coordinator/Moderator:** Gary Hanna**Dates:** 2/16**Time:** 10 a.m.-12 p.m.**Limit:** 200

Formed from the German communities in eastern Wisconsin, the 26th Wisconsin Infantry, known also as the Sigel Regiment, fought and bled its way through some of the Civil War's most difficult battles-Chancellorsville, Gettysburg, Chattanooga, the Atlanta Campaign, Sherman's March to the Sea, and the campaign in the Carolinas. By war's end it had played a significant role in the conflict and had the casualty list to prove it. This illustrated PowerPoint presentation follows the regiment, and some of the men who served in it, through the difficult years of their service to illustrate their contributions to the Union victory.

146 Seroogy's Tour Session A (R)**Type:** Tour**Location:** Green Bay**Classroom:** Seroogy's**Presenter:** Marjorie Hitchcock & James Seroogy**Coordinator/Moderator:** Shirley Garthwaite**Dates:** 2/16**Time:** 10 a.m.-12 p.m.**Limit:** 16

Chocolates, caramels, clusters and creams galore! Discover how for more than 100 years, Seroogy's Chocolates has been creating these confections. Learn where chocolate comes from and how it is processed. The class includes a tour of Seroogy's De Pere production facility. Sign up for Session A or Session B. Do not sign up for both.

147 Seroogy's Tour Session B (R)**Type:** Tour**Location:** Green Bay**Classroom:** Seroogy's**Presenter:** Marjorie Hitchcock & James Seroogy**Coordinator/Moderator:** Pati Wiegand**Dates:** 2/16**Time:** 1-3 p.m.**Limit:** 16

Chocolates, caramels, clusters and creams galore! Discover how for more than 100 years, Seroogy's Chocolates has been creating these confections. Learn where chocolate comes from and how it is processed. The class includes a tour of Seroogy's De Pere production facility. Sign up for Session A or Session B. Do not sign up for both.

148 How to Choose a Paint Color (R)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Vickie Linssen
Coordinator/Moderator: Shirley Garthwaite
Dates: 2/23
Time: 10 a.m.-12 p.m.
Limit: 50

With the vast array of color choices available, it can be hard to know where to begin. You want to make sure you're not only choosing the right colors, but also colors that will coordinate from room-to-room, or from interior to exterior. The good news is that there are many easy resources available to help you create your palette with confidence.

149 ADRC Services through Life's Changes (N)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: Megan Kolton, Barb Michaels and Teri Bradford
Coordinator/Moderator: Pati Wiegand
Dates: 3/2
Time: 11 a.m.-12 p.m.
Limit: 25

Experience a story about one family involving 3 generations and how they benefited from ADRC services. Learn how ADRC services may impact your life and those you love.

150 Piano Ensemble (R)

Type: Classroom
Location: Green Bay
Classroom: Jeff's Music
Presenter: Heidi Lueck
Coordinator/Moderator: Mary Cook
Dates: 3/2 3/9 3/16 3/23
Time: 1-2:30 p.m.
Limit: 10

This course is geared toward beginners with some experience with reading music. However, early intermediate musicians will be given more

challenging ensemble parts when available. The focus will be on the enjoyment of group playing. The class will use Adult Piano Course Book 1B (ISBN 0-7390-1376-9), which everyone should have on first day of class. This book can be purchased through area music stores or online.

151 We are Stardust (R)

Type: Pre-Recorded
Presenter: Gary Dallman
Dates: 3/2
Time: 8 a.m.
Limit: 1000

The visible world is made from various combinations of fundamental building blocks called elements. This course investigates the origin of these elements from cosmic and stellar processes.

152 Kids Teaching Art to Adults (N)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Craig Knitt
Coordinator/Moderator: Jim Hinckley
Dates: 3/9
Time: 10 a.m.-12 p.m.
Limit: 30

Would you like to experience an art lesson taught by kids? Recall the Wallace Foundation "Youth Arts Initiative" project at the Boys and Girls Club of Greater Green Bay introducing children to the arts as presented previously in Fort Howard Hall. The kids are now skilled and confident, calling themselves the "Count on Me Academy" and teaching adults. They will lead course participants through a hands-on art lesson with support from Creative Arts Specialist, Craig Knitt. All materials will be provided for this fun and engaging art making session.

(N) - New Course (R) - Repeat (C) - Continuing

153 One Indian's Journey: From Savage to Published Poet/Playwright (N)**Type:** Classroom**Location:** Green Bay**Classroom:** Christie Theater**Presenter:** Louis Clark III**Coordinator/Moderator:** Pati Wiegand**Dates:** 3/9**Time:** 1-3 p.m.**Limit:** 200

Our presenter, Louis Clark III, will share the Oneida creation story, then Dekanawida and Hiawatha, who established the Great Law and formed the Hundonashonee (Iroquois Confederacy). He will share their relationship to the U.S. Constitution. The Oneida's involvement in the Revolutionary War will be discussed, which allowed some of Mr. Clark's own children to win DAR and SAR scholarships. From here, our discussion will look at the Oneida's move from New York to Green Bay, Mr. Clark's Carlisle experience, his parent's homesteading, both white and Indian during the depression and through WWII until he was born. The class closes with Mr. Clark's journey from learning that he was one of the savages that Columbus came to save, through his life today. Mr. Clark will use poetry in his talk as a way to connect with the "oral" traditions of his people.

154 What Does "A New Study Shows" Really Mean? An Inside Look at Headline-Grabbing Biomedical Research (N)**Type:** Live Online (Zoom)**Classroom:** Zoom**Presenter:** James V. Lacey Jr, MPH, Ph.D.**Coordinator/Moderator:** Dean Cherry**Dates:** 3/9**Time:** 1-3 p.m.**Limit:** 100

Biomedical research studies can generate exciting news about steps we can take to stay healthy, avoid disease, and live longer. Understanding how those studies are conducted can help the public "see beyond the headlines" and navigate health advice that seems to constantly change. This lecture will describe how these studies do what they do and how consumers can deploy healthy skepticism about the latest health news.

155 What Does "A New Study Shows..." Really Mean? An Inside Look at Headline-Grabbing Biomedical Research (N)**Type:** Live Online (Zoom)**Classroom:** Zoom**Presenter:** James V. Lacey Jr, MPH, Ph.D.**Coordinator/Moderator:** Dean Cherry**Dates:** 3/9**Time:** 1-3 p.m.**Limit:** 100

Biomedical research studies can generate exciting news about steps we can take to stay healthy, avoid disease, and live longer. Understanding how those studies are conducted can help the public see beyond the headlines - and navigate health advice that seems to constantly change. This lecture will describe how these studies do what they do and how consumers can deploy healthy skepticism about the latest health news.

156 Discussion of William Shakespeare's The Merchant of Venice (N)**Type:** Classroom**Location:** Green Bay**Classroom:** RH220**Presenter:** Rob Miller**Coordinator/Moderator:** Bob Cook**Dates:** 3/16**Time:** 10 a.m.-12 p.m.**Limit:** 30

The Merchant of Venice is arguably Shakespeare's most controversial play with suggestions that it should be banned because of alleged anti-semitism. In an age of cancellation and microaggressions, I think it is important to discuss the play. It has some of Shakespeare's most famous lines. Participants can watch a performance of the play in advance on Youtube and/or Prime for next to nothing. In addition, the play is readily available on the internet at no cost.

157 What's Your Neutral: Beige or Gray? (R)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Vickie Linssen
Coordinator/Moderator: Theresa Reiter
Dates: 3/23
Time: 10 a.m.-12 p.m.
Limit: 50

Homes need a neutral color that works as a general backdrop and people gravitate to one more than the other. Selecting a neutral doesn't mean we won't use other colors. People's preferences usually trump the trends, but one is often trendier than the other. Let's determine your neutral.

158 Bringing Wisconsin's Shipwrecks Back to Life (N)

Type: Classroom, Tour
Location: Manitowoc
Classroom: Wisconsin Maritime Museum
Presenter: Kevin Cullen
Coordinator/Moderator: Faye Malek
Dates: 3/30
Time: 10 a.m.-12 p.m.
Limit: 50
Fee: \$10 Payable on the Day of Class

This course will explain how the museum is working with experts using cutting-edge technology to document, conserve and interpret Wisconsin shipwrecks and thousands of recently acquired artifacts that were salvaged from these wrecks between the 1960s and 1980s. A gallery tour and up-close viewing of shipwreck artifacts will be provided as part of the course. A fee of \$10 is due on the day of the course.

159 Sugar - The Hidden Sugars You Eat (N)

Type: Classroom
Location: Green Bay
Classroom: RH230
Presenter: Sherri Szczepanski, APNP
Coordinator/Moderator: Theresa Reiter
Dates: 3/30
Time: 1-3 p.m.
Limit: 50

Sugar is commonly found in many foods. A food demonstration will be done to learn how much hidden sugars are in foods. Learn how much sugar our body really needs.

160 Music to My Ears (R)

Type: Classroom, Tour
Location: Manitowoc
Classroom: Franciscan Center for Music Education and Performance
Presenter: Sister Carol Ann Gambsky & Sandra Eithun
Coordinator/Moderator: Jean Rausch
Dates: 3/30
Time: 1-3 p.m.
Limit: 25

Tour the state-of-the art Franciscan Center for Music Education in Manitowoc. Learn to play handbells from the talented composer/arranger Sandra Eithun. Be ready to be amazed when you hear yourself making beautiful music in just one hour.

161 Art of Calligraphy (R)

Type: Classroom
Location: Green Bay
Classroom: RH230
Presenter: Kay Barlament
Coordinator/Moderator: Pati Wiegand
Dates: 4/6 4/13 4/20
Time: 10 a.m.-12 p.m.
Limit: 12

Calligraphy is described by the Greeks as 'beautiful writing'. This 3 week course will get you started on creating your own artwork. Basic strokes of the chancery style will be taught, but other styles will also be presented.

(N) - New Course (R) - Repeat (C) - Continuing

162 Gospel of Q: The Earliest Gospel (N)**Type:** Classroom**Location:** Green Bay**Classroom:** To Be Determined**Presenter:** Benjamin W. Cruz-Uribe**Coordinator/Moderator:** Dean Cherry**Dates:** 4/6**Time:** 1-3 p.m.**Limit:** 150

Within the Gospels of Matthew and Luke is buried the evidence for another Gospel, called by scholars the Sayings Gospel of Q. This course will explain the facts about its origin, contents, and the fact that this Gospel may be the earliest written Christian document.

163 Quilts of Western India (R)**Type:** Classroom**Location:** Green Bay**Classroom:** RH220**Presenter:** Barb Hunt**Coordinator/Moderator:** Jan LaSota**Dates:** 4/13**Time:** 10-11:30 a.m.**Limit:** 15

Every culture creates beauty. They weave beliefs, traditions and daily life into their quilts. A brief history of India's vital role in fiber and quilt making will provide a foundation as quilts from Western India are viewed.

164 Using Local, State, and Federal Laws to Protect the Waters of Northeast Wisconsin (R)**Type:** Classroom**Location:** Manitowoc**Classroom:** Manitowoc F170**Presenter:** Dean Hoegger, Executive Director of Clean Water Action Council of Northeast Wisconsin
Coordinator/Moderator: Contact the LLI Office to Volunteer**Dates:** 4/13**Time:** 10-11:30 a.m.**Limit:** 32

Hoegger will inform the audience about laws that provide citizens and organizations legal opportunities to force polluters to cease permit violations, seek penalties for violations, and force government agencies to act to enforce the law. Examples of local cases, some of which have gone to the Wisconsin State Supreme Court, will be discussed. Strategies to

pass ordinances and statutes to protect the waters of northeast Wisconsin will also be discussed in an interactive format with the audience. Hoegger has an MS Degree in Curriculum and Instruction, has taught for 30 years and has a Paralegal Degree with an emphasis in environmental law.

165 Connect with Curative Connections (N)**Type:** Tour**Location:** Green Bay**Classroom:** Curative Connections**Presenter:** Kari Moody**Coordinator/Moderator:** Sue Pike**Dates:** 4/13**Time:** 1-3 p.m.**Limit:** 25

Join us for a tour of Curative Connection's 13 programs, which include training and employment services, dementia and healthy aging services, home and community services, adult day services, specialized transportation services, and brain rehabilitation services. Each program allows clients opportunities to build skills, have a better quality of life, a more independent way of living, and an enriching opportunity to grow.

166 Community-Based Medical Education: Development of the Green Bay Campus of the Medical College of Wisconsin (N)**Type:** Classroom, Tour**Location:** Green Bay**Classroom:** Medical College of WI - St. Norbert College**Presenter:** Craig Hanke PhD**Coordinator/Moderator:** Mary Braband**Dates:** 4/13**Time:** 1-3 p.m.**Limit:** 40

The MCW Green Bay campus opened in 2015 with a unique plan to provide a complete locally delivered curriculum. The campus mission focuses on increasing the number of primary care physicians in the northern half of the state, but provides educational opportunities for many specialties. An accelerated curriculum model allows students planning to practice in primary care specialties to graduate in three years rather than the traditional four. This course will provide updates on the continued development and evolution of the campus including the impact after the graduation of the first five classes of students.

167 Pollinators + Pollination + Plants = Life (R)

Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Annette Weissbach, Al Nass & Claudia Schultz

Coordinator/Moderator: Kathy Bergner

Dates: 4/20 4/27

Time: 10 a.m.-12 p.m.

Limit: 50

The synergy between pollinators, pollination and native plants is vitally important to our survival. In the first session you'll see how we impact pollinators with our landscape decisions and the great variety of pollinators among us. The second session will showcase our beautiful local native plants and garden designs that include natives in your landscape. "As gardeners and stewards of our land, we have never been so empowered to help save biodiversity from extinction", Doug Tallamy, Bringing Nature Home.

168 Following the Money - Exposing the Mysteries of the Federal Reserve System (R)

Type: Classroom

Location: Green Bay

Classroom: Christie Theater

Presenter: Bob Srenaski

Coordinator/Moderator: Anneliese Waggoner

Dates: 4/20

Time: 10 a.m.-12 p.m.

Limit: 150

It's called "The Fed" and it is the most powerful financial institution in the world and its decisions affect our everyday lives and financial well-being. Yet its structure and secretive decision-making methods are shrouded in mystery. We'll pull back the curtain and expose the FED for what it really is.

169 SSA/Medicare: Understanding the Basics (R)

Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Jan and Mike Schoenebeck

Coordinator/Moderator: Shirley Garthwaite

Dates: 4/20

Time: 2-3:30 p.m.

Limit: 50

Learn about Social Security benefits - Determining when to start collecting benefits, how to sign up, online tools and the 2023 changes. Learn about Medicare - Overview of Medicare basics. Learn about Medicare options, common terms, online tools available and 2023 changes.

170 America's National Debt Problem (R)

Type: Classroom

Location: Green Bay

Classroom: To Be Determined

Presenter: Bob Srenaski

Coordinator/Moderator: Gary Lewins

Dates: 4/27

Time: 10 a.m.-12 p.m.

Limit: 150

From \$6 trillion in 2000 to over \$30 trillion in 2023, America's national debt has exploded. The Medicare Hospital Trust will be exhausted in 2028 and the Social Security Trust will be exhausted in 2034. Those are huge problems. We'll explore the causes and propose possible solutions.

171 ADRC Services through Life's Changes (N)

Type: Classroom

Location: Green Bay

Classroom: RH230

Presenter: Megan Kolton, Barb Michaels & Teri Bradford

Coordinator/Moderator: Mary Cook

Dates: 4/27

Time: 11:30 a.m.-12:30 p.m.

Limit: 16

Experience a story about one family involving 3 generations and how they benefited from ADRC services. Learn how ADRC services may impact your life and those you love.

(N) - New Course (R) - Repeat (C) - Continuing

172 Compress & Shock Foundation CPR and AED Training (N)**Type:** Classroom**Location:** Green Bay**Classroom:** Allouez Village Hall**Presenter:** Dr. Bob Zemple**Coordinator/Moderator:** Cindy Johnson**Dates:** 4/27**Time:** 1-3 p.m.**Limit:** 25

The Compress and Shock Foundation is dedicated to teaching the life skills of quality chest compressions and AED use to the public, completely free of charge. We have created a 60 minute compression only CPR and AED class that covers these skills and breaks down common barriers to intervention. We empower the public to intervene as bystanders, thereby improving out-of-hospital cardiac arrest survival.

173 Authentic 1850s Windmill Tour - Session A (R)**Type:** Tour**Location:** Little Chute**Classroom:** Little Chute Windmill, Inc.**Presenter:** Volunteers**Coordinator/Moderator:** Jim Huss**Dates:** 4/27**Time:** 1-3 p.m.**Limit:** 16**Fee:** \$6 Payable on the Day of Class

Be amazed! Experience history and discover how Little Chute came to be through immigration in the mid 1800s. Learn how technology harnessed wind power to benefit the lives of the Dutch by visiting a fully functioning authentic 1850s windmill that grinds grain into flour. Explore the Dutch artifacts found in the museum and even search out genealogy to find out if you are a descendent of an original founding citizen of Little Chute. A course fee of \$6 is due on day of class. Please register for Session A or B, not both.

174 Human Immune System: Components and Case Studies of the Human Immune System in Action (N)**Type:** Live Online (Zoom)**Classroom:** Zoom**Presenter:** Brian Merkel, Ph.D.**Coordinator/Moderator:** Sue Pike**Dates:** 5/4**Time:** 10-11:30 a.m.**Limit:** 500

There are many misconceptions about the immune system: its role in defense, disease; responses to infections and vaccines. The course is designed to provide accurate information about the immune system to mitigate these challenges.

175 Persecution of Early Christians: Facts, Myths, and Misconceptions (N)**Type:** Classroom**Location:** Green Bay**Classroom:** Christie Theater**Presenter:** Benjamin W. Cruz-Uribe**Coordinator/Moderator:** Dean Cherry**Dates:** 5/4**Time:** 1-3 p.m.**Limit:** 150

Was Christianity an outlawed religion during Roman times? Did early Christians have to meet in secret to avoid being sent to the arena? There are many misconceptions about what really happened to Christians during the first three centuries of their existence. This course will try to answer these and many other questions related to the Christian persecution by the Romans.

176 Racewalking for Lifetime Fitness (R)

Type: Classroom, Outdoor
Location: Green Bay
Classroom: RH230
Presenter: Prof. Mike Draney
Coordinator/Moderator: Barb Derenne
Dates: 5/4 5/18
Time: 9:30 a.m.-12 p.m.
Limit: 24

Running is great exercise, but many older people can no longer tolerate the wear and tear that it entails. Walking is a fine alternative, but it lacks the intensity that leads to higher cardiovascular fitness. Consider race walking, which combines the advantages of both! By adding some race walking techniques to your walking exercise, you can go faster, engage more of your body and increase your flexibility and mobility, all while keeping the low-impact and low-injury nature of walking. All fitness levels welcome, as long as you have doctor's clearance to walk one mile. Come to class with comfortable walking attire and bring a bottle of water for your personal use.

177 Stalag USA - WWII POW Camps (R)

Type: Classroom
Location: Manitowoc
Classroom: Manitowoc Campus F170
Presenter: Bob Cook
Coordinator/Moderator: Mary Braband
Dates: 5/11
Time: 10 a.m.-12 p.m.
Limit: 24

During World War II the United States was home to over 400,000 German and Italian POW's. There were even some in the State of Wisconsin. We will look at the places they were kept, the conditions of those camps, and how they lived and played, and worked.

178 Hurricanes and Tornadoes: Catastrophic Weather Events (N)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Norman Schroeder
Coordinator/Moderator: Karen Dallman
Dates: 5/11
Time: 1-3 p.m.
Limit: 50

Wisconsin doesn't experience hurricanes, but we do tornadoes. This course explains how these weather events form and move. Climate change is real, and the course will briefly explain how climate change affects hurricanes and tornadoes. The course will include interesting videos of these dramatic weather events.

179 Green Armoire (R)

Type: Classroom
Location: Manitowoc
Classroom: UW-Manitowoc Campus F170
Presenter: Mary Lindemann
Coordinator/Moderator: Jean Rausch
Dates: 5/18
Time: 10 a.m.-12 p.m.
Limit: 25
Fee: \$10 Due at Registration

Don't throw it away, repurpose it! Mary will share her 41 years of thrift store shopping experience to give participants a different perspective on "stuff." Join her to learn unique ways to create inexpensive outfits, jewelry and home decor. Hear tips from this traveling salesperson on how to pack for a trip, either business or pleasure. A course fee of \$10 for a scarf and supplies to make a necklace is due at time of registration.

180 Historical Tour of Franciscan Sisters Motherhouse (R)

Type: Tour
Location: Manitowoc
Classroom: Franciscan Sisters of Christian Charity Motherhouse
Presenter: Sister Caritas
Coordinator/Moderator: Sue Johnson
Dates: 5/18
Time: 1-3 p.m.
Limit: 15

Tour the Motherhouse of the Franciscan Sisters of Christian Charity in Manitowoc and learn the history of the Sisters and their founding in 1869. Participate in a walking tour of the Motherhouse, seeing the changes over the past 154 years. Learn about the different parts of the world where the Sisters have worked and the different kinds of services they perform. Walking up and down stairs is required.

(N) - New Course (R) - Repeat (C) - Continuing

Friday

181 Guess Who's Coming to Dinner (R)

Type: Hybrid Zoom & in person
Classroom: Details will be sent to roster
Presenter: Ken and Marilyn Rabideau
Coordinator/Moderator: Marilyn Rabideau
Dates: 1/13 1/20 2/17 3/17 4/21 5/19 6/16 7/21
Time: 10 a.m.-12 p.m.
Limit: 32

Friends, food and fun will be featured when we take turns hosting a small group (about 8) in our home for a potluck dinner or supper once a month, Fridays at 1:00 or 5:30 p.m. the third Friday of the month, January through the summer. Small groups may adjust dinner dates and times as needed. First session will be on Zoom at 10 a.m., Friday January 13, when groups will form. Snowbirds welcome to form groups to start in March or April and may meet twice a month.

182 Safe and Savvy Travel in a Post Covid World (N)

Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Tiffany Uitenbroek
Coordinator/Moderator: Contact the LLI Office to Volunteer
Dates: 1/20
Time: 1-3 p.m.
Limit: 50

Do you have the desire to travel, but are hesitant with all the changes due to Covid-19? This class will answer those questions as well as many more. From baggage fees to what you need to travel abroad, we will have your answers!

183 Sailing the Port Huron to Mackinac Island Race (N)

Type: Zoom
Classroom: Zoom
Presenter: Gary Hanna
Coordinator/Moderator: Mary Braband
Dates: 1/20
Time: 8-10 a.m.
Limit: 50

Firsthand reporting from several races by an experienced crew. Sailing on a 38' sloop with a crew of 10.

184 Green Bay Fisheries with a focus on Northern Pike (R)

Type: Live Online (Zoom)
Classroom: Zoom
Presenter: Tammie Paoli
Coordinator/Moderator: Dean Cherry
Dates: 1/27
Time: 10 a.m.-12 p.m.
Limit: 75

Hear from a Fisheries Biologist with the DNR, starting with a broad overview of Green Bay fisheries and issues such as invasive species, threats to habitat, and briefly describe the status of several gamefish species including trends in harvest. The we'll focus on Green Bay northern pike life history, spawning migrations, and the importance of wetlands to pike.

185 Get on the Ball (N)

Type: Classroom
Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Antonia Nelson
Coordinator/Moderator: Pati Wiegand
Dates: 2/3
Time: 10 a.m.-12 p.m.
Limit: 15

Enjoy a class learning to reduce pain, stiffness, incontinence and much more with gentle and simple techniques using a ball. It's like having your own therapist in your pocket. Antonia has 40 years experience as a Massage Therapist, Myofascial Release and Craniosacral therapist and will share her techniques with participants.

186 Behind the TV Cameras of a PGA Golf Tournament (N)

Type: Zoom
Classroom: Zoom
Presenter: Gary Hanna
Coordinator/Moderator: Dean Cherry
Dates: 2/3
Time: 8-10 a.m.
Limit: 50

Workings of a PGA Golf Tournament. Setup and operation of a long time PGA tournament that spectators don't see.

187 Louise Erdrich Novels (N)

Type: Live Online (Zoom)

Classroom: Zoom

Presenter: Sid Bremer

Coordinator/Moderator: Sue Pike

Dates: 2/10 2/24 3/10 3/24

Time: 10 a.m.-12 p.m.

Limit: 25

After introducing ourselves, we'll start with a short-story preview of the fictional Upper Midwest of Ojibwe-German-American Louise Erdrich. Meeting every other Friday, we'll then discuss two novels offered in a 2014 LIR class, her award-winning *Tracks* (1989) and *The Last Report on the Miracles at Little No Horse* (2001 - which includes family trees, also useful for *Tracks*), then finish with her latest novel *The Sentence* (2021, with a COVID/George Floyd Minneapolis backdrop). Our emphasis on group discussion will be particularly valuable for LIR's who read the novels--available at The Lion's Mouth and Barnes and Noble, new or used on internet sites like betterworldbooks.com, as e-books, and at both the Brown County and UW-Green Bay libraries.

188 New Germany: Germany after the Russian Invasion of Ukraine (N)

Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Clifton Ganyard PhD

Coordinator/Moderator: Bob Cook

Dates: 2/17

Time: 10 a.m.-12 p.m.

Limit: 30

This course will consider the impact that Russia's invasion of Ukraine has had on Germany in such areas as politics and economics as well as the invasion's significance in the history of the three nations.

189 Wisconsin's Best Kept Geological Secret: The Niagara Escarpment (R)

Type: Live Online (Zoom)

Classroom: Zoom

Presenter: Eric W. Fowle, AICP

Coordinator/Moderator: Dean Cherry

Dates: 2/24

Time: 1-2:30 p.m.

Limit: 50

Wisconsin is connected to Niagara Falls as part of a 1,000+ mile, international-scaled, geologic feature called the Niagara Escarpment, or, as it's known locally, "The Ledge." Learn about the basic geology of this feature and how natural forces created its globally unique environment. Take a tour of this 230 mile-long Northeast Wisconsin corridor to see some of its most publicly accessible sites while learning more about diverse natural and cultural treasures of The Ledge.

190 Smallmouth Bass in Door County: the Background and History of the "Bronzeback" Fishery (N)

Type: Classroom

Location: Green Bay

Classroom: To Be Determined

Presenter: Scott Hansen

Coordinator/Moderator: Jim Hinckley

Dates: 3/3

Time: 10 a.m.-12 p.m.

Limit: 150

Smallmouth bass are prevalent in Door County waters and are the backbone of the nearshore gamefish fishery. The overall fishery is regarded nationally in terms of fish size and abundance. This presentation will cover smallmouth bass life history, the area's sport fishery and overall health of the populations in waters surrounding Door County.

191 Fun With Aromatherapy: Build Your Own Blend (R)

Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Katie Brewer

Coordinator/Moderator: Sue Rocheleau

Dates: 3/3

Time: 1-3 p.m.

Limit: 15

Fee: \$3 Due at Registration

Learn about the science behind aromatherapy, then explore various scents and create a unique blend to take home. Certified independent aromatherapist, Katie Brewer, will put you to the test in "guess the scent" and guide you through an exploration of the wild world of aromatherapy.

(N) - New Course (R) - Repeat (C) - Continuing

192 Exploring the Gift of Gratitude, Grit and Grace Along Life's Journey (N)**Type:** Classroom**Location:** Green Bay**Classroom:** RH220**Presenter:** Shari Liesch, APNP, CDE**Coordinator/Moderator:** Sue Rocheleau**Dates:** 3/10**Time:** 10 a.m.-12 p.m.**Limit:** 50

Along life's journey there are many twists and turns, ups and downs, highs and lows. We are each on our own pathway. Our experiences and interpretations impact decisions along the way. Join as we explore life skills of gratitude, grit and grace as they are interwoven in our own story. This session will use writing, discussion, and the RES model (receptive, expressive and symbolic) of poetry therapy as we reflect on our own life's journey. Please bring paper and writing utensils as we explore gratitude, grit and grace.

193 The Beatles, Then, Now and Forever (N)**Type:** Classroom**Location:** Sheboygan**Classroom:** Sheboygan Campus - 3105**Presenter:** Michael Leannah & Willa Leannah**Coordinator/Moderator:** Jeanne Pfeiffer**Dates:** 3/10**Time:** 1-3 p.m.**Limit:** 24

From their own generational perspectives, father and daughter, Michael and Willa Leannah examine the lasting impact the Beatles have had on our culture. Using a variety of audio and video clips, they show just how influential and wonderful the music of the Beatles was and continues to be.

194 Make Your Own Beauty Potions (N)**Type:** Classroom**Location:** Green Bay**Classroom:** RH220**Presenter:** Katie Brewer**Coordinator/Moderator:** Shirley Garthwaite**Dates:** 3/17**Time:** 1-3 p.m.**Limit:** 15**Fee:** \$5 Due at Registration

Learn how herbs can bring out your natural beauty by restoring the health of your skin and hair. Herbalist Katie Brewer will share several herbal recipes and techniques, then you will make a customized clay mask to take home.

195 STEM Innovation Center at UW-Green Bay (R)**Type:** Tour**Location:** Green Bay**Classroom:** STEM Innovation Center**Presenter:** Judy Knudsen**Coordinator/Moderator:** Gary Lewins**Dates:** 3/24**Time:** 10 a.m.-12 p.m.**Limit:** 50

Here is an opportunity to learn about the STEM Center on the UWGB campus. This new building serves as the home of the new University of Wisconsin-Green Bay School of Engineering, the Einstein Project, Extension Brown County, and Brown County Land and Water Conservation. This building was designed and is used to attract new innovative practices to the region.

196 I've Always Wanted to Write a Book! (N)**Type:** Classroom**Location:** Green Bay**Classroom:** RH220**Presenter:** Patti Fiala**Coordinator/Moderator:** Sue Rocheleau**Dates:** 3/31**Time:** 10 a.m.-12 p.m.**Limit:** 50

Learn the steps needed to begin your publishing career: Where to start. What decisions need to be made? How long does it take? Is it expensive?

197 Art of Thrift Store Shopping (R)

Type: Tour
Location: Manitowoc
Classroom: St. Vincent de Paul, Manitowoc
Presenter: Mary Lindemann
Coordinator/Moderator: Jean Rausch
Dates: 4/14
Time: 9 a.m.-12 p.m.
Limit: 15

Find out firsthand why the second-hand market is predicted to hit \$80 billion by 2029! Join Mary Lindemann, thrift store enthusiast, on a tour of one of her favorite second hand stores, the Society of St. Vincent De Paul, in Manitowoc. Learn about the inner workings of this worldwide organization from their donation sorting process to their food pantry. Mary will take you on a unique shopping spree through the retail store, offering tips and tricks to create fun spring outfits and ideas for garden/outside decor.

198 History of Flight (N)

Type: Classroom
Location: Marinette
Classroom: Marinette Campus M107
Presenter: Jim Lamalfa, Associated Professor Emeritus UW-Green Bay
Coordinator/Moderator: Eileen Beyer
Dates: 4/14
Time: 9:30 a.m.-12 p.m.
Limit: 24

In this History of Flight class, learn about the early attempts of flight from da Vinci to the Wright brothers, the first use of aircraft during WW I, airlines and private aviation, the development of military aircraft during WWII and finally the introduction of jet aircraft. The class will conclude with Mr. Lamalfa's review of Experimental Aircraft Association's annual Fly In in Oshkosh, WI.

199 Biking is Fun at Any Age (R)

Type: Outdoor
Location: Green Bay
Classroom: Various Trails
Presenter: Del Tills
Coordinator/Moderator: Kris Lewins
Dates: 4/21 5/5 5/12 5/19 5/26 6/2
Time: 10 a.m.-12 p.m.
Limit: 25

We bike on trails in and out of the area. Rides range from 10-24 miles. Bikers will be responsible for getting their bikes to the trailhead. Multi-speed bikes are recommended, and helmets are required. An itinerary with directions for each ride will be emailed to the roster. A completed Assumption of Risk form must be on file in the LLI office prior to the first day of class. A State Trail Pass will be required for some rides.

200 Sweet with a Little Heat (N)

Type: Classroom
Location: Manitowoc
Classroom: Manitowoc Campus F170
Presenter: Barry Novak
Coordinator/Moderator: Jean Rausch
Dates: 4/21
Time: 10 a.m.-12 p.m.
Limit: 24

Barry Novak, local entrepreneur, will share how to make his award-winning pickled mushrooms and other acidified foods. You will learn about his venture into retail sales and the ups and downs of starting your own business.

(N) - New Course (R) - Repeat (C) - Continuing

201 How Does a Piece of “Rock” Become “Classical”??? (N)**Type:** Classroom**Location:** Green Bay**Classroom:** To Be Determined**Presenter:** Michael Alexander, Ph.D.**Coordinator/Moderator:** Jim Hinckley**Dates:** 4/21**Time:** 10 a.m.-12 p.m.**Limit:** 150

How does a classically trained musician also enjoy rock music? We will explore how musical genres and even other artistic mediums communicate with each other. What characteristics make a piece of music stand the test of time or become a “classic”?

202 Dad’s Attic (N)**Type:** Classroom**Location:** Sheboygan**Classroom:** Sheboygan Campus - 3105**Presenter:** Michael Leannah & Willa Leannah**Coordinator/Moderator:** Jeanne Pfeiffer**Dates:** 4/21**Time:** 1-3 p.m.**Limit:** 24

In their podcast, Dad’s Attic, father and daughter, Michael and Willa Leannah, take a multigenerational look at the people and events behind the pop culture of the past: music, movies, radio, TV, and more. They discuss why the past is still relevant, what we can learn from it, and why we’ll never ever stop loving it.

203 Barkhausen Waterfowl Preserve (R)**Type:** Outdoor**Location:** Suamico**Classroom:** Barkhausen Waterfowl Preserve**Presenter:** Jason Petrella**Coordinator/Moderator:** Sue Johnson**Dates:** 5/5**Time:** 10 a.m.-12 p.m.**Limit:** 15**Fee:** \$5 Payable on the Day of Class

This is a walking class at Barkhausen. You will be looking for ducks, geese, and other waterfowl as they migrate back to our area. Staff will talk about species, identification, bird habitat and migration. A fee of \$5 is due at class. Walking shoes are required.

204 Exploring Model Railroading (N)**Type:** Tour**Location:** Sheboygan**Classroom:** Sheboygan Railroad Museum**Presenter:** Ken Bailey, SSSMRE Vice President & Leo Schneider, SSSMRE President**Coordinator/Moderator:** Jeanne Pfeiffer**Dates:** 5/5**Time:** 1-3 p.m.**Limit:** 20

Take a trip through the history of model railroading at the Sheboygan Railroad Museum. Part of the afternoon program will be a lecture and part will be a tour through the facility in downtown Sheboygan (1001 N. 10th Street). The museum has numerous model train layouts of various sizes, scales, and eras, as well as static displays of model railroad and railroad artifacts. Participants will see the progression of the hobby from floor pull toys to early “Standard Gauge” electric trains, on through the ever-smaller gauges as motor technology improved (“O”-“S”-“HO”-“N” and “Z”, then on to the giant “G” garden gauge trains). Topping off the visit will be a demonstration of a large computer-driven HO-scale railroad.

205 Federal Indian Policy and First Nations Identity: From Boarding Schools to Cultural Revival (N)

Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: David Voelker, Ph.D. & Crystal Lepscier, Ph.D.
Coordinator/Moderator: Jim Hinckley
Dates: 5/5
Time: 9-11 a.m.
Limit: 150

Starting in the early nineteenth century and building on colonial-era precedents, the United States government enacted an aggressive policy of cultural assimilation aimed at First Nations. These strategies included (among many others) expulsion from homelands, boarding schools that separated youth from their languages, cultures, and elders, and the encouragement of tribal enrollment policies that threaten to deplete tribal memberships. Focusing on Wisconsin, this course will explore both federal Indian policy and First Nations responses, resistance, and resilience in the face of these policies, both historically and in the present day.

206 Spring in the Garden (R)

Type: Tour
Location: Green Bay
Classroom: Green Bay Botanical Gardens
Presenter: Green Bay Botanical Garden - Docent TBD
Coordinator/Moderator: Vicki DeMain
Dates: 5/12
Time: 10 a.m.-12 p.m.
Limit: 40
Fee: \$14 Payable on the Day of Class (if not a Garden Member)”

Enjoy a spring tour of the Botanical Gardens and see the magnificent array of spring blooms of all colors. A knowledgeable guide will share unique features and stories of the Garden’s History and view the new Children’s section currently under construction. The tour will take about 2 hours and will be a 1.5 mile walk. A fee of \$14 is due on the day of class unless you are a member of the Botanical Gardens then there is no fee.

207 Make a Ceramic Plant Pot at NWTC Artisan Center (N)

Type: Classroom
Location: Green Bay
Classroom: NWTC Artisan and Business Center
Presenter: Carrie Dorski & Annie Stenseth
Coordinator/Moderator: Pati Wiegand
Dates: 5/19
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$10 Due at Registration

Each semester the NWTC Artisan and Business Center will spotlight one of their art studios with a demonstration and a “make and take” activity. For spring 2023, the featured studio is the Ceramics Studio. Register to use ceramics’ fundamental hand building techniques to construct a one-of-a-kind plant pot. Choose from a variety of glaze colors to bring your pot to life after kiln firing. A materials fee of \$10 is due at registration.

208 Integral Trek: Point Beach Walk and Write, Session A (N)

Type: Classroom,Outdoor
Location: Two Rivers
Classroom: Point Beach State Forest
Presenter: Tom D’Alessio
Coordinator/Moderator: Faye Malek
Dates: 5/19
Time: 10 a.m.-12 p.m.
Limit: 14

Whether you call it mindfulness, awakening or simply keeping a journal, one of the best tried-and-true practices for well-being, awareness and transformation is writing. This “Integral Treks” mini-journal workshop is combined with an easy 1.5-mile hike in Point Beach State Forest. Guided writing exercises will help you focus on the outer world around you, the inner world of your unique experience, and how the outer and inner complete and enrich each other. Whether you are a seasoned journal keeper or hiker or are new to the practices, this course is for you! Add in lots of fun and fresh air, and you have an Integral Trek — journeys with journals.

(N) - New Course (R) - Repeat (C) - Continuing

209 Integral Trek: Point Beach Walk and Write, Session B (N)**Type:** Classroom,Outdoor**Location:** Two Rivers**Classroom:** Point Beach State Forest.**Presenter:** Thomas D'Alessio**Coordinator/Moderator:** Faye Malek**Dates:** 5/19**Time:** 1-3 p.m.**Limit:** 14

Whether you call it mindfulness, awakening, or simply keeping a journal, one of the best tried-and-true practices for well-being, awareness and transformation is writing. This "Integral Treks" mini-journal workshop is combined with an easy 1.5-mile hike in Point Beach State Forest. Guided writing exercises will help you focus on the outer world around you, the inner world of your unique experience, and how the outer and inner complete and enrich each other. Whether you are a seasoned journal keeper or hiker or are new to the practices, this course is for you! Add in lots of fun and fresh air, and you have an Integral Trek — journeys with journals.

210 Functions of a Medical Examiner's Office (N)**Type:** Classroom**Location:** Green Bay**Classroom:** RH220**Presenter:** Petra Schwab & Dr. Elizabeth Douglas**Coordinator/Moderator:** Ed Smith**Dates:** 5/26**Time:** 1-3 p.m.**Limit:** 50

The Brown County Office of the Medical Examiner is an independent, forensic-pathologist lead office for the first time in the county's history. In this course you will learn why this is a milestone event, and why the standard of forensic medical care can vary wildly by jurisdiction. You will also learn what the standard of forensic medical care is in a jurisdiction with an accredited office.

211 Drawing II (N)**Type:** Classroom**Location:** Marinette**Classroom:** Marinette Campus - Theatre on the Bay Fine Arts Building-Art Studio**Presenter:** Jim Lamalfa, Associate Professor Emeritus UW-Green Bay**Coordinator/Moderator:** Mary Gajeski**Dates:** 5/26**Time:** 9:30 a.m.-12 p.m.**Limit:** 20

Jim LaMalfa is a well-known artist and art-emeriti faculty member of UW-Marquette. This class will cover pencil and ink drawing, how to use perspective, shading, ink wash and portraiture. A supply list of materials needed will be emailed to the roster.



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GREEN BAY

University of Wisconsin-Green Bay
Lifelong Learning Institute 2475
2420 Nicolet Drive
Green Bay, WI 54311-7001

QUICK LINKS

Registration begins on Monday, December 5 at 8 a.m. and is now first come, first serve, so register early for best selection.

Registration is online. If you are not able to register online, please call the LLI office the week prior to registration with your selections, and a LLI volunteer will enter your selections for you.

**THERE MAY BE WAIT TIMES AS YOU REGISTER.
PLEASE BE PATIENT.**



Contacting LLI

The LLI office is now located in the Cofrin Library CL 109
Office hours are Monday-Thursday, 9 a.m. to 2 p.m.
The best way to contact us is by emailing lli@uwgb.edu.
You can also call us at 920-465-2356.

