Lifelong Learning Institute

Fall 2019

COURSE CATALOG

Register online at www.uwgb.edu/lili
Lottery Registration Deadline: Friday, August 2, 2019 at 1 p.m.

INSIDE THIS ISSUE:
• Membership and Registration Information — please read
• Educational Course Descriptions
• Semester Calendar
• Registration Worksheet
• Registration Form
What is Lifelong Learning Institute?
The Lifelong Learning Institute (LLI) is a member-led program sponsored by the University of Wisconsin-Green Bay’s Division of Continuing Education and Community Engagement for adults who are interested in learning. As evidenced by this catalog, LLI offers courses of various lengths on a wide variety of topics each semester. There are no tests, papers or credits, but there are classrooms and instructors with lots of opportunities for questions, comments and discussion.

Membership Fee:
$125 per member per year, which includes two semesters of classes. Membership year can be either September 1-August 31 or January 1-December 31.

Important Policy Notes
Refund Policy:
No membership or course material fee refunds.

Course Locations:
Locations are shown with course descriptions. A list with addresses is found on pages 2-3.

Inclement Weather Policy:
Watch your local television news stations for cancellation of “Lifelong Learning – UW-Green Bay” classes or Green Bay, Manitowoc or Sheboygan Public School System Weather cancellations.

UW-Green Bay Parking:
LLI members must submit their license plate number to the LLI Office at the time of registration. Please park in the proper areas, not in visitor lots or in 15-minute parking zones, etc. or you will be ticketed. License plate must face aisle.

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Registration Process

• Registration will open on Friday, July 12, 2019 at 8 a.m.
• You may register for up to 30 courses.
• Prioritize your selections beginning with ‘1’ for your highest priority selection. Use each priority only once. Recheck your priority numbers before submitting to be sure you did not duplicate or skip any.
• When registering online, be sure to click ‘Submit’ to finalize your registration. You will receive an email confirmation within minutes that will confirm your registration was successful.
• Registration closes on Friday, August 2, 2019 at 1 p.m.

When registration closes, the course lottery system will run. The lottery system is a computer program that randomly slots courses using your priority selections. This process assures all members have an equal chance to enroll in courses that frequently reach capacity. Course confirmation letters will be mailed by Monday, August 12, 2019.

There are no waitlists. If you did not get into a class, contact the course coordinator if you would like to be notified of a cancellation. Leave specific contact information, including spelling of your name. Contact the coordinator if you need to drop a course. Do not contact the LLI Office about these requests.

Registration may be completed online, by mail or in person. Online registration is preferred. If you register using the form in this catalog, mail or drop it off at the LLI Office. Registration must be received by Friday, August 2, 2019. The LLI Office is located in Instructional Services (IS) 1040, at UW-Green Bay.

Mail registration to:
Lifelong Learning Institute, IS 1040
UW-Green Bay
2420 Nicolet Dr.
Green Bay, WI 54311

Continuing Member Registration:

You will receive an email on the morning of Friday, July 12, 2019 when registration begins. This email contains a registration link. Your registration account is based on your email address. If you have changed your email address since the last time you registered, please contact the LLI Office prior to registering at 920-465-2356 to update it in the system.

New Member Registration:

Please register online at www.uwgb.edu/lli, click on “Catalog/Register” on the left side of the page and select the “Register Now” button.

Linked Registration:

If you and your spouse or significant other have only one vehicle and if you are registering for the same courses, please register one person only. Then call or email the LLI Office at 920-465-2356 and request a duplicate registration linked to your original registration. Call if you have any questions.

Registration Confirmation:

A letter confirming your registration will be mailed by Monday, August 12, 2019 and will list courses you are registered for and also the courses you did not get into. Do not call the LLI Office for confirmation.

Keep your course catalog. Your confirmation letter will only indicate the first session of each course. The remaining sessions are listed in your catalog. Please check the catalog or the calendar insert to prevent overlapping selections.
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<th>Address 2</th>
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<td>Aging-Disability Resource Center (ADRC)</td>
<td>300 S. Adams St., Green Bay</td>
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<tr>
<td>Allouez Village Hall</td>
<td>1900 Libal St., Green Bay</td>
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<tr>
<td>Altrusa House</td>
<td>1116 E. Mason St., Green Bay</td>
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<tr>
<td>Ashwaubenon Community Center (ACC)</td>
<td>936 Anderson Dr., Ashwaubenon</td>
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<td>Ashwaubenon High School Band Room</td>
<td>2391 South Ridge Road, Ashwaubenon</td>
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<td>Automobile Gallery</td>
<td>400 S. Adams St., Green Bay</td>
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<td>Barnes &amp; Noble</td>
<td>2498 S. Oneida St., Green Bay</td>
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<tr>
<td>Bay Beach Wildlife Sanctuary</td>
<td>1660 East Shore Dr., Green Bay</td>
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<tr>
<td>Bellevue Community Center</td>
<td>1811 Allouez Ave., Green Bay</td>
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<tr>
<td>Bren Sibilsky Sculpture</td>
<td>E5977 Fremont Road, Algoma</td>
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<td>Calvary Lutheran Church</td>
<td>1301 S. Ridge Road, Green Bay</td>
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<td>Cerebral Palsy Center</td>
<td>2801 S. Webster Ave., Green Bay</td>
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<td>Christa McAuliffe Park</td>
<td>3100 Sitka St., Green Bay</td>
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<td>Creative Cakes</td>
<td>1544 W. Mason St., Green Bay</td>
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<td>Festival Foods</td>
<td>2430 University Ave., Green Bay</td>
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<td>First Presbyterian Church</td>
<td>200 S. Ashland Ave., Green Bay</td>
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<td>Gnome Games</td>
<td>1683 E. Mason St., Green Bay</td>
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<td>Infinity Machine and Engineering Corp.</td>
<td>2249 American Blvd., De Pere</td>
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<td>Islamic Society of Wisconsin</td>
<td>1512 Velp Ave., Green Bay</td>
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<tr>
<td>Jim's Music</td>
<td>1219 S. Military Ave., Green Bay</td>
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<tr>
<td>Jones Sign Company</td>
<td>1711 Scheuring Road, De Pere</td>
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<td>KI International</td>
<td>1330 Bellevue St., Green Bay</td>
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<td>Kress Events Center, UW-Green Bay</td>
<td>2420 Nicolet Dr., Green Bay</td>
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<td>Malcore Crematory</td>
<td>701 N. Baird St., Green Bay</td>
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<td>Mauthe Center, UW-Green Bay</td>
<td>2418 Leon Bond Dr., Green Bay</td>
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<td>Nagel Clubhouse</td>
<td>311 S. Oneida St., Green Bay</td>
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<td>Neville Public Museum</td>
<td>210 Museum Place, Green Bay</td>
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<td>N.E.W. Community Shelter</td>
<td>301 Mather St., Green Bay</td>
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<td>NEW Water (GB Metro Sewage)</td>
<td>2231 N. Quincy St., Green Bay</td>
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<td>NWTC Artisan and Business Center</td>
<td>1417 Cedar St., Green Bay</td>
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<td>Options for Independent Living</td>
<td>555 Country Club Road, Green Bay</td>
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<tr>
<td>Parallel 44 Vineyard and Winery</td>
<td>N2185 Sleepy Hollow Road, Kewaunee</td>
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<td>Paul's Pantry</td>
<td>1529 Leo Frigo Way, Green Bay</td>
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<tr>
<td>Pete's Garage</td>
<td>142 N. Broadway, Green Bay</td>
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<tr>
<td>Salvation Army</td>
<td>626 Union Ct., Green Bay</td>
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<tr>
<td>Scray Cheese</td>
<td>2082 Old Martin Road, De Pere</td>
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<tr>
<td>Seroogy's Chocolates</td>
<td>144 N. Wisconsin St., De Pere</td>
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<td>Sisters of St. Francis of the Holy Cross</td>
<td>3110 Nicolet Dr., Green Bay</td>
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<tr>
<td>St. Joseph's Convent</td>
<td>1235 13th Ave., Green Bay</td>
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<tr>
<td>St. John's Homeless Shelter</td>
<td>411 Saint John St., Green Bay</td>
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<tr>
<td>Suamico Municipal Services Center</td>
<td>12781 Velp Ave., Green Bay</td>
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<tr>
<td>STEM Innovation Center, UW-Green Bay</td>
<td>2420 Nicolet Dr., Green Bay</td>
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<tr>
<td>Stillmank Brewing Company</td>
<td>215 N. Henry St., Green Bay</td>
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<tr>
<td>Unity Hospice</td>
<td>2366 Oak Ridge Circle, De Pere</td>
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<td>UW-Green Bay, Rose Hall, RH 220, RH 230, RH 250</td>
<td>2420 Nicolet Dr., Green Bay</td>
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<tr>
<td>UW-Green Bay, University Union, UU 1965 Room</td>
<td>2420 Nicolet Dr., Green Bay</td>
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<tr>
<td>Weidner Center, UW-Green Bay</td>
<td>2420 Nicolet Dr., Green Bay</td>
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<tr>
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<th>924 N. 14th St., Sheboygan</th>
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<td>Hamilton Wood Type &amp; Printing Museum</td>
<td>1816 10th St., Two Rivers</td>
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<tr>
<td>Lake Orchard Aquaponics</td>
<td>W839 Lake Orchard Court, Sheboygan</td>
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<tr>
<td>Manitowoc County Historical Society</td>
<td>924 Pine Crest Ln., Manitowoc</td>
</tr>
<tr>
<td>Manitowoc Public Library, Balkansky A, B, C</td>
<td>707 Quay St., Manitowoc</td>
</tr>
<tr>
<td>Mariners Trail (meet at Chamber office)</td>
<td>1515 Memorial Dr., Manitowoc</td>
</tr>
<tr>
<td>Sharon S. Richardson Community Hospice</td>
<td>W2850 State Road 28, Sheboygan Falls</td>
</tr>
<tr>
<td>UW-Green Bay, Manitowoc Campus, Founders Hall, Room F170</td>
<td>705 Viebahn St., Manitowoc</td>
</tr>
<tr>
<td>UW-Green Bay, Sheboygan Campus, Main Building, Rooms 2223, 3105</td>
<td>One University Dr., Sheboygan</td>
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<tr>
<td>UW-Green Bay, Sheboygan Campus, Main Building, Wombat Room</td>
<td>One University Dr., Sheboygan</td>
</tr>
<tr>
<td>UW-Green Bay, Sheboygan Campus, Building 4, Student Commons</td>
<td>One University Dr., Sheboygan</td>
</tr>
<tr>
<td>West of the Lake Gardens</td>
<td>915 Memorial Dr., Manitowoc</td>
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<tr>
<td>WI Maritime Museum</td>
<td>75 Maritime Dr., Manitowoc</td>
</tr>
<tr>
<td>Woodland Dunes</td>
<td>3000 Hawthorne Ave., Two Rivers</td>
</tr>
</tbody>
</table>

## Parking Reminders:
1. Be sure to park in designated parking stalls ONLY and within the lines.
2. Do not park along the grass or side of a parking lot if the lot is full.
3. No overnight parking on campus.
4. LLI members cannot park in the Campus Court lot by the University Union. This lot is for Visitors only.
5. Always park with your license plate facing OUT of parking stall visible to UW-Green Bay Campus Safety officers.
6. Failure to follow the campus parking guidelines WILL result in a parking ticket.
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Phone: 920-465-2356 • Email: lli@uwgb.edu • Website: www.uwgb.edu/lli
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<th>Time</th>
<th>Start</th>
<th>Subsequent Dates</th>
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<tr>
<td>184 UW-Green Bay VolleyTalk: An Introduction to Rules, Skills and Strategy</td>
<td>10 a.m.-12 p.m.</td>
<td>8/23</td>
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<tr>
<td>37 Weather Forecasting in Wisconsin, from Bobby Nelson to Alexa</td>
<td>1-3 p.m.</td>
<td>8/27</td>
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<tr>
<td>88 New Member Welcome</td>
<td>9-11 a.m.</td>
<td>8/28</td>
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<td>87 Campus Tour</td>
<td>11 a.m.-1 p.m.</td>
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<td>91 Think Fast and Well!</td>
<td>9:30 a.m.-12 p.m.</td>
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<td>89 Easy Riding</td>
<td>10 a.m.-12 p.m.</td>
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<td>9/11 9/18 10/2 10/9</td>
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<td>90 Cremation: A Hot Topic</td>
<td>1-3 p.m.</td>
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<td>9/11 9/18</td>
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<tr>
<td>133 If This Quilt Could Talk</td>
<td>10 a.m.-12 p.m.</td>
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<td>185 Biking is Fun At Any Age</td>
<td>10 a.m.-12 p.m. first two sessions, 10 a.m.-2 p.m. last four sessions</td>
<td>9/6</td>
<td>9/13 9/20 9/27 10/4 10/11</td>
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<td>186 Time to Tidy and Declutter: Getting Rid of Your Stuff</td>
<td>1-3 p.m.</td>
<td>9/6</td>
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<tr>
<td>187 Film and the World</td>
<td>1-3 p.m.</td>
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<td>11/8 12/6</td>
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<td>38 Trail Hiking</td>
<td>10 a.m.-12 p.m.</td>
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<td>9/16 9/23 9/30 10/7</td>
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<td>2 Tool School 101: Bicycle Maintenance</td>
<td>10 a.m.-12 p.m.</td>
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<td>3 What's Going On in Your Community and How to Avoid and Stop Crime</td>
<td>1-3 p.m.</td>
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<tr>
<td>4 Christian Spirituality</td>
<td>1-3 p.m.</td>
<td>9/9</td>
<td>9/16 9/23</td>
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<tr>
<td>5 It's a Mystery to Me</td>
<td>1-3 p.m.</td>
<td>9/9</td>
<td>10/7 11/4 12/9</td>
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<tr>
<td>6 Discover the Wonder of Movement</td>
<td>1-3 p.m.</td>
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<td>39 Art Boot Camp</td>
<td>9 a.m.-12 p.m.</td>
<td>9/10</td>
<td>9/11 9/17 9/18 10/1 10/2</td>
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<td>40 Development of European History</td>
<td>10 a.m.-12 p.m.</td>
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<td>9/17 9/24 10/1</td>
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<td>41 Introduction to Scotland</td>
<td>10 a.m.-12 p.m.</td>
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<td>42 Shoulder Pain and Common Problems</td>
<td>10 a.m.-12 p.m.</td>
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<td>43 Group Piano</td>
<td>1-2:30 p.m.</td>
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<td>9/17 9/24 10/1</td>
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<td>44 Continuing Issues</td>
<td>1-3 p.m.</td>
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<td>9/24 10/8 10/22 11/5 11/19 12/3 12/17</td>
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<td>45 Portrait Sculpture Demo and Studio Tour</td>
<td>1-3 p.m.</td>
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<tr>
<td>46 At the Movies: Hollywood Cops</td>
<td>1-4 p.m.</td>
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<td>9/17 9/24</td>
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<tr>
<td>92 Why Does the DMV Hate Me?</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>93 Beginning Line Dancing</td>
<td>10 a.m.-12 p.m.</td>
<td>9/11</td>
<td>9/18</td>
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<tr>
<td>138 Is the Book Better Than the Movie?</td>
<td>9 a.m.-12 p.m., 8:45 a.m.-12:15 p.m. on 10/10</td>
<td>9/12</td>
<td>10/10 11/14 12/12</td>
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<td>134 Update on the U.S. and Wisconsin Supreme Courts</td>
<td>10 a.m.-12 p.m.</td>
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<td>135 Habitat for Humanity and ReStore</td>
<td>10 a.m.-12 p.m.</td>
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<td>136 Make Your Own Kitchen Scrubbies</td>
<td>1-3 p.m.</td>
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<td>137 Recorders in Concert</td>
<td>1-3 p.m.</td>
<td>9/12</td>
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<tr>
<td>188 How We Do Dying and Death Part 1</td>
<td>10 a.m.-12 p.m.</td>
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<td>189 Five Money Questions for Women</td>
<td>10 a.m.-12 p.m.</td>
<td>9/13</td>
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<td>190 Yoga and Ayurveda</td>
<td>1-3 p.m.</td>
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<td>7 Wile E. Coyote: An Appropriate Name for an Adaptable Animal</td>
<td>10 a.m.-12 p.m.</td>
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<td>8 Silk: Fiber of Luxury, Made by Critters</td>
<td>10 a.m.-12 p.m.</td>
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<td>9 Silent Sky - The Story of Two Heroines of Science</td>
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<td>10</td>
<td>Ballroom Dancing: A Review and New Level</td>
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<td>51</td>
<td>Love Your Pipes, Love the Earth, and Love Your Pocketbook</td>
<td>9-11 a.m.</td>
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<td>46</td>
<td>Reverse Mortgage</td>
<td>10 a.m.-12 p.m.</td>
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<td>47</td>
<td>Lewis and Clark Expedition</td>
<td>10 a.m.-12 p.m.</td>
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<td>48</td>
<td>Learn to Play Chess</td>
<td>10 a.m.-12 p.m.</td>
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<td>TASER</td>
<td>1-3 p.m.</td>
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<td>Required Minimum Distribution (RMD) Planning</td>
<td>1-3 p.m.</td>
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<td>Building on Bridge Skills</td>
<td>9:30-11:30 a.m.</td>
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<td>95</td>
<td>Roman Graffiti and Tombstones: Recovering Lost Voices</td>
<td>10 a.m.-12 p.m.</td>
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<td>96</td>
<td>Mealtime Mentors Session A</td>
<td>10 a.m.-12 p.m.</td>
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<td>97</td>
<td>Appreciating Poetry</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>98</td>
<td>What is the Altrusa House? Session A</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>99</td>
<td>Mealtime Mentors Session B</td>
<td>1-3 p.m.</td>
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<td>100</td>
<td>Medicare Benefit Coordination</td>
<td>1-3 p.m.</td>
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<td>101</td>
<td>What is the Altrusa House? Session B</td>
<td>1-3 p.m.</td>
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<td>102</td>
<td>2019 Decorating Trends</td>
<td>10 a.m.-12 p.m.</td>
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<td>103</td>
<td>Who's to Blame – Living Along Society’s ‘Fault’ Line</td>
<td>10 a.m.-12 p.m.</td>
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<td>Elon Musk - A Modern Day Thomas Edison</td>
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<td>105</td>
<td>100 Years of the Green Bay Packers</td>
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<td>106</td>
<td>Facial Rejuvenation</td>
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<td>107</td>
<td>Return to Palestine</td>
<td>1-3 p.m.</td>
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<td>108</td>
<td>BEER: Brewing and Packaging Beer with Stillmank Brewing Company</td>
<td>1-3 p.m.</td>
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<td>109</td>
<td>Books and You</td>
<td>2-4 p.m.</td>
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<td>110</td>
<td>Artisan Center Tour Session A</td>
<td>10 a.m.-12 p.m.</td>
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<td>111</td>
<td>Vital Importance of Using Native Plants in our Gardens</td>
<td>10 a.m.-12 p.m.</td>
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<td>112</td>
<td>Online Voter Registration</td>
<td>10 a.m.-12:30 p.m.</td>
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<td>113</td>
<td>From the Heart: Techniques for Reducing Stress</td>
<td>1-3 p.m.</td>
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<td>114</td>
<td>Iran</td>
<td>10 a.m.-12 p.m.</td>
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<td>115</td>
<td>Age-Related Macular Degeneration and How to Adapt</td>
<td>9-11 a.m.</td>
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<td>116</td>
<td>Sleeping Through the Ages</td>
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<td>117</td>
<td>Seroogy’s Chocolates Session A</td>
<td>10 a.m.-12 p.m.</td>
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<td>118</td>
<td>Aging &amp; Disability Resource Center: Your Partner Through Life Changes</td>
<td>12-2 p.m.</td>
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<td>119</td>
<td>Grape Growing and Wine Making, Wisconsin Style</td>
<td>1-3 p.m.</td>
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<td>120</td>
<td>Winter Landscape</td>
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<td>121</td>
<td>Tatting: Intermediate and Advanced</td>
<td>1-3 p.m.</td>
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<td>122</td>
<td>Seroogy’s Chocolates Session B</td>
<td>1-3 p.m.</td>
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<td>123</td>
<td>Myths and Realities of Cancer in General</td>
<td>10 a.m.-12 p.m.</td>
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<td>124</td>
<td>Looking at Art</td>
<td>10 a.m.-12 p.m.</td>
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<td>125</td>
<td>Reading Personalities</td>
<td>10 a.m.-12 p.m.</td>
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<td>126</td>
<td>Is God One or Many?</td>
<td>10 a.m.-12 p.m.</td>
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<td>127</td>
<td>The Salvation Army: from Donuts to Doing the Most Good Session A</td>
<td>8:30-10:30 a.m.</td>
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<td>128</td>
<td>Creating with Pressed Flowers</td>
<td>9:30 a.m.-12 p.m.</td>
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<td>Course Title</td>
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<td>How to Become Media Literate</td>
<td>1-3 p.m.</td>
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<td>Mentoring Matters</td>
<td>1-3 p.m.</td>
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<td>Options for Independent Living Session A</td>
<td>1-3 p.m.</td>
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<tr>
<td>Learn to Knit</td>
<td>10 a.m.-12 p.m.</td>
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<td>Basic Line Dancing</td>
<td>10 a.m.-12 p.m.</td>
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<td>Writing Your Memoirs</td>
<td>10 a.m.-12 p.m.</td>
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<td>Soul Music in the 1960s and 1970s</td>
<td>10 a.m.-12 p.m.</td>
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<td>Diabetes Mellitus (2019)</td>
<td>10 a.m.-12 p.m.</td>
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<td>UW-Green Bay Viking House</td>
<td>1-3 p.m.</td>
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<td>Becoming a “Dementia Friend”</td>
<td>9-11 a.m.</td>
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<td>Birch Bark II</td>
<td>9:30 a.m.-12 p.m.</td>
<td>10/3 10/10/17 10/24</td>
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<td>Knitting in the Round with Four Needles</td>
<td>10 a.m.-12 p.m.</td>
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<td>Intergenerational Discussion</td>
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<td>Longing Gospel of Mark</td>
<td>1-3 p.m.</td>
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<td>1920s New York Novels by Women</td>
<td>10 a.m.-12 p.m.</td>
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<td>Artisan Center Tour Session B</td>
<td>10 a.m.-12 p.m.</td>
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<td>Great Decisions 2019</td>
<td>10 a.m.-12 p.m.</td>
<td>10/7 10/14 10/21 10/28 11/4 11/11 11/18 11/25</td>
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<tr>
<td>Being Human: Male and Female</td>
<td>10 a.m.-12 p.m.</td>
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<td>What the Dickens! Victorian Fiction</td>
<td>10 a.m.-12 p.m.</td>
<td>10/7 10/14 10/21</td>
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<td>Fake News</td>
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<td>Organ Transplantation: The Nuts and Bolts</td>
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<td>Strategic Thinking Through Games</td>
<td>1-3 p.m.</td>
<td>10/7 10/14 10/21 10/28 11/11 11/18 11/25 12/2 12/9 12/16</td>
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<tr>
<td>Food: A Cultural Culinary History</td>
<td>1-3 p.m.</td>
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<td>Behind the Scenes Look at the Weidner</td>
<td>1-3:30 p.m.</td>
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<td>Oil Painting</td>
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<td>Henna Body and Fabric Art</td>
<td>9:30 a.m.-12 p.m.</td>
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<td>Devastating Peshtigo Fire</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>Learn to Play Backgammon</td>
<td>10 a.m.-12 p.m.</td>
<td>10/8 10/15</td>
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<tr>
<td>Piano Ensemble</td>
<td>1-2:30 p.m.</td>
<td>10/8 10/15 10/22 10/29</td>
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<td>GERD</td>
<td>1-3 p.m.</td>
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<td>Options for Independent Living Session B</td>
<td>1-3 p.m.</td>
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<td>Role of the DNR Warden: More Than You Think</td>
<td>10 a.m.-12 p.m.</td>
<td>10/9</td>
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<tr>
<td>History of the Western Calendar</td>
<td>1-3 p.m.</td>
<td>10/9</td>
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<tr>
<td>Art of Making Vintage Rings</td>
<td>1-3 p.m.</td>
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<tr>
<td>Guided Walk In Baird Creek: Ecology and History</td>
<td>1-3:30 p.m.</td>
<td>10/9</td>
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</table>

**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](http://www.uwgb.edu/lli) for the most updated course schedule.
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<tr>
<td>160</td>
<td>The Salvation Army: from Doughnuts to Doing the Most Good Session B</td>
<td>10:30 a.m.-12:30 p.m.</td>
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<tr>
<td>161</td>
<td>Basic Dynamics of Domestic Violence and the Impact on Children</td>
<td>1-3 p.m.</td>
<td>10/10</td>
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<tr>
<td>162</td>
<td>Bay Beach Wildlife Sanctuary: Critters, Volunteering &amp; You!</td>
<td>1-3 p.m.</td>
<td>10/10</td>
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<tr>
<td>199</td>
<td>Automobile Gallery Tour</td>
<td>10 a.m.-12 p.m.</td>
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<td>200</td>
<td>Modern Musical Theatre</td>
<td>10 a.m.-12 p.m.</td>
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<td>Green Bay Mosque - Learn About the Islamic Faith</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>202</td>
<td>History of Modern Art: A to Z</td>
<td>10:30 a.m.-12:30 p.m.</td>
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<td>203</td>
<td>International Space Station</td>
<td>1-3 p.m.</td>
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<td>22</td>
<td>From the Holocaust to Civil Rights</td>
<td>10 a.m.-12 p.m.</td>
<td>10/14</td>
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<td>23</td>
<td>Brain Stretching II</td>
<td>1-3 p.m.</td>
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<td>64</td>
<td>Mystery of Shakespeare</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>65</td>
<td>Artisan Cheesemaking</td>
<td>10 a.m.-12 p.m.</td>
<td>10/15</td>
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<tr>
<td>66</td>
<td>Drawing for the Intimidated</td>
<td>1-3 p.m.</td>
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<tr>
<td>67</td>
<td>My Dear Hamilton</td>
<td>1-3 p.m.</td>
<td>10/15</td>
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<td>112</td>
<td>Kusudama Flower Ball</td>
<td>10 a.m.-12 p.m.</td>
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<td>113</td>
<td>Beginning Spanish I</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>114</td>
<td>Beginning Spanish III</td>
<td>1-3 p.m.</td>
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<td>115</td>
<td>Poet and the Harpist</td>
<td>1-3 p.m.</td>
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<td>116</td>
<td>Intermediate Bridge: The Play of the Hand</td>
<td>1-3 p.m.</td>
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<tr>
<td>163</td>
<td>Active Memory</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>164</td>
<td>Glass Fusion Jewelry Session A</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>165</td>
<td>Mindfulness Meditation</td>
<td>1-3 p.m.</td>
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<tr>
<td>166</td>
<td>End of Life Care &amp; Creating Your Own Advance Directives for Medical Care</td>
<td>1-3 p.m.</td>
<td>10/17</td>
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<tr>
<td>167</td>
<td>Glass Fusion Jewelry Session B</td>
<td>1-3 p.m.</td>
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<tr>
<td>168</td>
<td>Stand Up, Speak Up and Know When to Sit Down – Brush Up on Your Communication Skills</td>
<td>1-3 p.m.</td>
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<td>204</td>
<td>Tour: STEM Innovation Center at UW-Green Bay</td>
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<td>10/18</td>
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<td>24</td>
<td>Legal Issues for the Elderly</td>
<td>10 a.m.-12 p.m.</td>
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<td>25</td>
<td>Veteran Voices III</td>
<td>1-3 p.m.</td>
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<td>26</td>
<td>Chair Caning In Seven Steps: Workshop</td>
<td>2-4 p.m.</td>
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<td>68</td>
<td>Sustainability and Solar Energy</td>
<td>10 a.m.-12 p.m.</td>
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<td>69</td>
<td>Learn to Play Catan</td>
<td>10 a.m.-12 p.m.</td>
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<td>70</td>
<td>Sanimax – the Invisible Industry You Need to Know About</td>
<td>10 a.m.-12 p.m.</td>
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<td>117</td>
<td>Kids at Risk: Who Cares?</td>
<td>10 a.m.-12 p.m.</td>
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<td>118</td>
<td>Prescription Drug Prices (2019 Update)</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>169</td>
<td>Basic Weather Concepts</td>
<td>10 a.m.-12 p.m.</td>
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<td>170</td>
<td>China Part Two: China’s Great Leap Forward to Achieve 21st Century World Dominance</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>171</td>
<td>Songs and Fingerplays for your Grandchildren</td>
<td>1-3 p.m.</td>
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<td>205</td>
<td>Rent Smart: Moving to a Smaller Home</td>
<td>10 a.m.-12 p.m.</td>
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<td>206</td>
<td>Cathedrals Part 4</td>
<td>10 a.m.-12 p.m.</td>
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<td>27</td>
<td>Revisit a Short Work of Fiction</td>
<td>1-3 p.m.</td>
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<tr>
<td>72</td>
<td>Making Corn Husk Decorations</td>
<td>9:30 a.m.-12 p.m.</td>
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<td>71</td>
<td>Active Shooter Training</td>
<td>10 a.m.-12 p.m.</td>
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<td>121</td>
<td>Learning to Decorate Cupcakes</td>
<td>9-10:30 a.m.</td>
<td>10/30</td>
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<td>119</td>
<td>Presidential Elections 2020</td>
<td>10 a.m.-12 p.m.</td>
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<td>120</td>
<td>Learning to Decorate Cookies</td>
<td>12-1:30 p.m.</td>
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<td>173</td>
<td>Creating with Little Gourds and Gourd Scraps</td>
<td>9:30 a.m.-12 p.m.</td>
<td>10/31 11/7 11/14 11/21</td>
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<td>Art of Calligraphy</td>
<td>10 a.m.-12 p.m.</td>
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<td>207</td>
<td>From Pearl Harbor to Nagasaki: The Air War in the Pacific 1941-1945</td>
<td>10 a.m.-12 p.m.</td>
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<td>Art Project: Designer Cats</td>
<td>1-3 p.m.</td>
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<td>28</td>
<td>Strength and Balance for Seniors</td>
<td>10 a.m.-12 p.m.</td>
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<td>29</td>
<td>60s: A Living History</td>
<td>1-3 p.m.</td>
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<td>73</td>
<td>Messages and Meaning in Music Theater</td>
<td>9:30 a.m.-12 p.m.</td>
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<td>74</td>
<td>Heart Health</td>
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<tr>
<td>75</td>
<td>Introduction to Role Playing Games</td>
<td>10 a.m.-12 p.m.</td>
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<td>76</td>
<td>Historical-Critical Lens Applied to the Biblical Creation Accounts</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>122</td>
<td>Crime Stoppers – Making Your Community a Safer Place to Live</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>123</td>
<td>Learn to Play Mah Jongg</td>
<td>10 a.m.-12 p.m.</td>
<td>11/6 11/13 11/20</td>
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<tr>
<td>124</td>
<td>Alexis de Tocqueville in Green Bay</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>125</td>
<td>Watch Innovation in Action: Infinity Machine and Engineering</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>126</td>
<td>Get To Know the Cerebral Palsy Center</td>
<td>1-3 p.m.</td>
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<tr>
<td>174</td>
<td>Homelessness In Green Bay</td>
<td>1-3 p.m.</td>
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<td>175</td>
<td>An Evening With Dave Brubeck</td>
<td>5:30-7 p.m.</td>
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<td>30</td>
<td>Serengeti Adventure</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>31</td>
<td>Tale of Two Weddings</td>
<td>10 a.m.-12 p.m.</td>
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<td>77</td>
<td>Jones Sign Company</td>
<td>10 a.m.-12 p.m.</td>
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<td>78</td>
<td>Christmas: Three Histories</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>79</td>
<td>Adventure on the Dalmatian Coast</td>
<td>1-3 p.m.</td>
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<tr>
<td>129</td>
<td>Holy Crepe!</td>
<td>9:30 a.m.-12 p.m.</td>
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<td>127</td>
<td>Nursing Role in a Changing Healthcare Environment</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>128</td>
<td>Kayaking the Grand Canyon Blind</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>176</td>
<td>Are there REALLY Homeless Children and Families in Brown County?</td>
<td>10 a.m.-12 p.m.</td>
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<td>177</td>
<td>Needlework Open Stitch</td>
<td>1-3 p.m.</td>
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<td>32</td>
<td>Living Well with Jin Shin Jyutsu</td>
<td>10 a.m.-12 p.m.</td>
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<td>80</td>
<td>Advanced Drawing for the Unintimidated</td>
<td>10 a.m.-12 p.m.</td>
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<td>81</td>
<td>Silent Films and Snapdragon: Curious Customs from the Middle Ages to the Present</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>82</td>
<td>Under the Robe Part 5: Sentences</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>83</td>
<td>Kneadlessly Simple Bread Session A</td>
<td>10-12 p.m.</td>
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<tr>
<td>84</td>
<td>Kneadlessly Simple Bread Session B</td>
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<tr>
<td>130</td>
<td>Beethoven’s Early Symphonies</td>
<td>10 a.m.-12 p.m.</td>
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<td>131</td>
<td>Abe Lincoln’s Springfield: “Of... By... and For the People”</td>
<td>1-3:30 p.m.</td>
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<td>180</td>
<td>Paul’s Pantry: “Neighbors Feeding Neighbors” Leo Frigo’s Recipe For Success</td>
<td>9-11 a.m.</td>
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<tr>
<td>178</td>
<td>Poop Occurs: Wisconsin’s Recycling Efforts</td>
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<tr>
<td>Course Code</td>
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<td>179</td>
<td>Chiropractic: The Science and Therapies</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>209</td>
<td>Tour KI – 100% Employee Owned</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>33</td>
<td>Hitler's Empire: The Rise and Fall of the Nazi Party</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>85</td>
<td>Learn to Play Cribbage</td>
<td>10 a.m.-12 p.m.</td>
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<td>181</td>
<td>UW-Green Bay Athletics: The Early Years</td>
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<td>210</td>
<td>The Bay of Green Bay: Past, Present and Future</td>
<td>10 a.m.-12 p.m.</td>
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<td>34</td>
<td>Energy of Rotation (Physics)</td>
<td>1-3 p.m.</td>
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<td>35</td>
<td>Recorders in Concert: Holiday Music Through the Centuries</td>
<td>2-4 p.m.</td>
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<td>86</td>
<td>Will the Foundation Hold? Reflections on the Future of Our Republic</td>
<td>9:30 a.m.-12 p.m.</td>
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<tr>
<td>132</td>
<td>Early History of the Green Bay Fire Department</td>
<td>1-3 p.m.</td>
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<tr>
<td>182</td>
<td>Origins and Consequences of the Great War</td>
<td>10 a.m.-12 p.m.</td>
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<td>183</td>
<td>Christmas Stories of Matthew and Luke</td>
<td>1-3 p.m.</td>
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<td>36</td>
<td>Traditions of the Christmas Cookie</td>
<td>9 a.m.-3 p.m.</td>
<td>12/16</td>
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**Manitowoc & Sheboygan**

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<th>Start</th>
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<td>New Member Welcome – Manitowoc</td>
<td>9-11 a.m.</td>
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<td>219</td>
<td>New Member Welcome – Sheboygan</td>
<td>1:30-3 p.m.</td>
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<td>It's A Mystery to Me</td>
<td>10 a.m.-12 p.m.</td>
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<td>230</td>
<td>Let's Play Mah Jongg!</td>
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<td>9/11 9/18 9/25</td>
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<td>231</td>
<td>West of the Lake Gardens Tour</td>
<td>1-3 p.m.</td>
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<td>241</td>
<td>Judas Iscariot and His Gospel</td>
<td>1-3:15 p.m.</td>
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<td>249</td>
<td>Bird Migration at Woodland Dunes</td>
<td>1-3 p.m.</td>
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<td>211</td>
<td>Health Benefits of Olive Oil and Balsamic Vinegar</td>
<td>10 a.m.-12 p.m.</td>
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<td>220</td>
<td>Hamilton Wood Type and Printing Museum</td>
<td>1-3 p.m.</td>
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<td>Singing Bowls: The Sound and Vibrations of Tibetan Bowls</td>
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<td>Aquaponics Tour</td>
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<td>212</td>
<td>Fracking for Oil and Gas Recovery</td>
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<td>Tai Chi and Qigong for Balance and Health</td>
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<td>Hospice Services 101</td>
<td>10 a.m.-12 p.m.</td>
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<td>221</td>
<td>Mariners Trail: Up Close and Personal</td>
<td>10 a.m.-12 p.m.</td>
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<td>243</td>
<td>Blacksmithing 101</td>
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<td>222</td>
<td>Mealtime Mentors</td>
<td>1-3 p.m.</td>
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Are you receiving LLI’s emails? If not, please check your Junk, Spam or Bulk email folders to be sure Lifelong Learning emails are not going in these folders! Don’t miss out on important LLI information and opportunities!
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<td>Understanding Alzheimer’s and Dementia Session A</td>
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<td>244</td>
<td>Art of Travel Photography and Designing a Hardcover Travel Storybook</td>
<td>10 a.m.-12 p.m.</td>
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<td>245</td>
<td>Sharing and Preserving Digital Photos</td>
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<td>213</td>
<td>Genealogy for Beginners</td>
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<tr>
<td>223</td>
<td>Understanding Alzheimer’s and Dementia Session B</td>
<td>10 a.m.-12 p.m.</td>
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<td>224</td>
<td>Looking Back at Manitowoc County; The Daryl Cornick Photo Collection</td>
<td>1-3 p.m.</td>
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<td>235</td>
<td>Submarine Program &amp; Life in WWII Manitowoc</td>
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<td>251</td>
<td>Advance Medical Directives</td>
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<td>236</td>
<td>Graced – Living with intention and purpose</td>
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<td>Gerrymandering: A Threat to Democracy?</td>
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<td>Income Planning in Retirement</td>
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<td>237</td>
<td>Sheboygan Police Department K-9 Unit</td>
<td>10 a.m.-12 p.m.</td>
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<td>252</td>
<td>Strangling an Empire: Sub War in the Pacific</td>
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<td>Images of Historic Manitowoc</td>
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<td>226</td>
<td>Healthy Living for Your Brain and Body Session A</td>
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<td>238</td>
<td>Manitowoc Police Departments K-9 Unit</td>
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<td>246</td>
<td>Travelogue: Nepal – A Himalayan Experience</td>
<td>10 a.m.-12 p.m.</td>
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<td>215</td>
<td>Building a 40’ Sloop (Sailboat)</td>
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<td>Evergleam: 60 Years of Atomic Sparkle with Aluminum Christmas Trees</td>
<td>1-3 p.m.</td>
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<td>239</td>
<td>Healthy Living for Your Brain and Body</td>
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<td>Writing Children’s Stories and Getting Them Published: Simple Steps on a Difficult Path</td>
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**REGISTRATION REMINDER!**

Use the Registration Worksheet located on page 34 of this catalog to help select courses and avoid overlapping times.

New members please visit [www.uwgb.edu/lli](http://www.uwgb.edu/lli) to register.
Current members will be emailed a registration link.
Monday Courses
Green Bay Area

1 Trail Hiking (R)
Presenter: Sue Schuette
Coordinator: Theresa Reiter
Contact Info: 920-339-8611 • treiter06@gmail.com
Dates: 9/9, 9/16, 9/23, 9/30, 10/7
Limit: 20  Time: 10 a.m.-12 p.m.  Location: Local Trails
Enjoy the outdoors with other LLI members while hiking different trails in Brown County. We will meet each week at the designated trail. Hikes will be about one hour in length. The first week we will meet at UW-Green Bay Communiversity Park on the Bay of Green Bay. Itinerary for each hike will be available on the LLI website.

2 Tool School 101: Bicycle Maintenance (N)
Presenter: James Wiegand
Coordinator: Pati Wiegand
Contact Info: 920-429-9868 • pati_927@yahoo.com
Dates: 9/9
Limit: 20  Time: 10 a.m.-12 p.m.  Location: Pete’s Garage
Tool School 101 is a bike maintenance class which will focus on flat tire repair and basic adjustments. We’ll cover flat repair: changing a tire/tube, derailleur basics and adjustments, brake basics and adjustments, and proper chain lubrication. The class is targeted toward beginners, casual riders and weekend warriors as a fun way to better understand how your bicycle works and how to make adjustments during a ride. All students are encouraged to bring in a bike wheel and a tire lever if possible.

3 What’s Going On in Your Community and How to Avoid and Stop Crime (R)
Presenter: Capt. Randy Schultz, Ret.
Coordinator: Nancy Whitfield
Contact Info: 920-865-7936 • 2atpeaceful@netnet.net
Dates: 9/9
Limit: 50  Time: 1-3 p.m.  Location: RH220
Most property crime and personal victimization in a community is committed in a few specific ways. This makes certain behavior predictable of crime – and if it is predictable, it is preventable. Much of this indicative behavior is witnessed by community members, but is never reported to the police. This prevents the police from preventing the crime. Learn what is going on in your community, how to protect against it, what to watch for and how to report it in order to stop crime before it happens.

4 Christian Spirituality (R)
Presenter: Sister Elise Cholewinski
Coordinator: Rita Dufour
Contact Info: 920-499-8708 • ritaldufour@hotmail.com
Dates: 9/9, 9/16, 9/23
Limit: 50  Time: 1-3 p.m.  Location: RH230
In this course we will look at the difference between spirituality and religion and become familiar with the basic elements of the Christian spiritual life. The lives of several prominent figures in the history of Christian spirituality will be presented. Various forms of prayer, developed by some of these people, will be described.

5 It’s a Mystery to Me (R)
Presenter: Kelly Dadam
Coordinator: Powell Trotti
Contact Info: 920-328-7566 • aptrotti@gmail.com
Dates: 9/9, 10/7, 11/4, 12/9
Limit: 25  Time: 1-3 p.m.  Location: Barnes & Noble
We will discuss the latest mysteries we have read or a good work of fiction or nonfiction. Participants will have a few minutes to tell why they liked a particular book or author.

6 Discover the Wonder of Movement (R)
Presenter: Gail Wood
Coordinator: Jan LaSota
Contact Info: 920-660-9528 • bjlasota@gmail.com
Dates: 9/9
Limit: 14  Time: 1-3 p.m.
Location: Suamico Municipal Services Center
Experience the wonder of movement. Learn to move with higher quality and more ease as you participate in a series of NeuroMovement® lessons based on the Anat Baniel Method®. Lessons will be taught in slow, subtle and varied patterns to engage your whole self to feel, think and move with vitality. Participants may feel increased attention, awareness of self and enthusiasm. These are not exercise classes, but an enjoyable exploration of movement that helps your brain and body to communicate in new ways.
7 Wile E. Coyote: An Appropriate Name for an Adaptable Animal (N)

**Presenter:** Jeffrey Pritzl  
**Coordinator:** Jim Hinckley  
**Contact Info:** 920-217-3915 • hinkqtrhorse@earthlink.net  
**Dates:** 9/16  
**Limit:** 150  
**Time:** 10 a.m.-12 p.m.  
**Location:** Mauthe Center

Coyotes have coexisted with humans from the beginning, and are only getting better at it with time. We will look at the life history of this cunning canine and discuss how they interact with other wildlife and humans, both in the country and in the city. Yes, most cities have a resident coyote population that most people aren’t even aware of!

8 Silk: Fiber of Luxury, Made by Critters (N)

**Presenter:** April Beiswenger  
**Coordinator:** Pati Wiegand  
**Contact Info:** 920-429-9868 • pati_927@yahoo.com  
**Dates:** 9/16  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220

Spun by the humble Bombyx mori, silk is a material that has captivated human society for millennia. This lecture will discuss the mythology and history of silk, production techniques and some of the issues associated with silk production.

9 Silent Sky — The Story of Two Heroines of Science (R)

**Presenters:** Gary and Karen Dallman  
**Coordinator:** Karen Dallman  
**Contact Info:** 920-737-0202 • kdallman@new.rr.com  
**Dates:** 9/16  
**Limit:** 50  
**Time:** 1-3 p.m.  
**Location:** RH220

The play “Silent Sky” tells the story of two female heroes of astronomy who in the late 1800s made major contributions to their field, working at the Harvard Observatory. This class explains the work of Annie Jump Cannon and Henrietta Leavitt.

10 Ballroom Dancing: A Review and New Level (N)

**Presenter:** Brenda Hartstern  
**Coordinators:** Dave and Dorothy Manke  
**Contact Info:** 920-869-2032 • dmdoctor123@gmail.com  
**Dates:** 9/16, 9/23, 9/30, 10/7, 10/14  
**Limit:** 24  
**Time:** 1-3 p.m.  
**Location:** Ashwaubenon Community Center, Grand Park Room

After offering courses in ballroom swing, waltz, foxtrot and rumba, the fall semester class will review those basics and add more steps for the fun and exercise of ballroom dancing. Attendees are highly encouraged to attend with a partner. Volunteer assistants for the presenter are not always available. Please wear smooth bottom, not rubber bottom, shoes.

11 Iran (N)

**Presenter:** Sofie Jonas  
**Coordinators:** Karen Dallman  
**Contact Info:** 920-737-0202 • kdallman@new.rr.com  
**Dates:** 9/23  
**Limit:** 70  
**Time:** 10 a.m.-12 p.m.  
**Location:** Allouez Village Hall

This class will talk about Persian history and culture, Persian holidays and costumes, food and family structure. It will also cover education in Persia both before and after the revolution. The presenter was born in 1973 in Iran, lived there for 35 years and would like to share her journey with you.

12 Reading Personalities (N)

**Presenter:** Bonnie Kenny  
**Coordinator:** Jackie Bluma  
**Contact Info:** 920-336-2629 • jackiebluma@gmail.com  
**Dates:** 9/30  
**Limit:** 20  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220

This course will discuss how to utilize your natural talents to more greatly enrich your life during retirement. Learn the art of knowing how to deal with people and discover why people act and react as they do.

Thank you for working with us to make the Lifelong Learning Institute at UW-Green Bay a success!
13 Is God One or Many? (N)

Presenter: Bob Berchmans
Coordinator: Wendy Schroeder
Contact Info: 920-497-2363 • wlschroeder7@gmail.com
Dates: 9/30
Limit: 50  Time: 10 a.m.-12 p.m.  Location: RH230

Judaism, Christianity and Islam profess monotheism, the belief in one God. The Greeks and the Romans, as well as the Hindus, on the other hand, believe that there is a multitude of gods. How did the idea and belief in one God develop? In this presentation, we will examine this intriguing question. We will also explore God in the three religions of Judaism, Christianity and Islam.

14 Great Decisions 2019 (N)

Presenter: James Tanner
Coordinator: Kathleen Heitl
Contact Info: 920-391-9535 • no email
Dates: 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25
Limit: 50  Time: 10 a.m.-12 p.m.
Location: First Presbyterian Church

This eight-session course will use the published 2019 topic material of the Foreign Policy Association. We will begin with a brief 15-minute video that covers some of the written material, followed by a group discussion of the respective topic, sharing ideas, concerns and suggestions. Reading the material prior to the discussion (5-12 pages) is essential to having a meaningful discussion. The following are the topics to be covered: 1) Refugees and Global Migration, 2) The Middle East: Regional Disorder, 3) Nuclear Negotiations: Back to the Future? 4) The Rise of Populism in Europe, 5) Decoding U.S.-China Trade, 6) Cyber Conflicts and Geopolitics, 7) The United States and Mexico: Partnership Tested, and 8) State of the State Department and Diplomacy. The class text, Briefing Book for Great Decisions 2019 (ISBN 978-0-87124-264-8) is available on the Foreign Policy Association website: https://www.fpa.org/great_decisions, at bookstores or online. St. Norbert College presented Great Decisions 2019 in the spring and they may have a new or used book in their bookstore.

15 Being Human: Male and Female (N)

Presenter: Bob Berchmans
Coordinator: Vickie Keigley
Contact Info: 920-437-2510 • vakeigley@gmail.com
Dates: 10/7
Limit: 50  Time: 10 a.m.-12 p.m.  Location: RH230

What does it mean to be human? It is not merely a philosophical question. This presentation will provide us with some keen insights into what exactly makes us human. Then we will toy with the intriguing question of how being human in a male body and a female body makes us both similar and dissimilar. We will look into the ramifications of this question through philosophy, psychology, biology and sociology.

16 What the Dickens! Victorian Fiction (N)

Presenter: Dr. Rebecca Nesvet
Coordinator: Karen Dallman
Contact Info: 920-737-0202  •  kdallman@new.rr.com
Dates: 10/7, 10/14, 10/21
Limit: 20  Time: 10 a.m.-12 p.m.
Location: RH220 for 10/7, RH230 for 10/14 and 10/21

This course will offer a brief introduction to Victorian fiction, via a few indicative examples from the 1840s. We will begin with Charles Dickens’ A Christmas Carol, then explore the “penny blood” and “penny dreadful” — serial fiction controversially targeting working-class families — and conclude with a tale from Yorkshire: Emily Bronte’s haunting Wuthering Heights. Students will have the opportunity to view original copies of Victorian rare books including Christmas annuals and penny bloods.

17 Fake News (N)

Presenter: Doug Ferdon, Ph.D.
Coordinator: Barry Burrows
Contact Info: 920-406-1846 • dieselsdad3@gmail.com
Dates: 10/7
Limit: 150  Time: 1-3 p.m.  Location: Mauthe Center

There is a common name for “fake news.” It’s called propaganda, which is usually claimed to have been perfected by Sam Adams with his dispatches in Colonial newspapers. “Advertise the advantages of victory” is one of his five principles. By 1800, William Randolph Hearst planted a story about a Cuban rebel caught by the Spanish. When Joseph Pulitzer ran the story, Hearst bellowed it was fake. During World War I and II the United States had propaganda offices to fight fake news from the Germans. Joseph McCarthy then found fictional communists in the state department and Army and gave the news just before deadlines. Vietnam has its own list of propaganda with Presidents Kennedy, Johnson and Nixon promoting various parts. Now, “alternative facts” seem to be the hallmark of President Trump. CNN and others fact check him daily.
18 Organ Transplantation: The Nuts and Bolts (R)

Presenter: Nickolas Sodemann  
Coordinator: Ellen Moran  
Contact Info: 920-619-2885 • ellen sue863@new.rr.com  
Dates: 10/7  
Limit: 50  
Time: 1-3 p.m.  
Location: RH220

Using data from the UW-Health Transplant Program, this session will focus on post-transplant care. Although living with a transplant will give patients a new lease on life, caring for a healthy organ involves taking sensible steps to recover fully and return to a normal, active lifestyle. We will discuss preventing rejection, newest medications, lifestyle changes post-transplant, managing co-morbidities and other common questions. We will also hear first-hand from a transplant recipient sharing the transplant journey.

19 Strategic Thinking Through Games (C)

Presenter: Judy Hastert  
Coordinator: Judy Hastert  
Contact Info: 920-499-2609 • jhastert@new.rr.com  
Dates: 10/7, 10/14, 10/21, 10/28, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16  
Limit: 38  
Time: 1-3 p.m.  
Location: Bellevue Community Center

This course is designed to stimulate strategic thinking while learning new games to play with family and friends. Challenging card games, board games and dominoes will be featured. The games are easy to learn and suitable for large or small groups.

20 Food: A Cultural Culinary History (N)

Presenter: Eileen Johnson  
Coordinator: Pati Wiegand  
Contact Info: 920-429-9868 • pati_927@yahoo.com  
Dates: 10/7, 10/14, 10/21  
Limit: 50  
Time: 1-3 p.m.  
Location: RH230

This is a newer DVD series produced by “The Great Courses” which traces the history of food. Lectures begin at the time of Neanderthal Man when hunting and gathering were the means of finding sustenance. What was Stone Age cooking like? We will learn about the importance of food in a variety of cultures from Egypt, Greece, India, China and Rome. This course will continue for four semesters, but may be taken at the convenience of each LLI participant. We will view three DVDs per session.

21 Behind the Scenes Look at the Weidner (R)

Presenter: Stephanie Maufort  
Coordinator: Wes Carvenough  
Contact Info: 920-497-1108 • wcarvenough@new.rr.com  
Dates: 10/7  
Limit: 80  
Time: 1-3:30 p.m.  
Location: Weidner Center, UW-Green Bay

Have you ever wondered what actually goes on behind the scenes at the Weidner Center? Are you aware that there are actually four areas used for performances? If these are questions to which you would like answers, then come and join the Weidner staff as they answer your questions and provide you with a tour of the main stage and dressing rooms as well as the other performing areas in the building. An elevator is available to get from floor to floor but there will still be some walking. Please park in the Weidner lots and enter through the main entry.

22 From the Holocaust to Civil Rights (N)

Presenter: Debbie Simon Konkol, Joanne Simon Weinberg and Chris Simon Halverson  
Coordinator: Jim Hinckley  
Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net  
Dates: 10/14  
Limit: 50  
Time: 10 a.m.-12 p.m.  
Location: RH220

Three sisters tell of their pilgrimage to Germany and France to retrace their grandmother’s recently discovered murder during the Holocaust. They tell of meeting the author of a book about the 86 victims and the director of a documentary about this tragedy. The Simon sisters discuss how this history affected their father, the Rev. Dr. Carl R. Simon, resulting in his lifelong fight for Civil and Human Rights, including joining Dr. Martin Luther King, Jr. in Selma, AL in 1965.

23 Brain Stretching II (R)

Presenter: Mary Kay Dodson  
Coordinator: Julie Abitz  
Contact Info: 920-339-8087 • rabitzl@new.rr.com  
Dates: 10/14, 10/21  
Limit: 35  
Time: 1-3 p.m.  
Location: RH220

Many experts on aging recommend keeping one’s brain active. Some even think that doing so can help ward off the onset of dementia for some time. This class will encompass a variety of challenges for your brain, including new memory exercises and suggestions for computer sites that will stretch your brain. Come prepared to have fun and be challenged. Brain Stretching I is not a prerequisite for this class.
24 Legal Issues for the Elderly (R)
**Presenters:** Bob Geimer, Mary Rose Orcott, Matt Geimer  
**Coordinator:** Sue Rocheleau  
**Contact Info:** 920-609-8745 • sueroch@yahoo.com  
**Dates:** 10/21, 10/28  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220

There is much to learn as we age. In this class, we will check legal issues affecting the elderly, including will, trust, power of attorney documents, guardianship, estate tax, planning for nursing home, gift tax rules and other elder law issues. Geimer Law Firm has concentrated on Elder Law issues since 1990.

25 Veteran Voices III (C)
**Presenter:** John Maino  
**Coordinator:** Jim Hinckley  
**Contact Info:** 920-217-3915 • hinkqtrhorse@earthlink.net  
**Dates:** 10/21  
**Limit:** 150  
**Time:** 1-3 p.m.  
**Location:** Mauthe Center

John Maino, author of four books, and working on a fifth, and who was embedded with our troops three times in hostile situations, will present and interview a new group of veterans from Korea, Vietnam, Iraq and Afghanistan, and includes a Gold Star family. This presentation builds on John’s spring 2018 Veteran Voices class which is not a prerequisite.

26 Chair Caning In Seven Steps: Workshop (N)
**Presenter:** Bill Seleen  
**Coordinator:** Mary Williams  
**Contact Info:** 920-336-7677 • bwilliams21@new.rr.com  
**Dates:** 10/21, 10/28, 11/4  
**Limit:** 10  
**Time:** 2-4 p.m.  
**Location:** Ashwaubenon Community Center,  
Grand Park Room

What do you do with that old chair that needs to be re-caned? Hand caning is a traditional craft used to replace seats in chairs. It is a highly skilled art form that Bill Seleen has learned and perfected. Using your own chairs, participants will learn the seven-step hand caning method to refurbish your chair and make it look new again. Approximate cost of supplies is $25 and is dependent on the size of chair. Each student must contact the coordinator to consult about their project at least three weeks before the first of the three class sessions. A supply list will be posted on the LLI website. Participants are responsible for purchasing all supplies.

27 Revisit a Short Work of Fiction (R)
**Presenter:** Mary Kay Dodson  
**Coordinator:** Elizabeth Spielmann and Kathy Daley  
**Contact Info:** 920-884-6853 • dspielman@new.rr.com  
**Dates:** 10/28  
**Limit:** 35  
**Time:** 1-3 p.m.  
**Location:** RH220

Imagine you and three others are in a lifeboat, the only four people who survived a sinking ship. You do not know each other well. Consider these three challenges: the obstacles you and your companions would have to face, how you and your fellow castaways would decide to reach the island that is within sight, and how the four of you can ensure the best scenario, that being the survival of four. This is the essence of Stephen Crane’s “The Open Boat” which we will discuss in class. You can access the text online by typing the title and author into your web browser. Please choose the “Project Gutenberg” version of the story, which will run about 40 pages.

28 Strength and Balance for Seniors (N)
**Presenter:** Nick Baudhuin, PT, DTP, CMTPT and Carinna Coleman PT, MSPT, CMTPT  
**Coordinator:** Barry Burrows  
**Contact Info:** 920-406-1846 • dieselsdad3@gmail.com  
**Dates:** 11/4  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220

This course will include education on the principles of strength training, muscular anatomy and the anatomy and physiology of the three sensory systems that play a role in our ability to maintain balance. The course will cover the reasons strength and balance issues arise as we age. Participants will also learn the benefits of strengthening and strategies to improve balance.

29 60s: A Living History (R)
**Presenter:** Daniel Goron  
**Coordinator:** Donna Youngwirth  
**Contact Info:** 920-465-1534 • dyoungwirth@new.rr.com  
**Dates:** 11/4, 11/6, 11/8  
**Limit:** 50  
**Time:** 1-3 p.m.  
**Location:** RH220

This course is an overview of the turbulent 1960s, including changes in society, politics and family. The Vietnam War and the development of the Peace Corps will also be discussed, with speakers who were involved in both. Participants will be encouraged to bring stories and pictures to share.
30 Serengeti Adventure (R)
Presenter: Carol Haen
Coordinator: Nona Litzelman
Contact Info: 920-461-2120 • nlitzelman@gmail.com
Dates: 11/1
Limit: 150  Time: 10 a.m.-12 p.m.  Location: Mauthe Center
Join me on a trip through the Serengeti National Park of Northern Tanzania to see the “Great Migration of the Wildebeest.” Travel the dusty roads to view more than 20 other types of animals native to Africa. Visit a private school built by Australians and a medical complex developed by a California physician. Both provide greatly needed services to that part of the country. Learn about the everyday life of the Maasai, the native people of northern Tanzania. I will also share some humorous stories that involve man and beast!

31 Tale of Two Weddings (N)
Presenter: Rita Kilmer
Coordinator: Dave Schonke
Contact Info: 920-468-0243 • tog321@gmail.com
Dates: 11/1
Limit: 50  Time: 10 a.m.-12 p.m.  Location: RH230
“Wedding rehearsal? Why would you do that? Everyone knows what to do at a wedding!” “Because of the 2008 Mumbai terrorist attacks, your car will be searched when you approach the hotel parking lot.” “A professional will be at your hotel to wrap your sari.” These are just a few quotes from the weddings we attended in Wodzislaw, Poland and Mumbai, India. Commentary will include cultural, geographical and historical views of these divergent experiences.

32 Living Well with Jin Shin Jyutsu (R)
Presenter: Gail Okray
Coordinator: Theresa Reiter
Contact Info: 920-339-8611 • treiter06@gmail.com
Dates: 11/18
Limit: 150  Time: 10 a.m.-12 p.m.  Location: Mauthe Center
Capture the power of health and well-being just by holding your own fingers. Sounds simple, doesn’t it? This class will introduce you to the philosophy of Jin Shin Jyutsu: how everyone’s innate ability to restore health and vibrancy to ourselves relates to the fingers of each hand. This class is for anyone with stiffness, body aches, mental/emotional stress or simply wants to be proactive in maintaining their health.

33 Hitler’s Empire: The Rise and Fall of the Nazi Party (R)
Presenter: Robert Cook
Coordinator: Pati Wiegand
Contact Info: 920-429-9868 • pati_927@yahoo.com
Dates: 12/2, 12/9, 12/16
Limit: 150  Time: 10 a.m.-12 p.m.  Location: Mauthe Center
From 1933-1945, the National Socialist (Nazi) Party ruled Germany and much of Europe. In this DVD course, Professor Childers will explore the origins of their power and chart their development of a totalitarian government in Germany.

34 Energy of Rotation (Physics) (N)
Presenter: Gary Dallman
Coordinator: Karen Dallman
Contact Info: 920-737-0202 • kdallman@new.rr.com
Dates: 12/9
Limit: 50  Time: 1-3 p.m.  Location: RH220
Even though any two masses fall to the ground (disregarding friction) with the same acceleration, it can be demonstrated and proven that two different shaped rolling objects on an incline will reach the bottom with different speeds. Somewhat amazing. Some algebra required.

35 Recorders in Concert: Holiday Music Through the Centuries (N)
Presenter: Jan LaSota
Coordinator: Mary K Bishop
Contact Info: 920-544-8098 • maryk.bishop4@gmail.com
Dates: 12/9
Limit: 150  Time: 2-4 p.m.  Location: Mauthe Center
Enjoy hearing and learning about holiday music from several centuries. “Recorders By The Bay,” an instrumental group formed in 1998, will perform using early woodwind and string instruments. You will recognize many of the musical selections and discover some new-to-you melodies.

36 Traditions of the Christmas Cookie (R)
Presenter: Kelly Dadam
Coordinator: Andy Trotti
Contact Info: 920-328-8733 • eastconsingirl@gmail.com
Dates: 12/16
Limit: 6  Time: 9 a.m.-3 p.m.  Location: First Presbyterian Kitchen
We will discuss the history and what makes a particular cookie a “Christmas Cookie.” Bring a recipe and be prepared to make 10 dozen cookies. Eight dozen will be shared with the class and two dozen from each of us will be given to a shelter. Basic ingredients will be available in class but if you need something special like nuts, chips, gumdrops etc., you will need to bring them. A light lunch will be provided.
Tuesday Courses
Green Bay Area

37 Weather Forecasting in Wisconsin, from Bobby Nelson to Alexa (R)

**Presenter:** John Chandik  
**Coordinator:** Gary Lewins  
**Contact Info:** 920-497-1152 • gllewins@gmail.com  
**Dates:** 8/27  
**Limit:** 250  
**Time:** 1-3 p.m.  
**Location:** RH250

How do you get weather information that you need? Wow! Has that changed over the past five decades since Bobby Nelson pioneered the TV weathercast in Green Bay. Initially, the choice was simple. You had two choices: 1) commercial TV and radio broadcasts, and 2) newspapers. Now it is both complicated and complex. More broadcast outlets along with the evolution of the internet as a vehicle for data sourcing and dissemination end up giving you a dizzying array of choices to navigate. John Chandik will guide you on this historical ride ending with a selected way to increase your use of “free” web weather information. Feel free to bring your handheld devices to learn the basics of doing your own forecast.

38 Art Boot Camp (R)

**Presenter:** Robert Wasmund  
**Coordinator:** Tom Kelly  
**Contact Info:** 920-465-8665 • tpkelley@new.rr.com  
**Dates:** 9/10-11, 9/17-18, 10/1-2  
**Limit:** 25  
**Time:** 9 a.m.-12 p.m.  
**Location:** Bellevue Community Center

Are your art supplies and unfinished paintings of oil, watercolor or acrylic getting any attention? This course is for participants who want to “pick up where you left off.” You supply your own materials and complete what you have started. Please note: Class dates are Tuesdays and Wednesdays for three weeks. Class does not meet on September 24 or 25 and continues October 1.

39 Development of European History (C)

**Presenter:** Dennis G. Wojahn  
**Coordinator:** Kris Lewins  
**Contact Info:** 920-497-1152 • klewins1225@gmail.com  
**Dates:** 9/10, 9/17, 9/24, 10/1  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220

This course will cover the period from the Discovery Era through the Reformation and the Thirty Years War. This is a continuation of a Great Courses DVD series which will continue for another four semesters.

40 Introduction to Scotland (R)

**Presenter:** Mike Murphy and Cheryl Murphy  
**Coordinator:** Dave Schonke  
**Contact Info:** 920-468-0243 • tog321@gmail.com  
**Dates:** 9/10  
**Limit:** 150  
**Time:** 10 a.m.-12 p.m.  
**Location:** Mauthe Center

A light-hearted pictorial overview of a beautiful, small country, famous for its rugged scenery, bloody conflicts, colorful kilts, strong whisky, droning bagpipes, memorable folk poetry and ingenious inventions (including golf!) which transformed the world.

41 Shoulder Pain and Common Problems (N)

**Presenter:** Todd Schubkegel, MD  
**Coordinator:** Jim Hinckley  
**Contact Info:** 920-217-3915 • hinkqtrhorse@earthlink.net  
**Dates:** 9/10  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH230

Dr. Schubkegel, along with a physical therapist, will discuss common shoulder problems, along with mechanics, everyday living ergonomics, proper overhead lifting techniques, strengthening tips and recommendations for overuse injuries to help prevent shoulder problems. Various treatment options such as physical therapy, injections and surgery will be discussed for those suffering shoulder pain.

42 Group Piano (R)

**Presenter:** Heidi Lueck  
**Coordinator:** Dianne Briggs  
**Contact Info:** 920-336-0394 • jbriggs3@new.rr.com  
**Dates:** 9/10, 9/17, 9/24, 10/1  
**Limit:** 8  
**Time:** 1-2:30 p.m.  
**Location:** Jim’s Music

This course is geared toward beginners with little or no experience in piano. 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. We will use *Alfred’s Basic Adult Piano Course Book 1* (ISBN 0882846167) which is available for separate purchase.
43 Continuing Issues (C)

**Presenter:** Steve Jansen  
**Coordinator:** Steve Jansen  
**Contact Info:** 920-883-7408 • sjansen9@new.rr.com  
**Dates:** 9/10, 9/24, 10/8, 10/22, 11/5, 11/19, 12/3, 12/17  
**Limit:** 50  
**Time:** 1:30 p.m.  
**Location:** RH230

Class discussion of international, national, state and local issues. A variety of opinions is valued. Class members will respect other members’ opinions and not condemn the opinions of others.

44 Portrait Sculpture Demo and Studio Tour (N)

**Presenter:** Bren Sibilsky  
**Coordinator:** Vickie Keigley  
**Contact Info:** 920-437-2510 • vakeigley@gmail.com  
**Dates:** 9/10  
**Limit:** 25  
**Time:** 1:30 p.m.  
**Location:** Bren Sibilsky Sculpture

Bren Sibilsky is an award-winning, internationally known full-time sculptor in Algoma. After an informal tour of her studio, she will sculpt in clay an amazing likeness of one of the students in approximately two hours. The bust will be lifesize. The class will be at Bren’s studio/gallery (recently remodeled homestead barn and outbuildings) in Algoma. Bren has done many demos like this in the past with amazing results!

45 At the Movies: Hollywood Cops (N)

**Presenter:** Mike Orlock  
**Coordinator:** Penny Blakeslee  
**Contact Info:** 920-469-1399 blakeslee.penelope@yahoo.com  
**Dates:** 9/10, 9/17, 9/24  
**Limit:** 150  
**Time:** 1:30 p.m.  
**Location:** Mauthe Center

This installment of “At the Movies” will focus on three classic films from the early 1970s, when cops were squarely examined under a socio-political microscope. The films are: the *French Connection* (1971), starring Gene Hackman as “Popeye” Doyle, a cop obsessed with bringing down a French drug dealer; *Dirty Harry* (1971), with Clint Eastwood as a rogue cop chasing a deranged serial killer and *Serpico* (1973), starring Al Pacino as the legendary New York whistle-blowing cop who fought against a corrupt police department.

46 Reverse Mortgage (R)

**Presenter:** James Cullen  
**Coordinator:** Jackie Bluma  
**Contact Info:** 920-336-2629 • jackiebluma@gmail.com  
**Dates:** 9/17  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH230

The Reverse Mortgage is a financial tool for homeowners 62 years of age and older. In this course, we will discuss what a Reverse Mortgage is, how it works, and most importantly, the positives and negatives associated with Reverse Mortgages. This course will help you determine if a Reverse Mortgage is right for you.

47 Lewis and Clark Expedition (R)

**Presenter:** Arlene Molzahn  
**Coordinator:** Trudy Jacobson  
**Contact Info:** 920-465-0106 • tjacobson48@gmail.com  
**Dates:** 9/17  
**Limit:** 150  
**Time:** 10 a.m.-12 p.m.  
**Location:** Mauthe Center

Lewis and Clark set out from St. Louis, Missouri in 1804 to explore the Louisiana Territory. The explorers traveled about 8,000 miles, mapping the rivers and lands as they made their way to the Pacific Ocean. They met and befriended 24 Native American tribes, recorded information on over 178 plants growing in the territory and discovered 122 animals, unknown to the eastern part of our country. With the help of their Native American guide, Sacagawea, they reached the Pacific Ocean. Their journey opened up the frontier for hunters and trappers and later of people who wanted to settle in the new land.

48 Learn to Play Chess (R)

**Presenter:** Pat Fuge  
**Coordinator:** Theresa Reiter  
**Contact Info:** 920-339-8611 • treiter06@gmail.com  
**Dates:** 9/17, 9/24, 10/1  
**Limit:** 20  
**Time:** 10 a.m.-12 p.m.  
**Location:** Gnome Games

Chess is one of the oldest classic two-player strategic board games in the world. It has been part of the world game culture since the 6th Century. It is played on a 64-square board with 16 pieces, each with a unique set of moves that are used to capture your opponent’s pieces forcing a “checkmate.” Over the three days you will learn how each of the pieces move, capture opponents and experience the basics of the game.

Call your coordinator if you can no longer attend class so the spot can be filled.
49 TASER (N)
**Presenter:** Colleen Belongea  
**Coordinator:** Jim Hinckley  
**Contact Info:** 920-217-3915  •  hinkqtrhorse@earthlink.net  
**Dates:** 9/17  
**Limit:** 50  
**Time:** 1-3 p.m.  
**Location:** RH220

This course will discuss the design, use and impact of the Taser, which is an electronic control device. Participants will also observe a Taser deployment and how it impacts the body. Volunteers will not likely be solicited.

50 Required Minimum Distribution (RMD) Planning (N)
**Presenter:** John D. Weninger, CFP  
**Coordinator:** Karen Dallman  
**Contact Info:** 920-737-0202  •  kdallman@new.rr.com  
**Dates:** 9/17  
**Limit:** 50  
**Time:** 1-3 p.m.  
**Location:** RH230

Join John D. Weninger, CFP, a fiduciary advisor, in taking an in-depth look at age 70 1/2 required minimum distributions (RMDs). We will discuss the topic in detail and cover strategies you can use to save taxes and get the most from your RMDs.

51 Love Your Pipes, Love the Earth and Love Your Pocketbook (N)
**Presenter:** Erin Scroth  
**Coordinator:** Vickie Keigley  
**Contact Info:** 920-437-2510  •  vakeigley@gmail.com  
**Dates:** 9/17, 9/24  
**Limit:** 30  
**Time:** 9-11 a.m.  
**Location:** NEW Water

Did you know that what you pour down the drains and flush down the toilet in your home impacts the environment, public health and your pocketbook? Experts from NEW Water, the brand of the Green Bay Metropolitan Sewerage District, will explain how what goes down your pipes impacts our community, how the district addresses these issues each day, and why we need YOUR help for a more sustainable community. Please note, an optional tour will be offered the following week, September 24, 9-11 a.m. for those who may not have already taken a tour of NEW Water.

52 How to Become Media Literate (N)
**Presenter:** Shirley VerBruggen  
**Coordinators:** Dorothy and Dave Manke  
**Contact Info:** 920-869-2032  •  dmdoctor123@gmail.com  
**Dates:** 10/1  
**Limit:** 150  
**Time:** 1-3 p.m.  
**Location:** Mauthe Center

Don’t be duped by fake news! Media literacy is the ability to identify different types of media, understand why it was created and determine if it is credible. This session will help attendees understand the role of media in our culture and learn the essential skills to assess, analyze, evaluate and create messages. Join presenter Shirley VerBruggen, MBA and business and marketing educator, for this course on a hot topic.

53 Mentoring Matters (N)
**Presenter:** Heather Faulkner and Alyssa Myrie  
**Coordinator:** Mary Braband  
**Contact Info:** 414-916-6279  •  mbraband5@gmail.com  
**Dates:** 10/1  
**Limit:** 50  
**Time:** 1-3 p.m.  
**Location:** RH220

Come explore why mentoring matters in our community and beyond. This course will highlight why mentoring is important for you (both to give and receive) and why mentoring is important in the lives of the youth in our community. You will learn practical ways to make mentoring part of life and hear from mentors who are currently mentoring in our community through “Young Life.” As a next step, you will also learn the organizations in our community that offer mentoring services and need mentors!

54 Options for Independent Living Session A (R)
**Presenter:** Calvin Richtig and Stacie Scheibe  
**Coordinator:** Jackie Bluma  
**Contact Info:** 920-336-2629  •  jackiebluma@gmail.com  
**Dates:** 10/1  
**Limit:** 30  
**Time:** 1-3 p.m.  
**Location:** Options for Independent Living

This course will educate about unique services for people with disabilities and those who are older. The tour will be held at the David L. Hall Showcase Model Home and Office Complex which features five bathrooms with adaptive features and adaptive bathing alternatives, a kitchen with adapted cooking aids, and a “smart home” technology room with current state-of-the-art technology designed for use in a residential home. Numerous telecommunication aids and phones for people with different levels of hearing loss will be presented and an accessible garden will be shown. Sign up for Session A or Session B. Do not sign up for both.
55 The Salvation Army: from Doughnuts to Doing the Most Good Session A (N)

Presenter: Renee Main and Tom Mullinix  
Coordinator: Jim Hinckley  
Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net  
Dates: 10/1  
Limit: 30  
Time: 8:30-10:30 a.m.  
Location: The Salvation Army

Come along with us as we share the story of The Salvation Army, from our history of the WWI “Doughnut Girls” to Emergency Disaster Services and doing the most good in the Greater Green Bay community. Join us at our Salvation Army Corps facility for learning, a tour and a meal. A light breakfast will be included at the beginning of the tour. Sign up for Session A or Session B. Do not sign up for both.

56 Creating with Pressed Flowers (C)

Presenter: Sister Mary Ann Smrka, SSND  
Coordinator: Sue Johnson  
Contact Info: 715-587-7618 • srejohnson@hotmail.com  
Dates: 10/1, 10/8, 10/15, 10/22  
Limit: 8  
Time: 9:30 a.m.-12 p.m.  
Location: St. Joseph's Convent

As a prerequisite, participants must have taken one of Sister Mary Ann's previous pressed flower classes. Participants will review techniques and then be creative! A $10 course fee will be collected by the instructor on the first day of class. Participants must be able to navigate one flight of stairs to get to the classroom.

57 Devastating Peshtigo Fire (R)

Presenter: Arlene Molzhan  
Coordinator: Dean Cherry  
Contact Info: 920-822-3703 • dcherry@netnet.net  
Dates: 10/8  
Limit: 150  
Time: 10 a.m.-12 p.m.  
Location: Mauthe Center

On October 8, 1871, our state experienced the most devastating fire in the recorded history of the United States. The deadly fire ravaged over 2,400 square miles and possibly as many as 2,500 people lost their lives. This class will cover the elements that are believed to have created the firestorm and conditions which caused the fire to be so destructive to this region of Wisconsin. Many first-person descriptions of the event will be shared and the theory that fragments of the Comet Biela may have caused the fire will be presented.

58 Learn to Play Backgammon (R)

Presenter: Pat Fuge  
Coordinator: Judy Hastert  
Contact Info: 920-499-2609 • jhastert@new.rr.com  
Dates: 10/8, 10/15  
Limit: 20  
Time: 10 a.m.-12 p.m.  
Location: Gnome Games

Backgammon is one of the oldest board games known. It is a two-player game where playing pieces are moved according to the roll of dice. A player wins by removing all of his pieces from the board before his/her opponent. This is an introductory course where the rules will be taught and is ideal for new players.

59 Piano Ensemble (R)

Presenter: Heidi Lueck  
Coordinator: Dianne Briggs  
Contact Info: 920-336-0394 • jbriggs3@new.rr.com  
Dates: 10/8, 10/15, 10/22, 10/29  
Limit: 8  
Time: 1-2:30 p.m.  
Location: Jim's Music

This course is geared towards beginners with some experience reading music. However, early intermediate musicians will be given more challenging ensemble parts, when available. If you enjoy playing piano, come join others and play duets together as a group. The focus will be on enjoyment of group playing. We will use Alfred’s Basic Adult Piano Course Duet Book 1 (ISBN 0739007807) which is available for separate purchase. Supplemental materials will be available for separate purchase.

60 GERD (N)

Presenter: Sally Bowa, MSN, FNP-C  
Coordinator: Jim Hinckley  
Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net  
Dates: 10/8  
Limit: 50  
Time: 1-3 p.m.  
Location: RH220

Chronic Gastroesophageal Reflux Disease (GERD) affects millions of individuals on a daily, weekly or monthly basis. We will take the time to learn about the condition, symptoms, complications and treatment options to improve your quality of life. In addition, we will discuss the tests that are used to evaluate GERD.

Course fees due to UW-Green Bay must be received by September 15, 2019. These fees will be noted on your confirmation letter.
61 Options for Independent Living
Session B (R)

Presenter: Calvin Richtig and Stacie Scheibe
Coordinator: Vickie Keigley
Contact Info: 920-437-2510 • vakeigley@gmail.com
Dates: 10/8
Limit: 30  Time: 1-3 p.m.
Location: Options for Independent Living

This course will educate about unique services for people with disabilities and those who are older. The tour will be held at the David L. Hall Showcase Model Home and Office Complex which features five bathrooms with adaptive features and adaptive bathing alternatives, a kitchen with adapted cooking aids, and a “smart home” technology room with current state-of-the-art technology designed for use in a residential home. Numerous telecommunication aids and phones for people with different levels of hearing loss will be presented and an accessible garden will be shown. Sign up for Session A or Session B. Do not sign up for both.

62 Oil Painting (R)

Presenter: Robert Wasmund
Coordinator: Marilyn Rabideau
Contact Info: 920-866-9646 • mrabideau@centurytel.net
Dates: 10/8, 10/15, 10/22, 10/29, 11/5
Limit: 25  Time: 9 a.m.-12 p.m.
Location: Bellevue Community Center

Learn basic oil painting. We will start at the beginning and establish a base, then you progress at your own pace. Although a finished painting is the goal, the learning of basic skills and techniques is the intention. A list of supplies needed will be posted on the LLI website. Please have your supplies for the first class.

63 Henna Body and Fabric Art (R)

Presenter: Amy Wilde
Coordinator: Theresa Reiter
Contact Info: 920-339-8611 • treiter06@gmail.com
Dates: 10/8, 10/15
Limit: 20  Time: 9:30 a.m.-12 p.m.
Location: Ashwaubenon Community Center Activity Room

This class will focus on the beautiful art of Henna painting. The instructor will explain what Henna is and what it does when used on the skin. The class will also explore the use and various designs of Henna on fabric and other substrates. The instructor will work individually with all participants. This class will be fun and interactive! The instructor will provide all materials for this class. A $15 fee is due directly to Castle Art and Import on the first day of class. Please have exact cash or a check made payable to Castle Art and Import.

64 Mystery of Shakespeare (R)

Presenter: Mike Murphy
Coordinator: Dean Cherry
Contact Info: 920-822-3703 • dcherry@netnet.net
Dates: 10/15
Limit: 50  Time: 10 a.m.-12 p.m.  Location: RH220

What do we know for sure about William Shakespeare of Stratford-on-Avon? Could someone with his limited education and experience write all those great plays? And if he didn’t write them, who did? This class will present a balanced view of the main evidence and recent theories pertaining to the hotly disputed “Shakespeare Authorship” controversy.

65 Artisan Cheesemaking (R)

Presenter: Debbie Scray
Coordinator: Teresa Blaser
Contact Info: 920-494-1021 • tblaser520@new.rr.com
Dates: 10/15
Limit: 20  Time: 10 a.m.-12 p.m.  Location: Scray Cheese

Come experience the history of and an introduction to artisan cheesemaking. View fourth-generation cheesemakers as they manufacture some of your favorite cheeses — Edam, Gouda, Fontina and Cheddar — and of course, squeaky curds! See LLI website for directions to Scray Cheese.

66 Drawing for the Intimidated (R)

Presenter: Jim Briggs
Coordinator: Andy Trotti
Contact Info: 920-328-8733 • eastconsingirl@gmail.com
Dates: 10/15, 10/22, 10/29, 11/5, 11/12
Limit: 20  Time: 1-3 p.m.
Location: Bellevue Community Center

This course is meant for adults who have stopped drawing because someone in authority criticized their work when they were young. We will draw a variety of subjects with different drawing materials such as pencils, colored pencils, charcoal, etc. Techniques to develop results will be explored with fun and zest. A list of supplies will be posted on the LLI website.
67 My Dear Hamilton (N)
Presenter: Shirley VerBruggen
Coordinator: Pati Wiegand
Contact Info: 920-429-9868  •  pati_927@yahoo.com
Dates: 10/15
Limit: 50  Time: 1-3 p.m.  Location: RH220

Alexander Hamilton established the U.S. Mint, founded a newspaper and wrote about freedom of the press. He was an architect of trade, industry and our government, yet the brilliant former Secretary of the Treasury died heavily in debt from a foolish duel with his rival, Aaron Burr. Hear the rest of the story when we review this fictionalized account written from Mrs. Alexander (Eliza Schuyler) Hamilton’s perspective in the well-researched novel, My Dear Hamilton, by Stephanie Dray and Laura Kamoie.

68 Sustainability and Solar Energy (R)
Presenter: Sister Rose Jochman
Coordinator: Mary K. Bishop
Contact Info: 920-544-8098  •  maryk.bishop4@gmail.com
Dates: 10/22
Limit: 50  Time: 10 a.m.-12 p.m.
Location: Sisters of St. Francis of the Holy Cross

Learn how the Sisters of St. Francis of the Holy Cross (Bay Settlement Franciscans) have been living sustainably and about their most recent project. The Sisters have installed a solar photovoltaic system on their property. Learn about their reasons for going solar, the installation process and their current solar production. The last half-hour of the course will include a tour of the solar site. Be aware that this tour will involve considerable walking over uneven ground.

69 Learn to Play Catan (R)
Presenter: Pat Fuge
Coordinator: Connie Korger
Contact Info: 920-499-4779  •  connie.korger@att.net
Dates: 10/22, 10/29
Limit: 24  Time: 10 a.m.-12 p.m.  Location: Gnome Games

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

70 Sanimax — the Invisible Industry You Need to Know About (N)
Presenter: Donn Johnson and Sara Romanesko
Coordinator: Ed Smith
Contact Info: 920494-5944  •  edsmith000@sbcglobal.net
Dates: 10/22
Limit: 50  Time: 10 a.m.-12 p.m.
Location: RH220

Each year, Sanimax reclaims and brings to its various plants nearly two billion kilograms of by-products from the agri-food industry that would otherwise end up in landfills. These by-products are then renewed and transformed into high-quality products, some of which may surprise you! Learn about the rendering industry, its environmental impact and the local Sanimax operations.

71 Active Shooter Training (R)
Presenter: Lt. Jeff Engelbrecht
Coordinator: Dean Cherry
Contact Info: 920-822-3703  •  dcherry@netnet.net
Dates: 10/29
Limit: 150  Time: 10 a.m.-12 p.m.  Location: Mauthe Center

The course focuses on the history of active shooter situations, teaching the warning signs of an active shooter and learning the essential concepts of “escape, barricade and protect” during an emergency.

Friendly reminder regarding parking on the UW-Green Bay campus.
Members must submit their vehicle license plate number to the LLI Office to ensure parking privileges. Park in the proper areas and not in areas designated as 15-minute parking zones. Park in stalls with your license plate facing out (visible from aisle.) Failure to follow these rules will result in a parking ticket!
**72 Making Corn Husk Decorations (R)**

**Presenter:** Sister Mary Ann Srnka, SSND  
**Coordinator:** Joann Yates  
**Contact Info:** 920-491-1066 • Kizmet832@gmail.com  
**Dates:** 10/29, 11/5, 11/12, 11/19  
**Limit:** 8  
**Time:** 9:30 a.m. -12 p.m.  
**Location:** St. Joseph's Convent  

Participants will learn how to harvest, dye and prep husks to make wreaths, ornaments and other decorations. A $10 course fee will be collected by the instructor on the first day of class. Participants must be able to navigate one flight of stairs to get to the classroom.

**73 Messages and Meaning in Music Theater (N)**

**Presenter:** Richard Stevens, Ph.D.  
**Coordinator:** Donna Youngwirth  
**Contact Info:** 920-465-1534 • dyoungwirth@new.rr.com  
**Dates:** 11/5, 11/7, 11/12, 11/14  
**Limit:** 150  
**Time:** 9:30 a.m.-12 p.m.  
**Location:** Mauthe Center  

This workshop examines possibilities of human nature and meanings of life found in music theater plays including *Man of La Mancha*, *Peter Pan*, *Hook*, *Phantom of the Opera* and *Les Miserables*. We will explore depths of the human psyche, the crescendos and diminuendos of the human spirit and resounding wonders of human imagination expressed in adventure, romance and glorious music of significant musical theater.

**74 Heart Health (R)**

**Presenter:** Supreeti Behuria, MD  
**Coordinator:** Jim Hinckley  
**Contact Info:** 920-217-3915 • hinkqtrhorse@earthlink.net  
**Dates:** 11/5  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220  

This presentation will focus on various aspects of Clinical Cardiology. We will start by discussing primary prevention, that is, how to prevent cardiovascular diseases. We will then talk about various types of heart disease, including coronary artery disease, heart failure and valve diseases.

**75 Introduction to Role Playing Games (N)**

**Presenter:** Pat Fuge  
**Coordinator:** Sue Rocheleau  
**Contact Info:** 920-609-8745 • sueroch@yahoo.com  
**Dates:** 11/5, 11/12, 11/19  
**Limit:** 18  
**Time:** 10 a.m.-12 p.m.  
**Location:** Gnome Games  

Tabletop Role Playing games are an interactive social storytelling game where the players interact with the game master to tell a story about how their characters will participate to tell the collective story of grand adventure. You will learn the basics of the classic Dungeons and Dragons role-playing system in a fun and engaging adventure over three sessions. Please bring pen and paper. Rules will be taught and grand tales will be told by all!

**76 Historical-Critical Lens Applied to the Biblical Creation Accounts (R)**

**Presenter:** Julie Black Harder, MD, MA  
**Coordinator:** Jan Rickert  
**Contact Info:** 920-863-7009 • rjrickert@yahoo.com  
**Dates:** 11/5, 11/7, 11/12  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH230  

In this course we will analyze the biblical creation accounts through the lens of the historical-critical method, by applying the tools scholars use in their quest to discover the authors’ original messages. Participants should bring a Bible — a New Revised Standard Version translation is preferred. The presenter holds a Master’s Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College. Please note: dates for this course are not typical.

**77 Jones Sign Company (R)**

**Presenter:** Rafael Aguilo  
**Coordinator:** Mary K Bishop  
**Contact Info:** 920-544-8098 • maryk.bishop4@gmail.com  
**Dates:** 11/12  
**Limit:** 30  
**Time:** 10 a.m.-12 p.m.  
**Location:** Jones Sign Company  

You will learn about Jones Sign Company, the 5th largest sign company in the U.S. Discover its 107-year history and see a variety of its products. Explore the manufacturing methods used in the welding and fabrication shops and see what it takes to take a sign from concept to fabrication and installation. Participants must wear long pants and closed toe shoes. The tour will require walking from one quarter to one half mile. Safety glasses will be provided on site.
78 Christmas: Three Histories (N)

Presenters: Nancy and Jay Hamann  
Coordinator: Dean Cherry  
Contact Info: 920-822-3703 • dcherry@netnet.net  
Dates: 11/12  
Limit: 50  
Time: 10 a.m.-12 p.m.  
Location: RH220  
This class will cover three aspects of the History of Christmas — the histories of Rudolph the Red-Nosed Reindeer, the Sinister Companions of Saint Nicholas, and the tricks and pranks of Max and Moritz, forerunners to the Katzenjammer Kids.

79 Adventure on the Dalmatian Coast (N)

Presenter: David Schonke  
Coordinator: Wendy Schroeder  
Contact Info: 920-497-2363 • wlschroeder7@gmail.com  
Dates: 11/12  
Limit: 150  
Time: 1-3 p.m.  
Location: Mauthe Center  
A photo tour of the Dalmatian Coast; Slovenia, Croatia, Montenegro, Albania and Greece by bus and ship. This will include personal observations on travel, people, history and family.

80 Advanced Drawing for the Unintimidated (R)

Presenter: Jim Briggs  
Coordinator: Andy Trotti  
Contact Info: 920-328-8733 • eastconsingirl@gmail.com  
Dates: 11/19, 11/26, 12/3, 12/10, 12/17  
Limit: 20  
Time: 10 a.m.-12 p.m.  
Location: Bellevue Community Center  
We will explore different drawing methods with an eye on completing masterpieces. The faint of heart or easily intimidated need not apply! Difficult challenges are necessary in this graphite and eraser medium. Expect to burn up those Bs and Hs leaving no paper unscathed! A list of supplies will be posted on the LLI website.

81 Silent Films and Snapdragon: Curious Customs from the Middle Ages to the Present (R)

Presenters: Nancy and Jay Hamann  
Coordinator: Dean Cherry  
Contact Info: 920-822-3703 • dcherry@netnet.net  
Dates: 11/19  
Limit: 50  
Time: 10 a.m.-12 p.m.  
Location: RH220  
This class is a continuation of a series on Christmas traditions begun in 2007. The first half will focus on French Christmas customs in the early 20th century (including sabots, the reveillon and the Christmas Angel) as they appear in the silent Christmas films of pioneering French director, Georges Melies. The second half of the class (inspired by Rosemary Clooney’s 1950 song “C-H-R-I-S-T-M-A-S”), explores the ABCs of Christmas customs from the letters A (Asbestos) through H (Hunting of the Wren). This is NOT a craft class.

82 Under the Robe Part 5: Sentences (N)

Presenter: Mark Warpinski  
Coordinator: Pati Wiegand  
Contact Info: 920-429-9868 • pati_927@yahoo.com  
Dates: 11/19  
Limit: 150  
Time: 10 a.m.-12 p.m.  
Location: Mauthe Center  
Did you ever wonder why different people who commit the same crimes get different sentences? “Lock them up and throw away the key?” It is not that simple. We will explore the types of sentences that can be imposed and the factors that the court must consider. We will have a high anxiety-filled period of audience participation, but all in good educational fun!

83 Kneadlessly Simple Bread Session A (R)

Presenter: Terry Smith and Susan Schuette  
Coordinator: Theresa Reiter  
Contact Info: 920-339-8611 • treiter06@gmail.com  
Dates: 11/19  
Limit: 16  
Time: 10-12 p.m.  
Location: First Presbyterian Church Kitchen  
Learn how to make artisan yeast bread without kneading. We will be using a cast iron dutch oven technique. Also learn how to make flatbread. Recipes and samples will be provided. Sign up for Session A or Session B. Do not sign up for both.
84 Kneadlessly Simple Bread  
Session B (R)  
**Presenter:** Terry Smith and Susan Schuette  
**Coordinator:** Sue Sinclair  
**Contact Info:** 920-432-3428 • upnative1979@yahoo.com  
**Dates:** 11/19  
**Limit:** 16  
**Time:** 1-3 p.m.  
**Location:** First Presbyterian Church Kitchen  
Learn how to make artisan yeast bread without kneading. We will be using a cast iron dutch oven technique. Also learn how to make flatbread. Recipes and samples will be provided. Sign up for Session A or Session B. Do not sign up for both.

85 Learn to Play Cribbage (R)  
**Presenter:** Pat Fuge  
**Coordinator:** Nona Litzelman  
**Contact Info:** 920-461-2120 • nlitzelman@gmail.com  
**Dates:** 12/3, 12/10  
**Limit:** 20  
**Time:** 10 a.m.-12 p.m.  
**Location:** Gnome Games  
Cribbage, as a two-handed card game, has been entertaining players since the 17th century. It is one of the most popular card games in the English-speaking world. Cribbage affords players the anticipation of the luck of the deal and ample opportunity to exercise their skills in discarding while using the board for scoring instead of pencil and paper. You will learn the basics of play, scoring and 2-3 player Cribbage while enjoying a morning of pegging out with the Gnomes.

86 Will the Foundation Hold?  
Reflections on the Future of Our Republic (N)  
**Presenter:** Dr. Michael Lukens  
**Coordinator:** Jan Rickert  
**Contact Info:** 920-863-7009 • rjrickert@yahoo.com  
**Dates:** 12/10, 12/11  
**Limit:** 150  
**Time:** 9:30 a.m.-12 p.m.  
**Location:** Mauthe Center  
Our Republic is in a perilous time. Certainly, this is not its first round of peril; we can each construct a listing of times of travail from our common history. Yet, it is clearly necessary to assess the social and ethical nature of this era of distress: to clarify the civic dimensions of conflict, to consider imperiled values, to appraise the damage to our social pillars, to confront avenues for repair and to evaluate what is transient and what may be permanent. There is precedent for our assessment, the effort to secure “the ground under our feet.” Dietrich Bonhoeffer made such an effort in an essay from a desperate time at the end of 1942, an essay that serves well as a guide for us today.

Wednesday Courses  
Green Bay Area  
87 UW-Green Bay Campus Tour (R)  
**Presenter:** Various Tour Guides  
**Contact Info:** 920-465-2356  
**Dates:** 8/28  
**Limit:** 150  
**Time:** 11 a.m.-1 p.m.  
**Location:** Mauthe Center  
Are you unfamiliar with the UW-Green Bay campus? Do you find it difficult to find your way using the tunnel system? Join us as we take a walking tour of the campus and learn where the classrooms are that we use, how to find the LLI Office and where to have lunch or coffee. We will answer your questions as we walk the tour. This course is for all members whether you are new to LLI or have been a member for some time. Please wear comfortable walking shoes as this is a walking tour. We will start our tour at the Mauthe Center. This course does not count against the number of allowed courses for the semester.

88 New Member Welcome (R)  
**Presenter:** Barb Beaver  
**Coordinator:** Barb Beaver  
**Contact Info:** 920-328-3008 • bjbeaver40@gmail.com  
**Dates:** 8/28  
**Limit:** 150  
**Time:** 9-11 a.m.  
**Location:** Mauthe Center  
As a new member of the Lifelong Learning Institute, you probably have many questions. Join us at this introductory program to meet the officers, committee chairs and other new members and enjoy some treats and conversation about the program. If you have joined LLI within the last two semesters, you are more than welcome to attend. This course does not count against the number of allowed courses for the semester.

89 Easy Riding (R)  
**Presenter:** Mary Cook  
**Coordinator:** Nona Litzelman  
**Contact Info:** 920-461-2120 • nlitzelman@gmail.com  
**Dates:** 9/4, 9/11, 9/18, 10/2, 10/9  
**Limit:** 35  
**Time:** 10 a.m.-12 p.m.  
**Location:** Local Trails  
If you are looking for a short mid-week bike ride on flat paved trails, this class is for you. We bike a maximum of 10 miles. For your own safety and enjoyment, be

(N) – New Course  
(R) – Repeat  
(C) – Continuing
sure your bike is in good riding condition. Helmets are required and some trails require the State Trail Pass. Bikers are responsible for getting to the trailhead. An itinerary for each ride will be available on the LLI website.

**90 Cremation: A Hot Topic (N)**

**Presenter:** Dan Malcore  
**Coordinator:** Mary Braband  
**Contact Info:** 414-916-6279 • mbraband5@gmail.com  
**Dates:** 9/4, 9/11, 9/18  
**Limit:** 50  
**Time:** 1-3 p.m.  
**Location:** RH220 for first two sessions, Malcore Crematory for last session

Cremation rate in Northeast Wisconsin is 52%. Retired funeral director, Dan Malcore, discusses the legalities, the misconceptions and the options, ending with a tour of a crematory and each session wrapping up with a question and answer period. Although this can be a difficult topic, it is conducted in a light-hearted manner. The first two sessions will be at Rose Hall 220. The last session is a tour of Malcore Crematory.

**91 Think Fast and Well! (R)**

**Presenter:** Rolf Lulloff, MD, David Donarski, MD, Daniel Koster, MD and Michelle Laffey Koster, DDS, MS  
**Coordinator:** Pati Wiegand  
**Contact Info:** 920-429-9868 • pati_927@yahoo.com  
**Dates:** 9/4; 9/11  
**Limit:** 50  
**Time:** 9:30 a.m.-12 p.m.  
**Location:** RH220

Learn how we can make our brains work in a healthy, productive and satisfying way throughout our lives. Learn how we can deal with and overcome, prevent and/or minimize the many potential challenges to our brain's health such as Alzheimer's Disease, other dementias, Parkinson’s Disease, strokes, brain trauma and — indeed — normal aging. This updated course will include new and exciting emphases on diet, nutrition, supplements, lifestyle, exercise and new treatment approaches.

**92 Why Does the DMV Hate Me? (R)**

**Presenter:** David Helpap  
**Coordinator:** Kris Lewins  
**Contact Info:** 920-497-1152 • klewins1225@gmail.com  
**Dates:** 9/11  
**Limit:** 150  
**Time:** 10 a.m.-12 p.m.  
**Location:** Mauthe Center

Bureaucracy. When many people hear the word their thoughts are not very positive. Long lines at the DMV? Being treated like a number at the VA? Getting a parking ticket as the meter expires? Words such as bloated, inefficient, costly and broken also may come to mind. However, does this perception match reality? If the bureaucracy is so bad, why not just get rid of it? Put simply, we would not have a functioning government if the bureaucracy did not exist. Bureaucrats deliver the mail, protect the environment, provide mental health services, maintain roads, and produce ground-breaking research, among countless other activities. This course will examine the myths and realities of the bureaucracy, as well as common contradictions and puzzles. The word, it turns out, is more complicated than most people realize.

**93 Beginning Line Dancing (R)**

**Presenter:** Jim Huss  
**Coordinator:** Barb Beaver  
**Contact Info:** 920-328-3008 • bjbeaver40@gmail.com  
**Dates:** 9/11, 9/18  
**Limit:** 100  
**Time:** 10 a.m.-12 p.m.  
**Location:** Calvary Lutheran Church gymnasium

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 Basic Line Dancing. Experienced dancers are welcome to register for this class as well to help guide and assist others in learning the basic steps.

**94 Building on Bridge Skills (C)**

**Presenter:** Ron Neising  
**Coordinator:** Stu Hoar  
**Contact Info:** 920-866-3971 • stuhoar@msn.com  
**Dates:** 9/18, 9/26, 10/2, 10/9  
**Limit:** 20  
**Time:** 9:30-11:30 a.m.  
**Location:** ADRC Board Room

Now that you know the basics of bridge, we will cover commonly used bridge conventions that you can use to improve your game. You should already be using conventions such as Stayman, transfers, weak 2 and 3 bids, Blackwood and Gerber. New conventions will be introduced and used during extensive bridge play. Examples of conventions may be negative doubles, Reverse Drury, Jacoby 2NT, splinter, strong 2 diamond openings, Texas transfers and balancing. Please note: dates for this course are not typical.

If you see a dangerous situation on the UW-Green Bay grounds, please CALL 911 and report it to UW-Green Bay Campus Security at 920-465-2300.
95 Roman Graffiti and Tombstones: Recovering Lost Voices (N)
Presenter: Professor Greg Aldrete
Coordinator: Barry Burrows
Contact Info: 920-406-1846 • dieselsdad3@gmail.com
Dates: 9/18
Limit: 150 Time: 10 a.m.-12 p.m. Location: Mauthe Center
Ancient history tends to focus on famous people and wealthy elites because they wrote the surviving literary sources, but how can we uncover the thoughts, lives and aspirations of ordinary Romans? This session considers two special types of evidence: graffiti, which was written by rich and poor, young and old, men and women and tombstone inscriptions, which record the epitaphs of a wide range of Romans from ex-slaves to senators. Together these non-traditional primary sources open a vivid and fascinating window into the lives of the average Roman on the street.

96 Mealtime Mentors Session A (R)
Presenter: Lauren Tulig
Coordinator: Linda Hoar
Contact Info: 920-866-3971 • llhoar@hotmail.com
Dates: 9/18
Limit: 30 Time: 10 a.m.-12 p.m. Location: Festival Foods
Overwhelmed at the grocery store? Confused about what you should be eating? Stuck in a meal rut? Join Festival Foods registered dietitian and Mealtime Mentor, Lauren Tulig, in debunking nutrition myths, breaking down the Nutrition Facts Panel and learning how to plan meals on a budget. This interactive session will take place in the Community Room at Festival Foods on University Avenue. Come prepared to learn, ask questions and put your newfound knowledge to the test. Sign up for Session A or Session B. Do not sign up for both.

97 Appreciating Poetry (N)
Presenter: Mike Murphy
Coordinator: Mary Cook
Contact Info: 920-321-0379 • mjcook42@att.net
Dates: 9/18
Limit: 50 Time: 10 a.m.-12 p.m. Location: RH220
This course is intended to help you better understand and appreciate the “craft” of poetry, i.e., what distinguishes poetry from prose and what techniques skilled poets use to make us laugh or cry or reflect more deeply on our lives. A wide range of short, famous poems will be discussed.

98 What is the Altrusa House? Session A (R)
Presenter: Annie Bongiorno
Coordinator: Nancy Dworak
Contact Info: 920-217-1239 • ND211Eagle@new.rr.com
Dates: 9/18
Limit: 25 Time: 10 a.m.-12 p.m. Location: Altrusa House
You will learn about the Altrusa House, what it is, what it does for the community, and how it provides a “home away from home” for people during a medical emergency or receiving medical treatment. This session will provide a question and answer period along with a tour. This course will meet at Altrusa House. Parking is available in the Bellin Lot next door. Please sign up for Session A or Session B. Do not sign up for both.

99 Mealtime Mentors Session B (R)
Presenter: Lauren Tulig
Coordinator: Theresa Reiter
Contact Info: 920-339-8611 • treiter06@gmail.com
Dates: 9/18
Limit: 30 Time: 1-3 p.m. Location: Festival Foods
Overwhelmed at the grocery store? Confused about what you should be eating? Stuck in a meal rut? Join Festival Foods registered dietitian and Mealtime Mentor, Lauren Tulig, in debunking nutrition myths, breaking down the Nutrition Facts Panel and learning how to plan meals on a budget. This interactive session will take place in the Community Room at Festival Foods on University Avenue. Come prepared to learn, ask questions and put your newfound knowledge to the test. Sign up for Session A or Session B. Do not sign up for both.

100 Medicare Benefit Coordination (N)
Presenter: ADRC staff/volunteer
Coordinator: Gary Lewins
Contact Info: 920-497-1152 • glewins@gmail.com
Dates: 9/18
Limit: 50 Time: 1-3 p.m. Location: RH230
Learn about Social Security benefits, (e.g., determine when to start collecting benefits), how to sign up, online tools and an overview of the different types of benefits. There will be an overview of Medicare basics and options, including changes and information relating to the 2020 Medicare open enrollment. The Medicare website will be highlighted during the presentation.
Member Information

Name: __________________________________________________ License Plate Number: _______________________

Address: _____________________________________________________________________________________________

City: ___________________________________________________ State: _______ ZIP: __________________________

Email: __________________________________________________ Phone: (________) ____________________________

All members will be included in the LLI Directory unless a written request to be omitted is submitted to the LLI Office.
LLI parking on campus is monitored by UW-Green Bay’s Public Safety Department using virtual parking permits. All LLI members must print their license plate number above without dashes or spaces.

Please complete one registration form per person.

Choose one:
☐ Continuing member ($125 membership fee due, if applicable)
☐ New member ($125 membership fee due)

Mail this form and $125 registration fee (if applicable) checks payable to UW-Green Bay:
Lifelong Learning Institute, IS 1040
University of Wisconsin-Green Bay
2420 Nicolet Drive
Green Bay, WI 54311–7001

Tuition assistance may be available for those who meet the following requirement:
Do you qualify for the Homestead Credit?
☐ Yes ☐ No If you qualify, can you contribute a portion? $_____________

Please make sure the following items are included with your registration:
☐ Completed Registration Form ☐ $125 Registration Fee (call 920-465-2356 with questions) ☐ License Plate Number

Do you need a name badge? ☐ Yes ☐ No

Welcome to the Lifelong Learning Institute!

To save time and cost, register online. New users can visit www.uwgb.edu/lli to register. Returning members should have received an email with a link to the registration page. Please call the LLI Office with questions about online registration at 920-465-2356. If you prefer not to register online, please submit this registration form to the LLI Office. As always, don’t forget to double-check your priority numbers!

Donations to the Lifelong Learning Institute

Lifelong Learning Institute Program Fund
Provides funds for future LLI programs and expenses. Contributions are tax deductible and will allow us to grow and become even stronger in the future.

Lifelong Learning Institute Scholarship Fund
This fund was established to help potential members who otherwise might not be able to experience what LLI brings to a person’s life. Many contribute in memory of a member who has died.

Choose one:
☐ Gift made online at www.uwgb.edu/foundation.
☐ A check payable to the UW-Green Bay Foundation is enclosed. (Include “Lifelong Learning Institute” in the memo line.)
☐ Authorization for a ☐ VISA ☐ MasterCard ☐ Discover ☐ American Express credit card charge is provided here. ($50 minimum gift required for credit cards.)

Card No.: ____________________________ Exp. (mm/yy): _________ 3-Digit (CVV) Code: ________

Cardholder Name: _____________________________________________________________________________________

Signature: ____________________________________________________________________________________________

☐ I/We will make a stock gift. Please have a UW-Green Bay Foundation staff member contact me/us.

Name(s) as you would like it to appear in the University’s Annual Report or other public announcements:

☐ I/We wish to remain anonymous.
Register by placing a priority number in front of the courses you wish to attend. **Limit of 30 courses.** Rate your most desired course as 1. Use each number (1-30) only once. Refer to the calendar on pages 7-13 and circle courses you wish to attend to help avoid registering for overlapping courses. A registration worksheet is located on page 34 to help you select courses. Failure to follow these guidelines could result in delaying the processing of your registration.

| 1 | Trail Hiking                     | 11 | Iran                                        | 16 | What the Dickens!                        | 26 | Brain Stretching II                     | 36 | Traditions of the Christmas Cookie     |
| 2 | Tool School 101: Bicycle         | 12 | Reading Personalities                       | 17 | Fake News                                 | 27 | Revisit a Short Work of Fiction         | 37 | Weather Forecasting in Wis.            |
| 3 | Your Community/Stop Crime        | 13 | Is God One or Many?                        | 18 | Organ Transplantation                    | 28 | Strength and Balance                    | 38 | Art Boot Camp                           |
| 4 | Christian Spirituality           | 14 | Great Decisions 2019                       | 19 | Strategic Thinking Through Games         | 29 | 60s: A Living History                   | 39 | Development of European History         |
| 5 | It’s a Mystery to Me             | 15 | Being Human: Male and Female                | 20 | Food: A Cultural Culinary History        | 30 | Serengeti Adventure                     | 40 | Introduction to Scotland                |
| 6 | Wonder of Movement               | 16 | What the Dickens!                           | 21 | Behind the Scenes Look                    | 31 | Tale of Two Weddings                    | 41 | Shoulder Pain and Problems              |
| 7 | Wile E. Coyote                   | 17 | Fake News                                   | 22 | Holocaust to Civil Rights                 | 32 | Living Well with Jin Shin Jyutsu        | 42 | Group Piano                              |
| 8 | Silk: Fiber of Luxury            | 18 | Organ Transplantation                       | 23 | Brain Stretching II                      | 33 | Hitler’s Empire: The Rise and Fall      | 43 | Continuing Issues                       |
| 9 | Silent Sky - Heroines of Science | 19 | Strategic Thinking Through Games            | 24 | Legal Issues for the Elderly             | 34 | Energy of Rotation (Physics)            | 44 | Portrait Sculpture Demo                 |
| 10 | Ballroom Dancing                 | 20 | Food: A Cultural Culinary History           | 25 | Veteran Voices III                        | 35 | Recorders in Concert: Holiday           | 45 | At the Movies: Hollywood Cops           |

| 11 | Iran                             | 21 | Strength and Balance                       | 22 | Holocaust to Civil Rights                 | 23 | Brain Stretching II                     | 24 | Legal Issues for the Elderly            |

| 46 | Reverse Mortgage                | 47 | Lewis and Clark Expedition                | 48 | Learn to Play Chess                       | 49 | TASER                                    |
| 50 | Required Minimum Distribution   | 51 | Love Your Pipes/Earth/Pocketbook          | 52 | How to Become Media Literate             | 53 | Mentoring Matters                        |
| 54 | Independent Living Session A    | 55 | The Salvation Army Session A              | 56 | Creating with Pressed Flowers            | 57 | Devastating Peshtigo Fire                | 58 | Learn to Play Backgammon                 |
| 59 | Piano Ensemble                  | 60 | GERD                                      | 61 | Independent Living Session B             | 62 | Oil Painting                             | 63 | Henna Body and Fabric Art               |
| 64 | Mystery of Shakespeare          | 65 | Artisan Cheesemaking                      | 66 | Drawing for the Intimidated              | 67 | My Dear Hamilton                         | 68 | Sustainability and Solar Energy         |
| 69 | Learn to Play Catan             | 70 | Sanimax                                   | 71 | Active Shooter Training                   | 72 | Making Corn Husk Decorations            | 73 | Messages/ Meaning in Music              |
| 74 | Heart Health                    | 75 | Intro to Role Playing Games               | 76 | Historical-Critical Lens                 | 77 | Jones Sign Company                       | 78 | Christmas: Three Histories              |
| 79 | Adventure on the Dalmatian Coast | 80 | Advanced Drawing                          | 81 | Silent Films and Snapdragon              | 82 | Under the Robe Part 5: Sentences        | 83 | Simple Bread Session A                  | 84 | Simple Bread Session B                  |
| 85 | Learn to Play Cribbage          | 86 | Will the Foundation Hold?                 | 87 | Campus Tour                               | 88 | New Member Welcome                      | 89 | Easy Riding                             |
| 90 | Cremation: A Hot Topic          | 91 | Think Fast and Well                       | 92 | Why Does the DMV Hate Me?                | 93 | Beginning Line Dancing                   | 94 | Building on Bridge Skills               | 95 | Roman Graffiti and Tombstones           |
| 96 | Mealtime Mentors Session A      | 97 | Appreciating Poetry                       | 98 | Altrusa House Session A                  | 99 | Mealtime Mentors Session B              | 100 | Medicare Benefit Coordination           | 101 | Altrusa House Session B                 |
| 102 | Learn to Knit                   | 103 | Basic Line Dancing                        | 104 | Writing Your Memoirs                     | 105 | Soul Music 1960s and 1970s              | 106 | Diabetes Mellitus (2019)                |
| 107 | UW-Green Bay Viking House       | 108 | Role of the DNR Warden                    | 109 | History of the Western Calendar         | 110 | Art of Making Vintage Rings             | 111 | Guided Walk In Baird Creek              |
| 112 | Kusudama Flower Ball            | 113 | Beginning Spanish I                       | 114 | Beginning Spanish III                    | 115 | Poet and the Harpist                    | 116 | Intermediate Bridge                    |
| 117 | Kids at Risk: Who Cares?        | 118 | Prescription Drug Prices                  | 119 | Presidential Elections 2020              | 120 | Learning to Decorate Cookies            |
| 121 | Learning to Decorate Cupcakes    | 122 | Crime Stoppers                            | 123 | Learn to Play Mah Jongg                  | 124 | Alexis de Tocqueville                   |
| 125 | Watch Innovation in Action       | 126 | Get To Know the CP Center                 | 127 | Nursing Role                             |
| 128 | Kayaking the Grand Canyon       | 129 | Holy Crepe!                               | 130 | Beethoven’s Early Symphonies             | 131 | Abe Lincoln’s Springfield               |
| 132 | Early History of the GB Fire Dept. | 133 | If This Quilt Could Talk                  | 134 | U.S. and Wis. Supreme Courts            | 135 | Habitat for Humanity                     |
Manitowoc & Sheboygan

We welcome our members and new members from the Manitowoc and Sheboygan area! We ask that our Green Bay area members help us out. If you are from the Green Bay area and are choosing to register for the following courses, please assign a lower priority number i.e. 10-30 to these courses. It is important that these courses are available to our new members from these communities. Thank you for your consideration.

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.
### Volunteers Needed!

**Welcome!** We are pleased that you are a member of the Lifelong Learning Institute. We encourage you to play an active role in achieving our goal of providing learning opportunities for our members. Since we are peer-led, we rely on members to volunteer as course coordinators, present a course by sharing an area of expertise or interest, serve on an LLI committee (see below) or work on short-term projects.

**What is expected?**
- Promptness
- Dependability
- Initiative
- Responsibility

**Volunteer Opportunities**

- Set up venue/chairs for classes at Ashwaubenon Community Center (You will be included on class roster and will know dates at the start of semester.)
- Committee Member
  - Technology Committee
    (Supports classroom technology)
  - Curriculum Committee
    (Finds presenters, develops and schedules courses)
  - Finance Committee
    (Develops and oversees budget and all financial matters)
  - Publicity and Promotion Committee
    (Promotes community outreach)
- Social Committee
  (Organizes social and special events)
- Course Coordinator
  (Works with presenter(s) to identify presentation requirements, and checks in members at class to ensure smooth flow of class)
- Office and Registration
  (Assists office staff)

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**101 What is the Altrusa House?**  
*Session B (R)*

**Presenter:** Annie Bongiorno  
**Coordinator:** Nancy Dworak  
**Contact Info:** 920-217-1239  •  ND211Eagle@new.rr.com  
**Dates:** 9/18  
**Limit:** 25  
**Time:** 1-3 p.m.  
**Location:** Altrusa House

You will learn about the Altrusa House, what it is, what it does for the community, and how it provides a “home away from home” for people during a medical emergency or receiving medical treatment. This session will provide a question and answer period along with a tour. This course will meet at Altrusa House. Parking is available in the Bellin Lot next door. Please sign up for Session A or Session B. Do not sign up for both.

**102 Learn to Knit (N)**

**Presenter:** MaryLu Sachs  
**Coordinator:** Anneliese Waggoner  
**Contact Info:** 920-435-7527  •  akwaggoner@att.net  
**Dates:** 10/2, 10/9, 10/16  
**Limit:** 10  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH230

Beginning knitters will learn to cast-on, knit, pearl and bind-off with a simple scarf pattern. Knitters should bring a skein of yarn and the correct size needles for the yarn. Check the label on the yarn and it will give you the recommendations for the correct needle size. It is best to begin with a solid color, smooth yarn. The instructor will have some needles and scrap yarn.

**103 Basic Line Dancing (R)**

**Presenter:** Jim Huss  
**Coordinator:** Barb Beaver  
**Contact Info:** 920-328-3008  •  bjbeaver40@gmail.com  
**Dates:** 10/2, 10/9, 10/16, 10/23, 10/30, 11/6  
**Limit:** 100  
**Time:** 10 a.m.-12 p.m.  
**Location:** Calvary Lutheran Church Gymnasium

Basic 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, coordination and fitness. It is an enjoyable form of exercise and you don’t need a partner.

**104 Writing Your Memoirs (R)**

**Presenter:** Debbie Ashmann  
**Coordinator:** Kathy Heitl  
**Contact Info:** 920-391-9535  •  no email  
**Dates:** 10/2, 10/9, 10/16, 10/23, 10/30, 11/6  
**Limit:** 30  
**Time:** 10 a.m.-12 p.m.  
**Location:** Festival Foods

This ongoing class continues to be a favorite for new writers or those with writing experience. Each class session focuses on different components of memoir writing: elements of a memoir, writing your personal stories, improving your storytelling, why write and how to publish for your audience. Class participants are encouraged to write each week and to share in class for a gentle critique.

**105 Soul Music in the 1960s and 1970s (N)**

**Presenter:** Terence O’Grady, Ph.D.  
**Coordinator:** Barb Beaver  
**Contact Info:** 920-328-3008  •  bjbeaver40@gmail.com  
**Dates:** 10/2  
**Limit:** 132  
**Time:** 10 a.m.-12 p.m.  
**Location:** Neville Public Museum

This course will present a survey of mostly southern soul music in the late 1960s and early 1970s, focusing on the development of its musical style, but also its social implications, including its link to the Black Nationalist movement of the period. Artists to be discussed include Ray Charles, James Brown, Aretha Franklin, Otis Redding, Wilson Pickett and others.

**106 Diabetes Mellitus (2019) (R)**

**Presenter:** Brian Barkow, PharmD  
**Coordinator:** Connie Korger  
**Contact Info:** 920-499-4779  •  connie.korger@att.net  
**Dates:** 10/2  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220

This lecture will review the pathophysiology and look at current medications used to treat diabetes mellitus.

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As a courtesy to our Presenters and Coordinators, please wear your nametag to each class.

If you need a nametag, contact the LLI Office at 920-465-2356 or email lli@uwgb.edu.

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(N) – New Course  (R) – Repeat  (C) – Continuing
107 UW-Green Bay Viking House (N)

Presenter: Prof. Heidi Sherman
Coordinator: Theresa Reiter
Contact Info: 920-339-8611 • treiter06@gmail.com
Dates: 10/2
Limit: 50  Time: 1-3 p.m.  Location: RH220

Did you know that UW-Green Bay is the only college campus in the world with a replica of a Viking House? In 2017, Viking reenactors Owen and Elspeth Christianson donated the house to the campus based on their long collaboration with Heidi Sherman, Ph.D. Dr. Sherman brought her students to “Viking Camp” at the Christianson’s for several years. Dr. Sherman will talk about the house, the work of the Christiansons and how it is used by students and community members. After the lecture, there may be an opportunity to walk to the Viking House on campus.

108 Role of the DNR Warden: More Than You Think (R)

Presenter: Capt. Ben Treml
Coordinator: Dean Cherry
Contact Info: 920-822-3703 • dcherry@netnet.net
Dates: 10/9
Limit: 50  Time: 10 a.m.-12 p.m.  Location: RH220

DNR Wardens are full-time law enforcement officers with statewide authority to enforce laws protecting Wisconsin’s natural resources and ensuring public safety. We will discuss the role of conservation wardens, the services they provide to the public and the tools these law enforcement officers utilize in carrying out their many responsibilities. Wardens raise the level of appreciation for our natural resources and pass on the conservation ethic to future generations through outdoor recreation safety courses, public education, outreach and safety programs.

109 History of the Western Calendar (R)

Presenter: Gary Dallman
Coordinator: Karen Dallman
Contact Info: 920-737-0202 • kdallman@new.rr.com
Dates: 10/9
Limit: 50  Time: 1-3 p.m.  Location: RH220

Over the course of centuries, the modern western calendar has changed to reflect more accurately the observations made of the earth’s movements in space. This course is a brief history of the significant contributions made by different cultures and countries to our present measure of the passage of time.

110 Art of Making Vintage Rings (R)

Presenter: Carole Phillips
Coordinator: Judy Hastert
Contact Info: 920-499-2609 • jhastert@new.rr.com
Dates: 10/9
Limit: 10  Time: 1-3 p.m.
Location: Ashwaubenon Community Center, Grand Park Room

Do you find old buttons fascinating? Carole will help you to create vintage rings using the buttons she has collected as she pursues her hobby. If you’d like, you can bring your own buttons to use. This afternoon you will also be making a bracelet made of crystal beads. Put your creativity to use as you design some new jewelry for yourself. A $10 materials fee will be collected by the instructor on the day of class. Please have exact cash.

111 Guided Walk in Baird Creek: Ecology and History (N)

Presenter: Charles Frisk
Coordinator: Ed Smith
Contact Info: 920-494-5944
edsmith000@sbcglobal.net
Dates: 10/9
Limit: 40  Time: 1-3:30 p.m.
Location: Christa McAuliffe Park

The hike will be about two and a half hours and it will be at the peak of the fall colors. This course will cover the ecology of the Baird Creek Watershed with emphasis on why the geology of the Watershed creates such a diverse plant community. Also covered will be the human history of the area as well as the history of the Baird Creek Preservation Foundation. It is an all-dirt trail with some hills. We will meet in the Christa McAuliffe Park on Sitka Street.

Knowledge Never Retires!

A gift certificate for an LLI Annual Membership ($125) is a wonderful gift for anyone who is retired or semi-retired — or who has free time to attend classes on some weekdays.

*Lifelong Learning, just for the joy of it.*
112 Kusudama Flower Ball (N)

**Presenter:** Sue Johnson  
**Coordinator:** Andy Trotti  
**Contact Info:** 920-328-8733 • eastconsingirl@gmail.com  
**Dates:** 10/16, 10/23  
**Limit:** 15  
**Time:** 10 a.m.-12 p.m.  
**Location:** Bellevue Community Center  

*Kusudama* is a form of origami that involves folding and connecting multiple paper units. We will create a flower ball using this technique. Paper and glue sticks will be supplied. A $3 materials fee is due to UW-Green Bay upon confirmation of enrollment.

113 Beginning Spanish I (R)

**Presenter:** Mary Elmer  
**Coordinator:** Sue Rocheleau  
**Contact Info:** 920-609-8745 • sueroch@yahoo.com  
**Dates:** 10/16, 10/23, 10/30, 11/6, 11/13, 11/20  
**Limit:** 20  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220 for 10/16, RH230 all other sessions  

This class is for those new to Spanish or those who want or need to review the basics: punctuation, colors, greetings, simple sentences, etc. Practice will be through short conversations, games, songs, boardwork and assignments. The textbook is *Spanish for Gringos*, level 1, 3rd, 4th or 5th ed., published by Barron’s. CDs optional. Please bring a notebook, pocket folder and a pencil with a good eraser!

114 Beginning Spanish III (R)

**Presenter:** Mary Elmer and Kathy Jerry  
**Coordinator:** Jim Huss  
**Contact Info:** 920-434-3674 • Jhuss2@new.rr.com  
**Dates:** 10/16, 10/23, 10/30, 11/6, 11/13, 11/20  
**Limit:** 20  
**Time:** 1-3 p.m.  
**Location:** RH220 for 10/16, RH230 all other sessions  

This class is for those who have taken Beginning Spanish I and II or those 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. Our basic textbook is *Barron’s E-Z Spanish Grammar*, 2nd edition. Please bring the textbook to each session, along with a folder or binder for organizing class handouts.

115 Poet and the Harpist (N)

**Presenter:** Bev Smith and Cheryl Murphy  
**Coordinator:** Barb Beaver  
**Contact Info:** 920-328-3008 • bjbeaver40@gmail.com  
**Dates:** 10/16  
**Limit:** 150  
**Time:** 1-3 p.m.  
**Location:** Mauthe Center  

Come hear the passionate poetry of Pulitzer Prize winning Edna St. Vincent Millay portrayed “in character” by Bev Smith and interpreted through harp music by Cheryl Murphy.

116 Intermediate Bridge: The Play of the Hand (R)

**Presenter:** John Hathaway  
**Coordinator:** Marilyn Rabideau  
**Contact Info:** 920-866-9646 • mrabideau@centurytel.net  
**Dates:** 10/16, 10/23, 10/30, 11/6, 11/13, 11/20  
**Limit:** 24  
**Time:** 1-3 p.m.  
**Location:** ADRC, Wellness Studio  

The focus of most bridge classes seems to be how to bid your hand to communicate properly with your partner. This focus on bidding is great but tends to de-emphasize the play of the hand. This class will focus on both offensive and defensive strategies on how to play the hand. Some of the skills will include: end plays; the best lead; flash carding; playing the percentage play; and properly deducing what the declarer has, and what each defender has based upon the bidding and cards played.

117 Kids at Risk: Who Cares? (R)

**Presenter:** Johanna Wicklund  
**Coordinator:** Jim Hinckley  
**Contact Info:** 920-217-3915 • hinkqtrhorse@earthlink.net  
**Dates:** 10/23, 10/30  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220 for Session 1, Nagel Clubhouse for Session 2  

Green Bay is a diverse community and kids here face more problems than we realize. From homelessness and hunger to sex trafficking, addiction and abuse, we will explore the issues today’s kids face and how the community is responding to the realities that exist around us. In session one, you will learn who the Boys & Girls Club of Green Bay serves and the role they play in positively impacting kids and equipping them with the tools they need for a bright and successful future. Session 2 will be a tour of the Nagel Clubhouse where you will see how these programs are implemented.
118 Prescription Drug Prices (2019 Update) (R)

Presenter: Brian Barkow, PharmD
Coordinator: Paul Strand
Contact Info: 920-435-9430 • pstrand@new.rr.com
Dates: 10/23
Limit: 70  Time: 10 a.m.-12 p.m.
Location: Allouez Village Hall

This lecture will cover a review of the prescription drug system, including looking at potential pitfalls in the system and strategies to reduce out-of-pocket costs and to achieve the best outcomes.

119 Presidential Elections 2020 (R)

Presenter: Michael Kraft, Ph.D.
Coordinator: Pati Wiegand
Contact Info: 920-429-9868 • pati_927@yahoo.com
Dates: 10/30
Limit: 150  Time: 10 a.m.-12 p.m.  Location: Mauthe Center

An overview of the presidential elections in the United States, with a focus on the 2020 nominating process, campaign and likely results in the context of American politics. The course covers why presidential elections are important; puts the 2020 campaign into historical perspective; reviews the basics of presidential elections, such as the nominating process, party conventions, the Electoral College and voter participation; discusses the purpose and effects of campaigns; reviews campaign finance and reform proposals; focuses on voter turnout and how to increase it; and discusses reforms of the electoral process for 2020 and beyond.

120 Learning to Decorate Cookies (R)

Presenter: Julie Sizemore
Coordinator: Sue Sinclair
Contact Info: 920-432-3428 • upnative1979@yahoo.com
Dates: 10/30
Limit: 20  Time: 12-1:30 p.m.
Location: Creative Cake Supplies

Join Julie as she shares her baking talents by teaching you how to decorate cookies. You will enjoy learning the vocabulary, equipment and special techniques you can also use in your everyday baking. Your family and friends will be amazed at your new skills. Class meets at Creative Cake Supplies. A $20 materials fee will be collected by the instructor on the day of class. Please have exact cash or a check made payable to Creative Cake Supplies.

121 Learning to Decorate Cupcakes (R)

Presenter: Julie Sizemore
Coordinator: Kelly Dadam
Contact Info: 920-468-5115 • kdadam@new.rr.com
Dates: 10/30
Limit: 20  Time: 9-10:30 a.m.
Location: Creative Cake Supplies

Join Julie as she shares her baking talents by teaching you how to decorate cupcakes. You will enjoy learning the vocabulary, equipment and special techniques you can also use in your everyday baking. Your family and friends will be amazed at your new skills. Class meets at Creative Cake Supplies. A $20 materials fee will be collected by the instructor on the day of class. Please have exact cash or a check made payable to Creative Cake Supplies.

122 Crime Stoppers – Making Your Community a Safer Place to Live (R)

Presenter: Hans Lux and Jeffery Kennedy
Coordinator: Jean Watson
Contact Info: 920-540-0576 • jeanbean1@sbcglobal.net
Dates: 11/6
Limit: 50  Time: 10 a.m.-12 p.m.  Location: RH220

Learn about Crime Stoppers on a national level and specifically how it functions in Green Bay and the surrounding area. This presentation will include a brief history of the program, personal stories of people who have been touched by Crime Stoppers, current projects the Green Bay Area Crime Stoppers are involved in, and how Crime Stoppers helps the community and assists local law enforcement agencies. Following the presentation there will be time for questions and answers.

123 Learn to Play Mah Jongg (R)

Presenter: Jeanne Shaffer
Coordinator: Rita Dufour
Contact Info: 920-499-8708 • ritaldufour@hotmail.com
Dates: 11/6, 11/13, 11/20
Limit: 12  Time: 10 a.m.-12 p.m.
Location: Bellevue Community Center

Learn to play the American version of the ancient Chinese tile game, Mah Jongg, with the help of a knowledgeable player at each table of four. Mah Jongg sets will be available for use during the class. Please do not sign up for the course if you cannot attend all three classes. A fee of $8 for the 2019 Mah Jongg card is due to UW-Green Bay upon confirmation of enrollment.
124 Alexis de Tocqueville in Green Bay (N)
Presenter: Jerry Rodesch
Coordinator: Barry Burrows
Contact Info: 920-406-1846 • dieselsdad3@gmail.com
Dates: 11/6
Limit: 150  Time: 10 a.m.-12 p.m.  Location: Mauthe Center
Alexis de Tocqueville’s “Democracy in America,” based on his travels in North America in 1831-32, has been called the best book ever written about democracy and the best ever written about America. In August 1831, before and during a short visit to Green Bay, he engaged some of his most important subjects: the spread of European civilization, the fate of the native population in confrontation with the Europeans and religion in America. We’ll look at who de Tocqueville was and summarize some of his basic ideas as well as his experience here.

125 Watch Innovation in Action: Infinity Machine and Engineering (R)
Presenter: Scott Santaga
Coordinator: Jim Hinckley
Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net
Dates: 11/6
Limit: 30  Time: 10 a.m.-12 p.m.
Location: Infinity Machine and Engineering Corporation
One of Green Bay’s best kept secrets, locally owned Infinity Machine and Engineering Corporation, is on the world forefront in multipurpose packaging equipment. Learn the history and global reach of Infinity MEC and tour the Green Bay facility. The tour will be less than 1/4 mile walking and closed toe shoes and no loose clothing are required.

126 Get To Know the Cerebral Palsy Center (N)
Presenter: Kristen Paquet
Coordinator: Jan LaSota
Contact Info: 920-660-9528 • bjlasota@gmail.com
Dates: 11/6
Limit: 30  Time: 1-3 p.m.  Location: Cerebral Palsy Center
Participants will tour CPC’s new building addition and renovated spaces and also learn about the services provided through the Aquatic Center, Early Education and Care program, Adult Day Services and Therapy Services. After the tour, you’ll get to know some of our clients while participating in hands-on activities using adaptive equipment that help our clients be as independent as possible.

127 Nursing Role in a Changing Healthcare Environment (N)
Presenter: Susan Gallagher-Lepak, Ph.D.
Coordinator: Jim Hinckley
Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net
Dates: 11/13
Limit: 50  Time: 10 a.m.-12 p.m.  Location: RH220
Nursing has changed dramatically over the past 50 years. This course will cover major changes in the nursing role and nursing education. Additional areas that will be covered include the changing healthcare structures and workforce, forecast for future healthcare providers needed and challenges facing healthcare providers.

128 Kayaking the Grand Canyon Blind (N)
Presenter: Ken Braband
Coordinator: Mary Braband
Contact Info: 414-916-6279 • mbraband5@gmail.com
Dates: 11/13
Limit: 150  Time: 10 a.m.-12 p.m.  Location: Mauthe Center
In September 2018, five blind military veterans and their guides kayaked 226 miles of the roaring Colorado River through the Grand Canyon. Each person paddled his or her solo kayak through some of the biggest, gnarliest rapids in North America during this 12-day, life-changing expedition. Join kayak instructor and guide, Ken Braband, as he shares stories, pictures and videos of determination, apprehension, distress, joy, comraderie and triumph.

129 Holy Crepe! (N)
Presenter: Terry Smith and Susan Schuette
Coordinator: Gloria Gaie
Contact Info: 920-494-5944 • ggaie@sbcglobal.net
Dates: 11/13
Limit: 16  Time: 9:30 a.m.-12 p.m.
Location: First Presbyterian Church Kitchen
Learn the history and master the art of making French crepes. Both savory and sweet fillings will be prepared and paired with the crepes in this interactive class. Our experience will culminate with a shared lunch of the masterpieces we have created. A $5 materials fee is due to UW-Green Bay upon confirmation of enrollment.
**130 Beethoven’s Early Symphonies (N)**

**Presenter:** Terence O’Grady, Ph.D.
**Coordinator:** Barb Beaver
**Contact Info:** 920-328-3008 • bjbeaver40@gmail.com
**Dates:** 11/20
**Limit:** 132  **Time:** 10 a.m.-12 p.m.
**Location:** Neville Public Museum

We’ll take a look at Beethoven’s early symphonies, Nos. 1-3, with an emphasis on No. 3, the “Eroica” symphony in E-Flat major. Along the way, we’ll discuss Beethoven’s early life and career and the most important influences on his musical style.

**131 Abe Lincoln’s Springfield: “Of... By... and For the People” (R)**

**Presenter:** Richard Stevens, Ph.D.
**Coordinator:** Pati Wiegand
**Contact Info:** 920-429-9868 • pati_927@yahoo.com
**Dates:** 11/20
**Limit:** 150  **Time:** 1-3:30 p.m.  **Location:** Mauthe Center

This course explores the life of Abraham Lincoln as reflected by his time in Springfield, IL. Photos show the New Salem historic reconstructed village of Lincoln’s youth in the 1830s; Abe Lincoln’s home as a young lawyer with Mary Todd; and the Abraham Lincoln Presidential Museum. Quotes from Lincoln’s statements and his Gettysburg Address reveal some of his ideas on the principles of American democracy, human rights and the uniqueness of our country’s foundation in the Declaration of Independence.

**132 Early History of the Green Bay Fire Department (R)**

**Presenter:** David Siegel
**Coordinator:** Jean Watson
**Contact Info:** 920-540-0576 • jeanbean1@sbcglobal.net
**Dates:** 12/11
**Limit:** 50  **Time:** 1-3 p.m.  **Location:** RH230

Most human endeavors change only in response to seminal events. This is particularly true of the Green Bay Fire Department. This program will present the early history (1836-1895) of the Green Bay Fire Department, taken from the presenter’s book, *Forces of Change*, released in May 2016. Major fires will be discussed, emphasizing the resulting subsequent changes to the fire department.

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**Thursday Courses**

**Green Bay Area**

**133 If This Quilt Could Talk (N)**

**Presenter:** Barb Hunt
**Coordinator:** Jan LaSota
**Contact Info:** 920-660-9528 • bjlasota@gmail.com
**Dates:** 9/5
**Limit:** 35  **Time:** 10 a.m.-12 p.m.
**Location:** Allouez Village Hall

Every quilt has a story. It may have been stitched for a wedding, as a memorial, fundraiser, political cause or for warmth. As we view the antique and personal quilts from Barb’s collection, we’ll learn about history, challenges and lessons learned. Join us as these quilts speak.

**134 Update on the U.S. and Wisconsin Supreme Courts (R)**

**Presenter:** Dan Spielmann
**Coordinator:** Mary Schuster
**Contact Info:** 920-434-7271 • maryschuster2@att.net
**Dates:** 9/12
**Limit:** 150  **Time:** 10 a.m.-12 p.m.  **Location:** Mauthe Center

This course will provide an overview of the current U.S. Supreme Court. A review of some of the significant decisions of the “Roberts” Court and a quick look at recent issues with the Wisconsin Supreme Court will also be presented.

**135 Habitat for Humanity and ReStore (R)**

**Presenter:** Cora Haltaufderheid
**Coordinator:** Ed Smith
**Contact Info:** 920-494-5944 edsmith000@sbcglobal.net
**Dates:** 9/12
**Limit:** 50  **Time:** 10 a.m.-12 p.m.  **Location:** RH230

Discuss fact vs. fiction about your local Greater Green Bay Habitat for Humanity (hint: we do NOT give away homes!) Discover the impact this organization has in our community and the treasures that can be found at the Green Bay Habitat for Humanity ReStore. We will cover our home ownership program that has successfully built 110 homes in the community, our newly introduced neighborhood revitalization program and share the fascinating history of the ReStore. Learn how the recycling program and store sales are effective fundraising strategies that support the mission of Habitat. Wrap-up with a DIY ReStore project.
136 Make Your Own Kitchen Scrubbies (N)
Presenter: Sister Agnes Fischer
Coordinator: Sue Johnson
Contact Info: 715-587-7618 • srejohnson@hotmail.com
Dates: 9/12
Limit: 25  Time: 1-3 p.m.  Location: RH230
Join us for a fun learning experience and you’ll never have to get your scrubbies at craft sales again. For this one session class, you will need a few yards of nylon net (use the half off coupon at JoAnn’s), some cotton yarn (the kind used to make dishcloths), scissors and crochet hooks I, J and/or K. Please contact Coordinator with questions about materials.

137 Recorders in Concert (C)
Presenter: Jan LaSota
Coordinator: Mary Cook
Contact Info: 920-321-0379 • mjcook42@att.net
Dates: 9/12
Limit: 150  Time: 1-3 p.m.  Location: Mauthe Center
Enjoy a concert that combines the history of music with information about early woodwind and string instruments. You’ll be taken on a journey from medieval to modern music. “Recorders By the Bay,” an instrumental group formed in 1998, will perform musical pieces, show their instruments and describe the music played. The concert will include both new and revisited musical selections.

138 Is the Book Better Than the Movie? (C)
Presenter: David Picard
Coordinator: Julie Lindley
Contact Info: 252-333-7287 • jlindley02@gmail.com
Dates: 9/12, 10/10, 11/14, 12/12
Limit: 50  Time: 9 a.m.-12 p.m., 8:45 a.m.-12:15 p.m. on 10/10
Location: RH220
Have you ever compared a movie made from a book and found one far superior to the other? The goal of this course is to read books, view their on-screen counterparts and decide how the two compare. Books for fall are: 9/12 The One-Hundred Foot Journey, by Richard Morais; 10/10 The Godfather, by Mario Puzo; 11/14 Wonder, by RJ Pallacio; and 12/12 The Eye of the Needle, by Ken Follett.

139 2019 Decorating Trends (N)
Presenter: Vickie Linssen
Coordinator: Kelly Dadam
Contact Info: 920-468-5115 • kadam@new.rr.com
Dates: 9/19
Limit: 50  Time: 10 a.m.-12 p.m.  Location: RH220
While it’s impossible to update your home every year with all of the latest and greatest of the interior design world, you can add a splash of new color or decor trends here and there to help yourself stay with the flow in the decorating world. Decorator Vickie Linssen will fill you in on the newest decorating trends.

140 Who’s to Blame – Living Along Society’s ‘Fault’ Line (N)
Presenter: Dan Linssen
Coordinator: Kris Lewins
Contact Info: 920-497-1152 • klewins1225@gmail.com
Dates: 9/19
Limit: 50  Time: 10 a.m.-12 p.m.  Location: RH230
We’ve become a society of blamers. When something goes wrong we search for a scapegoat rather than real solutions. In our workplaces, in our homes, and perhaps, most dramatically, in the political landscape, blame becomes our go-to response. In this intriguing session we’ll reveal some of the cultural, psychological and situational underpinnings that cause us to blame. We’ll explore why blame is completely irrational. And, we’ll look at some ways to minimize the “blame game.”

141 Elon Musk – A Modern Day Thomas Edison (R)
Presenter: Kenneth Haugen
Coordinator: Stu Hoar
Contact Info: 920-866-3971 • stuhoar@msn.com
Dates: 9/19, 9/26
Limit: 150  Time: 10 a.m.-12 p.m.  Location: Mauthe Center
Thomas Edison is the poster child for “thinking outside the box.” In our era, Elon Musk perhaps comes the closest to Edison in that regard. In this class we will explore not only his automotive venture in Tesla and his space venture in Space X; but we will look at his other innovations in Starlink, The Boring Company and Hyperloop. We will take a journey through his world.

Coordinators — remember to contact the LLI Office when a member is added or dropped from a course with a fee attached to it.
142 100 Years of the Green Bay Packers (N)

Presenter: Al Breitlow  
Coordinator: Theresa Reiter  
Contact Info: 920-339-8611 • treiter06@gmail.com  
Dates: 9/19  
Limit: 60  
Time: 1-3 p.m.  
Location: Allouez Village Hall  
This course will cover the highlights of 100 years of Packers history, including great games, coaches and players. The presenter has been employed by the Green Bay Packers for the past 30 years as a practice official and a tour guide and has missed very few home games since starting in 1944. There will be time for audience participation about their interactions with players and coaches, a question and answer period and an opportunity to view many Packers books.

143 Facial Rejuvenation (R)

Presenter: Dr. Eugene Schmitt, III  
Coordinator: Connie Korger  
Contact Info: 920-499-4779 • connie.korger@att.net  
Dates: 9/19  
Limit: 50  
Time: 1-3 p.m.  
Location: RH220  
Surgical and non-surgical options for facial rejuvenation will be discussed. This will include: skin care, Botox, multiple types of fillers, chemical peel, microdermabrasion, liposuction, laser treatments, Latisse, Kybella, blepharoplasty and facelift (in office under local anesthesia vs. under general anesthesia.) Emphasis will be on realistic expectations as well as "value." The first hour will be a presentation and the second hour will be devoted to general as well as specific questions.

144 Return to Palestine (N)

Presenter: Sid Bremer, Ph.D. and Jerry Rodesch  
Coordinator: Barry Burrows  
Contact Info: 920-406-1846 • dieselsdad3@gmail.com  
Dates: 9/19, 9/26  
Limit: 150  
Time: 1-3 p.m.  
Location: Mauthe Center  
We first visited Palestine/Israel in 2009 with Interfaith Peace Builders, currently known as Eyewitness Palestine. We returned in 2019 to see what changes had occurred over the last decade. We concluded that the plight of the Palestinians has become worse, the two-state solution now nearly impossible and the United States is a growing part of the problem. We will report on what we have learned and how the current situation has come about.

145 BEER: Brewing and Packaging Beer with Stillmank Brewing Company (N)

Presenter: Brad Stillmank  
Coordinator: Jim Hinckley  
Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net  
Dates: 9/19  
Limit: 20  
Time: 1-3 p.m.  
Location: Stillmank Brewing Company  
Learn the ins and outs of raw material selection, brewing process and packaging techniques in making craft beer in Northeastern Wisconsin, and learn to taste the product. The class will be presented by brewer and owner, Brad Stillmank, in their production facility. A $10 tasting fee will be collected at the brewery at the time of the class.

146 Books and You (C)

Presenter: Mary Halloin and Rebecca Johnson  
Coordinator: Anita Kirschling  
Contact Info: 920-432-0160 • anbkirsch@gmail.com  
Dates: 9/19, 10/17, 11/21, 12/19  
Limit: 16  
Time: 2-4 p.m.  
Location: ADRC, Board Room  
Members are invited to share their current readings or discuss the chosen reading assigned. We explore various genres in literature, such as mysteries, novels, non-fiction or select a specific author or book. This is a relaxed class. The September reading will be African American literature, fiction or nonfiction. The group will select subjects for following meetings at the first class.

147 Sleeping Through the Ages (R)

Presenter: David Donarski, MD  
Coordinator: Penny Blakeslee  
Contact Info: 920-469-1399  
blakeslee.penelope@yahoo.com  
Dates: 9/26  
Limit: 50  
Time: 10 a.m.-12 p.m.  
Location: RH220  
Our ancestors slept when the sun went down. This course will address: 1) different stages of sleep; 2) dreams and why we dream; 3) the importance of sleep to our health; 4) disorders of sleep; 5) sleep deprivation; and 6) medications used for sleep.
148 Seroogy’s Chocolates
Session A (R)

**Presenter:** James Seroogy  
**Coordinator:** Barb Derenne  
**Contact Info:** 920-632-4888 • 2bike4us@sbcglobal.net  
**Dates:** 9/26  
**Limit:** 20  
**Time:** 10 a.m.-12 p.m.  
**Location:** Seroogy’s Chocolates, De Pere  

Chocolates, caramels, clusters, crèmes and chewies galore! Discover how for more than 100 years, Seroogy’s Chocolates has been creating these confections. Learn where chocolate comes from and how it is processed. The class includes a tour of Seroogy’s DePere location and samples. Sign up for Session A or Session B. Do not sign up for both.

149 Aging & Disability Resource Center: Your Partner through Life Changes (R)

**Presenter:** ADRC Staff  
**Coordinator:** Marilyn Rabideau  
**Contact Info:** 920-866-9646 • mrabideau@centurytel.net  
**Dates:** 9/26  
**Limit:** 25  
**Time:** 12-2 p.m.  
**Location:** ADRC, Wellness Studio  

Welcome to the ADRC, an independent and unbiased resource supporting and empowering seniors, adults with disabilities and their caregivers. Learn how the ADRC can help you get the most out of your life, whether you are looking for ways to stay active or dealing with the challenges of a chronic health condition, aging, a disability, or caring for someone who is.

150 Grape Growing and Wine Making, Wisconsin Style (R)

**Presenter:** Steve Johnson  
**Coordinator:** Nancy McGrew  
**Contact Info:** 920-983-0859 • nmcgrew2@gmail.com  
**Dates:** 9/26  
**Limit:** 25  
**Time:** 1-3 p.m.  
**Location:** Parallel 44 Vineyard and Winery  

This course will be held at Parallel 44 Vineyard and Winery and is taught by co-owner, Steve Johnson. During this class you will take a tour of our vineyard at harvest time and learn about growing grapes unique to Wisconsin’s climate and soils. You will also be sampling Wisconsin-grown wines, learn how they are made and learn what makes our region and our wines so special. Make sure to wear your walking shoes and be prepared to stand. There will be a $5 fee payable directly to Parallel 44 on the day of the class. Please have exact cash or a check made payable to Parallel 44.

151 Winter Landscape (N)

**Presenter:** Karen Wojahn  
**Coordinator:** Mary Williams  
**Contact Info:** 920-336-7677 • bwilliams21@new.rr.com  
**Dates:** 9/26, 10/3, 10/10  
**Limit:** 24  
**Time:** 1-3 p.m.  
**Location:** Ashwaubenon Community Center, Activity Room  

Create a winter landscape in needlepoint (approximately 3” x 5”) complete with a fence, path and tree. Needlepoint is the decoration of a stitchable ground fabric with thread. Materials fee is $18 for the kit which includes 18-count canvas, variety of thread, needle and instructions and is due to UW-Green Bay upon confirmation of enrollment.

152 Tatting: Intermediate and Advanced (N)

**Presenter:** Nona Litzelman  
**Coordinator:** Dianne Briggs  
**Contact Info:** 920-336-0394 • jbriggs3@new.rr.com  
**Dates:** 9/26, 10/3, 10/10, 10/17, 10/31, 11/7  
**Limit:** 20  
**Time:** 1-3 p.m.  
**Location:** RH230  

This course is for those who have already learned the basics and wish to continue improving and learning new skills in shuttle tatting. More advanced tatters will do interesting projects that challenge them to master new techniques. Participants of each skill level should be willing to dedicate at least 1/2 hour per day to their tatting projects in order to improve and learn. At least two tatting shuttles will be needed for this course, along with a ball or two of size 20 tatting thread.

153 Seroogy’s Chocolates
Session B (R)

**Presenter:** James Seroogy  
**Coordinator:** Mary Cook  
**Contact Info:** 920-321-0379 • mjcook42@att.net  
**Dates:** 9/26  
**Limit:** 20  
**Time:** 1-3 p.m.  
**Location:** Seroogy’s Chocolates, De Pere  

“Chocolates, caramels, clusters, crèmes and chewies galore! Discover how for more than 100 years, Seroogy’s Chocolates has been creating these confections. Learn where chocolate comes from and how it is processed. The class includes a tour of Seroogy’s DePere location and samples. Sign up for Session A or Session B. Do not sign up for both.
154 Age-Related Macular Degeneration and How to Adapt (R)

**Presenter:** Lindsey Angst  
**Coordinator:** Kate Wiers  
**Contact Info:** 920-337-2189 • kaw-tdw@sbcglobal.net  
**Dates:** 9/26  
**Limit:** 50  
**Time:** 9-11 a.m.  
**Location:** Options for Independent Living

If you are experiencing age-related changes in your vision that are making it difficult to perform normal, everyday activities, learn how low-vision services can help. A person has "low vision" when their vision cannot be improved with regular eyeglasses, medicine or surgery. Low vision is loss of partial eyesight only. Therefore, learning how to maximize use of remaining vision is essential in order to remain independent and safe. Learn more about general changes in vision as you age and ways to compensate. Options for Independent Living is one of the many resources available to low-vision patients. A tour of the facilities will end this presentation.

155 Knitting in the Round with Four Needles (R)

**Presenter:** Mary Delie  
**Coordinator:** Ellen Moran  
**Contact Info:** 920-619-2885 • ellensue863@new.rr.com  
**Dates:** 10/3, 10/10, 10/17, 10/24  
**Limit:** 10  
**Time:** 10 a.m.-12 p.m.  
**Location:** Ashwaubenon Community Center, Activity Room

This advanced beginner class will teach you the fun of making seamless garments quickly. We will be making mittens. Students will need to be able to cast on and do basic knit and purl stitches. Needle supplies: Four double-pointed needles in size 5 AND four double-pointed needles in size 7. Use worsted weight yarn (like Wool Ease), two balls (about 200 grams). Patterns will be provided on first day of class. Optional: Stitch markers and a large-eye blunt needle.

156 Intergenerational Discussion (R)

**Presenter:** Dr. Dean VonDras  
**Coordinator:** Barb Beaver  
**Contact Info:** 920-328-3008 • bjbeaver40@gmail.com  
**Dates:** 10/3, 10/10  
**Limit:** 50  
**Time:** 11 a.m.-12:30 p.m.  
**Location:** UW-Green Bay University Union, 1965 Room

This course is an opportunity for LLI members to share personal insights and find new understandings as they take part in an intergenerational discussion involving students from Dr. VonDras's Adulthood and Aging course. Discussion covers key topics and concerns as they occur in life-span development. The course is co-sponsored by the Human Mosaic Program of Student Life at UW-Green Bay.

157 Longer Gospel of Mark (N)

**Presenter:** Benjamin W. Cruz-Urube  
**Coordinator:** Dean Cherry  
**Contact Info:** 920-822-3703 • dcherry@netnet.net  
**Dates:** 10/3  
**Limit:** 150  
**Time:** 1-3 p.m.  
**Location:** Mauthe Center

In 1958, a biblical graduate student discovered an ancient letter in a Mideast monastery that provided proof that a longer version of the Gospel of Mark had been written after the original, now Canonical, version. The letter and its founder created an instant controversy that continues to this day. This course will go over the issues and facts about this discovery. Participants may wish to bring a Bible to the lecture.

158 Birch Bark II (N)

**Presenter:** Sister Mary Ann Srnka, SSND  
**Coordinator:** Joann Yates  
**Contact Info:** 920-491-1066 • Kizmet832@gmail.com  
**Dates:** 10/3, 10/10, 10/17, 10/24  
**Limit:** 8  
**Time:** 9:30 a.m.-12 p.m.  
**Location:** St. Joseph's Convent

As a prerequisite, participants must have taken Sister Mary Ann's “Creating with Found Birch Bark” class. They will review techniques and then be creative! A $10 course fee will be collected by the instructor on the first day of class. Participants must be able to navigate one flight of stairs to get to the classroom.

159 Becoming a “Dementia Friend” (N)

**Presenter:** ADRC Staff  
**Coordinator:** Theresa Reiter  
**Contact Info:** 920-339-8611 • treiter06@gmail.com  
**Dates:** 10/3  
**Limit:** 30  
**Time:** 9-11 a.m.  
**Location:** ADRC, Board Room

“Dementia Friends” is a new initiative in the United States recently brought to Wisconsin by the Wisconsin Alzheimer's Institute. It is intended for anyone interested in making a difference in the lives of people living with dementia. This interactive course will provide you with five key messages and a bit about what it is like to live with dementia. As a Dementia Friend you will turn your new understanding into a practical action (big or small) that can help someone living in your community.
**160 The Salvation Army: From Doughnuts to Doing the Most Good Session B (N)**

**Presenter:** Renee Main and Tom Mullinix  
**Coordinator:** Ed Smith  
**Contact Info:** 920-494-5944 • edsmith000@sbcglobal.net  
**Dates:** 10/10  
**Limit:** 30  
**Time:** 10:30 a.m.-12:30 p.m.  
**Location:** The Salvation Army  

Come along with us as we share the story of The Salvation Army, from our history of the WWI “Doughnut Girls” to Emergency Disaster Services and doing the most good in the Greater Green Bay community. Join us at our Salvation Army Corps facility for learning, a tour and lunch. A complementary lunch will be served at the completion of the tour. Sign up for Session A or Session B. Do not sign up for both.

**161 Basic Dynamics of Domestic Violence and the Impact on Children (N)**

**Presenter:** Dina Borremans  
**Coordinator:** Mary Braband  
**Contact Info:** 414-916-6279 • mbraband5@gmail.com  
**Dates:** 10/10  
**Limit:** 50  
**Time:** 1-3 p.m.  
**Location:** RH220  

Golden House exists to provide help and healing to victims of domestic abuse. We help hundreds of people every year with counseling, advocacy, shelter and other services as our clients begin their journey of healing. Our outreach and education programs reach thousands of students and adults, helping them understand the cycle of violence and the warning signs of domestic abuse. This course will give an overview of the basic dynamics of domestic violence and the impact it has on children.

**162 Bay Beach Wildlife Sanctuary: Critters, Volunteering and You! (N)**

**Presenter:** Lori Bankson and Matt Rupnik  
**Coordinator:** Jim Huss  
**Contact Info:** 920-434-3674 • Jhuss2@new.rr.com  
**Dates:** 10/10  
**Limit:** 60  
**Time:** 1-3 p.m.  
**Location:** Bay Beach Wildlife Sanctuary  

Learn about how Bay Beach Wildlife Sanctuary cares for over 5,600 orphaned, injured and ill wildlife, from the point when the animal is found, to its release; how volunteers make a difference onsite and offsite to ensure proper handling and care to help the animals become wild again; and tips on helping wildlife in your backyard and determining if an animal truly needs help. Presenters will include Curator of Animals, Senior Animal Keeper and WLS onsite Animal Care volunteers. Class will take place in the Nature Center Auditorium.

**163 Active Memory (R)**

**Presenter:** Julia Wallace, Ph.D.  
**Coordinator:** Kris Lewins  
**Contact Info:** 920-497-1152 • klewins1225@gmail.com  
**Dates:** 10/17, 10/24  
**Limit:** 40  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220  

As we get older, we all have memory deficits. Most of us suffer from “benign forgetfulness,” but tend to worry that this will lead to problems that are more serious. Identifying these basic memory problems and learning techniques that will help alleviate those deficits is the key to these two sessions. Note: these sessions require active participants! There is no passive way you can improve your memory! There WILL be homework!

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**How much does an Annual Membership cost?**

The annual membership fee for LLI is $125 — an average cost of $10.42 per month. That fee entitles members to register for as many courses as they wish and includes free parking on the UW-Green Bay campus, as well as invitations to all LLI social events, coach trips and tour opportunities. Annual memberships run from September 1 to August 31 or from January 1 to December 31.

*No Prerequisites. No grades. No tests. No papers.*
164 Glass Fusion Jewelry
Session A (R)

Presenter: John Hathaway
Coordinator: Vickie Keigley
Contact Info: 920-437-2510 • vakeigley@gmail.com
Dates: 10/17, 10/24
Limit: 20  Time: 10 a.m.-12 p.m.
Location: Ashwaubenon Community Center, Grand Park Room

Learn the process involved in making glass fusion jewelry. This is a demonstration class and students will watch glass being cut, shaped layered and glued together. The kiln firing will be done off-site between classes. The fused glass will be ready for show at the second class, where findings will be attached. A basic description of the theory of various methods of fusing: full, laminating and slumping, will be discussed. Sign up for either Session A or Session B. Do not sign up for both.

165 Mindfulness Meditation (R)

Presenter: Dr. R. Reed Hardy
Coordinator: Theresa Reiter
Contact Info: 920-339-8611 • treiter06@gmail.com
Dates: 10/17
Limit: 150  Time: 1-3 p.m.  Location: Mauthe Center

In this mini-course on Mindfulness Meditation, we will explore a range of popular mindfulness techniques in an effort to help participants find a technique that is a personal best fit. In the process of discussing the various techniques, we will explore the psychological issues surrounding this current hot topic, in an attempt to prepare participants to begin and maintain a practice that will serve them well throughout the rest of their lives.

166 End of Life Care and Creating Your Own Advance Directives for Medical Care (R)

Presenter: Kathy Takahashi
Coordinator: Connie Korger
Contact Info: 920-499-4779 • connie.korger@att.net
Dates: 10/17
Limit: 35  Time: 1-3 p.m.  Location: Unity Hospice

As Americans, we plan for everything — our wedding, vacations, careers and retirement. Yet, the majority of us avoid planning our own end-of-life. If we don’t share our healthcare wishes with those we love, others may take over at the time we are most vulnerable. Unity Hospice employee Kathy Takahashi will discuss the benefits of advance planning, initiating the end-of-life care conversation, myths associated with hospice and how to refer a loved one.

167 Glass Fusion Jewelry
Session B (R)

Presenter: John Hathaway
Coordinator: Kelly Dadam
Contact Info: 920-468-5115 • kdadam@new.rr.com
Dates: 10/17, 10/24
Limit: 20  Time: 1-3 p.m.
Location: Ashwaubenon Community Center, Grand Park Room

Learn the process involved in making glass fusion jewelry. This is a demonstration class and students will watch glass being cut, shaped layered and glued together. The kiln firing will be done off-site between classes. The fused glass will be ready for show at the second class, where findings will be attached. A basic description of the theory of various methods of fusing: full, laminating and slumping, will be discussed. Sign up for either Session A or Session B. Do not sign up for both.

168 Stand Up, Speak Up and Know When to Sit Down – Brush Up on Your Communication Skills (R)

Presenter: Charles Manthey
Coordinator: Karen Dallman
Contact Info: 920-737-0202 • kdallman@new.rr.com
Dates: 10/17
Limit: 50  Time: 1-3 p.m.  Location: RH220

This class is designed to improve our communication skills, including how to make a presentation more effective and how to handle nerves. We will discuss our nonverbal communication and listening skills — all to increase our skills and to help us to communicate better.

169 Basic Weather Concepts (N)

Presenter: Norman Schroeder
Coordinator: Wendy Schroeder
Contact Info: 920-497-2363 • wlschroeder7@gmail.com
Dates: 10/24
Limit: 30  Time: 10 a.m.-12 p.m.  Location: RH230

We talk about it every day, but what causes Earth’s weather? This course will present the basics of Atmospheric Science: structure of Earth’s atmosphere and global wind circulation; Earth’s high- and low-pressure regions; movement of warm and cold air; permanent warm and cold regions; and the “Coriolis
Effect” and its effect on winds. The spring 2020 course will be a continuation of Atmospheric Basics. An optional session will be arranged to observe a weather balloon launch from the Green Bay Office of the National Weather Service.

**170 China Part Two: China’s Great Leap Forward to Achieve 21st Century World Dominance (C)**

**Presenter:** Robert Srenaski  
**Coordinator:** Ed Smith  
**Contact Info:** 920-494-5944 • edsmith000@sbcglobal.net  
**Dates:** 10/24  
**Limit:** 150  
**Time:** 10 a.m.-12 p.m.  
**Location:** Mauthe Center

The magnitude and speed of China’s economic and social transformation over the last four decades is unrivaled in human history. The country’s meteoric economic rise, increasingly rooted in technological leadership, may prove to be the defining world economic and geopolitical change of our time. In addition to looking into real life in the new Chinese society, we will show and discuss how the country is extending its commercial tentacles across the world. China versus the United States — it’s a real contest with an uncertain outcome.

**171 Songs and Fingerplays for Your Grandchildren (N)**

**Presenter:** Jan LaSota  
**Coordinator:** Karen Dallman  
**Contact Info:** 920-737-0202 • kdallman@new.rr.com  
**Dates:** 10/24  
**Limit:** 25  
**Time:** 1-3 p.m.  
**Location:** RH220

Learn piggyback songs (new words for familiar tunes) and fingerplays/poems for each month of the year to use with your preschool and lower elementary-aged grandchildren. Participants will leave with more than 75 fun songs and poems. Be prepared to join the group in singing and enjoying many catchy tunes.

**172 Art of Calligraphy (N)**

**Presenter:** Kay Barlament  
**Coordinator:** Andi Trotti  
**Contact Info:** 920-328-8733 • eastconsingirl@gmail.com  
**Dates:** 10/31, 11/7, 11/14, 11/21  
**Limit:** 14  
**Time:** 10 a.m.-12 p.m.  
**Location:** Ashwaubenon Community Center, Activity Room

Calligraphy is described by the Greeks as “beautiful writing.” This four-week course will get you started creating your own artwork. Basic strokes of the Chancery style will be taught, but other styles will be presented. Supply list will be available on the LLI website.

**173 Creating with Little Gourds and Gourd Scraps (N)**

**Presenter:** Sister Mary Ann Srnka, SSND  
**Coordinator:** Joann Yates  
**Contact Info:** 920-491-1066 • Kizmet832@gmail.com  
**Dates:** 10/31, 11/7, 11/14, 11/21  
**Limit:** 8  
**Time:** 9:30 a.m.-12 p.m.  
**Location:** St. Joseph’s Convent

Participants will learn basic techniques of working with gourds and make tops, little vases, ornaments and jewelry. Participants must be able to navigate one flight of stairs to get to the classroom. People with respiratory issues should not take this class as there is dust that is emitted from sanding the gourds. A $10 course fee will be collected by the instructor on the first day of class.

**174 Homelessness In Green Bay (R)**

**Presenter:** Alexia Wood and Kris Olson  
**Coordinator:** Theresa Reiter  
**Contact Info:** 920-339-8611 • treiter06@gmail.com  
**Dates:** 11/7, 11/14  
**Limit:** 50  
**Time:** 1-3 p.m.  
**Location:** St. John’s Homeless Shelter, NEW Community Center

Why do we need the NEW Community Shelter, St. John’s Homeless Shelter and The Micah Center in our community? Learn how each of these organizations and the programs they offer help the population they serve. Tour these facilities and learn what we as a community can do to help. The November 7 class will meet at St. John’s Homeless Shelter. The November 14 class will meet at the NEW Community Shelter.

**175 An Evening With Dave Brubeck (R)**

**Presenter:** Marc Jimos  
**Coordinator:** Jan LaSota  
**Contact Info:** 920-660-9528 • bjlasota@gmail.com  
**Dates:** 11/7  
**Limit:** 100  
**Time:** 5:30-7 p.m.  
**Location:** Ashwaubenon High School Band Room

Spend this evening class exploring the music of legendary bandleader, composer and pianist, Dave Brubeck. We will be discussing his life and achievements in music and will be spending some in-depth time listening to and discussing the members of his quartet and some of his seminal recordings. We will be making an in-depth exploration of his group’s quintessential recording “Time Out.” Band students will perform some of these works.
\textbf{176 Are there REALLY Homeless Children and Families in Brown County? (N)}

**Presenter:** Christina Gingle, MSW  
**Coordinator:** Jim Hinckley  
**Contact Info:** 920-217-3915 • hinkqtrhorse@earthlink.net  
**Dates:** 11/14  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH230

Yes, there are students and families who do not have a safe home to go to at night. Learn how the schools and community support homeless students and families and how you can help.

\textbf{177 Needlework Open Stitch (R)}

**Presenter:** Karen Wojahn  
**Coordinator:** Gloria Gaie  
**Contact Info:** 920-494-5944 • ggaie@sbcglobal.net  
**Dates:** 11/14, 11/21, 12/5, 12/12  
**Limit:** 24  
**Time:** 1-3 p.m.  
**Location:** Ashwaubenon Community Center, Activity Room

Do you have an embroidery project that you want to complete? One you have always wanted to do or maybe one you started years ago? Is there a type of needlework you want to learn? Bring any piece of hand embroidery — old or new — to work on. You supply the materials and there will be help for you. Not sure what you want to work on? Come to the first class and get lots of ideas.

\textbf{178 Poop Occurs: Wisconsin’s Recycling Efforts (N)}

**Presenter:** Dean John Katers, Ph.D.  
**Coordinator:** Jim Hinckley  
**Contact Info:** 920-217-3915 • hinkqtrhorse@earthlink.net  
**Dates:** 11/21  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220

Anaerobic digestion has been used for many years as a method of human and other waste stabilization and offers other benefits such as renewable energy generation. This presentation will provide an overview of the process, an analysis of industry trends and a discussion of current, new and proposed projects in N.E. Wisconsin — including anaerobic digestion projects for wastewater treatment facilities, large dairy farms and other industrial facilities.

\textbf{179 Chiropractic: The Science and Therapies (N)}

**Presenter:** Dr. Curt Dreager, D.C.  
**Coordinators:** Dave and Dorothy Manke  
**Contact Info:** 920-869-2032 • dmdoctor123@gmail.com  
**Dates:** 11/21  
**Limit:** 150  
**Time:** 10 a.m.-12 p.m.  
**Location:** Mauthe Center

We all have aches and pains, both acute and chronic. What happens when you visit a chiropractor and why are certain therapies chosen? Learn from Dr. Curt Dreager, an experienced practitioner and doctor to the American Decathlete teams, about the oldest and newest treatments and how they may influence the aches and pains we experience.

\textbf{180 Paul’s Pantry “Neighbors Feeding Neighbors:” Leo Frigo’s Recipe For Success (R)}

**Presenter:** Craig Robbins  
**Coordinator:** Sue Rocheleau  
**Contact Info:** 920-609-8745 • sueroch@yahoo.com  
**Dates:** 11/21  
**Limit:** 25  
**Time:** 9-11 a.m.  
**Location:** Paul’s Pantry

Hear the history of how Paul’s Pantry started and how storied Green Bay philanthropist and activist, Leo Frigo’s dream became a reality as Paul’s Pantry became one of the largest food pantries in the United States. Take a tour of Paul’s Pantry and learn how it is possible to provide seven tons of free groceries to nearly 200 households each day.

\textbf{181 UW-Green Bay Athletics: The Early Years (N)}

**Presenter:** Molly Vandervest  
**Coordinator:** Jim Hinckley  
**Contact Info:** 920-217-3915 • hinkqtrhorse@earthlink.net  
**Dates:** 12/5  
**Limit:** 50  
**Time:** 2-4 p.m.  
**Location:** Kress Events Center, UW-Green Bay

UW-Green Bay Athletics will be celebrating 50 years of athletics during the 2019-2020 school year. Hear from current and former staff and coaches about the early years of the program and their transition from NAIA into the NCAA Division 1 era. During the school’s inception, the Green Bay Packers, founding UW-Green Bay Chancellor, Ed Weidner and many other area leaders played critical roles in the formation of the Athletic Department and sport offerings at the University. Stay tuned for Part II of the series in Spring 2020 to learn about the modern era of the program and where they are heading in the future.
182 Origins and Consequences of the Great War (R)
Presenter: Robert Cook
Coordinator: Sue Rocheleau
Contact Info: 920-609-8745 • sueroch@yahoo.com
Dates: 12/12, 12/19
Limit: 150  Time: 10 a.m.-12 p.m.  Location: Mauthe Center

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 us to some conclusions about the origins of the war. This conflict was one of the most important events of the 20th Century. We will examine the world that was left after the war ended to see why it was such a watershed event. 2019 is the hundredth anniversary of the Treaty of Versailles which ended the war.

183 Christmas Stories of Matthew and Luke (N)
Presenter: Benjamin W. Cruz-Uribe
Coordinator: Dean Cherry
Contact Info: 920-822-3703 • dcherry@netnet.net
Dates: 12/12
Limit: 150  Time: 1-3 p.m.  Location: Mauthe Center

The modern Christmas story is well known. But it is actually the blending together of two distinct and separate stories from two Gospels of Matthew and Luke. This course is going to explore in detail each story and explain the historical facts, legends, and myths that make up the present day version.

Friday Courses
Green Bay Area
184 Green Bay VolleyTalk: An Introduction to Rules, Skills and Strategy (N)
Presenter: Abbey Sutherland
Coordinator: Jim Hinckley
Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net
Dates: 8/23
Limit: 50  Time: 10 a.m.-12 p.m. first two sessions, 10 a.m.-2 p.m. last four sessions  Location: Kress Events Center, UW-Green Bay

Volleyball is one of the fastest growing sports in the world, and for good reason. It is fast-paced, there is a point for every rally and it is a showcase of incredible athleticism. Attendees of VolleyTalk will learn the basic skills, terminology and rules of volleyball. Class will end with an on-court session; students will be able to apply the concepts with visual feedback. Attendees will leave the course with a better appreciation and understanding of the sport and thus will have a better experience watching the game.

185 Biking is Fun At Any Age (R)
Presenter: Del Tills
Coordinator: Rita Dufour
Contact Info: 920-499-8708 • ritaldufour@hotmail.com
Dates: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11
Limit: 40  Time: 10 a.m.-12 p.m. first two sessions, 10 a.m.-2 p.m. last four sessions  Location: Trails in and out of area

We bike 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 posted on the LLI website. 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. September 6 and 13 class time is 10 a.m.-12 p.m. and other meeting dates are from 10 a.m.-2 p.m.

186 Time to Tidy and Declutter: Getting Rid of Your Stuff (R)
Presenter: Eileen Johnson
Coordinator: Nancy Whitfield
Contact Info: 920-865-7936 • 2atpeaceful@netnet.net
Dates: 9/6
Limit: 50  Time: 1-3 p.m.  Location: RH220

Based on the very popular book by Marie Kondo entitled, The Japanese Art of Tidying and Decluttering, this class will help you tackle the ever-present challenge of accumulating too much stuff. At this age, we know it is time to rid our basements and attics of items we no longer need. Kondo’s philosophy will help you break down the tasks of sorting and ridding your home of things that no longer spark joy in your life.

187 Film and the World (N)
Presenter: David Coury and Carol Emmons
Coordinator: Mary Braband
Contact Info: 414-916-6279 • mbraband5@gmail.com
Dates: 9/6, 11/8, 12/6
Limit: 50  Time: 1-3 p.m.  Location: RH230

This class will explore ways of watching and discussing world cinema through presentations and viewing of film clips. Participants will also have the option of taking advantage of the free Green Bay Film Society screenings at the Neville Public Museum. No previous knowledge is required.
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188 How We Do Dying and Death
Part 1 (R)
Presenter: Illene Cupit, Ph.D.
Coordinator: Liz Spielmann
Contact Info: 920-884-6853 • dspielman@new.rr.com
Dates: 9/13
Limit: 50  Time: 10 a.m.-12 p.m.  Location: RH220
The fact that people die still remains a taboo topic of discussion in our contemporary society. Yet, the many rapid changes that confront us, such as technological advancements, medical practices and their ethics with regard to dying and death, and isolation of people as they grieve, demand that we bring death “out of the closet.” This overview will highlight some of our major contemporary concerns and bring forth an open dialog of what we must consider with regard to the end of life. This is the first of a two-part series. In part one we will provide an introduction to the major issues regarding the end of life that concerns us today. Part two, which will be presented in the spring, will focus specifically on grief and loss.

189 Five Money Questions for
Women (N)
Presenter: Kyle Lukowitz
Coordinator: Pati Wiegand
Contact Info: 920-429-9868 • pati_927@yahoo.com
Dates: 9/13
Limit: 50  Time: 10 a.m.-12 p.m.  Location: RH220
Women face unique financial circumstances. A strong financial strategy is vital. Ensure your financial strategy fits your lifestyle and needs. During this presentation, we explore five critical money questions for women.

190 Yoga and Ayurveda (R)
Presenter: Kathy Eichinger
Coordinator: Teresa Blaser
Contact Info: 920-494-1021 • tblaser520@new.rr.com
Dates: 9/13
Limit: 20  Time: 1-3 p.m.
Location: Ashwaubenon Community Center, Grand Park Room
Yoga and are you what? You’ve probably heard and maybe practiced yoga; but you might be curious to learn about Yoga’s sister science – Ayurveda. This class is for the person who wants to have additional natural foods to take care of themselves. Wear comfortable clothing and bring a mat or towel for gentle stretching.

191 Artisan Center Tour Session A (N)
Presenter: Jason Keller and Ashley Beyer
Coordinator: Karen Dallman
Contact Info: 920-737-0202 • kdallman@new.rr.com
Dates: 9/20
Limit: 30  Time: 10 a.m.-12 p.m.
Location: NWTC Artisan and Business Center
Take a tour of the NWTC Artisan Center located on Cedar Street next to the Art Garage. We are a fully functional state-of-the-art facility with studio space and classes available. If you are ready to reawaken your inner artist or find them for the first time, we are the place for you! Sign up for Session A or Session B. Do not sign up for both.

192 Vital Importance of Using
Native Plants in our Gardens (N)
Presenters: Annette Weissbach, Claudia Schultz and Al Nass
Coordinator: Kate Wiers
Contact Info: 920-337-2189 • kaw-tdw@sbcglobal.net
Dates: 9/20
Limit: 50  Time: 10 a.m.-12 p.m.  Location: RH220
Create a “buzz” in your landscape. Learn why including native plants in our gardens is so vital to our pollinators and our food supply. An amazing variety of pollinators will be introduced and a photo display of easy-to-grow local native plants will round out the presentation. As stated by Doug Tallamy, author of Bringing Nature Home, “As gardeners and stewards of our land, we have never been so empowered to help save biodiversity from extinction and the need to do so has never been so great. All we need to do is plant native plants!” The three presenters of the class, Annette Weissbach, Claudia Schultz and Alan Nass, are UW Extension Master Gardener Volunteers with many years of experience in planting native gardens at home and in public settings.

193 Online Voter Registration (R)
Presenter: Lori Hochschild and CJ Peters
Coordinator: Pati Wiegand
Contact Info: 920-429-9868 • pati_927@yahoo.com
Dates: 9/20
Limit: 20  Time: 10 a.m.-12:30 p.m.
Location: ADRC, Board Room
Learn to assist citizens to register to vote using the MyVote website. Whether you are helping family and friends, or looking to volunteer with an organization, this course will give you the basics of voter registration for voters with a Wisconsin driver’s license or ID. For those without
a license or ID, you will learn how to use the paper form, EL-131. We will then cover information on voter ID and the process of voters applying for a free voter ID.

194 From the Heart: Techniques for Reducing Stress (N)

**Presenter:** David J Ferguson  
**Coordinator:** Patty Payette  
**Contact Info:** 920-544-9684 • pattypayette@new.rr.com  
**Dates:** 9/20  
**Limit:** 20  
**Time:** 1-3 p.m.  
**Location:** Ashwaubenon Community Center, Grand Park Room

Life sure can get complicated. Chronic emotional stress, characterized by feelings of anger, anxiety and frustration, adversely impacts our health and well-being. In this course, we will explore research that looks at the heart and its role in the mind-body connection. We’ll examine how the heart affects the brain and higher cognitive functions, like attention, memory and problem solving. Learn techniques to improve the heart-brain interaction, decrease stress and build better resilience.

195 Myths and Realities of Cancer in General (N)

**Presenter:** Erin Stevens, MD  
**Coordinator:** Jim Hinckley  
**Contact Info:** 920-217-3915 • hinkqtrhorse@earthlink.net  
**Dates:** 9/27  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220

Ever wonder if what you’ve heard about cancer is true? Does sugar really feed cancer? And I heard on the news that there’s a drug that cures cancer? Here’s an opportunity to learn about what’s actually true, help dispel rumors that are often perpetuated on the internet, and find out what you can do to help prevent cancer.

196 Looking at Art (N)

**Presenter:** Carol Emmons  
**Coordinator:** Karen Dallman  
**Contact Info:** 920-737-0202 • kdallman@new.rr.com  
**Dates:** 9/27, 10/4  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH230

In this course we will “unpack” looking at artwork, learn some basic approaches and better understand and articulate our responses. So while tastes will naturally vary, this class will provide ways to make sense of diverse kinds of visual art.

197 1920s New York Novels by Women (N)

**Presenter:** Sid Bremer, Ph.D.  
**Coordinator:** Mary Cook  
**Contact Info:** 920-321-0379 • mjcook42@att.net  
**Dates:** 10/4, 10/18, 11/1, 11/15  
**Limit:** 25  
**Time:** 10 a.m.-12 p.m.  
**Location:** RH220

This sampler of women’s novels comes from New York City in the 1920s, as old-fashioned “ladies” and scrubwomen gave way to Roaring Twenties voters, immigrants and flappers. After some historical and literary background, we’ll meet every other week to discuss: *The Age of Innocence*, Edith Wharton’s 1920 Pulitzer-Prize winner about the upper-crust; *The Bread Winners*, a 1925 story of the Lower East Side by “Jewish Cinderella” Anzia Yezierska; and biracial Nella Larsen’s trendy 1929 Harlem Renaissance novel, *Passing*. Participants can purchase the books at The Readers Loft, Barnes & Noble or from betterbooks.com or another on-line book dealer.

198 Artisan Center Tour Session B (N)

**Presenter:** Jason Keller and Ashley Beyer  
**Coordinator:** Linda Hoar  
**Contact Info:** 920-866-3971 • llhoar@hotmail.com  
**Dates:** 10/4  
**Limit:** 30  
**Time:** 10 a.m.-12 p.m.  
**Location:** NWTC Artisan and Business Center

Take a tour of the NWTC Artisan Center located on Cedar Street next to the Art Garage. We are a fully functional state of the art facility with studio space and classes available. If you are ready to reawaken your inner artist or find them for the first time, we are the place for you! Sign up for Session A or Session B. Do not sign up for both.

199 Automobile Gallery Tour (R)

**Presenter:** Sarah Beggs  
**Coordinator:** Theresa Reiter  
**Contact Info:** 920-339-8611 • treiter06@gmail.com  
**Dates:** 10/11  
**Limit:** 75  
**Time:** 10 a.m.-12 p.m.  
**Location:** Automobile Gallery

Local businessman Red Lewis has put together a collection of cars that will amaze you and is often thought of as one of Green Bay’s “best-kept secrets.” You will learn how artistry and engineering have come together to provide so many memorable and historic models of transportation. A fee of $8 is due to the Automobile Gallery on the day of the tour. Please have exact cash or a check made out to Automobile Gallery.
200 Modern Musical Theatre (N)
**Presenter:** Courtney Sherman, Ph.D.
**Coordinator:** Kate Wiers
**Contact Info:** 920-337-2189 • kaw-tdw@sbcglobal.net
**Dates:** 10/11
**Limit:** 50  **Time:** 10 a.m.-12 p.m.  **Location:** RH230

Long-time lovers of musical theatre have no doubt noticed the ever-evolving nature of this genre. Broadway today offers audience-goers everything from original contemporary works, re-imagined productions of old and familiar titles and movies-turned musicals! Join Dr. Courtney Sherman, associate professor of Music at UW-Green Bay, to learn more about the innovative storytelling devices found in musical theatre today, and how this beloved performing arts medium can be an agent for exploration, opening minds and even creating social change.

201 Green Bay Mosque – Learn About the Islamic Faith (R)
**Presenter:** Hamayun Mian
**Coordinator:** Patty Payette
**Contact Info:** 920-544-9684 • pattipayette@new.rr.com
**Dates:** 10/11
**Limit:** 50  **Time:** 10 a.m.-12 p.m.
**Location:** Islamic Society of Wisconsin

Visit and learn about the Green Bay Mosque of the Islamic Society of Wisconsin. As a courtesy, women should wear a headscarf and men should remove their hat.

202 History of Modern Art: A to Z (R)
**Presenter:** Fr. James Neilson
**Coordinator:** Mary Cook
**Contact Info:** 920-321-0379 • mjcook42@att.net
**Dates:** 10/11
**Limit:** 50  **Time:** 10:30 a.m.-12:30 p.m.  **Location:** RH220

This course will provide a brief overview of the main styles, artists and works of art that define the aesthetic of the 19th and 20th centuries and give expression to the modern maxim, “astonish me!” This nonlinear tour of modern art will acknowledge the realist painter, Edouard Manet as an early champion of modernism (though many say it was the Baroque master, Caravaggio, who first championed the modern approach to art!) and conclude with the Pop masterpieces of Andy Warhol. Following a classic “A to Z” picture book format, we will experience a gloriously diverse and wonderfully eclectic range of ideas, images and personalities — all of which became the launchpad for the contemporary art of today!

203 International Space Station (N)
**Presenter:** Ken Haugen
**Coordinator:** Fred Delie
**Contact Info:** 920-227-7770 • fddelie@gmail.com
**Dates:** 10/11
**Limit:** 50  **Time:** 1-3 p.m.  **Location:** RH220

Our orbiting science laboratory. A brief history of its creation and ongoing scientific experiments. We will also look at some of the remarkable astronauts and review their accomplishments.

204 Tour: STEM Innovation Center at UW-Green Bay (N)
**Presenter:** Judith Knudsen
**Coordinator:** Terry Blaser
**Contact Info:** 920-494-1021 • tblaser520@new.rr.com
**Dates:** 10/18
**Limit:** 40  **Time:** 10 a.m.-12 p.m.
**Location:** STEM Innovation Center

Here is an opportunity to learn about and tour the newest building on the University of Wisconsin-Green Bay campus — the STEM Innovation Center. This center serves as the home of the University of Wisconsin-Green Bay new Richard J. Resch School of Engineering, non-profit Einstein Project, which supports STEM education in local school districts in Wisconsin, UW Extension Brown County and Brown County Land and Water Conservation. This is a county building on a university campus and UWS Board of Regents’ land, so it’s a truly unique partnership. The STEM Center will be the inaugural tenant in the Phoenix Innovation Park, a county-developed innovation park on University land, to attract STEM entities to the region. Map and directions will be available on the LLI Website.

Our website and Facebook page are great sources for LLI information. Check us out at www.uwgb.edu/lli and like us on Facebook!
205 Rent Smart: Moving to a Smaller Home (N)

Presenter: Judith Knudsen  
Coordinator: Jan Rickert  
Contact Info: 920-863-7009 • rjrickert@yahoo.com  
Dates: 10/25  
Limit: 50  
Time: 10 a.m.-12 p.m.  
Location: STEM Innovation Center

Are you planning to downsize and sell the family home? Perhaps you are considering a rental unit? Many older adults have not rented before or it has been years since living in rental property. This session on Rent Smart will provide information on what you need to know if you are considering renting. This course will meet at the STEM Innovation Center. Map and directions will be available on the LLI website.

206 Cathedrals Part 4 (C)

Presenter: Dean Cherry  
Coordinator: Karen Dallman  
Contact Info: 920-737-0202 • kdallman@new.rr.com  
Dates: 10/25, 11/1  
Limit: 50  
Time: 10 a.m.-12:15 p.m.  
Location: RH230

Using DVDs from “The Great Courses,” we will explore the historical, religious, social and architectural context of cathedrals. We will first examine English Gothic and continue into Gothic styles in central Europe and then into Italian and Spanish Gothic, followed by some early Gothic cathedrals built in the New World and finally, Neo-Gothic Cathedrals built in today’s world. Many accompanying photographs and 3-D animations will illustrate the topics as they are presented. Note: It is NOT necessary to have attended Cathedrals Parts 1, 2 or 3 to enjoy and learn things from these presentations.

207 From Pearl Harbor to Nagasaki: The Air War in the Pacific, 1941-1945 (R)

Presenter: Robert Cook  
Coordinator: Pati Wiegand  
Contact Info: 920-429-9868 • pati_927@yahoo.com  
Dates: 11/1, 11/8, 11/15, 11/22  
Limit: 150  
Time: 10 a.m.-12 p.m.  
Location: Ashwaubenon Community Center, Grand Park Room

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

208 Art Project: Designer Cats (R)

Presenter: Judy Sarasin Aragona  
Coordinator: Vickie Keigley  
Contact Info: 920-437-2510 • vakeigley@gmail.com  
Dates: 11/1, 11/8  
Limit: 20  
Time: 1-3 p.m.  
Location: Ashwaubenon Community Center, Activity Room

In this class you will design a simple cat composition. Then you will use your imagination to create an explosion of color and pattern to enhance your cat design. No artistic ability is needed to create a stunning designer cat. A list of supplies will be posted on the LLI Website.

209 Tour KI – 100% Employee Owned (N)

Presenter: John Kersten  
Coordinator: Marilyn Rabideau  
Contact Info: 920-866-9646 • mrabideau@centurytel.net  
Dates: 11/22  
Limit: 30  
Time: 10 a.m.-12 p.m.  
Location: KI International

This tour of KI’s flagship plant 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 movable 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 allowed. The tour will require walking the entire tour. Parking is in the back lot. Please do not park in the numbered spots, as these are reserved. Enter the reception area in the front of the building, next to the railroad tracks.

210 The Bay of Green Bay: Past, Present and Future (R)

Presenter: Julia Noordyk  
Coordinator: Ed Smith  
Contact Info: 920-494-5944 • edsmith000@sbcglobal.net  
Dates: 12/6  
Limit: 50  
Time: 10 a.m.-12 p.m.  
Location: RH220

Since the arrival of the Europeans in the 17th century, the world’s largest freshwater estuary has undergone tremendous ecological changes. The once-stunning clear water bay, surrounded by wetlands, is now threatened by an overload of nutrients and sediment, which has contributed to annual blue-green algae blooms and a dead zone. But all is not lost! Today, we are witnessing the cleanup of industrial pollutants in the Fox River and the re-construction of the Cat Island Chain on Green Bay’s west shore. Take a trip through time looking at the ups and downs of our region’s greatest natural asset: the Bay of Green Bay.
Manitowoc/Sheboygan Courses

We welcome our members and new members from the Manitowoc and Sheboygan areas!

We ask that our Green Bay area members help us out. If you are from the Green Bay area and are choosing to register for the following courses, please assign a lower priority number (i.e., 10-30) to these courses. It is important that these courses are available to our new members from these communities. Thank you for your consideration.

Monday Courses
Manitowoc & Sheboygan

211 Health Benefits of Olive Oil and Balsamic Vinegar (N)

**Presenter:** Rick Couron  
**Coordinator:** Liz Koehler  
**Contact Info:** 920-242-3750 • lizkoehler@gmail.com  
**Dates:** 9/9  
**Limit:** 24  
**Time:** 10 a.m.-12 p.m.  
**Location:** Manitowoc Campus, Founders Hall, Room F170  
Enhance your culinary skills! We’ll learn how to incorporate Extra Virgin Olive Oils and Balsamic Vinegars into your meals for the taste. We’ll also discuss the numerous health benefits and understand the attributes found in a high-quality, healthy product. Participants will be given an opportunity to sample some Olive Oils and Balsamics and taste the difference.

212 Fracking for Oil and Gas Recovery (N)

**Presenter:** Jim Tanner  
**Coordinator:** Keith Gensch  
**Contact Info:** 920-889-2164 • keetmeat60@gmail.com  
**Dates:** 9/16, 9/23  
**Limit:** 25  
**Time:** 10 a.m.-12 p.m.  
**Location:** Manitowoc Campus, Founders Hall, Room F170  
Fracking. Is it an economic boom for the USA or an environmental nightmare unfolding as we discover more problems? Should the EPA be the agency judging the several challenges and cases developing as new environmental issues are arising? As fracking technology develops, who can set down objective standards that allow industry to pursue higher efficiencies while protecting the public against unknown, long-lasting environmental degradation of its air, water and land that might arise?

213 Genealogy for Beginners (N)

**Presenter:** Ann Keckonen  
**Coordinator:** Jean Rausch  
**Contact Info:** 920-905-4877 • jrausch0712@gmail.com  
**Dates:** 10/7, 10/14  
**Limit:** 24  
**Time:** 1-3 p.m.  
**Location:** Sheboygan Campus, #3 Main Building, Room 3105  
Have you ever wondered how to search for your ancestors or how to preserve the information and photos you already have about ancestors who have long since passed away? This course will address both issues, using Ancestry.com as a starting basis for this hobby. We will also address what to do with old photos if family members do not want them. The presenter has many photos of old family members from the 1800s and early 1900s, but her children are uninterested in preserving them. She is determined to share these with anyone in future generations who might want access to them. The course will show that it is an easy and fun hobby.

214 Images of Historic Manitowoc (N)

**Presenter:** Ed Prigge  
**Coordinator:** Faye Malek  
**Contact Info:** email only • faye.malek4901@gmail.com  
**Dates:** 11/4  
**Limit:** 50  
**Time:** 10 a.m.-12 p.m.  
**Location:** Manitowoc Public Library, Balkansky A  
Founded as a city in March 1870, Manitowoc was a thriving farming and port community with a diverse population of German, Irish, Polish and Norwegian immigrants that grew into a manufacturing center on the Great Lakes and a picturesque home to generations of hardworking people. Vintage images highlight the people, businesses and industries that make its fascinating and rich history.
215 Building a 40’ Sloop (Sailboat) (N)

**Presenter:** Ned Jerabek  
**Coordinator:** Faye Malek  
**Contact Info:** email only • faye.malek4901@gmail.com  
**Dates:** 11/11  
**Limit:** 24  
**Location:** Manitowoc Campus, Founders Hall, Room F170  

Are you interested in learning how to build a wooden sailboat? Here is an opportunity to talk with someone who did just that. Come and learn about Ned’s ten-year adventure resulting in the completion of his 40-foot sloop. After sharing a step-by-step boat building process using his photographs, he will ask if you are crazy enough to build your own!

216 Writing Children’s Stories and Getting Them Published: Simple Steps on a Difficult Path (N)

**Presenter:** Michael Leannah  
**Coordinator:** Jeanne Pfeiffer  
**Contact Info:** 920-457-4633 • jpfieffer53@att.net  
**Dates:** 11/18  
**Limit:** 24  
**Location:** Sheboygan Campus, #3 Main Building, Room 3105  

The publishers of children’s picture books expect a fully developed story with characters, plot and resolution, all in about 400 words. If that seems simple, it is not. Learn the ins and outs of writing an engaging story for children (or for older readers), how to present it to a publisher and how to set realistic goals for yourself as a writer.

217 Journey of Grief and Loss (N)

**Presenter:** Luann Travis  
**Coordinator:** Jeanne Pfeiffer  
**Contact Info:** 920-457-4633 • jpfieffer53@att.net  
**Dates:** 12/9  
**Limit:** 40  
**Location:** Sharon S. Richardson Community Hospice  

Grief is a part of life because loss is a part of life. Grief is as individual and unique as the person we have lost. Learn about the stages of grief, how to cope with grief and how to help others who grieve. Class meets at Sharon S. Richardson Community Hospice in Sheboygan Falls and includes a tour of facility. The Sharon S. Richardson Community Hospice also recently opened a location in Manitowoc, now serving both Calumet and Manitowoc counties.

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**Tuesday Courses**

**Manitowoc & Sheboygan**

218 New Member Welcome – Manitowoc (N)

**Presenter:** Liz Koehler  
**Coordinator:** Susan Pike  
**Contact Info:** 920-465-2356 • lli@uwgb.edu  
**Dates:** 8/27  
**Limit:** 75  
**Location:** Manitowoc Campus, Hillside Hall, H102  

As a new member of the Lifelong Learning Institute, you probably have many questions. Join us at this introductory program to meet some of your curriculum recruiters, LLI staff and other new members. Enjoy conversation and ask questions about the program. You’ll also see where many of your on-campus classes will be held. This course does not count against your initial 30 class maximum.

219 New Member Welcome – Sheboygan (N)

**Presenter:** Jeanne Pfeiffer  
**Coordinator:** Susan Pike  
**Contact Info:** 920-465-2356 • lli@uwgb.edu  
**Dates:** 8/27  
**Limit:** 75  
**Location:** Sheboygan Campus, Main Building, Wombat Room  

As a new member of the Lifelong Learning Institute, you probably have many questions. Join us at this introductory program to meet some of your curriculum recruiters, LLI staff and other new members. Enjoy conversation and ask questions about the program. You’ll also see where many of your on-campus classes will be held. This course does not count against your initial 30 class maximum.

220 Hamilton Wood Type & Printing Museum (N)

**Presenter:** Jim Moran  
**Coordinator:** Jane Hertel  
**Contact Info:** 920-863-6214 • herteljm@gmail.com  
**Dates:** 9/10  
**Limit:** 25  
**Location:** Hamilton Wood Type & Printing Museum  

Hamilton Manufacturing was America’s largest and longest wood type maker. You can tour over 40,000 square feet of printing history, see the process, machines, the presses and product. A fee of $5 is due to the Hamilton Wood Type & Printing Museum on the day of the tour.
221 Mariners Trail: Up Close and Personal (N)
Presenter: Judy Corrado
Coordinator: Faye Malek
Contact Info: email only • faye.malek4901@gmail.com
Dates: 9/24
Limit: 25  Time: 10 a.m.-12 p.m.
Location: Mariners Trail (Meet at Chamber Office)
Begin the trek by parking your vehicle at the Chamber of Manitowoc County office building at 1515 Memorial Drive, Manitowoc. There you will learn of the trail’s history, ways it is used, as well as its impressive local impact. Participants will then experience a guided walking tour of a portion of Mariners Trail viewing beautiful Lake Michigan, flower beds, a floral kaleidoscope, a human sundial, the new Spirit of the Rivers sculpture and trail amenities. Wear walking shoes and appropriate weather attire for an easy, less than one mile walking experience!

222 Mealtime Mentors (N)
Presenter: Casey Crevier, RDN, CD
Coordinator: Jean Rausch
Contact Info: 920-905-4877 • jrausch0712@gmail.com
Dates: 10/1
Limit: 24  Time: 1-3 p.m.
Location: Manitowoc Campus, Founders Hall, Room F170
Overwhelmed at the grocery store? Confused about what you should be eating? Stuck in a meal rut? Join Festival Foods registered dietitian and Mealtime Mentor, Casey Crevier, in debunking nutrition myths, breaking down the Nutrition Facts Panel and learning how to navigate the grocery store like a pro.

223 Understanding Alzheimer’s and Dementia Session B (N)
Presenter: Ginny Nyhuis
Coordinator: Liz Koehler
Contact Info: 920-242-3750 • lizkoehler@gmail.com
Dates: 10/8
Limit: 24  Time: 10 a.m.-12 p.m.
Location: Sheboygan Campus, #3 Main Building, Room 3105
Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, current research and treatments available to address some symptoms and Alzheimer’s Association resources. Sign up for Session A (Manitowoc) or Session B (Sheboygan). Do not sign up for both.

224 Looking Back at Manitowoc County; The Daryl Cornick Photo Collection (N)
Presenter: John Rohrer
Coordinator: Faye Malek, Amy Meyer, Executive Director
Contact Info: email only • faye.malek4901@gmail.com
Dates: 10/8
Limit: 50  Time: 1-3 p.m.
Location: Manitowoc Public Library, Balkansky A
A hallmark of the Manitowoc County Historical Society’s local history collection is a group of over 3,000 photos taken from 1940-1980 of our community by local photographer, Daryl Cornick. Join local photographer and MCHS volunteer, John Rohrer, as he showcases photos from the collection.

225 Income Planning in Retirement (N)
Presenters: Nathan Raddatz and Joseph Jost
Coordinator: Jean Rausch
Contact Info: 920-905-4877 • jrausch0712@gmail.com
Dates: 10/22
Limit: 24  Time: 10 a.m.-12 p.m.
Location: Manitowoc Campus, Founders Hall, Room F170
In this class we will be talking about using various resources to create a stream of income to support the full rich life you’ve earned when you retire. Maybe you plan to spend more time with loved ones? Or take that vacation you’ve always dreamed of? Perhaps you’ll master a new hobby, or even pursue a different career? Whatever your vision for retirement, we will discuss ways to help you get there.

226 Healthy Living for Your Brain and Body Session A (N)
Presenter: Kate Kahles
Coordinator: Jane Hertel
Contact Info: 920-863-6214 • herteljm@gmail.com
Dates: 11/5
Limit: 24  Time: 10 a.m.-12 p.m.
Location: Manitowoc Campus, Founders Hall, Room F170
For centuries we’ve known that the health of the brain and the body are connected. But now science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas
of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Sign up for Session A (Manitowoc) or Session B (Sheboygan). Do not sign up for both.

227 Evergleam: 60 Years of Atomic Sparkle with Aluminum Christmas Trees (N)

**Presenter:** Barbara Bundy  
**Coordinator:** Faye Malek  
**Contact Info:** email only • faye.malek4901@gmail.com  
**Dates:** 11/12  
**Location:** Manitowoc Public Library, Balkansky AB

Aluminum Speciality’s dazzling Evergleam Aluminum Trees are celebrating 60 years of adding sparkle to the holidays. Learn the story behind this Manitowoc Company’s atomic age of innovation and design. Local aluminum tree enthusiast and aficionado of all things wonderfully wacky and tacky will be sharing insights, rarities and interesting trivia on the glitzy wonder. Prepared to be dazzled!

### Wednesday Courses

#### Manitowoc & Sheboygan

229 It’s A Mystery to Me (N)

**Presenter:** Jeanne Pfeiffer  
**Coordinator:** Jeanne Pfeiffer  
**Contact Info:** 920-457-4633 • jpfieffer53@att.net  
**Dates:** 9/4, 10/2, 11/6, 12/4  
**Limit:** 20  
**Location:** Glas Coffee House

Are you a mystery reader looking for that next good read? Bring one of your favorite mysteries to share and join in the camaraderie of fellow mystery lovers. Each member will share a favorite mystery each meeting. You’ll walk away with a new reading list each month! Class times are as follows: 9/4 meets 9:30-11:30 a.m.; 10/2 meets 10 a.m.-12 p.m.; 11/6 meets 9:30-11:30 a.m. and 12/4 meets 10 a.m.-12 p.m.

230 Let’s Play Mah Jongg! (N)

**Presenter:** Connie Vandre  
**Coordinator:** Connie Vandre  
**Contact Info:** 920-698-0708 • cjvandre@yahoo.com  
**Dates:** 9/4, 9/11, 9/18, 9/25, 10/2, 10/9  
**Limit:** 8  
**Location:** Sheboygan Campus, #3 Main Building, Room 3105

“Four-Crak... Red... Six-Dot... Take... Mah Jongg!” These are some of the terms you will hear as you learn the fascinating tile game called Mah Jongg. Join this six-week class to learn the official rules of the American version of Mah Jongg. Topics covered include tile names and terminology, determination of a hand, set up and play of the game and winning strategies. Continuous attendance is highly encouraged as each lesson builds on the previous lesson. Tile sets needed to learn the game will be provided. Limited to 8 players.

231 West of the Lake Gardens Tour (N)

**Presenter:** Don Cisler  
**Coordinator:** Liz Koehler  
**Contact Info:** 920-242-3750 • lizkoehler@gmail.com  
**Dates:** 9/4  
**Limit:** 40  
**Location:** West of the Lake Gardens, Manitowoc

Join us as we tour one of Manitowoc’s hidden gems. West of the Lake Gardens is a mixture of beautiful perennials and annuals on a peaceful spot overlooking Lake Michigan. There are six acres of backyard gardens on the estate of John and Ruth West, featuring a rose garden, Japanese sunken and formal gardens and more than 900 feet of herbaceous borders with colorful annuals. Parking is limited and carpooling is encouraged.

Lifelong Learning Institute polo shirts are available to purchase for $15. Stop by the LLI Office to try on sizes to determine your best fit. The shirts are green with the LLI logo imprinted. Order will be placed at the end of September.
Manitowoc/Sheboygan Courses

232 Singing Bowls: The Sound and Vibrations of Tibetan Bowls (N)

Presenter: Gina Armstrong  
Coordinator: Liz Koehler  
Contact Info: 920-242-3750 • lizkoehler@gmail.com  
Dates: 9/11  
Limit: 24  
Time: 10 a.m.-12 p.m.  
Location: Manitowoc Campus, Founders Hall, Room F170

Experience for yourself the sound and vibrations of Tibetan bowls. Sound therapy can offer another level of relaxation. Gina Armstrong, licensed massage therapist, will guide us through some self care exercises and a meditation.

233 Tai Chi and Qigong for Balance and Health (N)

Presenter: Jerry Galas  
Coordinator: To be Determined  
Contact Info: 920-465-2356 • lli@uwgb.edu  
Dates: 9/18  
Limit: 50  
Time: 1-3 p.m.  
Location: Manitowoc Public Library, Balkansky AB

Learn simple and powerful movements to build balance, strength and energy, improve sleep, reduce stress and safeguard your health. These movements were developed 4,000 years ago by Chinese Taoist monks, the scientists of their time, and are for all ages and physical conditions.

234 Understanding Alzheimer’s and Dementia Session A (N)

Presenter: Kae Kahles  
Coordinator: Jane Hertel  
Contact Info: 920-863-6214 • herteljm@gmail.com  
Dates: 10/2  
Limit: 24  
Time: 1-3 p.m.  
Location: Manitowoc Campus-Founders Hall - Room F170

Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, current research and treatments available to address some symptoms and Alzheimer’s Association resources. Sign up for Session A (Manitowoc) or Session B (Sheboygan). Do not sign up for both.

235 Submarine Program and Life in WWII Manitowoc (N)

Presenter: Karen Duvalle, Submarine Curator  
Coordinator: Faye Malek  
Contact Info: email only • faye.malek4901@gmail.com  
Dates: 10/9  
Limit: 100  
Time: 1-3 p.m.  
Location: Wisconsin Maritime Museum

Enjoy a pictorial history of submarine building in Manitowoc! Have a seat in the newly renovated Wisconsin Maritime Museum meeting room overlooking the nation’s most historically accurate WWII submarine, the USS Cobia. Spend the afternoon learning about how Manitowoc built 28 submarines and the impact of the war on families. Building submarines in the Midwest was a new and unique endeavor, but Manitowoc produced the best-built submarines in the Navy. As a result, families moved in and created a new neighborhood, celebrities visited and the community rallied to support the war effort. A $5 fee is due on the first day at class location. Please have exact amount.

236 Graced – Living with Intention and Purpose (N)

Presenter: Natalie Weber Hamilton  
Coordinator: Liz Koehler  
Contact Info: 920-242-3750 • lizkoehler@gmail.com  
Dates: 10/16  
Limit: 24  
Time: 10 a.m.-12 p.m.  
Location: Manitowoc Campus, Founders Hall, Room F170

We will learn about the vision of the owner of the Manitowoc store, Graced. Natalie will share her passion and insight for living simply with intention and purpose.

Cofrin Library at UW-Green Bay

LLI members can use the Cofrin Library free of charge. Just stop at the desk, show your public library card and the attendant will issue you a card for the Cofrin Library. This card provides access to the UW-Green Bay campus library, as well as the entire University of Wisconsin library system through the Interlibrary Loan Program.
purpose, becoming your best self and nurturing strong relationships. Building community and supporting artists who are living their passion will also be discussed.

237 Sheboygan Police Department K-9 Unit (N)

**Presenters:** Sgt. Ryan Schmitt, Officer Heimerl and K9 Grimm, and Officer Taylor and K9 Max  
**Coordinator:** Keith Gensch  
**Contact Info:** 920-889-2164 • keetmeat60@gmail.com  
**Dates:** 10/23  
**Limit:** 60  
**Time:** 10 a.m.-12 p.m.  
**Location:** Sheboygan Campus, Main Building, Wombat Room

The Sheboygan Police Department has maintained a K-9 program since 1989. The K-9s and handlers work in many ways to support the community combat drugs, locate missing persons and community outreach. K-9s are an interesting resource relied upon to keep officers and the community safe. See what it takes to create and maintain a police K-9 force.

238 Manitowoc Police Departments K-9 Unit (N)

**Presenters:** Officer Nick Place and Officer Jason Koenig  
**Coordinator:** Liz Koehler  
**Contact Info:** 920-242-3750 • lizkoehler@gmail.com  
**Dates:** 11/6  
**Limit:** 60  
**Time:** 1-3 p.m.  
**Location:** Manitowoc Campus, Hillside Hall, H102

The K-9 Unit has been a vital tool for the citizens of Manitowoc and the surrounding communities and the officers of the Police Department since its introduction in 2009. From locating missing children to apprehending criminals, the K-9’s benefits are immeasurable. Join Officer Place and Officer Koenig along with their K-9 partner as they share information about the program and show their K-9 partner’s skills in action.

239 Healthy Living for Your Brain and Body (N)

**Presenter:** Ginny Nyhuis  
**Coordinator:** Liz Koehler  
**Contact Info:** 920-242-3750 • lizkoehler@gmail.com  
**Dates:** 11/13  
**Limit:** 24  
**Time:** 10 a.m.-12 p.m.  
**Location:** Sheboygan Campus, #3 Main Building, Room 3105

For centuries, we have known that the health of the body and brain are connected. But now science is able to provide insights into how to make lifestyle choices that may help you keep your body and brain healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these plans into a plan for healthy aging.

240 Climate Change and Health (N)

**Presenters:** Annette Kaminsky, APNP  
**Coordinator:** Faye Malek  
**Contact Info:** email only • faye.malek4901@gmail.com  
**Dates:** 11/13  
**Limit:** 50  
**Time:** 1-3 p.m.  
**Location:** Manitowoc Public Library - Balkansky A

Climate change harms our water supply, air quality, food supply and mental health. It increases the occurrence of vector-borne disease as well as extreme weather events. Lifestyle changes that contribute to a more sustainable environment will be discussed.

**Thursday Courses**

**Manitowoc & Sheboygan**

241 Judas Iscariot and His Gospel (R)

**Presenter:** Benjamin Crize-UrIBE  
**Coordinator:** Susan Pike  
**Contact Info:** 920-465-2356 • lli@uwgb.edu  
**Dates:** 9/5  
**Limit:** 54  
**Time:** 1-3:15 p.m.  
**Location:** Manitowoc Public Library - Balkansky A

Who was Judas Iscariot? What did Judas actually do? Did Judas have a choice? What happened to Judas? This course will try to answer these questions and more by looking at the Canonical Gospels and the recently discovered non-canonical Gospel of Judas.

242 Aquaponics Tour (N)

**Presenter:** Nate Calkins  
**Coordinator:** Nancy Lindgren  
**Contact Info:** 920-323-7302 • nancy.h.lindgren@gmail.com  
**Dates:** 9/12  
**Limit:** 20  
**Time:** 10 a.m.-12 p.m.  
**Location:** Lake Orchard Aquaponics

Tour three parts of this fascinating facility. Learn how aquaponics growing is a healthy choice for clean, pesticide-free products and see how tilapia are a part of the process. A $10 fee is payable directly to Lake Orchard Aquaponics on the day of the class. Please have exact cash.
243 Blacksmithing 101 (N)
Presenter: Eugene Durben and George Baldwin
Coordinator: Faye Malek
Contact Info: email only • faye.malek4901@gmail.com
Dates: 9/26
Limit: 10  Time: 1-3 p.m.
Location: Manitowoc County Historical Society
The class is designed to give someone with little or no metal working skills a hands-on, fun “be a blacksmith for a day” experience. Explore the basics of forge work in a blacksmith shop while making a decorative “S” hook to hang in your home. Topics will include safety, tools and equipment, and beginning techniques for shaping metal.

244 Art of Travel Photography and Designing a Hardcover Travel Storybook (N)
Presenter: Jon Keckonen
Coordinator: Jean Rausch
Contact Info: 920-905-4877 • jrausch0712@gmail.com
Dates: 10/3, 10/10
Limit: 24  Time: 10 a.m.-12 p.m.
Location: Sheboygan Campus, #3 Main Building, Room 3105
The art of travel photography has gone through significant changes. We will discuss various reasons people take photos while traveling, the equipment they use and some of the ways they can accomplish their objectives. The instructor is not a professional photographer but photography has been a lifelong hobby. He has traveled to six of the seven continents and has often shared both his photos and videos with audiences upon return from his trips. The second week of the class will be an overview of how to make digital photo books of travel experiences.

245 Sharing and Preserving Digital Photos (N)
Presenter: Ann Keckonen
Coordinator: Jeanne Pfeiffer
Contact Info: 920-457-4633 • jpfeiffer53@att.net
Dates: 10/3, 10/10
Limit: 24  Time: 1-3 p.m.
Location: Sheboygan Campus, #3 Main Building, Room 3105
Many people are taking thousands of digital photos with cell phones, tablets or cameras, but most of these pictures never make it to a safe storage program. This course will be a demonstration on how to preserve precious family photos and how to share them easily with friends and family. The second week will be a working session addressing questions that may arise during the week that participants are using a free program to get started on organizing and storing their photos.

228 Gerrymandering: A Threat to Democracy? (N)
Presenter: Mary Lynne Donohue
Coordinator: Jean Rausch
Contact Info: 920-905-4877 • jrausch0712@gmail.com
Dates: 10/17
Limit: 24  Time: 1-3 p.m.
Location: Sheboygan Campus, #3 Main Building, Room 3105
This class will explore how legislative districts are drawn every ten years and what can go wrong (plenty, as it turns out!). Learn why redistricting is so important to our democracy and how it’s become the political prizefight known as “gerrymandering.” We’ll talk a little history and take a look at some current legal and legislative solutions that might provide some solutions.

246 Travelogue: Nepal – A Himalayan Experience (N)
Presenter: Jon Keckonen
Coordinator: Jeanne Pfeiffer
Contact Info: 920-457-4633 • jpfeiffer53@att.net
Dates: 11/7
Limit: 24  Time: 10 a.m.-12 p.m.
Location: Sheboygan Campus, #3 Main Building, Room 3105
In April 2016 Jon Keckonen traveled to Nepal to trek to a destination near the base camp of Mt. Everest expeditions. His trekking companion was an 80-year-old retired doctor who had made a similar trip ten years earlier and who had contributed funds to a school in a remote area of Nepal so that it could expand to include high school students in its curriculum. Jon will share his experiences trekking in the Himalayas as well as visiting other locations in Nepal. He and his trekking partner visited the school exactly one year after the devastating earthquake of 2015 which virtually destroyed the village.

247 Caregiver Fatigue for Families (N)
Presenter: Luann Travis
Coordinator: Jeanne Pfeiffer
Contact Info: 920-457-4633 • jpfeiffer53@att.net
Dates: 11/14
Limit: 40  Time: 10 a.m.-12 p.m.
Location: Sharon S. Richardson Community Hospice
Caregiving can be very rewarding but the stress and responsibilities that come with it cannot be denied.
Learn how to recognize signs of caregiver fatigue, use tools to support self-care and identify community resources. Class includes a tour of Sharon S. Richardson Community Hospice in Sheboygan Falls. The Sharon S. Richardson Community Hospice also recently opened a location in Manitowoc, now serving both Calumet and Manitowoc counties.

248 Those Thrilling Days of Yesteryear: A Look at the Golden Age of Radio (N)

Presenter: Michael Leannah
Coordinator: Jeanne Pfeiffer
Contact Info: 920-457-4633 • jpfeiffer53@att.net
Dates: 11/21
Limit: 24  Time: 10 a.m.-12 p.m.
Location: Sheboygan Campus, #3 Main Building, Room 3105

From 1930 through 1960, America and the world got much of their news and entertainment from the radio. Join us for a look — and a listen — back to that wonderful era. We’ll analyze and enjoy snippets from comedies, police dramas, westerns, thrillers and more. Participants will come away with an understanding of what radio once meant to us and how its effects still linger in the world today.

Friday Courses
Manitowoc & Sheboygan

249 Bird Migration at Woodland Dunes (N)

Presenters: Jim Knickelbine and Jessica Johnsrud
Coordinator: Jane Hertel
Contact Info: 920-863-6214 • herteljm@gmail.com
Dates: 9/6
Limit: 25  Time: 1-3 p.m.  Location: Woodland Dunes

Join us for a fun afternoon of bird watching at Woodland Dunes Nature Center and Preserve in Two Rivers. Learn why the Preserve is an important stopover site for migrating birds and watch a bird banding demonstration (weather permitting). Observe birds at the feeders and on a guided walk in the preserve. Dress for the weather and bring binoculars (some available to borrow).

Thank you to our LLI Volunteers!
Because of you, we are able to keep our membership fees quite low compared to similar programs around the state.

250 Hospice Services 101 (N)

Presenter: Luann Travis
Coordinator: Jeanne Pfeiffer
Contact Info: 920-457-4633 • jpfeiffer53@att.net
Dates: 9/20
Limit: 40  Time: 10 a.m.-12 p.m.
Location: Sharon S. Richardson Community Hospice

When a loved one receives a terminal diagnosis, it can be a scary and emotional time. But terminal doesn’t necessarily mean immediate and it doesn’t mean being alone. A hospice team can help you and your family understand all of your hospice options for comfort care and family support. Class includes a tour of Sharon S. Richardson Community Hospice in Sheboygan Falls. The Sharon S. Richardson Community Hospice also recently opened a location in Manitowoc, now serving both Calumet and Manitowoc counties.

251 Advance Medical Directives (N)

Presenter: Luann Travis
Coordinator: Jeanne Pfeiffer
Contact Info: 920-457-4633 • jpfeiffer53@att.net
Dates: 10/11
Limit: 40  Time: 10 a.m.-12 p.m.
Location: Sharon S. Richardson Community Hospice

You always have a voice in your health care decisions but what happens if you are no longer able make your own medical decisions due to illness or mental incapacity? Who is your voice? Learn about the benefits of completing an advance medical directive and become familiar with advance medical documents. Class includes a tour of Sharon S. Richardson Community Hospice in Sheboygan Falls. The Sharon S. Richardson Community Hospice also recently opened a location in Manitowoc, now serving both Calumet and Manitowoc counties.

252 Strangling an Empire: Sub War in the Pacific (R)

Presenter: Bob Cook
Coordinator: Jean Rausch
Contact Info: 920-905-4877 • jrausch0712@gmail.com
Dates: 11/1, 11/8, 11/15
Limit: 50  Time: 1-3 p.m.
Location: Sheboygan Campus, #2 Main Building, Room 2223

After the Japanese attack at Pearl Harbor and the fall of the Philippines, the U.S. Navy Submarine Service waged war on Japanese shipping and warships in the Pacific Theater. This is one of the least-known events of WWII. However, the courageous war carried out by the “Silent Service” was a major reason for the defeat of the Japanese Empire. We will explore the boats and men who participated in this part of WWII.
### UW-Green Bay Map Key

1. Studio Arts (SA)
2. Theatre Hall (TH)
3. Student Services (SS)
4. University Union (UU)
5. David A. Cofrin Library (CL)
6. Instructional Services (IS) ★
7. Environmental Sciences (ES)
8. Laboratory Sciences (LS)
9. John M. Rose Hall (RH) ★
10. L.G. Wood Hall (WH)
11. Mary Ann Cofrin Hall (MAC)
12. Circle Entrance
13. Weidner Center for the Performing Arts ★
14. Student Housing
15. Office of Residence Life (Hendrickson Center)
16. Mauthe Center ★
17. Kress Events Center
18. Facilities Management
19. Shipping and Receiving
20. Lambeau Cottage
21. Communiversity Park
22. Shorewood Golf Course
23. Cofrin Arboretum
24. Playing Fields, Courts
25. Santaga Soccer Stadium
26. Weather Station
27. Heating/Cooling Plant
28. Phoenix Park
29. Viking House

### Campus Information

Lifelong Learning Office: 920-465-2356  
University Information Center: 920-465-2400  

**PARKING DETAILS:**  
LLI Office must have your license plate number on file.  
Park in parking stalls only with your license plate facing out towards row.

15-minute parking by LLI Office is at the end of Instructional Services Court in the circle drive. Enter using the door on right side and take a right. LLI Office is on the left before the ramp. Building 6 on map.

Additional campus maps available at www.uwgb.edu/maps
Manitowoc Campus Map Key
1. Hillside Hall, Room H102 ★
2. Founders Hall, Room F170 ★
3. Lakeside Hall

Campus Information
PARK IN THE HILLSIDE HALL PARKING LOT OR IN LOT BEHIND FOUNDERS HALL.
ROOM F170: Enter Founders Hall using west side entrance.
ROOM H102: Enter Hillside Hall using east side entrance.

Sheboygan Campus Map Key
1. Acuity Technology Center, Library ★
2. Main Building, Wombat Room ★
3. Main Building, Room 3105 ★
4. Student Commons, Dining
5. Learning Resources Building
6. Brotz Science Building
7. Fine Arts Building
8. Physical Education Building

Campus Information
PARK IN WEST PARKING LOT.
ROOM 3105: Enter using Main entrance. Go up a level to Main Building 2, turn left and go down the hall, then a right into Main Building 3. Room 3105 is on the right.
WOMBAT ROOM: Enter using Main entrance. Take a left into the Library. Continue to your right and exit the Library. Turn left. Wombat Room is on your left at end of hall.
2019-2020
LLI Travel Opportunities

Upper Peninsula of Michigan
August 13-15, 2019
Your adventure begins at Pictured Rocks and Marquette for dinner at Hudson’s. Then on to Houghton for lunch at the Ambassador Bar and Grill and then the Quincy Mine and Hoist for a tram ride and cog trolley ride. You will overnight in Houghton following dinner at the Waterfront. The adventure will finish at Seaman’s “Museum of Rocks and Gems,” and lunch in Iron Mountain. Total cost is $370 per person, based on double-occupancy lodging, all transportation and selected meals.

“Birds in Art” Exhibit,
Woodson Art Museum, Wausau
October 2, 2019
We will enjoy the “Birds in Art” exhibit at the Woodson Art Museum. This juried exhibit starts in Wittenberg and travels nationwide, hosting artists from around the country. We will tour the Yawkey House Museum before dining at the Pine Tree Supper Club. Total cost is $68 per person and includes transportation, exhibit admission fees and dinner.

Nutcracker in the Castle,
Paine Art Center and Garden,
Oshkosh
December 2019
Get into the holiday spirit and join us for a dazzling performance of “The Nutcracker” at the Paine Art Center. Following the performance, we will dine at Fox River Brewery. Total cost is $80 per person and includes transportation, tickets and dinner.

New England
October 7-15, 2019
Experience two nights at Acadia National Park and travel through New Hampshire and Vermont at the peak of the autumn colors, with a stop at iconic Newport, Rhode Island. Total cost is approximately $3,280 per person based on double-occupancy lodging, all transportation and selected meals.

Iceland Tour
May 6-14, 2020
Experience the breathtaking natural wonders of Iceland, including waterfalls, glaciers, ice and lava caves, fjords, mountains and beaches. Take guided tours, and view whales, puffins and seals in their natural habitat. Highlights include the Hallgrimskirkja Church, Harpa Reykjavik Concert Hall, Seljalandsfoss Waterfall and so much more! Details at www.uwgb.edu/continuing-professional-education/travel.

Danube River Cruise
October 15-23, 2020
This exciting River Cruise will be aboard the Gems of the Danube. We will depart from Budapest and enjoy optional organized activities at each stop. Our eight-day journey will end in Nuremberg, Germany. Details at www.uwgb.edu/continuing-professional-education/travel.

Visit www.uwgb.edu/lli/travel for more information or to register.
Save the Date

Fall Kickoff
Wednesday, September 25, 2019
11 a.m.
Swan Club at Legends
De Pere

Winter Social
Wednesday, December 4, 2019
11 a.m.
Riverside Ballroom
Green Bay

More information to follow in Lifelong Learning Institute newsletter.

Road Scholar
Adventures in Lifelong Learning
Road Scholar Educational Adventures are created by Elderhostel, the not-for-profit world leader in lifelong learning since 1975.

Office Hours:
Monday-Thursday 8 a.m.-4 p.m. and Friday 8 a.m.-12 p.m.
Located in Instructional Services (IS) 1040 on the UW-Green Bay campus