

Spring 2024 Course Catalog



LIFELONG LEARNING INSTITUTE

FORWARD TOGETHER



Registration begins December 4, 2023 at 10 a.m.
Register early for best selection.

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



UNIVERSITY of WISCONSIN
GREEN BAY

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Allouez Village Hall
1900 Libal Street
Green Bay WI 54301

Baird Creek
Detailed meeting place instructions will be sent to attendees

Barkhausen Waterfowl Preserve
2024 Lakeview Drive
Suamico WI 54173

Breadsmith Bakery of Green Bay
345 Cardinal Ln #1
Green Bay WI 54313

Braodwind Facility
101 S 16th St
Manitowoc WI 54220

Bubolz Nature Preserve
4815 N Lynndale Dr
Appleton WI 54913

Calvary Lutheran Church
1301 S Ridge Rd
Green Bay WI 54304

**Christie Theatre
UW-Green Bay Campus**
2420 Nicolet Dr
Green Bay WI 54311
Located on the first floor of the University Union

Curative Connections East
2900 Curry Ln
Green Bay WI 54311

Exceptional Equestrians
1130 Orlando Dr
De Pere WI 54115

First Presbyterian Green Bay
200 S Ashland Ave
Green Bay WI 54303

Green Bay ADRC
300 S Adams St
Green Bay WI 54301

Green Bay Botanical Garden
2600 Larsen Rd
Green Bay WI 54303

Green Bay Habitat for Humanity Restore
1967 Allouez Ave
Green Bay WI 54311

Heritage Hill
2640 S Webster Ave
Green Bay WI 54301

Heritage School
1208 S 8th St
Sheboygan WI 53081

Jeff's Piano Sales & Service
1674 E Mason St
Green Bay WI 54301

Kewaunee Pierhead Lighthouse
218 Ellis St
Kewaunee WI 54216

**Kress Events Center
UW-Green Bay Campus**
2358 Leon Bond Dr
Green Bay WI 54311

Lakeside Foods
1601 S 30th St
Manitowoc WI 54220
More details will be sent to attendees

Ledge View Nature Center
W2348 Short Rd
Chilton WI 53014

NWTC Landscape & Horticultural Building
2600 Larsen Rd
Green Bay WI 54303
Located on the GB Botanical Garden grounds

Little Chute Windmill
130 W Main St
Little Chute WI 54140

London Dairy Alpacas
6827 WI 147
Two Rivers WI 54241

Mosquito Hill Nature Center
N3880 Rogers Rd
New London WI 54961

National Railroad Museum
2285 S Broadway
Green Bay WI 54304
Located in the Full Hall Theater

NEW Beads & Jewelry
2069 Central Ct Ste 44
Green Bay WI 54311

NEW Water
2231 N Quincy St
Green Bay WI 54302

Communiversy Park
2531 Nicolet Dr
Green Bay WI 54311

Rose Hill Gardens
472 Rose-Hill Dr
Hobart WI 54155

St Vincent de Paul Manitoowoc
911 Chicago St
Manitowoc WI 54220

Spies Public Library
940 1st St
Menominee MI 49858

Steinie's Water Gardens
2923 Maplewood Rd
Two Rivers WI 54241

**STEM Innovation Center
UW-Green Bay Campus**
2019 Technology Way
Green Bay WI 54311

Stephenson Public Library
1700 Hall Ave
Marinette WI 54143

Suamico Municipal Services Center
12781 Velp Ave
Suamico WI 54313

The Automobile Gallery
400 S Adams St
Green Bay WI 54301

The Christopher Farm & Gardens
W580 Garton Rd
Sheboygan WI 53083

Total Self Defense LLC
2512 Steffens Ct
Green Bay WI 54311

Unity Grief & Education Center
2079 Lawrence Dr Suite B
De Pere WI 54115

Union Congregational UCC
716 S Madison St
Green Bay WI 54301

**UW-Green Bay,
Manitowoc Campus**
705 Viebahn St
Manitowoc WI 54220

**UW-Green Bay,
Marinette Campus**
750 W Bay Shore St
Marinette WI 54143

**UW-Green Bay,
Sheboygan Campus**
1 University Dr
Sheboygan WI 53081

Wis. Maritime Museum
75 Maritime Dr
Manitowoc WI 54220

Woodland Dunes
3000 Hawthorne Ave
Two Rivers WI 54241

Yesteryear Village
1538 Western Ave
Green Bay WI 54303
Located in the Curative West building

No.	Course Title	Time	Start	Subsequent Dates				
32	Continuing Issues	1-3 p.m.	1/9	1/23 4/2	2/6 4/16	2/20	3/5	3/19
161	Make and Take: Plant Based Traditional Soap Making	10 a.m.-12 p.m.	3/8					
162	Guess Who's Coming to Dinner	10 a.m.-12 p.m.	1/12	Additional dates will be announced by presenter				
1	Influencing Generations-The Wu Ying Tao Philosophy and Black Belts	10-11:30 am	1/15	1/22				
33	Chickadee-dee-dee, Chickadee-dee-dee	10-11:30 a.m.	1/16					
69	Mystery of Shakespeare	10 a.m.-12 p.m.	1/17					
119	Knit Shawl	1:30-3:00 p.m.		1/25	2/1	2/8	2/15	
120	U.P. Stories (Book Club)	10 a.m.-12 p.m.	1/18	2/15	3/21	4/18		
121	Books and You	1-2:30pm	1/18	2/15	4/18			
122	Knitted Cable Hat	12-1:30 p.m.		1/25	2/1	2/8	2/15	
163	Australian Animals are Unique! A Down Under Tour	11 a.m.-12:30 p.m.	1/19					
164	Dying, Death and Loss in a Post-Pandemic World	1-3 p.m.	1/19					
2	Gentle Yoga-NEW 4 week Mini Series	1-2 p.m.	1/22	1/29	2/5	2/12		
3	It's a Mystery to Me	1-3 p.m.	1/8	2/5	3/4	4/1	5/6	
4	Slow Vinyassa Flow Yoga: New 4-week Mini Series	2:30-3:30 p.m.	1/22	1/29	2/5	2/12		
34	That Damned Cowboy: Teddy Roosevelt and His Rough Riders	10 a.m.-12 p.m.	1/23					
35	Aren't You Sweet: Exploring the World of Honeybees and Native Pollinators	1-4 p.m.	1/23					
70	Even War Has Rules	10-11:30	1/24					

71	Exploring the World of Stable Isotopes	1-3 p.m.	1/24					
123	Budapest: Where East Meets West and River Cruises Flourish	10 a.m.-12 p.m.	1/25					
124	Historical Jesus Scholarship	1-3 p.m.	1/25	2/1	2/8			
188	Great Decisions 2024	10 a.m.-12 p.m.	1/25	2/8 4/18	2/22 5/2	3/7	3/21	4/4
165	Animal Intelligence	11 a.m.- 12:30 p.m.	1/26					
166	Herbal Recipes for Beautiful Skin	1-3 p.m.	1/26					
5	Apostle Islands: Jewels of Lake Superior	10-11:30 a.m.	1/29					
36	Try Something New with the Power of Dance	9-10:30 a.m.	1/30					
72	Neurographic Art Project	10 a.m.-12 p.m.	1/31					
73	Even War Has Rules	10-11:30 a.m.	1/31					
74	Extraordinary Unsung Women of the Ancient World	1-3 p.m.	1/31					
75	5 Chef Secrets to Take Your Cooking From Fair to Fantastic	1-3 p.m.	1/31					
125	Group Piano	1-2:30 p.m.	2/1	2/8	2/15	2/22		
167	Panning for Pearls	12-2 p.m.	2/2					
168	Self-Massage for Stress Reduction and Pain Relief	1-3 p.m.	2/2					
6	Total Solar Eclipse of April 8, 2024	1-3 p.m.	2/5					
37	iRest Guided Meditation	1-2 p.m.	2/6	2/13	2/20			
38	Curative Connections East Tour Session A	10 a.m.-12 p.m.	2/6					
76	Unknown Transcontinental Railroad	10 a.m.-12 p.m.	2/7	2/14				

77	Beginning Line Dancing	10 a.m.-12 p.m.	2/7	2/14	2/21	2/28		
78	7 Step Chair Caning	1-3 p.m.	2/7	2/14	2/21	2/28	3/6	3/13
126	Hospice 101 and Advance Directives	10 a.m.-12 p.m.	2/8					
127	Get On The Ball	canceled						
169	Naval Battles of the Colosseum	10 a.m.-12 p.m.	2/9					
170	Creating A Safe Home Environment	1-3 p.m.	2/9					
7	Beginning Spanish	10 a.m.-12 p.m.	2/12	2/19	2/26	3/4	3/11	3/18
8	Continuing Spanish	12:15-2:15 p.m.	2/12	2/19	2/26	3/4	3/11	3/18
39	Hike at Woodland Dunes Nature Preserve	1-3 p.m.	2/13					
40	Valentine's Day Zentangle	1-3 p.m.	2/13					
79	Magic of Magnetism	10 a.m.-12 p.m.	2/14					
128	Mature Makeup and Skincare	10 a.m.-12 p.m.	2/15					
129	Stand and Deliver! Highwaymen Stories	10 a.m.-12 p.m.	2/15					
171	Breathe Into Your Core	1-2:30 p.m.	2/16					
9	Decorating Outdoor Living Spaces	canceled						
41	Phantoms of the Forest	1-3 p.m.	2/20					

Registration Reminder

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

80	Legal Issues in Retirement	10 a.m.-12 p.m.	2/21	2/28				
81	Painting With Encaustics (Colored Beeswax)	12-3 p.m.	2/21					
130	Mature Makeup and Skincare	10 a.m.-12 p.m.	2/22					
131	Isms 'R' Us: Art in the Modern Era	10 a.m.-12 p.m.	2/22	2/29				
132	Curative Connections East Tour Session B	10 a.m.-12 p.m.	2/22					
172	9-1-1 A start to finish approach to call in for law enforcement, medical or fire personnel	10 a.m.-12 p.m.	2/23					
10	Harmonica 101	10 a.m.-12 p.m.	2/26					
42	The Erratic Path to Polio Eradication	10 a.m.-12 p.m.	2/27					
43	In This Economy?! After the Rate Rise (Session A)	1-3 p.m.	2/27					
82	Iceland's Dramatic Volcanic Geology	1-3 p.m.	2/28					
83	Pro Sauce Making Secrets to Explode The Variety Of Your Cooking	1-3 p.m.	2/28					
173	Breadsmith Bakery Tour	10 a.m.-12 p.m.	3/1					
11	Family Histories	10 a.m.-12 p.m.	3/4					
12	Formation and Focus of the four Gospels	1-3 p.m.	3/4	3/18	3/25			
44	Diabetes Mellitus: Pharmacotherapy & Management 2024	10 a.m.-12 p.m.	3/5					
45	In This Economy?! After the Rate Rise (Session B)	1-3 p.m.	3/5					
84	Intermediate Line Dancing	10 a.m.-12 p.m.	3/6	3/13	3/20	3/27	4/3	4/10
85	Humor as Healing: Crafting Positive Stories with Gina Ramsey	1-2:30 p.m.	3/6	3/13	3/20	3/27		
133	Volunteering in Your Community With Brown County Volunteer Services	10 a.m.-12 p.m.	3/7					

COURSE CALENDAR

134	Piano Ensemble	1-2:30 p.m.	3/7	3/14	3/21	3/28		
135	Vladimir Putin's Weaponization of Medieval History	1-3 p.m.	3/7					
136	Painting On Fabric	1-3 p.m.	3/7					
13	Seniors! Game On!	10 a.m.-12 p.m.	3/11					
14	Earth in Space	1-3 p.m.	3/11					
46	Tribal College and Universities Movement in the United States	10 a.m.-12 p.m.	3/26					
47	Getting Ready For Gardening	10 a.m.-12 p.m.	3/12					
48	Introduction to Wetlands	10-11:30 a.m.	3/12					
49	Sap to Syrup	9-11 a.m.	3/12					
86	Understanding Palliative Care	10 a.m.-12 p.m.	3/13					
87	Spread the Word About Cheese, That Is!	10 a.m.-12 p.m.	3/13					
88	Cheesemaking and the Art of Fermentation	12 p.m.-3 p.m.	3/13					
137	Fox River Locks	10 a.m.-12 p.m.	3/14					
174	Wisconsin's Best Kept Geological Secret: The Niagara Escarpment	1-2:30 p.m.	3/15					
15	10 Tips for Arranging Furniture	10 a.m.-12 p.m.	3/18					
16	The Connection of Music and Water	10 a.m.-12 p.m.	3/18					
17	Habitat for Humanity Tour and DIY	10 a.m.-12 p.m.	3/18					
18	Gentle Yoga	1-2 p.m.	3/18	3/25	4/1	4/8	4/15	4/22
19	Slow Vinyassa Flow Yoga	2:30-3:30 p.m.	3/18	3/25	4/1	4/8	4/15	4/22

50	Brain Game: Our Brain's Amazing Ability to Adapt and Change	9.-11 a.m.	3/19			
89	Caring for the Caregiver	10 a.m.-12 p.m.	3/20			
90	Maple Syrup Magic	10 a.m.-12 p.m.	3/20			
91	How the Earth Came to be and Us on It (PART TWO)	10 a.m.-12 p.m.	3/20	3/27	4/3	4/10
92	Irish Research from this Side of the Pond	10 a.m.-12 p.m.	3/20			
93	Preparing for the Inevitable: What to Know BEFORE the Funeral	1-3 p.m.	3/20			
138	Tribal College and Universities Movement in the United States	10 a.m.-12 p.m.	3/21			
139	Passion of Jesus of Nazareth: Facts and Issues	1-3 p.m.	3/21	3/28		
20	Lewis and Clark: All the Stars Aligned	10 a.m.-12 p.m.	3/25			
21	First English Settlements in America	1-3 p.m.	3/25			
51	Tour Krueger International (KI) ; 100% Employee Owned	10 a.m.-12 p.m.	3/26			
140	Presidential Elections 2024	10 a.m.-12 p.m.	3/28			
22	Tat & Chat	1-3 p.m.	4/1	4/8	4/15	4/22

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.

52	My Life as a Forward Observer (FO) in the Vietnam War	10 a.m.-12 p.m.	4/2					
94	Clearing the Clutter from your Life	10 a.m.-12 p.m.	4/3					
95	Restoring Islands in Green Bay - Cat Island and Renard Island Restoration Efforts	10 a.m.-12 p.m.	4/3					
96	Pollinators and Native Plant Gardening	10 a.m.-12 p.m.	4/3					
97	Writing Your Memoirs	1-3 p.m.	4/3	4/10	4/17	4/24	5/8	5/15
141	Art of Calligraphy	10 a.m.-12 p.m.	4/4	4/11	4/18			
142	Antarctica - The Southernmost Continent	10 a.m.-12 p.m.	4/4					
143	Heart Failure: Pharmacotherapy and Management 2024	10 a.m.-12 p.m.	4/4					
175	STEM Innovation Center at UW-Green Bay	10 a.m.-12 p.m.	4/5					
176	Cataract Surgery: What to know with Dr Kurt Schwiesow, MD	9-11 a.m.	4/5					
23	Vegetable Gardening Tips	10 a.m.-12 p.m.	4/8					
53	Keep on Flushin' with NEW Water	10 a.m.-12 p.m.	4/9	4/16				
54	Introduction to Wales	10 a.m.-12 p.m.	4/9					
55	Sleeping Through the Ages	9 a.m.-11 a.m.	4/9					
98	More Deer. Fewer Hunters. What's Next?	10 a.m.-12 p.m.	4/10					
99	Dogs With Jobs	10 a.m.-12 p.m.	4/10					
100	Harvey Girls and the Santa Fe	10 a.m.-12 p.m.	4/10					
101	Exceptional Equestrians	1-3 p.m.	4/10					
144	Climate Change and Energy Policy	10 a.m.-12 p.m.	4/11					

177	Power of Narrating Your Story	10 a.m.-12 p.m.	4/12	
178	The Beatles, Then, Now and Forever	1-3 p.m.	4/12	
179	Art of Thrift Store Shopping	9 a.m.-12 p.m.	4/12	
24	Trio of Classic European Fruit Desserts	10 a.m.-12 p.m.	4/15	
56	Taxonomy: Reconstructing the Tree of Life	10 a.m.-12 p.m.	4/16	
57	Evolution of Hospitals and Nursing Care During the Civil War	1-3 p.m.	4/16	
102	Pollinators + Pollination + Plants = Life	10 a.m.-12 p.m.	4/17	4/24
103	Let's Talk Turkey	10 a.m.-12 p.m.	4/17	
104	Protecting Your Retirement Savings in Today's Economy	10-11:30 a.m.	4/17	
105	Preparing for the Inevitable: What to Consider DURING a Funeral	1-3 p.m.	4/17	
106	Creative Cookie Decorating for Spring	1-3 p.m.	4/17	
145	Caring for the Underserved in Guatemala	10 a.m.-12 p.m.	4/18	
146	Ukraine War - How Will it End?	1-3 p.m.	4/18	
180	Oral Health: An Essential Element of Healthy Aging	1-3 p.m.	4/19	
181	How Your Memory Works & Helpful Tips	1-3 p.m.	4/19	
25	How to Decorate Bookcases & Shelves	10 a.m.-12 p.m.	4/22	
26	Midwest Trivia	1-3 p.m.	4/22	
58	Code Girls	10 a.m.-12 p.m.	4/23	
59	Adapt or Die	10 a.m.-12 p.m.	4/23	

COURSE CALENDAR

60	Walk Through Wisconsin History at Heritage Hill	1-2:30 p.m.	4/23					
107	Recycling and Solid Waste - Where Does It All Go?	10 a.m.-12 p.m.	4/24					
147	Origins and Consequences of the Great War	10 a.m.-12 p.m.	4/25	5/2				
148	Ride Through Wisconsin History at Heritage Hill	1-2:30 p.m.	4/25					
149	Present State of the U.S. Electoral College	1-3 p.m.	4/25					
150	Creating Your Own Comic Books: An Introduction	9 a.m.-12 p.m.	4/25					
182	A "Classic" Tour Through the Eyes of the Automobile at The Automobile gallery!	10 a.m.-12 p.m.	4/26					
183	Biking is Fun at Any Age	10 a.m.-12 p.m.	4/26	5/3	5/10	5/17	5/24	5/31
27	English Madrigals in the Time of Shakespeare	10-11:30 a.m.	4/29					
61	Authentic 1980s Windmill Tour (Session A)	10 a.m.-12 p.m.	4/30					
62	Tour of Steinie's Water Gardens	10 a.m.-12 p.m.	4/30					
63	Considering GUN Ownership? Well, Consider This Too...	1-3 p.m.	4/30					
117	Cruising the North Channel and Georgian Bay of Lake Huron with Norm and Wendy	1-3 p.m.	5/2					
151	Say It With Flowers!	10 a.m.-12 p.m.	5/2					
152	Lakeside Frozen Foods Tour	1-3 p.m.	5/2					
184	Lauerman Brothers Store	1-3 p.m.	5/3					
185	Barkhausen Waterfowl Preserve	9-11 a.m.	5/3					
28	Gardener's Delight Tour	10 a.m.-12 p.m.	5/6					
29	America's National Debt	10 a.m.-12 p.m.	5/6					

64	Curative Connections Yesteryear Village Tour Session A	10 a.m.-12 p.m.	5/7		
65	Compress & Shock Foundation CPR and AED Training	1-3 p.m.	5/7		
66	Preparing for the Inevitable: What to Expect AFTER a Funeral	1-3 p.m.	5/7		
108	How We Began: Operation Torch and the Invasion of North Africa	10 a.m.-12 p.m.	5/8	5/15	5/22
109	Alpaca Ranch Tour (Session A)	10 a.m.-12 p.m.	5/8		
110	How Secure Is Your Vote?	1-3 p.m.	5/8		
111	Zentangle	1-3 p.m.	5/8	5/15	5/22
153	Guided Walk in Baird Creek: Ecology and History Session A	10 a.m.-12 p.m.	5/9		
154	Curative Connections Yesteryear Village Tour Session B	10 a.m.-12 p.m.	5/9		
155	Guided Walk in Baird Creek: Ecology and History Session B	1-3 p.m.	5/9		
156	Authentic 1980s Windmill Tour (Session B)	1-3 p.m.	5/9		
30	Critical Race Theory	10 a.m.-12 p.m.	5/13	5/20	
67	The Kewaunee Pierhead Lighthouse	10-11:30 a.m.	5/14		
68	Technology Use and the Negative Impacts On Your Brain	9 a.m.-11 a.m.	5/14		
112	Alpaca Ranch Tour (Session B)	10 a.m.-12 p.m.	5/15		
113	Water Quality & Aquatic Macroinvertebrates	10 a.m.-12 p.m.	5/15		
114	Walking in the Shadow of History - The Great Green Bay Fire of 1880	1-3 p.m.	5/15		
115	Broadwind likes to "Think Big"!	1-3 p.m.	5/15		
118	Racewalking for Lifetime Fitness	9:30 a.m.-12 p.m.	5/16	5/23	

157	Tour of Christopher Farm & Gardens	1-3:30 p.m.	5/16
158	Reading, Writing, and “Rithmetic - in 1877	1-3 p.m.	5/16
186	I’ve Always Wanted to Write a Book!	10 a.m.-12 p.m.	5/17
31	Tour of Rosehill Gardens	10 a.m.-12 p.m.	5/20
116	Alpaca Ranch Tour (Session C)	10 a.m.-12 p.m.	5/22
159	Lighthouse Fog Signal History & the Diaphone	10 a.m.-12 p.m.	5/23
160	Bringing Maritime History to Life for Generations to Come	10 a.m.-12:30 p.m.	5/30
187	Functions of a Medical Examiner’s Office	1-3 p.m.	5/31

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 Influencing Generations-The Wu Ying Tao Philosophy and Black Belts (N)

Location: Green Bay

Classroom: Total Self Defense, LLC,2512 Steffens Court,Green Bay

Presenter: Betsy Rawlins,BS,BSN,RN. Black belts in Tae Kwon Do,Wu Ying Tao, Modern Arnis and Arnis Jitsu. Certified Personal Trainer,Youth Fitness and Behavioral Change Instructor.

Coordinator/Moderator: Lisa Schneider-Wettstein

Dates: 1/15 1/22

Time: 10-11:30 a.m.

Limit: 40

Lifelong learning is the ultimate description of what it means to be a martial artist.Each day is learning how to improve, sometimes even the smallest change can have a huge impact.Wu Ying Tao means “no form way” and therefore all body types, fitness levels, and abilities are encouraged to enroll.Join Sensei Betsy Rawlins as she takes you on the journey of what it means to be a Black Belt. Wear comfortable clothes you can move in.Each class consists of didactic and experiential learning. Classes are held at Total Self Defense LLC,2512 Steffens Court,Green Bay.

2 Gentle Yoga: New 4-week Mini Series (N)

Location: Green Bay

Classroom: Allouez Village Hall

Presenter: Ginny Lee Sisco

Coordinator/Moderator: Kathy Bergner

Dates: 1/22 1/29 2/5 2/12

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.

3 It’s a Mystery to Me (R)

Location: Green Bay

Classroom: Green Bay ADRC

Presenter: Fred Delie

Coordinator/Moderator: Fred Delie

Dates: 1/8 2/5 3/4 4/1 5/6

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 Slow Vinyassa Flow Yoga-NEW 4 week Mini Series (N)

Location: Green Bay

Classroom: Allouez Village Hall

Presenter: Ginny Lee Sisco

Coordinator/Moderator: Nancy Whitfield

Dates: 1/22 1/29 2/5 2/12

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.

5 Apostle Islands: Jewels of Lake Superior (R)

Location: Zoom
Classroom: Zoom
Presenter: Ken Braband
Coordinator/Moderator: LouAnn Norsetter
Dates: 1/29
Time: 10-11:30 a.m.
Limit: 150

Have you ever looked closely at a Wisconsin map and wondered about those “little” islands at the top? The Apostle Islands National Lakeshore (AINL) is a true Wisconsin gem and one of the most beautiful places to explore in the Upper Midwest. Because only parts of the AINL are accessible by car, it takes extra effort to see it all. But visiting is an enriching experience you’ll never forget. In this class we’ll discuss the area’s natural and human history and see the many ways you can experience the spectacular “Jewels of Lake Superior” from ice caves in winter to scenic boat tours, kayaking, and hiking. Your guide is Ken Braband, avid traveler, hiker, camper and sea kayaker.

6 Total Solar Eclipse of April 8, 2024 (R)

Location: Manitowoc
Classroom: Manitowoc Campus F170
Presenter: Gary Dallman
Coordinator/Moderator: Karen Dallman
Dates: 2/5
Time: 1-3 p.m.
Limit: 30

Many of us witnessed the last solar eclipse in America on August 21, 2017. You have now lived 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.

7 Beginning Spanish (R)

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Margarita Johnson
Coordinator/Moderator: Mary Gajeski
Dates: 2/12 2/19 2/26 3/4 3/11 3/18
Time: 10 a.m.-12 p.m.
Limit: 25

This course is for those new to Spanish and anyone who wants to brush up on the basics: pronunciation, greetings, numbers, colors, simple sentences, etc. Lessons will be supplemented by Internet resources and practiced through pair and group activities, short conversations, games and assignments. Information regarding textbook and supplies will be emailed to registered students.

8 Continuing Spanish (R)

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Margarita Johnson
Coordinator/Moderator: Mary Cook
Dates: 2/12 2/19 2/26 3/4 3/11 3/18
Time: 12:15-2:15 p.m.
Limit: 25

This class is for those who have taken Beginning Spanish and who would like to build on what they have learned in previous Spanish classes. We will begin with a review of the basics and then focus on improving conversational skills while practicing new vocabulary and sentence structures. The content varies each semester depending on the needs and interests of the members of the class. Information regarding textbook and supplies will be emailed to rostered members.

9 Decorating Outdoor Living Spaces (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Vickie Linssen
Coordinator/Moderator: Sue Johnson
Dates: 2/19
Time: 10 a.m.-12 p.m.
Limit: 50

Warmer temperatures and sunny days will be luring you outside very soon. Whether lounging, entertaining, dining, or simple escape - from yards and terraces to patios and porches, decorator, Vickie Linssen, will share ideas to create your ideal outdoor living space.

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

10 Harmonica 101 (N)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Sue Schuette
Coordinator/Moderator: Dean Cherry
Dates: 2/26
Time: 10 a.m.-12 p.m.
Limit: 25
Fee: \$12, payable at registration for course supplies

Learn the basics to play the harmonica. Anyone can play this instrument! You'll always have music in your pocket. Great to learn and then teach your grandkids. A harmonica and music will be provided, but you do not need to be able to read music. There is a \$12 fee payable at registration.

11 Family Histories (N)

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Sue Schuette
Coordinator/Moderator: Gary Lewins
Dates: 3/4
Time: 10 a.m.-12 p.m.
Limit: 20

Share family histories with other LLI members. Each participant will have five minutes to share interesting slices of their family histories. Bring artifacts or photos to share if available. We all have a history worth sharing.

12 Formation and Focus of the four Gospels (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Sister Elise Cholewinski
Coordinator/Moderator: Bob Cook
Dates: 3/4 3/18 3/25
Time: 1-3 p.m.
Limit: 30

We will study the sources of the four gospels of the New Testament and learn about the focus of each of the gospels. We will also learn about ancient manuscripts that give evidence for the events in the life of Christ. Participants are encouraged to bring a Bible to class.

13 Seniors! Game On! (N)

Location: Manitowoc
Classroom: Manitowoc Campus F170
Presenter: Pam Duveneck
Coordinator/Moderator: Liz Koehler
Dates: 3/11
Time: 10 a.m.-12 p.m.
Limit: 24

Explore games and activities that you can do alone or with friends and family. It's a fact that seniors who get out and about and have activities and interests are much happier, less lonely, and tend to be healthier than those who have nothing to do all day. Try board games, dice games, number/word games, or others that might intrigue you to explore.

14 Earth in Space (R)

Location: Green Bay
Classroom: Green Bay Room TBD
Presenter: Gary Dallman
Coordinator/Moderator: Karen Dallman
Dates: 3/11
Time: 1-3 p.m.
Limit: 50

This class looks at the historical development of astronomy, our oldest science. It examines the Earth's motions, its orientation to the sun and planets, and its location in our galaxy.

15 10 Tips for Arranging Furniture (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Vickie Linssen
Coordinator/Moderator: Shirley Garthwaite
Dates: 3/18
Time: 10 a.m.-12 p.m.
Limit: 50

When it comes to design of your home, there are many things to consider. From focal points and accent walls, to traffic flow and personal style, it can be overwhelming. Vickie Linssen will share tips on how to arrange furniture so you can create a room that feels cohesive.

16 The Connection of Music and Water (N)

Location: Green Bay
Classroom: Green Bay Campus Christie Theater
Presenter: Michael Alexander, Ed.D Chancellor
Coordinator/Moderator: Jim Hinckley
Dates: 3/18
Time: 10 a.m.-12 p.m.
Limit: 150

Composers draw inspiration from many sources, but one that has been a constant source of inspiration has been water. Hear how composers throughout history have brought water to life through sound and how current composers are treating the subject now. This will be in anticipation of the Weidner Philharmonic "Bathed in Blue" concert on April 6th which Dr. Alexander will be conducting.

17 Habitat for Humanity Tour and DIY (N)

Location: Green Bay
Classroom: Green Bay Habitat for Humanity ReStore
Presenter: Jennifer Maier & Ben Wilson
Coordinator/Moderator: Pati Wiegand
Dates: 3/18
Time: 10 a.m.-12 p.m.
Limit: 20

In one session:

- Tour Green Bay habitat for Humanity ReStore and Affiliate Office
- Learn how Habitat for Humanity brings vision and mission to life
- Work with Habitat staff on a fun DIY project

18 Gentle Yoga (R)

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Coordinator/Moderator: Sue Johnson
Dates: 3/18 3/25 4/1 4/8 4/15 4/22
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.

19 Slow Vinyasa Flow Yoga (R)

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Coordinator/Moderator: Sue Johnson
Dates: 3/18 3/25 4/1 4/8 4/15 4/22
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.

20 Lewis and Clark: All the Stars Aligned (N)

Location: Manitowoc
Classroom: Manitowoc Campus F170
Presenter: Paul Timm
Coordinator/Moderator: Ed Smith
Dates: 3/25
Time: 10 a.m.-12 p.m.
Limit: 35

In 1803, President Jefferson was responsible for the acquisition of the Louisiana Purchase. He would send Lewis and Clark, along with the Corps of Discovery, to search for the Northwest Passage, map the territory, meet with native tribes, and record flora and fauna. The journey was equivalent to putting a man on the moon in the 1960s. Come along on a

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

tour of this incredible journey, with a slideshow that incorporates past and present, and discover much more than what was in your history books.

21 First English Settlements in America (R)

Location: Manitowoc

Classroom: Manitowoc Campus F170

Presenter: Paul Timm

Coordinator/Moderator: Ed Smith

Dates: 3/25

Time: 1-3 p.m.

Limit: 35

During the 16th and 17th centuries, Spain, France, England, and other European countries were all in competition to settle the newly founded Americas. This class examines early English colonization, and how their first three settlements at Roanoke, Jamestown, and Plymouth were connected to each other. It also addresses some of the myths about the early history of America, including John Smith and Pocahontas.

22 Tat & Chat (C)

Location: Green Bay

Classroom: Green Bay Campus RH 315 (Third Floor Conference Room)

Presenter: Sr. Agnes Fischer

Coordinator/Moderator: Mary Cook

Dates: 4/1 4/8 4/15 4/22

Time: 1-3 p.m.

Limit: 15

Bring an unfinished project and get together to “tat up loose threads.” This course is for those who have already mastered the basics of shuttle tatting. A few new patterns will be introduced for those who would like some extra tatting fun.

23 Vegetable Gardening Tips (R)

Location: Green Bay

Classroom: Allouez Village Hall

Presenter: Sue Schuette

Coordinator/Moderator: Cindy Johnson

Dates: 4/8

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.

24 Trio of Classic European Fruit Desserts (N)

Location: Green Bay

Classroom: First Presbyterian Green Bay

Presenter: Terry Smith & Sue Schuette

Coordinator/Moderator: Gloria Gaie

Dates: 4/15

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

Limit: 16

Fee: \$10, payable at registration for course supplies

Master making 3 classic European desserts using simple techniques and a variety of fruits: French Clafoutis, German Kuchen, and English Trifle. Participants will share in the creations while enjoying coffee and conversation. A \$10 fee is due at registration.

25 How to Decorate Bookcases & Shelves (N)

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Vickie Linssen

Coordinator/Moderator: Jan LaSota

Dates: 4/22

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

Limit: 50

Bookshelves can be tricky and figuring out how to transform your bookcases and wall shelves into a thing of beauty can seem almost impossible. Vickie Linssen will share some tips and inspiration to help you decorate those challenging shelves.

26 Midwest Trivia (R)

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Sue Johnson

Coordinator/Moderator: Sue Johnson

Dates: 4/22

Time: 1-3 p.m.

Limit: 40

How much do you know about the Midwest states? What major companies are located in the Midwest? What favorite actors, musicians, politicians and inventors were from here? These and other interesting facts will be shared along with testing your knowledge through a fun game of Jeopardy.

27 English Madrigals in the Time of Shakespeare (N)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Susan McAllister
Coordinator/Moderator: Karen Dallman
Dates: 4/29
Time: 10-11:30 a.m.
Limit: 50

This class will be an exploration of the English madrigal and its connection to the works of William Shakespeare in Elizabethan England.

28 Gardener's Delight Tour (R)

Location: Green Bay
Classroom: Green Bay Botanical Garden
Presenter: Garden Ambassador
Coordinator/Moderator: Jan LaSota
Dates: 5/6
Time: 10 a.m.-12 p.m.
Limit: 50
Fee: \$14, if you are not a member of GBBG, this fee is payable on the day of class

Explore our most popular garden spaces while your guide highlights current blooms, the Garden's history and unique features.

29 America's National Debt (N)

Location: Green Bay
Classroom: Christie Theatre
Presenter: Bob Srenaski
Coordinator/Moderator: Sue Johnson
Dates: 5/6
Time: 10 a.m.-12 p.m.
Limit: 150

Cutting through the politics - the facts - just the facts!

30 Critical Race Theory (R)

Location: Green Bay
Classroom: Christie Theater
Presenter: Bob Cook
Coordinator/Moderator: Sue Johnson
Dates: 5/13 5/20
Time: 10 a.m.-12 p.m.
Limit: 200

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.

31 Tour of Rosehill Gardens (N)

Location: Green Bay
Classroom: Rosehill Gardens
Presenter: Leo Bordeleau
Coordinator/Moderator: Cindy Johnson
Dates: 5/20
Time: 10 a.m.-12 p.m.
Limit: 20

Spend a wonderful fragrant morning touring Rosehill Gardens 2 1/2 acres. See their 15 display beds of beautiful perennials including their 'sunny' and 'shade' beds and learn what makes them grow best in Wisconsin. They specialize in daylilies, hostas, heuchera, succulents and miniature conifers. Finally, learn about gardening in custom handmade hypertufa pots - one of their specialties.

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

Tuesday

32 Continuing Issues (R)

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Steve Jansen
Coordinator/Moderator: Mike DeGrand
Dates: 1/9 1/23 2/6 2/20 3/5 3/19 4/2 4/16
Time: 1-3 p.m.
Limit: 50

Discussion of international, national, state and local issues. A variety of opinions is valued and welcome. 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.

33 Chickadee-dee-dee, Chickadee-dee-dee (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Jan LaSota
Coordinator/Moderator: Wes Carvenough
Dates: 1/16
Time: 10-11:30 a.m.
Limit: 50

Do you enjoy watching these curious bundles of energy? Come learn interesting facts about our bold and friendly black-capped chickadees.

34 That Damned Cowboy: Teddy Roosevelt and His Rough Riders (N)

Location: Zoom
Classroom: Zoom
Presenter: James S. Pula
Coordinator/Moderator: Julia Wallace
Dates: 1/23
Time: 10 a.m.-12 p.m.
Limit: 100

Flamboyant and self-assured, Theodore Roosevelt is best known for his two terms as president of the United States when he championed national parks, workers' rights, pure food and drug legislation, and other popular reforms of the day. Before all this, the impetuous Teddy organized an odd assortment of cowboys and wealthy New York society men into the 1st US Volunteer Cavalry, widely known as the

"Rough Riders." This presentation will provide some background on TR—as he came to be known—the US war with Spain, and the attack on the military operation that more than anything else brought him the national prominence he needed to win the presidency.

35 Aren't You Sweet: Exploring the World of Honeybees and Native Pollinators (N)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Julie Mazzoleni, Brown County Beekeepers Association
Coordinator/Moderator: Lisa Schneider-Wettstein
Dates: 1/23
Time: 1-4 p.m.
Limit: 40

Buzz on into the fascinating world of honeybees, learn about the different casts in the hive, their individual roles and why the hive itself is referred to as a "superorganism." View a demo hive box and wax frames used for beekeeping. You will also discover how you can identify and support the many native pollinators in Wisconsin's gardens and why they are at risk. Presenter, Julie Mazzoleni, is an active member of the Brown County Beekeepers Association, Former Vice President of the Association and has received the Wisconsin Honey Producers Association Education Award for Excellence. Fresh, local raw honey will be available.

36 Try Something New with the Power of Dance (N)

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: LaReina Tipping, MSW & Lisa Pritzl
Coordinator/Moderator: Lisa Schneider-Wettstein
Dates: 1/30
Time: 9 a.m.-10:30 a.m.
Limit: 20

Educational session for changing the way you use your brain by rewiring it with the power of dance and learning how to stimulate and improve your brain function. Dance improves balance, mobility, cognition and quality of life. All levels of mobility are invited to join in to participate either via sitting or standing. Dress in loose, comfortable clothing.

37 iRest Guided Meditation (R)

Location: Zoom
Classroom: Zoom
Presenter: Mary Hall
Coordinator/Moderator: Karen Dallman
Dates: 2/6 2/13 2/20
Time: 1-2 p.m.
Limit: 100

Integrative Restoration (iRest) is a guided form of mindfulness meditation that allows you to understand how to respond to rather than react to emotions and thoughts. The integrative piece addresses concerns that you may be experiencing such as stress, anxiety, insomnia, or pain. The restorative segment allows you to uncover attributes that you already have: joy, peace, well-being, and a sense of connection to yourself and to those close to you. The class will start with very gentle movement and then you will transition to a comfortable position (lying or seated) where you will be guided through the iRest meditation practice. iRest is simple and accessible to everyone, and you can't do it wrong!

38 Curative Connections East Tour Session A (R)

Location: Green Bay
Classroom: Curative Connections East
Presenter: Kari Moody & Denise Misovec
Coordinator/Moderator: Vickie Keigley
Dates: 2/6
Time: 10 a.m.-12 p.m.
Limit: 25

Join us for a tour of Curative Connections East at 2900 Curry Lane to learn about our programs, which include training and employment, dementia and healthy aging, home and community, adult day, specialized transportation, and brain rehabilitation and wellness. Each program allows members with opportunities to build skills, have a better quality of life, a more independent way of living, and an enriching opportunity to grow.

39 Hike at Woodland Dunes Nature Preserve (R)

Location: Two Rivers
Classroom: Woodland Dunes
Presenter: Jessica Johnsrud
Coordinator/Moderator: Jane Hertel
Dates: 2/13
Time: 1-3 p.m.
Limit: 22

Enjoy a guided hike on the trails at Woodland Dunes Nature Center. The entire program will take place outdoor so wear warm socks, winter boots and warm clothing. Enjoy a hike with a knowledgeable guide on the trails, identifying trees, bushes and creatures in winter while learning about Woodland Dunes.

40 Valentine's Day Zentangle (N)

Location: Marinette/Menominee
Classroom: Marinette Campus M107
Presenter: Linda Berry
Coordinator/Moderator: same as Presenter
Dates: 2/13
Time: 1-3 p.m.
Limit: 10

In honor of Valentines Day, we will concentrate on several popular Zentangle patterns and really learn how to shade each pattern so they POP! This is a basic class in shading that everyone will enjoy. No previous Entangling experience necessary. Come join the fun!

41 Phantoms of the Forest (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: John Jacobs
Coordinator/Moderator: Sue Johnson
Dates: 2/20
Time: 1-3 p.m.
Limit: 50

This course will cover the life history of red-shouldered hawks in Wisconsin.

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

42 The Erratic Path to Polio Eradication (N)**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Julia Wallace, PhD**Coordinator/Moderator:** Jim Hinckley**Dates:** 2/27**Time:** 10 a.m.-12 p.m.**Limit:** 50

The poliomyelitis virus has probably been around since the beginning of human civilization, but it wasn't until the 20th century, when sporadic outbreaks of the crippling disease emerged, and a US president was afflicted, that medical science started doing something about it. The path to finding a polio vaccine was rocky and did not always employ good science. We will review the many lessons and medical gains that were made, not all related to polio. The infrastructure built to eradicate polio, however, will continue to benefit broader public health efforts. And while the global end to this disease is close at hand, it is not a given. As long as one child remains infected, children in all countries are at risk.

43 In This Economy?! After the Rate Rise (Session A) (C)**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** John D. Weninger**Coordinator/Moderator:** Gary Lewins**Dates:** 2/27**Time:** 1-3 p.m.**Limit:** 50

Join John Weninger, CFP, a Senior Wealth Advisor at Endowment Wealth Management as we discuss how the rapid rise of interest rates has and could potentially affect the retirement portfolios and tax situations of today's retirees. We'll discuss strategies to help you have a confident retirement!!

44 Diabetes Mellitus: Pharmacotherapy & Management 2024 (R)**Location:** Green Bay**Classroom:** Christie Theater**Presenter:** Brian Barkow, PharmD**Coordinator/Moderator:** Shirley Garthwaite**Dates:** 3/5**Time:** 10 a.m.-12 p.m.**Limit:** 150

This course will be a two hour lecture and discussion on the causes, symptoms, and updated treatment options for diabetes mellitus (DM). Primarily this will focus on DM Type II, however, all forms will be open for discussion. Many therapy medications continue to hit the market each year and this will be an updated course on most recent guidelines and treatments.

45 In This Economy?! After the Rate Rise (Session B) (C)**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** John D. Weninger**Coordinator/Moderator:** Ed Smith**Dates:** 3/5**Time:** 1-3 p.m.**Limit:** 50

Join John Weninger, CFP, a Senior Wealth Advisor at Endowment Wealth Management as we discuss how the rapid rise of interest rates has and could potentially affect the retirement portfolios and tax situations of today's retirees. We'll discuss strategies to help you have a confident retirement!!

46 Tribal College and Universities Movement in the United States (N)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Thomas Davis
Coordinator/Moderator: Gerry Konop
Dates: 3/26
Time: 10 a.m.-12 p.m.
Limit: 50

The first tribal college in the US, Navajo Community College, was founded in 1968 on the Navajo Reservation in Arizona. Today there are 38 tribal colleges that are members of the American Indian Higher Education Consortium. Growing out of the tragedy of the boarding school era in American history, the tribal colleges and universities are one of the most powerful educational movements of the late 20th, early 21st century. Like the storefront college movement of the 1960s, the tribal colleges and university movement is a rethinking and redesign of higher education and how through self-determination, American Indian people can make higher education a Native success story.

47 Getting Ready For Gardening (N)

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Dan Theno
Coordinator/Moderator: Cindy Johnson
Dates: 3/12
Time: 10 a.m.-12 p.m.
Limit: 40

This class will explore everything from soil improvement, proper planting techniques, plant combinations, composting and pruning

48 Introduction to Wetlands (N)

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Erin Giese
Coordinator/Moderator: Karen Dallman
Dates: 3/12
Time: 10-11:30 a.m.
Limit: 100

Students will learn about beautiful and diverse wetlands, particularly in the Great Lakes, including wetland types, the importance of wetlands, the threats they face, biota that use them, and conservation and restoration efforts taking place locally.

49 Sap to Syrup (R)

Location: Kaukauna
Classroom: Bubolz Nature Preserve
Presenter: Erica Bukouricz
Coordinator/Moderator: Ellen Framness
Dates: 3/12
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.

50 Brain Game: Our Brain's Amazing Ability to Adapt and Change (N)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: LaReina Tipping, CAPSW
Coordinator/Moderator: Lisa Schneider-Wettstein
Dates: 3/19
Time: 9 a.m.-11 a.m.
Limit: 50

Neuroplasticity is the ability of the brain to grow, change and create new pathways in response to life's experiences. It helps form our good and the bad habits and is the basis for all new learning. Learn how to take charge of your brain to help keep it sharp and prevent cognitive decline.

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

51 Tour Krueger International (KI): 100% Employee Owned (R)**Location:** Green Bay**Classroom:** Registered participants will be sent the address for the tour via email**Presenter:** John Kersten**Coordinator/Moderator:** Kris Lewins**Dates:** 3/26**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.

52 My Life as a Forward Observer (FO) in the Vietnam War (N)**Location:** Green Bay**Classroom:** Christie Theater**Presenter:** Darryl Johnson**Coordinator/Moderator:** Lisa Schneider-Wettstein**Dates:** 4/2**Time:** 10 a.m.-12 p.m.**Limit:** 150

Join Darryl Johnson, US Army Sergeant, describe and share very personal details of his life as a Forward Observer, one of the most dangerous positions in the military. Learn about what life was like during the perilous period of the Tet Offensive in Vietnam during 1968-1969 through pictures, discussion and personal letters Darryl wrote while being a Forward Observer.

53 Keep on Flushin' with NEW Water (N)**Location:** Green Bay**Classroom:** NEW Water**Presenter:** Erin Collar and NEW Water Staff**Coordinator/Moderator:** Jim Hinckley**Dates:** 4/9 4/16**Time:** 10 a.m.-12 p.m.**Limit:** 40

Ever wonder about that “pea soup” looking water in the Bay of Green Bay? What’s NASA got to do with it? Did you know that there are massive sewer pipes that run under the river? Who’s in charge of those? Join NEW Water, the brand of the Green Bay Metropolitan Sewerage District, to learn how planning for the future helps our community continue to flush the toilet, do the dishes and run their businesses whenever they like. This interactive (“Jeopardy,” anyone?) session will cover exciting project updates, blue-green algae, the “Science of Color,” and offer important homeowner tips to “love your pipes.” The second session is a tour of the Green Bay Facility (walking, or virtual options available).

54 Introduction to Wales (R)**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Mike Murphy with Cheryl Murphy, Harpist**Coordinator/Moderator:** Wes Carvenough**Dates:** 4/9**Time:** 10 a.m.-12 p.m.**Limit:** 50

This class will present a pictorial, historical, cultural and musical overview of Britain’s smallest country, famous for its tongue-twisting place names, spectacular castles, picturesque mountains, quaint villages, charming legends, distinctive music, and a surprising number of famous actors and writers, including Richard Burton and Dylan Thomas.

55 Sleeping Through the Ages (N)

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: LaReina Tipping, CAPSW
Coordinator/Moderator: Sue Johnson
Dates: 4/9
Time: 9-11 a.m.
Limit: 45

The importance of quality sleep is as essential as food and water, especially because you spend one-third of your life doing it. Learn how to improve this restorative and much needed part of your daily life, improve your brain health and discover ways to build a healthy sleep routine to gain the maximum benefit from your sleep cycles.

56 Taxonomy: Reconstructing the Tree of Life (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Michael L. Draney
Coordinator/Moderator: Karen Dallman
Dates: 4/16
Time: 10 a.m.-12 p.m.
Limit: 125

One of the most profound discoveries of Biology is the Tree of Life, which is the realization that all organisms on Earth are genetically related to each other. This has profound implications, one of which is that we can know a lot about an organism if we know which other organisms it is related to. But how can we know? This is the work of taxonomists and systematists, who use a variety of sources of evidence (fossils, organism traits, and inherited molecules) to try to reconstruct the great Tree of Life. This is very difficult to do, for reasons we will talk about. This presentation is intended to be an interesting introduction to the topic and no prior scientific background is needed.

57 Evolution of Hospitals and Nursing Care During the Civil War (N)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Gordon Dammann
Coordinator/Moderator: Ellen Framness
Dates: 4/16
Time: 1-3 p.m.
Limit: 50

Evolution of hospitals and nursing care during the American Civil War evolved between 1861 to 1865. Neither of these existed and the number of sick and casualties at this time created a new era of medicine and care.

58 Code Girls (N)

Location: Green Bay
Classroom: Christie Theater
Presenter: Bob Cook
Coordinator/Moderator: Kathy Bergner
Dates: 4/23
Time: 10 a.m.-12 p.m.
Limit: 150

No one likes to send critical war information in the clear, i.e. without encryption. So everyone devised codes to protect that information. Of course, if they encrypted it we needed to decrypt it so we would know what they were going to do. During WWII many young women on both sides of the "pond" worked diligently to do just that. We will look at the Bletchley Girls and our own women code breakers and examine how their work helped secure the eventual Allied victory.

59 Adapt or Die (N)

Location: Green Bay
Classroom: Kress Events Center
Presenter: Sundance Wicks, Head Coach, Men's Basketball
Coordinator/Moderator: Jim Hinckley
Dates: 4/23
Time: 10 a.m.-12 p.m.
Limit: 50

Smooth seas do not make skillful sailors. You learn to lead, not in times of success, but in times of suffering. Learning to lead through adversity requires learning the art of adaptability.

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

60 Walk Through Wisconsin History at Heritage Hill (N)**Location:** Green Bay**Classroom:** Heritage Hill**Presenter:** Claire E Gwaltney, Director of Engagement & Visitor Services**Coordinator/Moderator:** Barb Derenne**Dates:** 4/23**Time:** 1-2:30 p.m.**Limit:** 30**Fee:** \$15, payable on the day of class

Take a 90 minute walking tour of Heritage Hill State Historical Park with an expert guide. Participants will receive an overview of Northeast Wisconsin history from the 1600s to the early 20th century while touring multiple historic buildings. Participants can expect a tour that touches on topics as varied as French fur traders, 1830s military life, 19th century immigration, and more, all while enjoying a picturesque, natural setting.

61 Authentic 1980s Windmill Tour (Session A) (R)**Location:** Green Bay**Classroom:** Little Chute Windmill**Presenter:** Volunteers**Coordinator/Moderator:** Pati Wiegand**Dates:** 4/30**Time:** 10 a.m.-12 p.m.**Limit:** 16**Fee:** \$8, 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 designed 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 \$8 is due on day of class. Please register for Session A or B, not both.

62 Tour of Steinie's Water Gardens (R)**Location:** Two Rivers**Classroom:** Steinie's Water Gardens**Presenter:** Judy Sleger**Coordinator/Moderator:** Jane Hertel**Dates:** 4/30**Time:** 10 a.m.-12 p.m.**Limit:** 25

Steinie'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.

63 Considering GUN Ownership? Well, Consider This Too... (N)**Location:** Manitowoc**Classroom:** Manitowoc Campus F170**Presenter:** Erik Walters**Coordinator/Moderator:** Jean Rausch**Dates:** 4/30**Time:** 1-3 p.m.**Limit:** 40

A growing number of people including older adults perceive that our world is rapidly becoming more dangerous. A common reaction is to own and carry a firearm. Whether you already own a gun or are considering joining the trend, Erik Walters, Public Safety Instructor, will examine if that decision is the right choice for you.

64 Curative Connections Yesteryear Village Tour Session A (N)**Location:** Green Bay**Classroom:** Yesteryear Village**Presenter:** Kari Moody & Denise Misovec**Coordinator/Moderator:** Barb Derenne**Dates:** 5/7**Time:** 10 a.m.-12 p.m.**Limit:** 25

Join us for a tour of Curative Connections' reminiscent care facility, Yesteryear Village, an innovative, cutting-edge and proactive approach to care. Yesteryear Village promises to be a leap forward in what is an emerging best practice for dementia services.

Each day, Curative Connections' Dementia & Healthy Aging Services provides hundreds of individuals with meaningful days and provides caregivers with needed assistance. Yesteryear Village emphasizes safety and a sense of purpose through reminiscence and interactive experiences. That is why a large emphasis has been placed on creating an environment modeled by a participants' younger years, when they were 18-30 years old.

Each space in Yesteryear Village has been designed specifically to invite self-direction, afford hands-on interactions, and provide purposeful activities that trigger positive memories, making programming and socialization less stressful and more engaging for those experiencing memory loss.

65 Compress & Shock Foundation CPR and AED Training (R)

Location: Green Bay

Classroom: Allouez Village Hall

Presenter: Dr. Bob Zemple

Coordinator/Moderator: Shirley Garthwaite

Dates: 5/7

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.

66 Preparing for the Inevitable: What to Expect AFTER a Funeral (N)

Location: Sheboygan

Classroom: Sheboygan Campus 3103

Presenter: Angela Ring & Damon Wenig

Coordinator/Moderator: Jeanne Pfeiffer

Dates: 5/7

Time: 1-3 p.m.

Limit: 25

Preparing for the inevitable grief and logistics that accompany loss can seem daunting at best, but knowing what most families find helpful can validate

experiences and uphold those coping with loss. Join experts in the field for takeaway checklists and resources while navigating logistics within the first year after a loss. Learn from grief care specialists' helpful self-care tips and how to navigate grief amongst family and friends' circles including how to best support our peers in their loss.

67 The Kewaunee Pierhead Lighthouse (N)

Location: Kewaunee

Classroom: Kewaunee Pierhead Lighthouse

Presenter: Jake Heffernan

Coordinator/Moderator: Nancy Whitfield

Dates: 5/14

Time: 10:00 to 11:30 a.m.

Limit: 20

Fee: \$10, payable on the day of class

The Kewaunee Pierhead lighthouse was built in 1912 on the South Pier in Kewaunee to guide the ships and rail ferries in and out of the harbor. Since 2011, it's been owned by the City of Kewaunee and has been undergoing restoration work since 2017. Jake Heffernan, the historian for the lighthouse, will bring participants through the lighthouse and detail the history of the port, the lighthouse, and the efforts underway to restore the historic structure. You will also have the opportunity to tour the historic USACOE Tug Ludington. This tug participated in the D-Day landings.

68 Technology Use and the Negative Impacts On Your Brain (N)

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: LaReina Tipping, CAPSW

Coordinator/Moderator: Lisa Schneider-Wettstein

Dates: 5/14

Time: 9 a.m.-11 a.m.

Limit: 45

Technology use can actually cause structural changes in your brain. Alerts, rings and notifications can lead to long lasting difficulties with paying attention. Difficulties paying attention can lead to poorer performance on academic, personal and professional tasks.

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

Wednesday

69 Mystery of Shakespeare (R)

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Mike Murphy

Coordinator/Moderator: Nancy Whitfield

Dates: 1/17

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

Limit: 50

There's very little evidence that William Shakespeare of Stratford Upon Avon could even write his own name, much less write 37 famous plays, two long erotic poems, and 154 beautiful sonnets. But if he didn't write those works, who did? This class will present a balanced view of recent scholarship and key arguments related to the increasingly controversial question of "Who wrote Shakespeare?"

70 Even War Has Rules (N)

Location: Zoom

Classroom: Zoom

Presenter: Charles M Trippe

Coordinator/Moderator: Pati Wiegand

Dates: 1/24

Time: 10-11:30 a.m.

Limit: 250

This course covers the fundamentals of International Humanitarian Law (IHL), and is presented by an American Red Cross volunteer. It will address the sources of law that apply to armed conflicts, the fundamental principles of IHL, and how IHL protects persons and places during armed conflicts.

71 Exploring the World of Stable Isotopes (N)

Location: Green Bay

Classroom: Christie Theatre

Presenter: John Luczaj

Coordinator/Moderator: Stu Hoar

Dates: 1/24

Time: 1-3 p.m.

Limit: 150

What are stable isotopes? If you've never heard of them, you're not alone, but most of the matter we see (water, air, plants, animals, rocks) are made of stable isotopes of different chemical elements, such as carbon, oxygen, and hydrogen. The course will explain the basics of stable isotopes and show how they are used to better understand topics ranging from climate change to the diets of ancient people, criminal investigations, and the sources of pollution.

72 Neurographic Art Project (N)

Location: Marinette/Menominee

Classroom: Marinette Campus M107

Presenter: Peggy Tafelski

Coordinator/Moderator: Eileen Beyer

Dates: 1/31

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

Limit: 15

Fee: \$1, payable at registration for course supplies

Neurographic art techniques can help to release tension. This one session class is a "no fear" intuitive approach to creativity. No art experience is necessary to create an original design and to sense calmness while creating.

73 Even War Has Rules (N)

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Charles M. Trippe

Coordinator/Moderator: Pati Wiegand

Dates: 1/31

Time: 10-11:30 a.m.

Limit: 50

This course covers the fundamentals of International Humanitarian law (IHL), and is presented by an American Red Cross volunteer. It will address the sources of law that apply to armed conflicts, the fundamental principles of IHL, and how IHL protects persons and places during armed conflicts.

74 Extraordinary Unsung Women of the Ancient World (N)

Location: Green Bay
Classroom: Green Bay Campus Room TBD
Presenter: Greg Aldrete
Coordinator/Moderator: Dean Cherry
Dates: 1/31
Time: 1-3 p.m.
Limit: 200

While a few ancient women remain famous, many others are largely forgotten. Thus, while you've probably heard of Cleopatra, do you know the astonishing story of Mousa who started out a slave, but ended up as queen of a vast empire? This class will explore the lives of a range of extraordinary women including not only Mousa, but Eumachia the successful businesswoman; Hypatia, the philosopher; and Turia, a Roman housewife who avenged her parents' deaths, fought and won legal battles, defended her house from attack by a gang, and twice saved the life of her husband.

75 5 Chef Secrets to Take Your Cooking From Fair to Fantastic (R)

Location: Zoom
Classroom: Zoom
Presenter: Chef Todd Mohr, CCE
Coordinator/Moderator: Gary Hanna
Dates: 1/31
Time: 1-3 p.m.
Limit: 500

This course reveals the differences between the way home cooks and culinary students are taught to cook. You'll discover the five most important skills that tomorrow's chefs must master, the same ones that will empower you to cook any ingredient, for any diet, or any desire, in your own home with creativity, confidence, and pride in what you cook.

76 Unknown Transcontinental Railroad (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Justin Lambrecht
Coordinator/Moderator: Dean Cherry
Dates: 2/7 2/14
Time: 10 a.m.-12 p.m.
Limit: 50

Explore how the nation was united after the Civil War by the joining of East and West and how journey across the nation decreased from taking 6 months down to 6 days to go from coast to coast. Learn about the methods and politics it took to build the Transcontinental Railroad and how it looks today.

77 Beginning Line Dancing (R)

Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Huss
Coordinator/Moderator: Jim Huss
Dates: 2/7 2/14 2/21 2/28
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 in assisting beginners.

78 7 Step Chair Caning (R)

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Bill Seleen
Coordinator/Moderator: Mary Mueller
Dates: 2/7 2/14 2/21 2/28 3/6 3/13
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.

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

79 Magic of Magnetism (R)**Location:** Green Bay**Classroom:** Class Will Be Sent to Participants as Pre-Recorded Video Link on the Day of Class**Presenter:** Gary Dallman**Dates:** 2/14**Time:** 10 a.m.-12 p.m.**Limit:** 1000

This course is a conceptual presentation of the physics of magnetism and its relationship to electricity. Topics include: properties of magnets, magnetism and moving charge, electromagnets, motors, and generators.

80 Legal Issues in Retirement (R)**Location:** Green Bay**Classroom:** Green Bay Campus RH 230**Presenter:** Matt Geimer, Mary Rose Orcutt & Bob Geimer**Coordinator/Moderator:** Gary Lewins**Dates:** 2/21 2/28**Time:** 10 a.m.-12 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.

81 Painting With Encaustics (Colored Beeswax) (R)**Location:** Green Bay**Classroom:** Suamico Municipal Services Center, 12781 Velp Avenue, Suamico WI**Presenter:** Deb O'Harrow**Coordinator/Moderator:** Jane Hertel**Dates:** 2/21**Time:** 12-3 p.m.**Limit:** 8**Fee:** \$10, payable at registration for course supplies

Following a brief history of the origin of encaustics 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 \$10.00 fee is due to UW-Green Bay upon confirmation of enrollment.

82 Iceland's Dramatic Volcanic Geology (N)**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Annette Weissbach & Al Nass**Coordinator/Moderator:** Dean Cherry**Dates:** 2/28**Time:** 1-3 p.m.**Limit:** 50

Iceland is a barren and beautiful country dissected by an active volcanic zone. A grand display of character exists in every inch its of landscape! This course will introduce you to the geology and geothermal nature of Iceland and also touch on some history and local economics.

THANK YOU

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

83 Pro Sauce Making Secrets to Explode The Variety Of Your Cooking (N)

Location: Zoom

Classroom: Zoom

Presenter: Chef Todd Mohr, CCE

Coordinator/Moderator: Gary Hanna

Dates: 2/28

Time: 1-3 p.m.

Limit: 500

Understanding HOW sauce making works starts with an introduction to the 5 Mother Sauces, from which all other sauces are derived. Chef Todd Mohr will introduce you to these five foundational sauces and how to make them using dependable and repeatable methods, all designed to empower you and spark your creativity to start inventing your own new sauces. Then you can turn one basic dish into five exciting ones all by being able to create a variety of quality sauces.

84 Intermediate Line Dancing (C)

Location: Green Bay

Classroom: Calvary Lutheran Church, Green Bay

Presenter: Jim Huss

Coordinator/Moderator: Jim Huss

Dates: 3/6 3/13 3/20 3/27 4/3 4/10

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.

85 Humor as Healing: Crafting Positive Stories with Gina Ramsey (N)

Location: Zoom

Classroom: Zoom

Presenter: Gina Ramsey

Coordinator/Moderator: Gary Hanna

Dates: 3/6 3/13 3/20 3/27

Time: 1-2:30pm

Limit: 12

Join Gina Ramsey, Licensed Clinical Social Worker and author of "Burnt Gloveboxes: Embracing Life When It Goes Up In Flames," as she reveals the transformative power of humor and positivity on health and well-being.

Gina will provide valuable writing structure tips and will show you how to reframe life's hurdles into humorous, compelling short stories that create connections with others and infuse joy into your world. Unleash the power of storytelling to inspire and uplift yourself and those around you.

86 Understanding Palliative Care (R)

Location: Zoom

Classroom: Zoom

Presenter: Michelle Hackett RN

Coordinator/Moderator: Gary Lewins

Dates: 3/13

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

Limit: 50

With incredible advances in medications, medical knowledge and technology, people are now living much longer which can mean there is a growing population of people living with chronic and complex medical needs. This presentation will provide a better understanding about what is palliative care and how a palliative team has their eyes on your care goals and quality of life. Learn how a palliative care team works alongside of you, your family and your doctors to provide: coordination of communication, comfort care, symptom management and caregiver support.

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

87 Spread the Word About Cheese, That Is! (R)**Location:** Manitowoc**Classroom:** Manitowoc Campus F170**Presenter:** Mary Lindemann**Coordinator/Moderator:** Jean Rausch**Dates:** 3/13**Time:** 10 a.m.-12 p.m.**Limit:** 24

Learn the origin of the iconic Midwest snack, Cheese Spread! Find out how a local Wisconsin company, Pine River Cheese Spread, is the most awarded cheese spread in the world! Gain insight into the World Championship Cheese Contest held March 5-6, 2024, at Monona Terrace in Madison. Sample a variety of cheese spread flavors and find out how to spread beyond the cracker and liven up any recipe!

88 Cheesemaking and the Art of Fermentation (N)**Location:** Green Bay**Classroom:** NWTC Landscape and Horticultural Building (on GB Botanical Garden grounds)**Presenter:** Valerie Dantoin**Coordinator/Moderator:** Lisa Schneider-Wettstein**Dates:** 3/13**Time:** 12 p.m.-3 p.m.**Limit:** 10**Fee:** \$15, payable at registration for course supplies

Join NWTC instructor, Valerie Dantoin, in this 3-hour workshop. Make a soft ripened cheese from whole cow's milk. Take your cheese home to eat for supper. Get a peek at the biology that powers cheesemaking; the Wisconsin state food. Explore the process and benefits of other fermented foods. All supplies included with the course fee of \$15.00. Class is held in the LH Building (Landscape and Horticultural Building) of NWTC at 2600 Larson Road. (Building is on the same grounds as the Green Bay Botanical Gardens)

89 Caring for the Caregiver (R)**Location:** Zoom**Classroom:** Zoom**Presenter:** Elizabeth DenDekker, MSW, LCSW**Coordinator/Moderator:** Gary Hanna**Dates:** 3/20**Time:** 10 a.m.-12 p.m.**Limit:** 50

Caring can be gratifying for both you and the person you are caring for, but the stress and responsibilities that come with it cannot be denied. Finding a balance between caregiving and your self-care is essential to everyone's well being. Learn how to recognize signs of caregiver fatigue, use tools to support self-care and identify community resources.

90 Maple Syrup Magic (N)**Location:** New London**Classroom:** Mosquito Hill Nature Center**Presenter:** Adam Brandt**Coordinator/Moderator:** Mary Kelly**Dates:** 3/20**Time:** 10 a.m.-12 p.m.**Limit:** 25**Fee:** \$5, payable on the day of class

Spring may be the most important season of the year because it means it's time to make maple syrup. Park Ranger Adam Brandt will give a tour of the syrup making process from start to finish with a power point presentation and demonstration. You will have an opportunity to smell and taste the sweet goodness.

91 How the Earth Came to be and Us on It (Part Two) (R)**Location:** Marinette/Menominee**Classroom:** Marinette Campus M107**Presenter:** Daniel Winger**Coordinator/Moderator:** Diane Shepard**Dates:** 3/20 3/27 4/3 4/10**Time:** 10 a.m.-12 p.m.**Limit:** 15

A continuance from Fall Semester of how the Earth was formed, how life began on Earth and continues to evolve.

92 Irish Research from this Side of the Pond (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Dave Miller “The Ancestor Guy”
Coordinator/Moderator: Thomas Wilsmann
Dates: 3/20
Time: 10 a.m.-12 p.m.
Limit: 25

For those of you who are just starting out their Irish research or those who have run into brick walls, this will help in moving your research along. Those who are planning to head to Ireland in 2024, I will also go over the various archives and what you will need to do your research.

93 Preparing for the Inevitable: What to Know BEFORE the Funeral (N)

Location: Sheboygan
Classroom: Sheboygan Campus 3103
Presenter: Angela Ring & Damon Wenig
Coordinator/Moderator: Jeanne Pfeiffer
Dates: 3/20
Time: 1-3 p.m.
Limit: 25

When it comes to death and dying, most of us don’t take five minutes to discuss our wishes and options for ourselves or loved one, but preparing for the inevitable not only equips us to make the most suitable decisions for our loved ones, it brings tremendous peace of mind. Join experts in the field for a hands-on workshop covering elements of funeral preplanning and answering questions around final disposition, funeral options, final resting place, Medicaid spend down, prefunding your funeral and more.

94 Clearing the Clutter from your Life (R)

Location: Sheboygan
Classroom: Sheboygan Campus 3103
Presenter: Bill Horsch
Coordinator/Moderator: Mary Mueller
Dates: 4/3
Time: 10 a.m.-12 p.m.
Limit: 30

This course will give you instructions on clearing up the clutter from your life. The class teaches the benefits of decluttering, where to begin, specific methods, and room to room guidelines.

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

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Mark Walter
Coordinator/Moderator: Nancy Whitfield
Dates: 4/3
Time: 10 a.m.-12 p.m.
Limit: 40

The Cat Island Restoration Project is reconstructing three islands in the lower bay, providing habitat for shorebirds, waterfowl, amphibians, turtles, invertebrates, and furbearing mammals. A 2.5 mile long wave barrier along the remnant Cat Island shoals was built to protect and help restore 1,225 acres of shallow water and wetland habitat behind the islands. Renard Island is a man-made island that was used until 1996 as storage for dredge material. A cap was installed on the island in 2014 and in 2019 a Master Plan was completed for Renard Island. The island is being developed as a recreational facility.

96 Pollinators and Native Plant Gardening (N)

Location: Marinette/Menominee
Classroom: Marinette Campus M107
Presenter: Anne Bartels, Information and Education Specialist
Coordinator/Moderator: Gerry Konop
Dates: 4/3
Time: 10 a.m.-12 p.m.
Limit: 30

Learn about pollinators and their habitat needs, how to attract pollinators, and tips on using native plants in your gardens/landscapes.

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

97 Writing Your Memoirs (C)

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Lou Ann Norsetter
Coordinator/Moderator: Jim Huss
Dates: 4/3 4/10 4/17 4/24 5/8 5/15
Time: 1-3 p.m.
Limit: 25

This ongoing class continues to be a favorite for both new and seasoned writers. We start with short writing exercises to warm up. Then we explore what “life stories” are- short vignettes of something that happened to us, whether 50 years ago or just recently. We devote plenty of time listening to the stories of our class members. Each semester we explore ways to improve our writing, have guest speakers or consider publishing options. Whether you’ve written for years or have just “written checks”, we want to hear from you.

98 More Deer. Fewer Hunters. What’s Next? (N)

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Jeffrey Pritzl, Deer Management Specialist
Coordinator/Moderator: James A Hinckley
Dates: 4/10
Time: 10 a.m.-12 p.m.
Limit: 150

The DNR has embarked on a new strategic management plan for white-tailed deer in the state. Learn what is being considered for the next decade of deer management in Wisconsin.

99 Dogs With Jobs (N)

Location: Sheboygan
Classroom: Sheboygan Campus 3103
Presenter: Rebekah Hintzman
Coordinator/Moderator: Jeanne Pfeiffer
Dates: 4/10
Time: 10 a.m.-12 p.m.
Limit: 25

Join dog trainer, Rebekah Hintzman and her working dogs from Ruff Academy as she discusses different types of working dogs, how they are trained, and how they are placed with patrons. Meet some working dogs and watch them go through their paces!

100 Harvey Girls and the Santa Fe (N)

Location: Green Bay
Classroom: National Railroad Museum in Fuller Hall Theater
Presenter: Justin Lambrecht, Director of Education
 Emma Lemke, Educator
Coordinator/Moderator: Pati Wiegand
Dates: 4/10
Time: 10 a.m.-12 p.m.
Limit: 48
Fee: \$10, payable on the day of class

Explore Fred Harvey’s concept of the rail side diner and hotel that gave many women their first opportunity to gain employment outside of the home in the late 19th century. Learn how this changed the landscape of the southwest and opened up a world of opportunity for women at the turn of last century. Fee for tour and Harvey House Cookbook dining samples.

101 Exceptional Equestrians (R)

Location: Green Bay
Classroom: Exceptional Equestrians
Presenter: Aaron Geitner
Coordinator/Moderator: Sue Johnson
Dates: 4/10
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.

102 Pollinators + Pollination + Plants = Life (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Annette Weissbach & Al Nass
Coordinator/Moderator: Jan LaSota
Dates: 4/17 4/24
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.

103 Let's Talk Turkey (N)

Location: New London
Classroom: Mosquito Hill Nature Center
Presenter: Mike Hibbard
Coordinator/Moderator: Liz Koehler
Dates: 4/17
Time: 10 a.m.-12 p.m.
Limit: 25
Fee: \$5, payable on the day of class

Learn the biology and habits of the American Turkey. Naturalist Mike Hibbard will give an indoor program about Wild Turkeys followed by an outdoor hike to visit turkey habitat and see if we can spot any of these elusive birds.

104 Protecting Your Retirement Savings in Today's Economy (N)

Location: Sheboygan
Classroom: Sheboygan Campus 3103
Presenter: Peter Mersberger & Andrea Zoeller
Coordinator/Moderator: Jeanne Pfeiffer
Dates: 4/17
Time: 10-11:30 a.m.
Limit: 25

This course will cover risks the economy and financial markets are currently facing and that we expect to see over the next 3-5 years. The presenter will discuss common financial planning strategies that are utilized to mitigate and even attempt to eliminate these risks.

105 Preparing for the Inevitable: What to Consider DURING a Funeral (N)

Location: Sheboygan
Classroom: Sheboygan Campus 3103
Presenter: Angela Ring & Damon Wenig
Coordinator/Moderator: Jeanne Pfeiffer
Dates: 4/17
Time: 1-3 p.m.
Limit: 25

Preparing for the inevitable loss of a loved one equips us in knowing what to anticipate in the immediate days following a death. Join experts in the field for an interactive discussion covering the elements of a meaningful funeral that not only honors wishes, but helps loved ones heal. In addition, funeral directors will discuss current funeral trends, memorialization options, obituary writing and more.

106 Creative Cookie Decorating for Spring (R)

Location: Green Bay
Classroom: First Presbyterian Green Bay
Presenter: Karen Trembl
Coordinator/Moderator: Cindy Johnson
Dates: 4/17
Time: 1-3 p.m.
Limit: 12
Fee: \$5, payable at registration for course supplies

Do you want to learn the art of cookie decorating to make beautiful cookies any time of the year? This class is an introduction to the basic art of cookie decorating using royal icing. Each participant will leave with a half dozen of spring themed cookies practicing the art of flooding, applying a wet-on-wet cookie decorating techniques and adding other fine details to make beautiful cookies. Cookie and icing recipes and tips will be shared

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

107 Recycling and Solid Waste - Where Does It All Go? (R)

Location: Green Bay
Classroom: Venue TBD
Presenter: Mark Walter
Coordinator/Moderator: Gary Lewins
Dates: 4/24
Time: 10 a.m.-12 p.m.
Limit: 40

This course will focus on the process of recycling and solid waste management in the U.S. and northeast Wisconsin with discussion about what happens to everything we throw out.

108 How We Began: Operation Torch and the Invasion of North Africa (N)

Location: Green Bay
Classroom: Green Bay Campus RH 250
Presenter: Bob Cook
Coordinator/Moderator: Pati Wiegand
Dates: 5/8 5/15 5/22
Time: 10 a.m.-12 p.m.
Limit: 150

After Pearl Harbor we were in WWII in both the Pacific and Europe. The question was ; where do we start the road back. We had already decided that defeating Germany was our first objective. Now we had to determine where to begin to attack them. We will talk about why we chose North Africa and the political and military reasons for that choice. Next we will look at how the US and England worked together and the successes and failures of that joint enterprise.

109 Alpaca Ranch Tour (Session A) (R)

Location: Two Rivers
Classroom: London Dairy Alpacas
Presenter: Kevin Stoer & Laura Prellwitz
Coordinator/Moderator: Mary Halloin
Dates: 5/8
Time: 10 a.m.-12 p.m.
Limit: 50
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. A \$7 fee is due at class. Class is held rain or shine. Sign up for one session only.

110 How Secure Is Your Vote? (N)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Michelle Seidl
Coordinator/Moderator: Sue Johnson
Dates: 5/8
Time: 1-3 p.m.
Limit: 50

This class will go through the election process from voter registration, including absentee ballots, to voting day and the processing of your vote. Our presenter, a village clerk, will walk us through the entire process including a video on election security with time to answer your questions after.

111 Zentangle (R)

Location: Green Bay
Classroom: Green Bay Campus RH 315 (Third Floor Conference Room)
Presenter: Elizabeth Carlson
Coordinator/Moderator: Shirley Garthwaite
Dates: 5/8 5/15 5/22
Time: 1-3 p.m.
Limit: 10

Fee: \$4, payable at registration for course supplies
 Step out of your comfort zone. Pick a tangle, share a tangle, challenge me!

112 Alpaca Ranch Tour (Session B) (R)

Location: Two Rivers
Classroom: London Dairy Alpacas
Presenter: Kevin Stoer & Laura Prellwitz
Coordinator/Moderator: Dean Cherry
Dates: 5/15
Time: 10 a.m.-12 p.m.
Limit: 50
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. A \$7 fee is due at class. Class is held rain or shine. Sign up for one session only.

113 Water Quality & Aquatic Macroinvertebrates (N)

Location: Marinette/Menominee
Classroom: Marinette Campus M107
Presenter: Anne Bartels, Information & Education Specialist
Coordinator/Moderator: Gerry Konop
Dates: 5/15
Time: 10 a.m.-12 p.m.
Limit: 20

Explore the underwater world of aquatic insects and other organisms by observing and identifying specimens using identification keys and field guides. Examine the role of these animals in the food web, as well as adaptations that help them survive an aquatic environment. In addition, many aquatic critters are water quality indicators ; participants take an inventory of different specimens and use the results to speculate how “healthy” the habitat is.

114 Walking in the Shadow of History - The Great Green Bay Fire of 1880 (R)

Location: Green Bay
Classroom: Meeting Location Will Be Emailed to Roster
Presenter: David Siegel
Coordinator/Moderator: Lisa Schneider
Dates: 5/15
Time: 1-3 p.m.
Limit: 15

The Great Green Bay Fire of September 20, 1880, destroyed more buildings than any other fire in the city’s entire history. The flames burned 100 buildings, including sixty homes, a church, a few businesses, and some outbuildings. Local historical author and firefighter David Siegel will provide a guided walking tour that follows the path of the fire, about 1.2 miles one-way, taking one hour, visiting the origin site, significant firefighting locations, destroyed building sites, and five extant buildings that were directly threatened by the flames in 1880. This guided tour will vividly describe the experiences of the Green Bay citizens and firefighters on that fateful day. Please dress appropriately for the weather. The meeting site will be emailed to the roster.

115 Broadwind likes to “Think Big”! (N)

Location: Manitowoc
Classroom: Broadwind Facility, Manitowoc
Presenter: Jim Meyer, Operations Manager & Dennis Janda, VP Engineering
Coordinator/Moderator: Mary Gajeski
Dates: 5/15
Time: 1-3 p.m.
Limit: 15

Participants will have an opportunity to see how Broadwind Heavy Fabrications fabricates some very large-scale projects, including cranes for the defense industry.

116 Alpaca Ranch Tour (Session C) (R)

Location: Two Rivers
Classroom: London Dairy Alpacas
Presenter: Kevin Stoer & Laura Prellwitz
Coordinator/Moderator: Mary Halloin
Dates: 5/22
Time: 10 a.m.-12 p.m.
Limit: 50
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. A \$7 fee is due at class. Class is held rain or shine. Sign up for one session only.

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

117 Cruising the North Channel and Georgian Bay of Lake Huron with Norm and Wendy (N)

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Norm Schroeder & Wendy Schroeder
Coordinator/Moderator: Karen Dallman
Dates: 5/2
Time: 1-3 p.m.
Limit: 150

The North Channel and Georgian Bay of Lake Huron are entirely in Canadian waters, but only a day's drive from NE Wisconsin. Wendy and Norm have cruised this area four different times, each providing new and interesting sights. We show the geology, geography, history and interesting sights in these waters. We will emphasize sights that can be seen by land, too.

118 Racewalking for Lifetime Fitness (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Michael L. Draney
Coordinator/Moderator: Karen Dallman
Dates: 5/16 5/23
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 1 mile. Come to class with comfortable walking attire, and bring a bottle of water for your personal use.

Thursday

119 Knit Shawl (N)

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: MaryLu Sachs & Della Mudry
Coordinator/Moderator: Pati Wiegand
Dates: 1/25 2/1 2/8 2/15
Time: 1:30-3:00 p.m.
Limit: 8

Participants will knit a shawl with 6 different stitch combinations. Participants MUST know how to cast on, knit, and purl. Materials needed: 400 yards of fingering weight or 600 yards of DK weight yarn; US 8 Circular Knitting Needles (fingering); US 9 Circular Knitting Needles (DK); 6 Stitch markers.

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

Location: Zoom
Classroom: Zoom
Presenter: Diane Shepard & Linda Berry
Coordinator/Moderator: Diane Shepard
Dates: 1/18 2/15 3/21 4/18
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.

121 Books and You (R)

Location: Zoom
Classroom: Zoom
Presenter: Theresa Gulyas
Coordinator/Moderator: Terri Gulyas
Dates: 1/18 2/15 4/18
Time: 1-2:30pm
Limit: 15

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

1/18: memoir or biography

2/15: book written by African American author

3/21: no class

4/18: book related to mental illness

122 Knitted Cable Hat (R)

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: MaryLu Sachs & Della Mudry
Coordinator/Moderator: Pati Wiegand
Dates: 1/25 2/1 2/8 2/15
Time: 12-1:30 p.m.
Limit: 8

Participants will learn to knit in the round using a circular needle and double-pointed needles, cables, decrease and weaving in the ends. Supplies needed: 200 yards of worsted weight yarn (solid color and not novelty yarn); size 8 US 16" circular needle; size 8 US double-pointed needles; cable needle; tapestry needle. PARTICIPANTS MUST BE ABLE TO CAST ON, KNIT, AND PURL.

123 Budapest: Where East Meets West and River Cruises Flourish (N)

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Steve Mayer
Coordinator/Moderator: Stu Hoar
Dates: 1/25
Time: 10 a.m.-12 p.m.
Limit: 100

Budapest: Where East meets West is a historical, geographical, cultural, religious, and sightseeing/experience review of the people we now know of as Hungarians and the cities of Buda and Pest (aka Budapest). Budapest is also a hub for Danube River and European river cruises (Viking, Avalon, Ama, etc.). The objective of this course is for LLI members to better understand Budapest, Hungary and Eastern Europe, and to give members intending to river cruise to/from Budapest a glimpse into the world-class destination that is Budapest.

124 Historical Jesus Scholarship (N)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Julie Black Harder
Coordinator/Moderator: Bob Cook
Dates: 1/25 2/1 2/8
Time: 1-3 p.m.
Limit: 50

Learn how Historical Jesus scholars analyze the gospels to extract a picture of what Jesus actually said and did-as opposed to what later traditions that were added to the gospels as Christianity evolved. This class is best suited for those who are familiar with the gospels (especially those who have taken one or more of the presenter's other classes on the New Testament, or who have otherwise been exposed to historical critical scripture analysis). The presenter holds a Master's Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College.

125 Group Piano (R)

Location: Green Bay
Classroom: Jeff's Piano Sales and Service
Presenter: Heidi Lueck
Coordinator/Moderator: Jane Hertel
Dates: 2/1 2/8 2/15 2/22
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 Adult Lesson Book (ISBN 0882846167), which everyone should have on first day of class. This book can be purchased through area music stores or online.

126 Hospice 101 and Advance Directives (R)

Location: Green Bay
Classroom: Unity Grief and Education Center
Presenter: Dr. Amy James
Coordinator/Moderator: Shirley Garthwaite
Dates: 2/8
Time: 10 a.m.-12 p.m.
Limit: 25

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

127 Get On The Ball (R)**Location:** Green Bay**Classroom:** Allouez Village Hall**Presenter:** Antonia Nelson**Coordinator/Moderator:** Judy Hastert**Dates:** 2/9**Time:** 10 a.m.-12 p.m.**Limit:** 20

Learn how you can reduce pain, stiffness, incontinence and more with gentle, simple techniques, using a ball. It's like having a therapist in your pocket, and it's you! Antonia has 40 years experience in the field of Health and Wellness related to massage, myofascial release therapy, craniosacral therapy, energy healing and more

128 Mature Makeup and Skincare (N)**Location:** Green Bay**Classroom:** Green Bay Campus RH 230**Presenter:** Cheri Larson**Coordinator/Moderator:** Pati Wiegand**Dates:** 2/15**Time:** 10 a.m.-12 p.m.**Limit:** 8

Explore the art of ageless beauty in our Mature Makeup and Skincare class. This specialized course is designed to empower women with techniques and products tailored to mature skin. We will focus on personalized skincare routines and hands-on makeup application methods that enhance natural features, promote healthy skin, and boost confidence.

129 Stand and Deliver! Highwaymen Stories (N)**Location:** Zoom**Classroom:** Zoom**Presenter:** Rebecca Nesvet**Coordinator/Moderator:** Ed Smith**Dates:** 2/15**Time:** 10 a.m.-12 p.m.**Limit:** 75

This course will introduce students to outlaw literature, which, between the middle ages and the 20th century, romanticized the figure of the "highwayman," who robbed coaches and highway passengers, especially in 18th century England. Why was the "highwayman" so compelling? What made

him a hero? Were the highwaymen of legend real? And how did this legend translate into American popular culture? In this course, you will find out.

130 Mature Makeup and Skincare (N)**Location:** Zoom**Classroom:** Zoom**Presenter:** Cheri Larson**Coordinator/Moderator:** Pati Wiegand**Dates:** 2/22**Time:** 10 a.m.-12 p.m.**Limit:** 150

Explore the art of ageless beauty in our Mature Makeup and Skincare class. This specialized course is designed to empower women with techniques and products tailored to mature skin. We will focus on personalized skincare routines and hands-on makeup application methods that enhance natural features, promote healthy skin, and boost confidence.

131 Isms 'R' Us: Art in the Modern Era (N)**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Carol Emmons**Coordinator/Moderator:** Karen Dallman**Dates:** 2/22 2/29**Time:** 10 a.m.-12 p.m.**Limit:** 45

"A four-year-old could do that!" These sessions will explore an overview of modernist art 'isms' ranging from the well-known (Impressionism) to the lesser known (Futurism). By focusing on the ideas generated by these approaches and by looking at them in context, we may come to some conclusions about whether there is more to them than a four-year-old's scribbles.

132 Curative Connections East Tour Session B (R)

Location: Green Bay

Classroom: Curative Connections East

Presenter: Kari Moody & Denise Misovec

Coordinator/Moderator: Kathy Bergner

Dates: 2/22

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

Limit: 25

Join us for a tour of Curative Connections East at 2900 Curry Lane to learn about our programs, which include training and employment, dementia and healthy aging, home and community, adult day, specialized transportation, and brain rehabilitation and wellness. Each program allows members with opportunities to build skills, have a better quality of life, a more independent way of living, and an enriching opportunity to grow.

133 Volunteering in Your Community With Brown County Volunteer Services (N)

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Judy Tilque & Glen Tilot

Coordinator/Moderator: Shirley Garthwaite

Dates: 3/7

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

Limit: 50

Brown County Volunteer Center works with Child Protective Services. We run the Pals Program, Parent Pals, volunteer Driver Program and Guardian Program. You could join as a volunteer once a month and volunteer whenever suits your schedule. We have opportunities for everyone! The Programs help vulnerable people in our community and you make a huge impact helping kids and adults make positive choices. We also are in huge need of foster homes at Brown County and can provide any information on this.

134 Piano Ensemble (R)

Location: Green Bay

Classroom: Jeff's Piano Sales and Service

Presenter: Heidi Lueck

Coordinator/Moderator: Mary Cook

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

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 Alfred's Duet 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.

135 Vladimir Putin's Weaponization of Medieval History (N)

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Heidi Sherman PhD

Coordinator/Moderator: Gerry Konop

Dates: 3/7

Time: 1-3 p.m.

Limit: 50

This class will examine how the Russian President is using history to justify his war against Ukraine. We will focus on Kievan Rus, but also look at ways he weaponizes other periods of Russia's past. Why, for example, a month after the invasion did Vladimir Putin take time out of his schedule to talk to reporters about the parentage of a 9th Century Viking?

136 Painting On Fabric (N)

Location: Marinette/Menominee

Classroom: Marinette Campus M107

Presenter: Pam Bonner

Coordinator/Moderator: Eileen Beyer

Dates: 3/7

Time: 1-3 p.m.

Limit: 20

Painting on cloth is a medium with multiple uses such as, quilting, artwork and home decor. The presenter has 47 years of experience in this art form to share with you. Paint, brushes and fabric will be provided. a short supply list will be sent prior to class date.

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

137 Fox River Locks (N)**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Scott Thompson**Coordinator/Moderator:** Sue Johnson**Dates:** 3/14**Time:** 10 a.m.-12 p.m.**Limit:** 45

Created while Wisconsin was still a territory, the Fox-Wisconsin waterway was part of a grand plan to extend the Erie Canal further west to the Mississippi River. This project would open up export markets for area mills and producers, transport troops and bring immigrants to the area. Although the original plan didn't live up to its expectations, most of the seventeen locks still operate. Through photographs, videos and newspaper clippings the locks story will be told along with a tour of a lock also in spring when the river thaws.

138 Tribal College and Universities Movement in the United States (N)**Location:** Zoom**Classroom:** Zoom**Presenter:** Thomas Davis**Coordinator/Moderator:** Pati Wiegand**Dates:** 3/21**Time:** 10 a.m.-12 p.m.**Limit:** 200

The first tribal college in the United States, Navajo Community College, was founded in 1968 on the Navajo Reservation in Arizona. Today there are 38 tribal colleges that are members of the American Indian Higher Education consortium. Growing out of the tragedy of the boarding school era in American history, the tribal colleges and universities are one of the most powerful educational movements of the late 20th, early 21st century. Like the storefront college movement of the 1960s, the tribal colleges and university movement is a rethinking and redesign of higher education and how, through self determination, American Indian people can make higher education a Native success story.

139 Passion of Jesus of Nazareth: Facts and Issues (N)**Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Professor Benjamin Cruz-Urbe**Coordinator/Moderator:** Dean Cherry**Dates:** 3/21 3/28**Time:** 1-3 p.m.**Limit:** 150

The Passion Story is very well known, but many parts of the story have come under intense scrutiny in recent years. What was the exact date of the crucifixion? Who attended the Last Supper? Did Pilate order Jesus' arrest? What really happened at the "cleansing of the Temple?" Was there a Roman guard at the tomb? These and many other questions will be covered. Those attending should bring a Bible along with them.

140 Presidential Elections 2024 (N)**Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Mike Kraft**Coordinator/Moderator:** Pati Wiegand**Dates:** 3/28**Time:** 10 a.m.-12 p.m.**Limit:** 150

An overview of presidential elections in the United States today, with a focus on the 2024 nominating process and campaign, both nationwide and in Wisconsin. The course covers the importance of presidential elections for American government as well as the historical context that affects today's political environment. It reviews the basics of presidential elections, such as the nominating process, party conventions, media coverage, the role of the Electoral College, and voter participation. It also discusses the purposes and effects of campaigns, the role of campaign contributions, and recent proposals for both campaign reforms and changes in the presidential election process at both the state and national level.

141 Art of Calligraphy (R)

Location: Green Bay
Classroom: RH 315 week one only, then RH 230
Presenter: Kay Barlament
Coordinator/Moderator: Becky Lowry
Dates: 4/4 4/11 4/18
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 and other styles will also be presented. Be prepared for a fun class with lots of laughter!

142 Antarctica - The Southernmost Continent (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Terry McGrew
Coordinator/Moderator: Kathy Bergner
Dates: 4/4
Time: 10 a.m.-12 p.m.
Limit: 50

This class is a travelogue of our trip in 2011 to Ushuaia, the Falklands, South Georgia and the Antarctic Peninsula.

143 Heart Failure: Pharmacotherapy and Management 2024 (N)

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Brian Barkow, PharmD
Coordinator/Moderator: Shirley Garthwaite
Dates: 4/4
Time: 10 a.m.-12 p.m.
Limit: 150

This course will be a two hour lecture and discussion on the causes, symptoms, and updated treatment options for Heart Failure (HF). Many therapy medications continue to hit the market each year and treatment options are not always optimized. This lecture will be an updated course on most recent guidelines and treatments.

144 Climate Change and Energy Policy (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Mike Kraft
Coordinator/Moderator: Nancy Whitfield
Dates: 4/11
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.

145 Caring for the Underserved in Guatemala (N)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Lynn Murphy DNP, APRN, APNP, CPNP-PC
Coordinator/Moderator: Karen Dallman
Dates: 4/18
Time: 10 a.m.-12 p.m.
Limit: 125

One billion people in the world live on \$1 a day, limiting their access to clean water and necessities of life. This course will discuss the interventions being made by a group of missionaries from Green Bay who have been traveling to the east coast of Guatemala, to provide health care, since 2016.

146 Ukraine War - How Will it End? (N)

Location: Green Bay
Classroom: Christie Theatre
Presenter: Bob Srenaski
Coordinator/Moderator: Gerry Konop
Dates: 4/18
Time: 1-3 p.m.
Limit: 150

Victory/Defeat, Negotiated Settlement, Nuclear War?

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

147 Origins and Consequences of the Great War (R)**Location:** Green Bay**Classroom:** Mauthe Center**Presenter:** Bob Cook**Coordinator/Moderator:** Ed Smith**Dates:** 4/25 5/2**Time:** 10 a.m.-12 p.m.**Limit:** 150

We call it WWI; however, it was known by its contemporaries as the Great War. We will explore the complex pre-war world to lead to some conclusions about the origins of the war. This war was one of the most important events of the 20th Century. We will examine the world that existed after the war ended to see why it was such a watershed event.

148 Ride Through Wisconsin History at Heritage Hill (N)**Location:** Green Bay**Classroom:** Heritage Hill**Presenter:** Claire E Gwaltney, Director of Engagement & Visitor Services**Coordinator/Moderator:** Dean Cherry**Dates:** 4/25**Time:** 1-2:30 p.m.**Limit:** 24**Fee:** \$20, payable on the day of class

Take a tram riding tour of Heritage Hill State Historical Park with an expert guide. Participants will receive an overview of Northeast Wisconsin history from the 1600s to the early 20th century while touring multiple historic buildings. Participants can expect a tour that touches on topics as varied as French fur traders, 1830s military life, 19th century immigration, and more, all while enjoying a picturesque, natural setting

149 Present State of the U.S. Electoral College (N)**Location:** Green Bay**Classroom:** Christie Theater**Presenter:** Professor Benjamin Cruz-Urbe**Coordinator/Moderator:** Shirley Garthwaite**Dates:** 4/25**Time:** 1-3 p.m.**Limit:** 150

On January 6, 2021, a mob of Trump supporters stormed the Capital in order to change the Electoral College vote. As a result of this incident, Congress passed a law which codified the Electoral College process. This course will lay out what the changes are and what issues still remain with the Electoral College system.

150 Creating Your Own Comic Books: An Introduction (N)**Location:** Manitowoc**Classroom:** Manitowoc Campus F170**Presenter:** Ken Bailey**Coordinator/Moderator:** Jeanne Pfeiffer**Dates:** 4/25**Time:** 9 a.m.-12 p.m.**Limit:** 20

Have you ever wanted to write or draw comic books of your own making? Epic stories featuring characters and a universe of your own design? Now you can! Longtime hobby cartoonist, Ken Bailey, will take you through the first steps to do so in this one-day class. Learn about such topics as "Creating an initial premise, creating characters of various types, creating the world in which they live and move" as well as "how to come up with ideas" and "how to expand stories and universe after the initial startup".

Ken will review how he did this with his own long-running superhero comic (started from scratch in 2004). And then it will be your turn! Bring your favorite drawing tablet and a #2 pencil, some ink markers (such as "Sharpie" Fine Point and Ultra Fine Point), and a soft eraser and ruler. Ken will work with you to get you started on your first steps into comicdom.

Ken Bailey is the creator of "The Mighty Energy Girl", a self-published superhero web and print comic series that is to date in its 44th book. His first ongoing comic book series was created in 1964.

151 Say It With Flowers! (N)

Location: Manitowoc
Classroom: Manitowoc Campus F170
Presenter: Mary Lindemann
Coordinator/Moderator: Jean Rausch
Dates: 5/2
Time: 10 a.m.-12 p.m.
Limit: 24
Fee: \$15, payable at registration for course supplies

FTD coined that phrase as their advertising campaign for Mother's Day in 1918! Let's enjoy learning about the origins of all the events we commemorate with flowers. Create a small basket filled with a colorful artificial flower arrangement to celebrate May Day! A \$15 fee payable at registration for supplies.

152 Lakeside Frozen Foods Tour (R)

Location: Green Bay
Classroom: Lakeside Foods
Presenter: Brian Gates
Coordinator/Moderator: Sue Johnson
Dates: 5/16
Time: 1-3 p.m.
Limit: 20

Tour Lakeside Foods Packaging Center in Manitowoc where vegetables you enjoy at dinner are packaged daily. Lakeside Foods has been around since 1887; is a family owned business 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 stores. Walking shoes are required.

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

Location: Green Bay
Classroom: Baird Creek, Green Bay
Presenter: Charles Frisk
Coordinator/Moderator: Nancy Whitfield
Dates: 5/9
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.

154 Curative Connections Yesteryear Village Tour Session B (N)

Location: Green Bay
Classroom: Yesteryear Village
Presenter: Kari Moody & Denise Misovec
Coordinator/Moderator: Vickie Keigley
Dates: 5/9
Time: 10 a.m.-12 p.m.
Limit: 25

Join us for a tour of Curative Connections' reminiscent care facility, Yesteryear Village, an innovative, cutting-edge and proactive approach to care. Yesteryear Village promises to be a leap forward in what is an emerging best practice for dementia services.

Each day, Curative Connections' Dementia & Healthy Aging Services provides hundreds of individuals with meaningful days and provides caregivers with needed assistance. Yesteryear Village emphasizes safety and a sense of purpose through reminiscence and interactive experiences. That is why a large emphasis has been placed on creating an environment modeled by a participants' younger years, when they were 18-30 years old.

Each space in Yesteryear Village has been designed specifically to invite self-direction, afford hands-on interactions, and provide purposeful activities that trigger positive memories, making programming and socialization less stressful and more engaging for those experiencing memory loss.

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

155 Guided Walk in Baird Creek: Ecology and History Session B (R)**Location:** Green Bay**Classroom:** Baird Creek, Green Bay**Presenter:** Charles Frisk**Coordinator/Moderator:** Sue Johnson**Dates:** 5/9**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 walk way and less challenging than Session A. This Session can accommodate walkers of any ability including walkers and wheelchairs (you need to provide the pusher).

156 Authentic 1980s Windmill Tour (Session B) (R)**Location:** Green Bay**Classroom:** Little Chute Windmill**Presenter:** Volunteers**Coordinator/Moderator:** Mary Halloin**Dates:** 5/9**Time:** 1-3 p.m.**Limit:** 16**Fee:** \$8, 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 designed 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 \$8 is due on day of class. Please register for Session A or B, not both.

157 Tour of Christopher Farm & Gardens (N)**Location:** Sheboygan**Classroom:** The Christopher Farm & Gardens**Presenter:** The Christopher Farm & Gardens**Coordinator/Moderator:** Jean Rausch**Dates:** 5/16**Time:** 1:00 pm - 3:30 pm**Limit:** 50**Fee:** \$2, we ask for a \$2 donation which will go to Meals On Wheels of Sheboygan County

The Christopher Farm & Gardens comprises approximately 50 acres of maintained botanical gardens connected by winding paths of asphalt, pavers, wood chips and grass. It is a privately owned garden not open to the public on a daily basis. We accommodate private guided tours on a request basis only. Touring the gardens requires about 2 miles of walking, over the course of 2-3 hours.

158 Reading, Writing, and "Rithmetic - in 1877 (N)**Location:** Sheboygan**Classroom:** Heritage School**Presenter:** Karen Grace & Pat Dinolfo**Coordinator/Moderator:** Jeanne Pfeiffer**Dates:** 5/16**Time:** 1-3 p.m.**Limit:** 20

Sheboygan's Heritage School, built in 1876 and opened to students in 1877, is in use today as a living history museum for fourth grade classes. This charming two-room cream city brick building is on the National Register of Historical Places. A teacher will guide visitors through the school's museum room and, in the adjoining classroom, will describe how an 1877 school day is brought to life for fourth grade students. Come and enjoy a trip back to the good old Golden Rule days.

159 Lighthouse Fog Signal History & the Diaphone (N)**Location:** Green Bay**Classroom:** Rose Hall and Communiversity Park**Presenter:** Jake Heffernan**Coordinator/Moderator:** Liz Koehler**Dates:** 5/23**Time:** 10 a.m.-12 p.m.**Limit:** 30

Lighthouses have guided mariners along their journeys for hundreds of years. But when the fog rolls in and the light becomes invisible, what happens? Originally invented as an organ stop, the Diaphone was quickly modified to a compressed-air horn. The large "Type F" and two-toned "Type F21" diaphones became the most popular fog signal in the world for much of the 20th century until it was replaced by technology. After a power-point presentation, Jake will sound his restored Type B Diaphone horn using a truck-mounted air compressor.

160 Bringing Maritime History to Life for Generations to Come (N)

Location: Manitowoc

Classroom: Wisconsin Maritime Museum

Presenter: Kevin Cullen, Deputy Director & Chief Curator at the WI Maritime Museum

Coordinator/Moderator: Liz Koehler

Dates: 5/30

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

Limit: 50

Fee: \$12, payable on the day of class

Discover how the Wisconsin Maritime Museum collection recently doubled in size and how they are in the process of developing a premiere maritime conservation facility near the museum in Manitowoc. Led by Kevin Cullen, Deputy Director & Chief Curator at the Wisconsin Maritime Museum, this course includes a guided tour of the newly opened Wisconsin's Underwater Treasures exhibit, as well as a behind the scenes tour of the museum's off-site storage facility, currently undergoing renovations.

Friday

161 Make and Take: Plant Based Traditional Soap Making (R)

Location: Green Bay

Classroom: Ledge View Nature Center

Presenter: Louise Marum, Naturalist Supervisor

Coordinator/Moderator: Mary Mueller

Dates: 3/8

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

Limit: 24

Fee: \$15, payable at registration for course supplies

No melt and pour here! Learn the traditional soap making method so you can create safe, plant-based bars for your family and friends. This class will cover all the equipment you need, options for ingredients and the process for soap making. You will be guided in making your own soap bars during this hands-on workshop and take home three different bars. Feel free to bring a bag lunch for after class and enjoy the center.

162 Guess Who's Coming to Dinner (R)

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Ken and Marilyn Rabideau

Coordinator/Moderator: Not Required

Dates: 1/12 - Additional dates will be announced by presenter

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 or fourth Friday of the month, January through the summer. Small groups may adjust dinner dates and times as needed. First session will be on campus on the start date listed, and that is when groups will form. Snowbirds, who are welcome to form groups to start in March or April and may meet twice a month, should contact Presenter.

163 Australian Animals are Unique! A Down Under Tour (N)

Location: Green Bay

Classroom: Ledge View Nature Center, W2348 Short Road, Chilton

Presenter: Louise Marum, Naturalist Supervisor

Coordinator/Moderator: Lisa Schneider-Wettstein

Dates: 1/19

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

Limit: 40

Fee: \$5, payable on the day of class

For anyone that loves animals! Australia has animals you won't find anywhere else in the world. Join Louise Marum, Naturalist Supervisor, who grew up in Australia describe the geography and environmental conditions that have produced some of her favorite Australian animals. Questions and answer period after presentation. Bring a paper bag lunch to enjoy after the class at Ledge View Nature Center in Chilton.

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

164 Dying, Death and Loss in a Post-Pandemic World (R)**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Illene N. Cupit, PhD**Coordinator/Moderator:** Sue Johnson**Dates:** 1/19**Time:** 1-3 p.m.**Limit:** 50

This course provides an overview of the field of Thanatology, or the study of death and dying. Some of the topics to be discussed are death avoidance in our culture, death anxiety, and the changing face of mortality especially in the context of a post-Covid world. The experience of dying as well as understandings of bereavement and grief also will be presented.

165 Animal Intelligence (N)**Location:** Green Bay**Classroom:** Ledge View Nature Center, W2348 Short Road, Chilton**Presenter:** Louise Marum, Naturalist Supervisor**Coordinator/Moderator:** Lisa Schneider-Wettstein**Dates:** 1/26**Time:** 11 a.m.-12:30 p.m.**Limit:** 40**Fee:** \$5, payable on the day of class

Does your dog really know what you are thinking? Do some animals have a sense of self? Do animals have emotions? The field of research into animal intelligence and consciousness is exploding. Join Louise Marum, Naturalist Supervisor, as you explore recent discoveries into animal intelligence and the scientists who are working to give the animals a voice. Discussion period to follow presentation. Bring a paper bag lunch to enjoy after presentation at the Ledge View Nature Center, Chilton.

166 Herbal Recipes for Beautiful Skin (R)**Location:** Green Bay**Classroom:** Green Bay Campus RH 230**Presenter:** Katie Brewer**Coordinator/Moderator:** Mary Mueller**Dates:** 1/26**Time:** 1-3 p.m.**Limit:** 18**Fee:** \$5, payable at registration for course supplies

Learn how herbs can bring out your natural beauty by restoring the health of your skin. Herbalist Katie Brewer will share herbal recipes and techniques, then you will create your own infused oil to take home.

167 Panning for Pearls (N)**Location:** Green Bay**Classroom:** NEW Beads and Jewelry**Presenter:** Jo Brinkley Chaudoir**Coordinator/Moderator:** Pati Wiegand**Dates:** 2/2**Time:** 12-2 p.m.**Limit:** 4**Fee:** \$40, payable on the day of class

Make a pendant and matching earrings out of sterling silver sheet that you cut and form with a dapping block. Texture and file to finish the look and add the pearls with a headpin after punching a hole in the spoon!

168 Self-Massage for Stress Reduction and Pain Relief (N)**Location:** Green Bay**Classroom:** Green Bay Campus RH 230**Presenter:** Katie Brewer**Coordinator/Moderator:** Lisa Schneider-Wettstein**Dates:** 2/2**Time:** 1-3 p.m.**Limit:** 25

Learn techniques of self-massage for stress reduction and pain relief as well as some tips for massaging family and friends. Wisconsin licensed massage therapist, Katie Brewer of Golden Age Wellness, will help you understand massage practices and lingo to become a more informed consumer of massage therapy.

169 Naval Battles of the Colosseum (N)

Location: Green Bay
Classroom: Christie Theater
Presenter: Steve Mayer
Coordinator/Moderator: Wes Carvenough
Dates: 2/9
Time: 10 a.m.-12 p.m.
Limit: 100

The Colosseum of Rome hosted not only Gladiator spectacles but dramas, public executions, and reenactments of famous battles - including naval battles. This course will explore the engineering marvels of the Colosseum (structural and operational) as well as the role the Colosseum and Circus Maximus played in 100 AD Roman life. Sightseeing suggestions will be offered for those who anticipate visiting Rome.

170 Creating A Safe Home Environment (N)

Location: Zoom
Classroom: Zoom
Presenter: Cheryl Kruschke , EdD, MS, RN, CNE
Coordinator/Moderator: Gary Hanna
Dates: 2/9
Time: 1-3 p.m.
Limit: 50

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.

171 Breathe Into Your Core (N)

Location: Marinette/Menominee
Classroom: Spies Public Library, Menominee, MI
Presenter: Debbie Corey & Amy Beattie
Coordinator/Moderator: Diane Shepard
Dates: 2/16
Time: 1-2:30 p.m.
Limit: 10

Learn breathing techniques to help with reducing stress, optimizing mobility and strengthening your core.

172 9-1-1 A start to finish approach to call in for law enforcement, medical or fire personnel (R)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Deputy Bryanne Gawlik
Coordinator/Moderator: Pati Wiegand
Dates: 2/23
Time: 10 a.m.-12 p.m.
Limit: 50

A comprehensive overview of what happens when you call 9-1-1 for assistance. Followed by tips, tricks, and techniques to keeping yourself safe and vigilant.

173 Breadsmith Bakery Tour (N)

Location: Green Bay
Classroom: Breadsmith Bakery
Presenter: Bret Van Asten
Coordinator/Moderator: Liz Koehler
Dates: 3/01
Time: 10 a.m.-12 p.m.
Limit: 15

Tour the local Breadsmith Bakery in Green Bay. Owner Bret Van Asten will share the history of Breadsmith, then guide us through a tour of the bakery. Go behind the scenes to learn the steps in preparing, making, kneading, and baking, and watch the bakers and equipment in action.

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

Location: Zoom
Classroom: Zoom
Presenter: Eric W. Fowle, AICP
Coordinator/Moderator: Dean Cherry
Dates: 3/15
Time: 1-2:30 p.m.
Limit: 75

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.

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

175 STEM Innovation Center at UW-Green Bay (R)**Location:** Green Bay**Classroom:** Green Bay Campus STEM Innovation Center**Presenter:** Judy Knudsen**Coordinator/Moderator:** Sue Rocheleau**Dates:** 4/5**Time:** 10 a.m.-12 p.m.**Limit:** 50

Here is an opportunity to learn about the STEM Center on the UWGB campus. This building serves as the home of the 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.

176 Cataract Surgery: What to know with Dr Kurt Schwiesow, MD (N)**Location:** Green Bay**Classroom:** Green Bay Campus RH 250**Presenter:** Dr. Kurt Schwiesow, MD**Coordinator/Moderator:** Pati Wiegand**Dates:** 4/5**Time:** 9-11 a.m.**Limit:** 100

Join us for a detailed overview of cataract surgery, including disease progression, surgery types (including laser cataract surgery), intraocular lens (IOL) selection and differences, pre- and post-operative processes, and expectations following surgery. This comprehensive survey of cataract surgery will give those in attendance a better understanding of how to see clearly again.

177 Power of Narrating Your Story (N)**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Shari Liesch**Coordinator/Moderator:** Sue Rocheleau**Dates:** 4/12**Time:** 10 a.m.-12 p.m.**Limit:** 50

What is your story? How do you narrate the scenes or chapters of your life? Our story can serve to reflect,

organize feelings, find meaning, and more. Imagine tapping into a narration where you may be the hero or best supporting character; or where lessons learned are explored. This session will explore the power of your story! Narrative therapy techniques will be used to explore our journey while facilitating personal development, growth and healing.

178 The Beatles, Then, Now and Forever (R)**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Michael Leannah & Willa Leannah**Coordinator/Moderator:** Gerry Konop**Dates:** 4/12**Time:** 1-3 p.m.**Limit:** 30

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.

179 Art of Thrift Store Shopping (R)**Location:** Manitowoc**Classroom:** St Vincent de Paul, Manitowoc**Presenter:** Mary Lindemann**Coordinator/Moderator:** Jean Rausch**Dates:** 4/12**Time:** 9 a.m.-12 p.m.**Limit:** 13

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 decor ideas for your home and gardens. Note: Arrival time at 9 am before the store opens.

180 Oral Health: An Essential Element of Healthy Aging (N)

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Jennifer Lanczy, RDH & Liv Derricks, RDH
Coordinator/Moderator: Karen Dallman
Dates: 4/19
Time: 1-3 p.m.
Limit: 50

This course will be a review of dental conditions associated with aging. How to prevent these conditions and an overview of the oral/systemic connection will be covered.

181 How Your Memory Works & Helpful Tips (R)

Location: Green Bay
Classroom: Green Bay Campus RH 250
Presenter: Professor Paul Johnson
Coordinator/Moderator: Sue Johnson
Dates: 4/19
Time: 1-3 p.m.
Limit: 70

Find out how the different parts of your brain work regarding what it processes and what you remember. The presenter will go through how your brain works and how to more easily remember things that are important to you. There will be a lecture, videos and some hands on interactive activities as well as a Q & A session.

182 A "Classic" Tour Through the Eyes of the Automobile at The Automobile gallery! (R)

Location: Green Bay
Classroom: The Automobile Gallery
Presenter: Darrel Burnett
Coordinator/Moderator: Pati Wiegand
Dates: 4/26
Time: 10 a.m.-12 p.m.
Limit: 30
Fee: \$8, payable on the day of class

Executive Director Darrel Burnett will put you in the "driver's seat" as you take a fast-paced, story-filled fun trip through more than a century of exclusive automobiles at The Automobile Gallery & Event Center. Experience the role the automobile has played in our history in the U.S and around the world.

183 Biking is Fun at Any Age (R)

Location: Green Bay
Classroom: Roster Will Be Emailed List of Biking Locations
Presenter: Del Tills
Coordinator/Moderator: Vickie Keigley
Dates: 4/26 5/3 5/10 5/17 5/24 5/31
Time: 10 a.m.-12 p.m.
Limit: 200

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. No class size limit.

184 Lauerman Brothers Store (N)

Location: Marinette/Menominee
Classroom: Stepehnson Public Library
Presenter: Michael Leannah
Coordinator/Moderator: Gerry Konop
Dates: 5/3
Time: 1-3 p.m.
Limit: 20

Drawing from the pages of his award-winning book Something for Everyone, Michael Leannah details the history of Lauermans of downtown Marinette. He will touch upon areas of interest concerning the golden age of department stores, and will also describe some of the ups and downs that went into the making of his book. The class will include a sidewalk tour of the beautiful Lauerman building.

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

185 Barkhausen Waterfowl Preserve (R)

Location: Green Bay
Classroom: Barkhausen Waterfowl Preserve
Presenter: Jason Petrella
Coordinator/Moderator: Sue Johnson
Dates: 5/3
Time: 9-11 a.m.
Limit: 20
Fee: \$5, payable on the day of class

This is a walking tour of the Barkhausen Waterfowl Preserve. We will be looking for ducks, geese, hawks, songbirds, and other waterfowl as they migrate north. The staff will talk about various species, identification, bird habitat and migration. Bring binoculars if you have them. Walking shoes are required. A fee of \$5 is due at the class.

186 I've Always Wanted to Write a Book! (R)

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Patti J Fiala
Coordinator/Moderator: Mary Gajeski
Dates: 5/17
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?

187 Functions of a Medical Examiner's Office (R)

Location: Green Bay
Classroom: Mauthe Center
Presenter: Petra Schwab & Dr. Elizabeth Douglas
Coordinator/Moderator: Kris Lewins
Dates: 5/31
Time: 1-3 p.m.
Limit: 150

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.

188 Great Decisions 2024 (C)

Location: Green Bay
Classroom: Union Congregational UCC, Green Bay
Presenter: Jeff Gibson
Dates: 1/25 2/8 2/22 3/7 3/21 4/4 4/18 5/2
Time: 10 a.m.-12 p.m.
Limit: 40
Fee: \$38 payable at registration (covers cost of the book)

Delve into foreign policy issues facing the US through the Great Decisions 2024 course sponsored by the Foreign Policy Association. Participants are expected to prepare for discussion sessions. A video prepared by the FPA will introduce the topic followed by facilitator led discussion. There are 8 sessions. Participants must purchase a briefing book from LLI or an online version through Amazon or another source of their preference. Topics this year are Mideast Realignment, Climate technology and competition, Science across borders, U.S. - China trade rivalry, NATO's future, Understanding Indonesia, High Seas Treaty, and Pandemic preparedness. Sessions will be held at Union Congregational UCC at 706 S. Madison St with convenient parking and ADA compliant access.

Please note: This class is on Thursdays.

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UNIVERSITY of WISCONSIN
GREEN BAY

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

QUICK LINKS

Registration begins on Monday, December 4 at 10 a.m. and is first come, first serve. 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.

