Together, We Learn

Classes offered in-person, outdoors, online live and recorded.

Details and registration at www.uwgb.edu/lli

Find Inside
How to Register  |  Class Descriptions  |  Class Calendar  |  Worksheet for Class Selection
Join Us at 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 interested in learning and community. LLI offers courses in a wide range of topics each semester in a variety of formats and lengths. Instructors share their passions with lots of opportunities for questions, comments and discussion. No tests, no papers and no credits. Just learning for the joy and community of it.

Spring Semester Fee: $75

Spring offers a one-time opportunity to join for a semester. LLI follows the typical two-semester academic format and offers courses in spring and fall. An annual fee of $140 covers both semesters and is due in the fall.

Register Early for Best Selection

Please be patient if you experience delays when registering. This may happen if too many people are registering at the same time.

Register for up to 15 classes during the initial registration period. After the initial registration period, about January 4, an email will be sent with a list of classes that still may have openings. Members can register for additional classes. Available classes will also be posted on our website.

Confirmation Email

You will receive an email immediately after you submit your registration. This is your confirmation letter. Be sure LLI emails are not going into your junk, trash or promotional email folders. Your confirmation email will only indicate the first session of each course, so please make a note of remaining dates listed in the catalog or calendar for reference.

Keeping You Safe

LLI reserves the right to require face masks to be worn and/or change class delivery method, class size or classroom policy, based on new health guidelines or other unforeseen circumstances.

With over 175 interactive and engaging classes to choose from, LLI offers flexible options for all new and existing members.
Registration Checklist

- **Registration will open on Monday, December 6 at 10 a.m.**
  Existing LLI members — look for an LLI email containing your personal registration link. Please email lli@uwgb.edu if your email address has changed.

- You may register for up to 15 courses during the initial registration period. Only register for the number of classes you are able to attend, as a place will be reserved in your name.

- If a course if full, it will say ‘Waitlist.’ If you wish to be added to the waitlist, please select the waitlisted class. Waitlisted classes do not count towards your 15 courses.
  Please be sure to click "Submit" at the end of registration. You will know that your registration has been successful when you receive an email confirmation within minutes.
  Your confirmation email serves as your Confirmation Letter. Please mark your classes on your calendar! You will not receive a second confirmation.

- Adding More Classes: On January 4, registered members will receive an email with a list of classes with openings. Members are able to add more classes by emailing the Coordinator. Coordinators’ contact info is listed in the catalog along with the course detail. If there is not a Coordinator listed, please email the LLI office at lli@uwgb.edu. For Zoom classes, also email the LLI office.

**Please Note:** Registration must be completed online. If you do not have the means to register online, we recommend that you request assistance from a fellow LLI member, family member or contact the LLI office at lli@uwgb.edu.

Existing Member Registration

You will receive an email on the morning of Monday, December 6 when registration opens. This email will contain your personal registration link. Your registration account is based on your email address. IMPORTANT! If you have changed your email address since the last time you registered, please contact the LLI Office prior to registering at lli@uwgb.edu 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. You will receive an email 2-3 days after registering that will contain your payment link. Your registration is not complete until we receive your payment.

The information provided on all courses offered through LLI is intended for educational purposes only. The courses do not constitute professional advice, nor do they substitute for professional advice. The information and materials provided within represent solely the opinion of the presenter and do not replace professional advice on the topic. If you wish to seek more specific information on the topic, you should consult a professional.
Class Add-on and/or Class Absence

Online Zoom Classes:
Please email lli@uwgb.edu with any changes.

In-Person Classes:
Please email the Coordinators as listed in the Course Description section of the catalog.

Refund Policy
LLI reserves the right to cancel any courses due to conditions beyond reasonable control, including but not limited to low enrollment, disaster, inclement weather, health emergency, unavailability of supplies, acts of God or any other circumstance. In the case of course cancellations, full or partial annual membership fees will not be refunded. Any course specific fees for canceled courses not already in session will be refunded.

Contacting LLI
The LLI office is located in the David A. Cofrin Library, CL 109. Please email us with questions.
Phone: 920-465-2356 • Email: lli@uwgb.edu

Tuition Assistance
Tuition assistance may be available for those who qualify for the Homestead Credit. For more information, please contact Susan at 920-465-2356.

Donate to LLI
Donations to the Lifelong Learning Institute can be made online at www.uwgb.edu/foundation or by sending a check payable to the UW-Green Bay Foundation and include ‘Lifelong Learning Institute’ donation in the memo line.

No prerequisites. No grades. No tests. No papers.
Use this form as a guide as you register online. You may register for up to 15 courses that have openings. Once you select an open class, you are on the roster for that class! Please only register for the number of classes you are able to attend!

License Plate # ______________________________ (required for registration)

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<thead>
<tr>
<th>Day</th>
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Extra Class Options

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</table>
Limit of 15 courses. Please only register for the number of classes you are able to attend, as you will be put on the roster right when you register. You may wish to have a few extra classes in mind in case your chosen classes are full and waitlisted when you register. A registration worksheet is located on page 3 to help you select courses.

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<tr>
<th></th>
<th>Safeguarding Our Communities (Canceled)</th>
<th>Slow Vinyassa Flow Yoga</th>
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<td>Brief History of the Byzantine Empire</td>
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<td>Drugs in Brown County - Are Your Grandchildren at Risk?</td>
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<td>It’s a Mystery to Me</td>
<td>RV Life: “I Love It”</td>
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<td>Finding Your Happy Place When the World Is On Fire</td>
<td>Safeguarding Our Communities</td>
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<td>AmeriCorps Seniors, What’s it all about?</td>
<td>Women in World War II - Women’s Air Force Support (WASP)</td>
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<td>Safeguarding Our Communities (Canceled)</td>
<td>Healthy Living for your Brain &amp; Body canceled</td>
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<td>Legal Issues in Retirement</td>
<td>Simply Scrumptious Scones</td>
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<td>Living With the Skin You’re In</td>
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<td>The Walleye and Musky Fisheries of Green Bay</td>
<td>Let’s Talk Turkeys</td>
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<td>1960’s: A Living History</td>
<td>Vegetable Gardening Tips</td>
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<td>10 Tips for Arranging Furniture</td>
<td>Know Your Movie Classics! A Second Look...</td>
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<td>Israel/Palestine Today</td>
<td>ASPIRO: Creating Opportunities for Individuals with Disabilities</td>
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<td>Gentle Yoga</td>
<td>Glass Fusion Jewelry - Session A</td>
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<td>Mystics of the Middle Ages</td>
<td>Robber Barons</td>
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<td>Tatted Flowers</td>
<td>From the Heart: Techniques for Reducing Stress &amp; Building Resilience</td>
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### Spring 2022 Courses

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<td>Celebrate Spring Bounty with Chef Diana</td>
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<td>Popular Songs of the Gershwin Brothers</td>
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<td>Wild Edibles in Wisconsin</td>
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<td>Understanding and Interpreting Aquifers and Water Quality</td>
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<td>Uninvited Guests: Arthropods In Your House</td>
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<td>BEER: Brewing and Packaging Beer with Stillmank Brewing Company</td>
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<td>Continuing Issues</td>
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<td>Vision Board: 2022 and You!</td>
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<td>Design for 3D Printing and Laser Cutting</td>
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<td>You Have Something Beautiful to Share: Let’s Talk</td>
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<td>46</td>
<td>7 Step Chair Caning</td>
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<td>Needle Felting a Pincushion</td>
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<td>Make a Hanging Lamp</td>
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<td>Your Bicycle and You (Canceled)</td>
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<td>Zentangle Hearts</td>
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<td>How Record Water Levels Impact Great Lakes Coastal Wetland Birds and Anurans</td>
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<td>Upcycling: It’s Not A Trend</td>
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<td>Laser Cut Art Coasters</td>
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<td>Low Carbohydrate Approach for Treating Diabetes</td>
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<td>Under the Trench Coat</td>
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<td>Decorating Outdoor Living Spaces</td>
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<td>Digital Camera: Techniques for Web and Print</td>
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<td>Sugar Bush - Making Maple Syrup</td>
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<td>Woodturning: How to Get Started</td>
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<td>ESP Evaluation &amp; Development</td>
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<td>Birds of Prey in NE WI</td>
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<td>Geocaching Adventure Lab</td>
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<td>Manitowoc County Joint Dispatch Tour</td>
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<td>Using Local, State, and Federal Laws to Protect the Waters of Northeast Wisconsin</td>
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<td>Pastel Drawing</td>
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<td>67</td>
<td>Re-districting and the Need to End Gerrymandering</td>
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<tr>
<td>68</td>
<td>Pollinators + Pollination + Plants = Life</td>
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**Register Prep Form**

- Phone: 920-465-2356  
- Email: lli@uwgb.edu  
- Website: www.uwgb.edu/lli
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<th>Literary Cafes/Legendary Cafes: American Writers in Paris (continued)</th>
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<td>Wild About Waterfowl</td>
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<td>Tour of Manitowoc’s Sabbatical Brewing Company</td>
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<td>Living Well with Jin Shin Jyutsu</td>
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<td>75</td>
<td>Guided Walk in Baird Creek: Ecology and History</td>
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<td>76</td>
<td>Behind the Scenes Look at the Weidner</td>
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<td>Authentic 1850’s Windmill Tour - B</td>
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<td>Antarctica By Way of South Georgia</td>
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<td>Zentangle in Black and White</td>
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<td>Sharon S. Richardson Community Hospice Tour</td>
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<td>81</td>
<td>Brewing and Sensory Analysis(tasting) A Primer</td>
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<td>82</td>
<td>Health and Care of Birds and How to Attract Them to Your Yard</td>
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<td>Zentangle! What is it?</td>
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<td>PetSkull Brewing Company Tour</td>
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<td>Any Last Words?</td>
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<td>Writing Your Memoirs</td>
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<td>Identifying the Drugs that are Affecting You, Your Family, and Your Community</td>
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<td>Starting Your Genealogy &amp; Getting Around the Brick Wall!</td>
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<td>92</td>
<td>Your Homes Worth/Prepping for Sale</td>
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<td>93</td>
<td>How Record Water Levels Impact Great Lakes Coastal Wetland Birds and Anurans</td>
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<td>Of Toads and Cars: The Wind in the Willows</td>
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<td>Mosquito Hill Lowland Snowshoe Hike</td>
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<td>Zentangle 2.0</td>
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<td>Beginning Line Dancing</td>
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<td>Investigation and development of Drug Cases</td>
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<td>Piano Ensemble</td>
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<td>Painting With Encaustics (colored beeswax)</td>
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<td>101</td>
<td>Sacred Mud: Native American Pottery Traditions</td>
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<td>Shipwrecks of the Great Lakes</td>
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<td>Basic Line Dacing</td>
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<td>105</td>
<td>Searching Your Irish Genealogy From This Side of the Pond</td>
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<td>Time to play Pinball and Video Games</td>
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<td>107</td>
<td>Real Vietnam War</td>
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<td>108</td>
<td>Tour Krueger International (KI): 100% Employee Owned</td>
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<td>109</td>
<td>Cremation: A Hot Topic</td>
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<td>Ukrainian Eggs</td>
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<td>111</td>
<td>Social Isolation &amp; The Adult Homeless Population; with Tour of St. John’s Homeless Shelter</td>
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<td>112</td>
<td>Elon Musk Chapter 2: Mission to Mars</td>
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<td>113</td>
<td>Shipwrecks of the Great Lakes</td>
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<td>Climate Change and Energy Policy - Zoom</td>
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<td>Painting with Punch and Purpose</td>
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<p>| 123 | A Survey of the Menominee, First Nation of What is Now Wisconsin |
| 124 | Botanical Gardens - Gardener’s Delight Tour |
| 125 | Walking in the Shadow of History - Green Bay Fire of 1880 - Session B |
| 126 | U.P Stories (Book Club) |
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| 131 | Knit a ‘Top-Down’ Sweater |
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| 136 | ADRC: Your Partner Through Life’s Changes |
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| 140 | Historic Homes of Manitowoc’s Movers and Shakers in the Early 1900’s |
| 141 | With Wings Like Eagles - The Battle of Britain |
| 142 | Health Benefits of Olive Oil and Balsamic Vinegar |
| 143 | Rise and Fall of Labor Unions in the U.S. |
| 144 | Spreading the Word, About Cheese Spread That Is! |
| 145 | Think Spring: Colorful Flower Pots |
| 146 | Power of Meaning-Making: Transforming Pain into Purpose |
| 147 | Dangers of the 21st Century World Population Bomb |
| 148 | Understanding the Basics: Social Security and Medicare |
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| 150 | Protecting Our Water Resources: Planning for the Future |
| 151 | Understanding the Basics: Social Security and Medicare |
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Information included in this catalog is accurate and current at the time of publication. 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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<td>132</td>
<td>Five Money Questions for Women</td>
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**Registration Reminder!**

Use the Registration Worksheet located on page 3 of this catalog to help select courses and avoid overlapping dates or times.

New members please visit [www.uwgb.edu/lli](http://www.uwgb.edu/lli) to register.
Current members will be emailed a registration link.
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<tr>
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<tr>
<td>Zentangle 2.0</td>
<td>1-3 p.m.</td>
<td>2/16</td>
<td></td>
</tr>
<tr>
<td>Beginning Line Dancing</td>
<td>9:30-11:30 a.m.</td>
<td>2/16</td>
<td></td>
</tr>
<tr>
<td>Real Vietnam War</td>
<td>10 a.m.-12 p.m.</td>
<td>2/17</td>
<td></td>
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<tr>
<td>Basic Weather: Mid-Latitude Cyclones</td>
<td>10 a.m.-12 p.m.</td>
<td>2/18</td>
<td></td>
</tr>
<tr>
<td>Learn About Scams and Identity Theft</td>
<td>10 a.m.-12 p.m.</td>
<td>2/18</td>
<td></td>
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<tr>
<td>Legal Issues in Retirement</td>
<td>1-3 p.m.</td>
<td>2/21</td>
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<tr>
<td>Living With the Skin You’re In</td>
<td>1-3 p.m.</td>
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<tr>
<td>Upcycling: It’s Not A Trend</td>
<td>10 a.m.-12 p.m.</td>
<td>2/22</td>
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<tr>
<td>Laser Cut Art Coasters</td>
<td>10 a.m.-12 p.m.</td>
<td>2/22</td>
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<tr>
<td>Investigation and development of Drug Cases</td>
<td>10 a.m.-12 p.m.</td>
<td>2/23</td>
<td></td>
</tr>
<tr>
<td>Piano Ensemble</td>
<td>10-11:30 a.m.</td>
<td>2/23</td>
<td></td>
</tr>
<tr>
<td>Painting With Encaustics (colored beeswax)</td>
<td>12-3 p.m.</td>
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**Attention Lifelong Learning Institute Members:**

Information included in this catalog is accurate and current at the time of printing. Lifelong Learning Institute reserves the right to make changes to the course schedule. Visit [www.uwgb.edu/lli](http://www.uwgb.edu/lli) for the most updated course schedule.
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<td>Sacred Mud: Native American Pottery Traditions</td>
<td>1-3 p.m.</td>
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<tr>
<td>135</td>
<td>The Menominee River: Past Practices, Current Conditions, Future Challenges</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>178</td>
<td>Wisconsin’s Best Kept Geological Secret: The Niagara Escarpment</td>
<td>1:30-3 p.m.</td>
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<tr>
<td>179</td>
<td>Acknowledging Wisconsin’s First Nations People and Lands</td>
<td>9-10:30 a.m.</td>
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<tr>
<td>10</td>
<td>The Walleye and Musky Fisheries of Green Bay</td>
<td>10 a.m.-12 p.m.</td>
<td>2/28</td>
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<tr>
<td>110</td>
<td>The Walleye and Musky Fisheries of Green Bay</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>102</td>
<td>Shipwrecks of the Great Lakes</td>
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<tr>
<td>103</td>
<td>Basic Line Dancing</td>
<td>9:30-11:30 a.m.</td>
<td>3/2 3/9 3/16 3/23 3/30 4/6</td>
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<tr>
<td>136</td>
<td>ADRC: Your Partner Through Life’s Changes</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>137</td>
<td>Growing a Productive Vegetable/Herb Garden in Wisconsin</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>180</td>
<td>Life Transitions: Crisis and Opportunity</td>
<td>10 a.m.-12 p.m.</td>
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<td>181</td>
<td>UW-Green Bay Viking House</td>
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<td>11</td>
<td>1960’s: A Living History</td>
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<tr>
<td>12</td>
<td>10 Tips for Arranging Furniture</td>
<td>10 a.m.-12 p.m.</td>
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<td>13</td>
<td>Israel/Palestine Today</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>14</td>
<td>Gentle Yoga</td>
<td>1-2 p.m.</td>
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<tr>
<td>15</td>
<td>Mystics of the Middle Ages</td>
<td>1-3 p.m.</td>
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<td>16</td>
<td>Tatted Flowers</td>
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<tr>
<td>Course Code</td>
<td>Course Title</td>
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<td>Dates</td>
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<tr>
<td>17</td>
<td>Slow Vinyassa Flow Yoga</td>
<td>2:30-3:30 p.m.</td>
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<tr>
<td>55</td>
<td>Under the Trench Coat</td>
<td>10 a.m.-12 p.m.</td>
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<td>56</td>
<td>Decorating Outdoor Living Spaces</td>
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<td>57</td>
<td>Digital Camera: Techniques for Web and Print</td>
<td>1-3 p.m.</td>
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<tr>
<td>104</td>
<td>Zentangle 2.0</td>
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<tr>
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<td>The DaVinci Diaries</td>
<td>10 a.m.-12 p.m.</td>
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<td>Exercise as Medicine</td>
<td>10-11:30 a.m.</td>
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<td>140</td>
<td>Historic Homes of Manitowoc’s Movers and Shakers in the Early 1900’s</td>
<td>1-3 p.m.</td>
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<td>141</td>
<td>With Wings Like Eagles - The Battle of Britain</td>
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<td>182</td>
<td>Emergency Preparedness for Families</td>
<td>10 a.m.-12 p.m.</td>
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<td>183</td>
<td>STEM Innovation Center at UW-Green Bay</td>
<td>10-11:30 a.m.</td>
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<td>18</td>
<td>Geological Wonders of the Earth</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>58</td>
<td>Sap to Syrup</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>105</td>
<td>Searching Your Irish Genealogy From This Side of the Pond</td>
<td>11 a.m.-12:30 p.m.</td>
<td>3/16</td>
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<tr>
<td>106</td>
<td>Time to play Pinball and Video Games</td>
<td>1-3 p.m.</td>
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<tr>
<td>142</td>
<td>Health Benefits of Olive Oil and Balsamic Vinegar</td>
<td>10 a.m.-12 p.m.</td>
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<td>184</td>
<td>Happiness, Hope and Healing</td>
<td>10-11:30 a.m.</td>
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<tr>
<td>19</td>
<td>Strength and Balance for Seniors</td>
<td>10 a.m.-12 p.m.</td>
<td>3/21</td>
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Phone: 920-465-2356  •  Email: lli@uwgb.edu  •  Website: www.uwgb.edu/lli
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<td>Woodturning: How to Get Started</td>
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<td>61</td>
<td>ESP Evaluation &amp; Development</td>
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<td>107</td>
<td>Real Vietnam War</td>
<td>10 a.m.-12 p.m.</td>
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<td>108</td>
<td>Tour Krueger International (KI): 100% Employee Owned</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>143</td>
<td>Rise and Fall of Labor Unions in the U.S.</td>
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<td>144</td>
<td>Spreading the Word, About Cheese Spread That Is!</td>
<td>10 a.m.-12 p.m.</td>
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<td>145</td>
<td>Think Spring: Colorful Flower Pots</td>
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<td>186</td>
<td>Ethics and Biases in Artificial Intelligence</td>
<td>10 a.m.-12 p.m.</td>
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<td>187</td>
<td>Water Conservation &amp; Pollution Prevention</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>20</td>
<td>RV Life: “I Love It”</td>
<td>10 a.m.-12 p.m.</td>
<td>3/28</td>
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<tr>
<td>21</td>
<td>Safeguarding Our Communities</td>
<td>11:45 a.m.-1 p.m.</td>
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<tr>
<td>22</td>
<td>Women in World War II - Women’s Air Force Support (WASP)</td>
<td>1-3 p.m.</td>
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<tr>
<td>23</td>
<td>Healthy Living for your Brain &amp; Body canceled</td>
<td>1:30-3:30 p.m.</td>
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<tr>
<td>62</td>
<td>Birds of Prey in NE WI</td>
<td>1:30-3:30 pm</td>
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<tr>
<td>109</td>
<td>Cremation: A Hot Topic</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>110</td>
<td>Ukrainian Eggs</td>
<td>10 a.m.-12 p.m.</td>
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<td>146</td>
<td>Power of Meaning-Making: Transforming Pain into Purpose</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>Course Code</td>
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<td>188</td>
<td>World's Greatest Churches Part 2</td>
<td>10 a.m.-12:15 p.m.</td>
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<td>24</td>
<td>Simply Scrumptious Scones</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>25</td>
<td>Winter Tree Identification</td>
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<td>10 -11:30 a.m.</td>
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<td>64</td>
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<td>10 a.m.-12 p.m.</td>
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<tr>
<td>65</td>
<td>Using Local, State, and Federal Laws to Protect the Waters of Northeast Wisconsin</td>
<td>1-3 p.m.</td>
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<tr>
<td>111</td>
<td>Social Isolation &amp; The Adult Homeless Population; with Tour of St. John's Homeless Shelter</td>
<td>10-11:30 a.m.</td>
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<tr>
<td>112</td>
<td>Elon Musk Chapter 2: Mission to Mars</td>
<td>1-3 p.m.</td>
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<tr>
<td>113</td>
<td>Shipwrecks of the Great Lakes</td>
<td>Video link sent by 8 a.m.</td>
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<td>150</td>
<td>Protecting Our Water Resources: Planning for the Future</td>
<td>9-11 a.m.</td>
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<td>147</td>
<td>Dangers of the 21st Century World Population Bomb</td>
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<td>148</td>
<td>Understanding the Basics: Social Security and Medicare</td>
<td>1-2:30 p.m.</td>
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<td>149</td>
<td>Biking Northeast Wisconsin</td>
<td>1-3 p.m.</td>
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<td>189</td>
<td>Art of Thrift Store Shopping</td>
<td>9 a.m.-12 p.m.</td>
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<td>26</td>
<td>Let's Talk Turkeys</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>27</td>
<td>Vegetable Gardening Tips</td>
<td>10 a.m.-12 p.m.</td>
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<td>28</td>
<td>Know Your Movie Classics! A Second Look...</td>
<td>1-3 p.m.</td>
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<td>10 a.m.-12 p.m.</td>
<td>4/12 Date Change: TBD</td>
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<td>191</td>
<td>Ending the Dropout Crisis</td>
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<td>Tour of Italy, Venice, Florence, Pisa and the Ancient Roman City of Pompeii</td>
<td>1-3 p.m.</td>
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<td>Re-districting and the Need to End Gerrymandering</td>
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<td>68</td>
<td>Pollinators + Pollination + Plants = Life</td>
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<td>Climate Change and Energy Policy</td>
<td>10 a.m.-12 p.m.</td>
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<td>153</td>
<td>Art of Calligraphy</td>
<td>10 a.m.-12 p.m.</td>
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<td>154</td>
<td>Apostle Islands: Jewels of Lake Superior</td>
<td>1-2:30 p.m.</td>
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<td>Those Thrilling Days of Yesteryear: A Look At the Golden Age of Radio</td>
<td>1-3 p.m.</td>
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<td>Why Not Knot? Hand Embroidery</td>
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<td>Biking is Fun at Any Age</td>
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<td>194</td>
<td>Monarch Butterfly Spring Migration</td>
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<td>ASPIRO: Creating Opportunities for Individuals with Disabilities</td>
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<td>70</td>
<td>Mixed Media Exploration</td>
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<td>117</td>
<td>Quilts of Western India</td>
<td>10-11:15 a.m.</td>
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<tr>
<td>157</td>
<td>Authentic 1850’s Windmill Tour - Session A</td>
<td>1-3 p.m.</td>
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<td>158</td>
<td>Green Armoire</td>
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<td>Glass Fusion Jewelry - Session A</td>
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<td>31</td>
<td>Robber Barons</td>
<td>10 a.m.-12 p.m.</td>
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<td>32</td>
<td>From the Heart: Techniques for Reducing Stress &amp; Building Resilience</td>
<td>10-11:30 a.m.</td>
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<td>33</td>
<td>Glass Fusion Jewelry - Session B</td>
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<td>71</td>
<td>Wild About Waterfowl</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>72</td>
<td>Life of the Bay: The Connection of First Nations to Land &amp; Water</td>
<td>10-11 a.m.</td>
<td>5/3</td>
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<tr>
<td>73</td>
<td>Tour of Manitowoc’s Sabbatical Brewing Company</td>
<td>1-3 p.m.</td>
<td>5/3</td>
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<td>159</td>
<td>America’s National Debt Problem</td>
<td>10 a.m.-12 p.m.</td>
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<td>160</td>
<td>Early History of the Green Bay Fire Department</td>
<td>1-3 p.m.</td>
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<td>161</td>
<td>Family of Jesus of Nazareth: Facts, Myths, &amp; Misconceptions</td>
<td>1-3 p.m.</td>
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<td>34</td>
<td>Wild Flowers of Wisconsin</td>
<td>10 a.m.-12 p.m.</td>
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<td>74</td>
<td>Living Well with Jin Shin Jyutsu</td>
<td>10 a.m.-12 p.m.</td>
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<td>75</td>
<td>Guided Walk in Baird Creek: Ecology and History</td>
<td>10 a.m.-12 p.m.</td>
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<td>76</td>
<td>Behind the Scenes Look at the Weidner</td>
<td>1-3 p.m.</td>
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<td>Course Code</td>
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<tr>
<td>121</td>
<td>Painting with Punch and Purpose</td>
<td>9:30 a.m.-12 p.m.</td>
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<td>118</td>
<td>Climate Change and Energy Policy - Zoom</td>
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<td>ESP Evaluation &amp; Development</td>
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<td>120</td>
<td>Financial Crimes Awareness &amp; Prevention</td>
<td>1-2:30 p.m.</td>
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<td>162</td>
<td>Home Modifications to Keep You in Your Home Safer &amp; Longer</td>
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<td>195</td>
<td>Racewalking for Lifetime Fitness</td>
<td>9:30 a.m.-12 p.m.</td>
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<td>196</td>
<td>Fun with Aromatherapy</td>
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<td>35</td>
<td>Celebrate Spring Bounty with Chef Diana</td>
<td>10 a.m.-1 p.m.</td>
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<td>36</td>
<td>Popular Songs of the Gershwin Brothers</td>
<td>Video link sent by 8 a.m.</td>
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<tr>
<td>77</td>
<td>Authentic 1850’s Windmill Tour - Session B</td>
<td>10 a.m.-12 p.m.</td>
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<td>78</td>
<td>Antarctica By Way of South Georgia</td>
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<td>Woodlawn Cemetery Residents</td>
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<td>123</td>
<td>A Survey of the Menominee, First Nation of What is Now Wisconsin</td>
<td>1-3 p.m.</td>
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<td>163</td>
<td>Historical Tour of Franciscan Sisters Motherhouse in Manitowoc</td>
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<td>198</td>
<td>Holy Land Holy Smoke</td>
<td>Video link sent by 8 a.m.</td>
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<td>164</td>
<td>Theatre with Readers: Very Fun to See and Do</td>
<td>10 a.m.-12 p.m.</td>
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<td>197</td>
<td>Creating Your Own Herbal Remedies</td>
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### Are You Receiving LLI’s Emails?

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

### Course Calendar

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<td>Sharon S. Richardson Community Hospice Tour</td>
<td>10 a.m.-12 p.m.</td>
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<td>Botanical Gardens - Gardener’s Delight Tour</td>
<td>10 a.m.-12 p.m.</td>
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<td>165</td>
<td>Walking in the Shadow of History - Green Bay Fire of 1880 - Session A</td>
<td>10 a.m.-12 p.m.</td>
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<td>166</td>
<td>Visit the Fibers &amp; Textiles Studio at NWTC Artisan Center</td>
<td>10 a.m.-12 p.m.</td>
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<td>125</td>
<td>Walking in the Shadow of History - Green Bay Fire of 1880 - Session B</td>
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<td>167</td>
<td>Tour of Belgian Heritage Center</td>
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<td>Wild Edibles in Wisconsin</td>
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<td>81</td>
<td>Brewing and Sensory Analysis (tasting) A Primer</td>
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<td>168</td>
<td>Spoon Bending 101</td>
<td>10 a.m.-11 a.m.</td>
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</table>
1 Safeguarding Our Communities (N)

Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Paula Gruszynski
Coordinator: Anneliese Waggoner
Coordinator Email: awkaggoner41@gmail.com
Dates: 1/17
Time: 11:45 a.m.-1 p.m.  Limit: 32

We provide an overview of opioids, suggest actions to address local problems and concerns, demonstrate how to administer Narcan and highlight the Syringe Service Programs run by local public health departments. Attendees are eligible to receive a $40 personal medication lock box, opioid emergency kit and safe sharps disposal containers from the M&M Area Community Foundation. All items, as well as lunch, are provided free of charge from the M&M Area Community Foundation.

2 Brief History of the Byzantine Empire (N)

Class Type: Changed to Recording
Dates: 1/24 Changed to 1/27
Time: 10 a.m.-12 p.m.  Limit: 50

As Europe entered the Dark Ages after the fall of Rome, the eastern part of the Empire (Byzantium) flourished for another eleven centuries as the center of the Christian civilization. This program is a summary of its triumphs and tribulations.

3 Drugs in Brown County - Are Your Grandchildren at Risk? (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Al Wysocki, Narcotics Investigator
Coordinator: Bob Cook
Coordinator Email: rcook9@att.net
Dates: 2/7 Changed to 2/21
Time: 10 a.m.-12 p.m.  Limit: 25

Drug abuse starts as early as preteens, and your grandchildren are at risk. Where do drugs come from? They are possibly coming from your own medicine cabinet. Learn the signs of drug usage. It’s not only a problem of inner cities. It is also here.

4 It’s a Mystery to Me (R)

Class Type: Live Online (Zoom)
Presenter: Fred Delie
Dates: 2/7 3/7 4/4 5/2 6/6
Time: 1-3 p.m.  Limit: 15

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

5 Finding Your Happy Place When the World Is On Fire (N)

Class Type: Live Online (Zoom)
Presenter: Lucy A. Arendt, Ph.D.
Dates: 2/14 2/21
Time: 10 a.m.-12 p.m.  Limit: 150

What do humor, stress, climate change, disasters, COVID-19 and conflict have in common? Join Dr. Lucy Arendt for these sessions to find out!
6 AmeriCorps Seniors, What’s it all about? (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Leanne Baeten
Coordinator: Bob Cook
Coordinator Email: rcook42@att.net
Dates: 2/14
Time: 10-11:30 a.m.  Limit: 50

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

7 Safeguarding Our Communities (N)

Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Paula Gruszynski
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 2/14
Time: 11:45 a.m.-1 p.m.  Limit: 32

We provide an overview of opioids, suggest actions to address local problems and concerns, demonstrate how to administer Narcan and highlight the Syringe Service Programs run by local public health departments. Attendees are eligible to receive a $40 personal medication lock box, opioid emergency kit and safe sharps disposal containers from the M&M Area Community Foundation. All items, as well as lunch, are provided free of charge from the M&M Area Community Foundation.

8 Legal Issues in Retirement (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Matthew Geimer
Coordinator: Kris Lewins
Coordinator Email: klewins1225@gmail.com
Dates: 2/21 2/28
Time: 1-3 p.m.  Limit: 50

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

9 Living With the Skin You’re In (N)

Class Type: Live Online (Zoom)
Presenter: Diane Gullbrand, MSN, FNP-BC, CWON
Dates: 2/21
Time: 1-3 p.m.  Limit: 100

Join Diane Gulbrand, a nurse practitioner from HSHS St. Vincent Wound and Hyperbaric Center, to learn about normal skin changes with aging and how to maintain healthy skin. The primary focus will be on common concerns and red flag conditions indicating that medical care may be needed, with topics such as skin cancer, various types of wounds and preventive strategies.

10 The Walleye and Musky Fisheries of Green Bay (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Michael Donofrio
Coordinator: Jim Hinckley
Coordinator Email: hinkqtrhorse@earthlink.net
Dates: 2/28
Time: 10 a.m.-12 p.m.  Limit: 50

Green Bay supports vibrant walleye and musky fisheries that draw national attention. These fisheries are enjoyed by local fishermen and those anglers travelling great distances. A 2019 University of Wisconsin-Whitewater annual value of the Green Bay sport fishery was estimated at $264 million. These fisheries have developed through active management, and stocking has been a key factor in their success. The presentation will include: stocking approaches, population dynamics and key management decisions.

Phone: 920-465-2356  •  Email: lli@uwgb.edu  •  Website: www.uwgb.edu/lli
11 1960’s: A Living History (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Daniel Goron
Coordinator: Anneileise Waggoner
Coordinator Email: akwaggoner41@gmail.com
Dates: 3/7 3/9 3/11
Time: 9 a.m.-12 p.m.  Limit: 20
This course is an overview of the turbulent 1960s, including changes in society, politics, music, religion and family. The Vietnam War, the Peace Movement, and Civil Rights Movement will be discussed and how they may have impacted the class members. Class participation is encouraged with stories, pictures and artifacts.

12 10 Tips for Arranging Furniture (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Vickie Linssen
Coordinator: Connie Korger
Coordinator Email: connie.korger@att.net
Dates: 3/7
Time: 10 a.m.-12 p.m.  Limit: 50
When it comes to the design of your home, there are many things to consider. From focal points and accent walls, to traffic flow and personal style, it can be overwhelming. Vickie Linssen will share tips on how to arrange furniture so you can create a room that feels cohesive.

13 Israel/Palestine Today (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: Christie Theater in University Union
Presenter: Jerry Rodesch
Coordinator: Sue Johnson
Coordinator Email: smjohnson718@gmail.com
Dates: 3/7 3/14
Time: 10 a.m.-12 p.m.  Limit: 150
A little more than a century ago began a costly struggle between two peoples to possess the same land. The spectacular success of the state of Israel has not broken the often violent resistance of Palestinians to the Zionist movement. The first session of the course will survey the historical background and the second will focus on the current situation at the time of the class.

14 Gentle Yoga (R)
Class Type: Classroom
Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Time: 1-2 p.m.  Limit: 25
Join Ginny for a gentle practice of mindfulness, stretches, gentle yoga poses and movements coordinated with the breath. This yoga can be done on the floor or in a chair or as a combination of both, according to your body’s needs. You will need to bring a yoga mat, water bottle and to wear comfortable, non-binding clothes or yoga apparel. Chairs will be available to use and if you’d like to bring props (block, towel, blanket, bolster, etc.) to enhance your practice feel free, but they are not required. Ginny often incorporates mantra, seed sounds, visualization and meditation into her yoga sessions, and each includes a 5-10 minute Savasana (final resting pose) for total relaxation.

15 Mystics of the Middle Ages (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Sister Elise Cholewinski
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 3/7 3/14 3/21
Time: 1-3 p.m.  Limit: 30
We will explore the meaning of being a mystic. Then we will look at the teachings of some of the great mystics of the Middle Ages. Finally, we study the influence that they have had on modern spirituality.
16 Tatted Flowers (C)

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH230  
**Presenter:** Nona Litzelman  
**Coordinator:** Mary Cook  
**Coordinator Email:** mjcook42@att.net  
**Dates:** 3/7, 3/14, 3/21, 3/28  
**Time:** 1-3 p.m.  
**Limit:** 20

Tat a variety of flower patterns to welcome spring. This course is for anyone who has already mastered the basics of shuttle tatting. Participants will need at least 2 tatting shuttles and 3 to 4 different colors of thread in size 20, or size 10, if preferred. Patterns will be emailed to participants prior to each class session. Nona will be presenting via Zoom from a different location to participants gathered in RH230. Nona is moving to Madison before her class is held. She will be leading it from Zoom; participants will be in Rose Hall.

17 Slow Vinyassa Flow Yoga (R)

**Class Type:** Classroom  
**Location:** Green Bay  
**Classroom:** Allouez Village Hall  
**Presenter:** Ginny Lee Siscoe  
**Coordinator:** Contact the LLI Office to Volunteer  
**Coordinator Email:** lli@uwgb.edu  
**Dates:** 3/7, 3/14, 3/21, 3/28, 4/11, 4/18  
**Time:** 2:30-3:30 p.m.  
**Limit:** 25

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

18 Geological Wonders of the Earth (N)

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH230  
**Presenter:** Gary Dallman  
**Coordinator:** Karen Dallman  
**Coordinator Email:** kdallman@new.rr.com  
**Dates:** 3/14, 3/21  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

This course presents four DVD programs from the Great Courses series on *Geological Wonders of the Earth* by Professor Michael Wysession with added material contributed by Gary Dallman, who has visited each site. Programs include Mount Fuji, Galapagos Rift, African Rift Valley and Iguazu Falls.

19 Strength and Balance for Seniors (R)

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH220  
**Presenter:** Nick Baudhuin  
**Coordinator:** Wes Carvenough  
**Coordinator Email:** wcarvenough@new.rr.com  
**Dates:** 3/21  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

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.
20 RV Life: “I Love It” (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Ken Braband
Coordinator: Mary Braband
Coordinator Email: mbraband5@gmail.com
Dates: 3/28
Time: 10 a.m.-12 p.m.  Limit: 30
Are you considering joining the rapidly growing lifestyle of RV ownership and wondering where to start? There’s a lot to learn and many decisions to make. In this fun and informative class, Mary and Ken will describe types of recreational vehicles on the market, how to decide which one is right for you, buying tips, and how to get the most out of your RV after the purchase, including helpful “do’s” and “don’ts” about RV travel.

21 Safeguarding Our Communities (N)
Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Paula Gruszynski
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 3/28
Time: 11:45 a.m.-1 p.m.  Limit: 32
We provide an overview of opioids, suggest actions to address local problems and concerns, demonstrate how to administer Narcan and highlight the Syringe Service Programs run by local public health departments. Attendees are eligible to receive a $40 personal medication lock box, opioid emergency kit and safe sharps disposal containers from the M&M Area Community Foundation. All items, as well as lunch, are provided free of charge from the M&M Area Community Foundation.

22 Women in World War II - Women’s Air Force Support (WASP) (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Robert Cook
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 3/28
Time: 1-3 p.m.  Limit: 50
During WWII we built thousands of aircraft. The problem was how to get them to the training facilities or overseas preparation areas. Every male pilot used for this job was one who couldn’t fight the war. Two amazing women proposed a shocking answer: have women do the job. We will explore the origins of the Women’s Air Force Support Pilots Service, the role women played and their effect on the war effort.

23 Healthy Living for your Brain & Body (N)
Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Allyson Jones
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 3/28
Time: 1:30-3:30 p.m.  Limit: 50
An educational program in conjunction with the Alzheimer’s Association. 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. We will use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

The Alzheimer’s Association® envisions a world without Alzheimer’s and all other dementia.® They lead the way by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Learn more about their impact.
24 Simply Scrumptious Scones (R)

Class Type: Classroom
Location: Green Bay
Classroom: First Presbyterian Church
Presenter: Terry Smith
Coordinator: Gloria Gaie
Coordinator Email: ggaie@sbcglobal.net
Dates: 4/4
Time: 10 a.m.-12 p.m.  Limit: 16

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

25 Winter Tree Identification (N)

Class Type: Outdoor
Location: Sheboygan
Classroom: Ellwood H. May Environmental Park
Presenter: Samantha Lammers, Ellwood H. May Environmental Park Director
Coordinator: Liz Koehler
Coordinator Email: lizkoehler@gmail.com
Dates: 4/4
Time: 10 a.m.-12 p.m.  Limit: 20

How can you identify trees without looking at their leaves, fruit or flowers? In this presentation, Park director Samantha Lammers will lead us through other fascinating ways to identify trees in the winter time. We will begin in the Pavilion where we will learn some basic tree identification and get our identification guides. Then we will head out to two main ecosystems in the park to put our knowledge to the test! Terrain may be uneven at times so prepare for a moderate hike. Please dress for any weather condition.

26 Let’s Talk Turkeys (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Jeffrey Pritzl
Coordinator: Jim Hinckley
Coordinator Email: hinkqtrhorse@earthlink.net
Dates: 4/11
Time: 10 a.m.-12 p.m.  Limit: 150

For almost 100 years, the Wisconsin woods were missing a distinctive sound. Several generations of Wisconsinites never heard the gobble of a wild turkey resonate through a valley. Things have come full circle, and younger generations assume they have always been here. The recovery of the wild turkey in Wisconsin and across the country is one of the greatest conservation success stories in history. But with any story of abundance comes the question of too much of a good thing.

27 Vegetable Gardening Tips (N)

Class Type: Outdoor
Location: Green Bay Campus
Classroom: Weidner Center
Presenter: Sue Schuette
Coordinator: Bob Cook
Coordinator Email: rcook9@att.net
Dates: 4/11
Time: 10 a.m.-12 p.m.  Limit: 25

Share gardening tips with other vegetable gardeners and “wanna-be's.” Learn about varieties of vegetables that grow well in our area, organic ways to control pests and diseases, etc. By answering each other’s questions, participants can become more successful gardeners. We will meet outside under the front canopy of the Weidner Center. Please bring a lawn chair and notepad and pen to take notes.

28 Know Your Movie Classics! A Second Look... (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: David Coury Ph.D.
Coordinator: Jim Hinckley
Coordinator Email: hinkqtrhorse@earthlink.net
Dates: 4/11 4/18
Time: 1-3 p.m.  Limit: 50

Ever wonder why certain films are considered classics? What makes “Citizen Kane” a great film? Or “Casablanca?” This course will offer another look at classic American and international films and offer historical context, analysis and a discussion about what makes them great.
29 ASPIRO: Creating Opportunities for Individuals with Disabilities (R)

Class Type: Tour
Location: Green Bay
Classroom: Aspiro
Presenter: Nicole Hoffmann
Coordinator: Karen Lacey
Coordinator Email: laceyk@uwgb.edu
Dates: 4/25
Time: 1-3 p.m.  Limit: 15

This tour and class will explore opportunities for individuals with disabilities to live their best lives. It will focus on ways that ASPIRO supports life after high school through work, recreation, day services and more.

30 Glass Fusion Jewelry - Session A (R)

Class Type: Classroom
Location: Green Bay
Classroom: Festival Foods Community Room
Presenter: John Hathaway
Coordinator: Mary Schuster
Coordinator Email: maryschuster2@att.net
Dates: 5/2 5/9
Time: 10 a.m.-12 p.m.  Limit: 12

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

31 Robber Barons (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Robert Cook
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 5/2 5/9 5/16 5/23
Time: 10 a.m.-12 p.m.  Limit: 30

From the 1820’s to the early 1900’s, America transformed itself from an agricultural economy to an industrial giant. In doing so, it surpassed many of the European countries that had been the economic powers of the early 19th century. This course will discuss the men who were instrumental in that transformation: Cornelius Vanderbilt, Jay Gould, Andrew Carnegie, John D. Rockefeller and J.P. Morgan. Were they entrepreneurs or were they Robber Barons?

32 From the Heart: Techniques for Reducing Stress & Building Resilience (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: David J. Ferguson, MD
Coordinator: Karen Dallman
Coordinator Email: kdallman@new.rr.com
Dates: 5/2
Time: 10-11:30 a.m.  Limit: 25

Life sure can get complicated. Chronic emotional stress, characterized by feelings of anger, anxiety and frustration, can adversely impact 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.
33 Glass Fusion Jewelry - Session B (R)

Class Type: Classroom  
Location: Green Bay  
Classroom: Festival Foods Community Room  
Presenter: John Hathaway  
Coordinator: Jan LaSota  
Coordinator Email: bjlasota@gmail.com  
Dates: 5/2 - 5/9  
Time: 1-3 p.m.  
Limit: 12

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

34 Wild Flowers of Wisconsin (N)

Class Type: Outdoor  
Location: Sheboygan  
Classroom: Ellwood H. May Environmental Park  
Presenter: Samantha Lammers, Ellwood H. May Environmental Park Director  
Coordinator: Liz Koehler  
Coordinator Email: lizkoehler@gmail.com  
Dates: 5/9  
Time: 10 a.m.-12 p.m.  
Limit: 20

Discover the beautiful world of Wisconsin Wildflowers at Ellwood H. May Environmental Park in Sheboygan! In this presentation, Park Director Samantha Lammers will cover upwards of 30 species of wildflowers and the ecosystems where they can be found in Wisconsin. We will be covering wildflowers in a wide variety of seasons. After a brief presentation, we will head out to the Maywood property to discover some wildflowers for ourselves. Please dress for any weather condition as a portion of the programming will be outside.

35 Celebrate Spring Bounty with Chef Diana (N)

Class Type: Classroom  
Location: Manitowoc  
Classroom: Roadside Cucina and Cannery in Manitowoc  
Presenter: Diana Beschta  
Coordinator: Jean Rausch  
Coordinator Email: jrausch0712@gmail.com  
Dates: 5/16  
Time: 10 a.m.-1 p.m.  
Limit: 12

Do you enjoy going to your local farmer’s market? Farmer’s markets start in May, and there are plenty of reasons to go — peas, asparagus, spinach, herbs, rhubarb, just to name a few. Join Chef Diana as she demonstrates and instructs how you can use the spring bounty (depending on availability) to prepare a delicious lunch. Please bring an apron, hair tie or covering. We will spend time outdoors under a tent (dress accordingly). A $10 fee for supplies is due at registration.

36 Popular Songs of the Gershwin Brothers (N)

Class Type: Video Recording  
Presenter: Terence O’Grady, PhD  
Coordinator: Contact the LLI Office to Volunteer  
Coordinator Email: lli@uwgb.edu  
Dates: 5/16  
Time: Video link sent by 8 a.m.  
Limit: Unlimited

George and Ira Gershwin were without a doubt the greatest of the songwriting siblings of the 1920s and 1930s, collaborating on several hit musicals and together producing some of the finest popular songs of the 20th century. While George was also a successful composer in a more classical style, this class will focus on the popular songs which the two brothers collaborated on, such as “I Got Rhythm”, “Fascinating Rhythm,” “Someone to Watch Over Me,” “Nice Work If You Can Get It,” and many others.
37 Wild Edibles in Wisconsin (N)

Class Type: Outdoor
Location: Sheboygan
Classroom: Ellwood H. May Environmental Park in Sheboygan
Presenter: Samantha Lammers, Ellwood H. May Environmental Park Director
Coordinator: Liz Koehler
Coordinator Email: lizkoehler@gmail.com
Dates: 6/6
Time: 10 a.m.-12 p.m.  Limit: 20

What’s in our woods? Join us at Maywood for some wild edible hunting. We will be discussing and finding wild edibles in the park while using field guides for proper identification. Park Director Samantha Lammers will lead a group through popular edible ecosystems and also teach about seasonal summer and fall edibles as well. The program will finish with a few taste tests, if you are so inclined. Please dress for any weather condition and be prepared to get a bit dirty with this program!

Tuesday

38 Understanding and Interpreting Aquifers and Water Quality (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH250
Presenter: John Luczaj
Coordinator: Karen Dallman
Coordinator Email: kdallman@new.rr.com
Dates: 1/4
Time: 1-3 p.m.  Limit: 150

The course will begin with an overview of aquifers of Northeast Wisconsin and the water quality problems they face. This will be followed by a demonstration of how to find and interpret publicly available well-construction reports and water quality data. Although tech support is not provided, you may bring your laptop, tablet or phone and connect to the UWGB guest wireless network to participate and find your own well information.

39 Uninvited Guests: Arthropods In Your House (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH250
Presenter: Michael Draney
Coordinator: Karen Dallman
Coordinator Email: kdallman@new.rr.com
Dates: 1/11
Time: 10 a.m.-12 p.m.  Limit: 250

No matter where you live, you will encounter arthropods in your house occasionally. This causes many people a lot of needless worry, and a lot of needless and even dangerous pesticides are used in U.S. homes every year. Many of these “uninvited guests” want their stay to be a short one; most can be safely ignored or are actually beneficial, and only a few can really be considered harmful pests. UWGB Entomology professor Mike Draney will show you how to tell when the animal is truly a concern, and what to do about it.

40 BEER: Brewing and Packaging Beer with Stillmank Brewing Company (R)

Class Type: Tour
Location: Green Bay
Classroom: Stillmank Brewing Company
Presenter: Brad Stillmank
Coordinator: Nancy Whitfield
Coordinator Email: 2atpeaceful@netnet.net
Dates: 1/18  Changed to 2/15
Time: 1-2:30 p.m.  Limit: 20

Learn the ins and outs of raw material selection, brewing process and packaging techniques in making craft beer in Northeast 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.
41 Continuing Issues (R)
Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Steve Jansen  
Coordinator: Mike DeGrand  
Coordinator Email: mdegrand@new.rr.com  
Time: 1-3 p.m.  Limit: 50
Discussion of international, national, state and local issues. A variety of opinions is valued. Class members will respect the other member’s opinions and not condemn. Members are asked to email suggested topics of discussion four days prior to each class at: sjansen9@new.rr.com.

42 Volcanoes and Their Human Impact (N)
Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH250  
Presenter: Shawn J. Malone  
Coordinator: Karen Dallman  
Coordinator Email: kdallman@new.rr.com  
Dates: 1/18  
Time: 1-3 p.m.  Limit: 250
Participants will explore the interactions between volcanic activity and human societies over a range of spatial and temporal scales. We will learn about the basic geologic processes related to volcanoes, placing them in a scientific context. Then, participants will explore how these processes impact humanity through means as diverse as lava flows, ash fall, tsunamis and global climatic change.

43 Vision Board: 2022 and You! (N)
Class Type: Classroom  
Location: Marinette Campus  
Classroom: M107  
Presenter: Linda Berry  
Coordinator: Contact the LLI Office to Volunteer  
Coordinator Email: lli@uwgb.edu  
Dates: 1/18  Date Changed: TBD  
Time: 1-3 p.m.  Limit: 12
A new year, a new beginning, and here is a creative way to make sure you are doing what makes you happy! Vision Boards are a way to open yourself up to a new and inspiring journey.

44 Design for 3D Printing and Laser Cutting (N)
Class Type: Classroom  
Location: Green Bay  
Classroom: STEM Innovation Center  
Presenter: Dennis Rockhill  
Coordinator: Sue Rocheleau  
Coordinator Email: sueroch@yahoo.com  
Dates: 1/25  2/1  
Time: 10 a.m.-12 p.m.  Limit: 10
Dip your toes into digital fabrication. We’ll show you how to create digital files to output to a 3D printer and a laser cutter. It’s fun and easier than you think! We’ll supply the computers, the software and all fabrication materials. You’ll need to bring your creativity. A course fee of $15 is due at time of registration.

Stay Connected!
Our website and Facebook page are great sources for LLI information. Check us out at www.uwgb.edu/lli and like us on Facebook!
45 You Have Something Beautiful to Share: Let’s Talk (N)

**Class Type:** Live Online (Zoom)
**Presenter:** Barb Michaels
**Dates:** 1/25
**Time:** 10-10:45 a.m.  **Limit:** 25

We may live one third of our years in post-retirement. Seeking meaningful and impactful experiences is important to us and to our communities where we live, work and play. Certain segments of our economy thrive on volunteers. Learn the unexpected health benefits of volunteering and where you can connect to explore and share something beautiful with others.

46 7 Step Chair Caning (R)

**Class Type:** Classroom
**Location:** Green Bay Campus
**Classroom:** RH230
**Presenter:** Bill Seleen
**Coordinator:** Contact the LLI Office to Volunteer
**Coordinator Email:** lli@uwgb.edu
**Dates:** 1/25  2/1  2/8  2/15  2/22
**Time:** 1-3 p.m.  **Limit:** 8

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

47 Needle Felting a Pincushion (R)

**Class Type:** Classroom
**Location:** Green Bay Campus
**Classroom:** RH315
**Presenter:** Gretchen Berg
**Coordinator:** Gloria Gaie
**Coordinator Email:** ggaie@sbcglobal.net
**Dates:** 2/1  2/8
**Time:** 1-3 p.m.  **Limit:** 8

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

48 Make a Hanging Lamp (N)

**Class Type:** Classroom
**Location:** Green Bay Campus
**Classroom:** STEM Innovation Center
**Presenter:** Dennis Rockhill
**Coordinator:** Contact the LLI Office to Volunteer
**Coordinator Email:** lli@uwgb.edu
**Dates:** 2/8  2/15
**Time:** 10 a.m.-12 p.m.  **Limit:** 10

Light up your life in your own way. We will make hanging lamps in which you will create the shape of the lamp, and design and fabricate the shades. It’s fun and easy — and the results are always surprising! A materials fee of $25 is due at time of registration.

49 Your Bicycle and You (N)

**Class Type:** Classroom
**Location:** Marinette Campus
**Classroom:** M107
**Presenter:** John Haines
**Coordinator:** Eileen Beyer
**Coordinator Email:** eileenbeyer@new.rr.com
**Dates:** 2/8  2/10
**Time:** 10 a.m.-12 p.m.  **Limit:** 24

Get to know your bicycle and the methods for “tuning it up” for the season. Starting your summer cycling season with a well-tuned bicycle will provide you with the optimal summer riding experience.

(N) – New Course  (R) – Repeat  (C) – Continuing
50  Zentangle Hearts (N)

Class Type: Classroom  
Location: Marinette Campus  
Classroom: M107  
Presenter: Linda Berry, CZT  
Coordinator: Contact the LLI Office to Volunteer  
Coordinator Email: lli@uwgb.edu  
Dates: 2/8  
Time: 1-3 p.m.  
Limit: 12

February is the month of LOVE and what better way to show yours than by creating a Zentangle heart for Valentine’s Day. Come explore the world of Zentangle, learn relaxing patterns and just have fun. No art experience necessary.

51  How Record Water Levels Impact Great Lakes Coastal Wetland Birds and Anurans (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Erin Giese  
Coordinator: Vickie Keigley  
Coordinator Email: vakeigley@gmail.com  
Dates: 2/8  
Time: 9:30-11 a.m.  
Limit: 50

Great Lakes water levels can naturally fluctuate by a few inches in a matter of minutes or over 3 feet across decades, which can affect the Great Lakes coastal zone, shoreline, and flora and fauna. Attendees will learn about what causes these lake level fluctuations, how birds and anurans (frogs/toads) are impacted by them, how scientists are studying these unique ecosystems and wildlife, and ways you can help coastal wetland biota.

52  Upcycling: It’s Not A Trend (N)

Class Type: Classroom  
Location: Marinette Campus  
Classroom: M107  
Presenter: Ellen Grabian/ReUse Store Manager  
Coordinator: Eileen Beyer  
Coordinator Email: eileenbeyer@new.rr.com  
Dates: 2/22  
Time: 10 a.m.-12 p.m.  
Limit: 24

Upcycling is not the same as recycling! While both are amazing for an impact on our environment, we’ll be focusing on learning about what upcycling is, pros and cons, three major benefits of upcycling and what one local non-profit (Fuller Center for Housing/Reuse Store) does to incorporate it within their mission. Please complete an upcycling project.

53  Laser Cut Art Coasters (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: STEM Innovation Center  
Presenter: Dennis Rockhill  
Coordinator: Bob Cook  
Coordinator Email: rcook9@att.net  
Dates: 2/22  
Time: 10 a.m.-12 p.m.  
Limit: 10

I made this! It’s always a satisfying answer when someone asks about something you created. In this workshop, we’ll make drink coasters from layers of laser cut wood and acrylic. Imagine the discussion as your friends set their glasses on these coasters! We’ll supply the computers, the know-how and all supplies — you bring the creativity. A materials fee of $25 is due at time of registration.
54 Low Carbohydrate Approach for Treating Diabetes (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH230  
Presenter: Sherri Szczepanski, APNP  
Coordinator: James A Hinckley  
Coordinator Email: hinkqtrhorse@earthlink.net  
Dates: 3/1  
Time: 1-3 p.m.  
Limit: 50

Type 2 diabetes has often been referred to as a lifelong progressive chronic illness, typically worsening over time and requiring more and more medications. Did you know that since 2019, The American Diabetes Association recommends consideration of a low carbohydrate diet and lifestyle changes in treatment of type 2 diabetes. Sherri Szczepanski, APNP, will discuss the use of a low carbohydrate dietary approach and why it is so effective, and answer common questions and concerns: Is eating fat safe? What about cholesterol? What are heart risks?

55 Under the Trench Coat (R)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Colleen Belongea  
Coordinator: Mary Cook  
Coordinator Email: mjcook42@att.net  
Dates: 3/8  
Time: 10 a.m.-12 p.m.  
Limit: 50

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

56 Decorating Outdoor Living Spaces (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH230  
Presenter: Vickie Linssen  
Coordinator: Ed Smith  
Coordinator Email: edsmith000@sbcglobal.net  
Dates: 3/8  
Time: 10 a.m.-12 p.m.  
Limit: 50

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

November is National Diabetes Month, an annual event to boost awareness about the risk factors, symptoms, and types of diabetes. If you’ve been recently diagnosed with either Type 1 or Type 2, or if you are considered pre-diabetic, check out the resources of the American Diabetes Association®.
57 Digital Camera: Techniques for Web and Print (N)
Class Type: Classroom
Location: Manitowoc Campus
Classroom: F170
Presenter: Sr. Mariella Erdmann
Coordinator: Sue Johnson
Coordinator Email: smjohnson718@gmail.com
Dates: 3/8  3/15  3/22
Time: 1-3 p.m.  Limit: 25
Learn about the different types of digital cameras and their settings. You will learn the basics of good picture taking using the elements and principles of design, important editing tools found in Photoshop or the free program GIMP and the difference between quality pictures for the web vs. those for print.

58 Sap to Syrup (R)
Class Type: Outdoor
Location: Appleton
Classroom: Bubolz Nature Preserve
Presenter: Erica Bukouricz
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 3/15
Time: 10 a.m.-12 p.m.  Limit: 30
Enjoy the sweetness of spring with the magic of maple syrup season at the Bubolz Nature Preserve in Appleton. Participants will learn the history and process of making maple syrup from the sugar bush to the sugar shack. If the sap is running, we will tap a maple tree and enjoy ice cream topped with maple syrup. A $5 fee is due on day of class.

59 Sugar Bush - Making Maple Syrup (N)
Class Type: Outdoor
Location: Kaukauna
Classroom: 1000 Islands Environmental Center
Presenter: Debra Nowak
Coordinator: Sue Johnson
Coordinator Email: smjohnson718@gmail.com
Dates: 3/22
Time: 10 a.m.-12 p.m.  Limit: 20
Learn the science, history and art of making maple syrup at 1000 Islands Environmental Center in Kaukauna. Participants will get to see and take part in the entire process from identifying maple trees to tasting the sweet end result. A $2 fee is due on day of class.

60 Woodturning: How to Get Started (N)
Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Ronald Cuyler
Coordinator: Linda J Berry
Coordinator Email: ljberry23@gmail.com
Dates: 3/22
Time: 10 a.m.-12 p.m.  Limit: 12
If you have been thinking about woodturning as a new hobby, then this is the class for you! We will go over all the basics, from safety to the equipment and tools you will need. This class is for those who are just curious to learn more, to those who have started and need more help.

61 ESP Evaluation & Development (R)
Class Type: Live Online (Zoom)
Presenter: Deb Klein
Dates: 3/22
Time: 1-3 p.m.  Limit: 10
Have you ever had a gut feeling that kept you safe? How about a flash of intuition that turned out to be just what you needed at the time? Then come join us online for a light and lively class where your ESP skills will be evaluated through the use of Zener Cards, followed by a short remote-viewing session. Register for Session A or B, but not both please.
**62 Birds of Prey in NE WI (R)**

**Class Type:** Classroom  
**Location:** Green Bay  
**Classroom:** Wildlife Sanctuary  
**Presenter:** Lori Bankson  
**Coordinator:** Vickie Keigley  
**Coordinator Email:** vakeigley@gmail.com  
**Dates:** 3/29  
**Time:** 1:30-3:30 p.m.  
**Limit:** 50

Come learn about some of the different hawks, falcons, owls, and eagles found in Northeast Wisconsin. You’ll learn about their natural history, common reasons they are admitted to the rehab program and their treatment, what volunteers do to help care for them, and where you may find them in the wild in our area. Class will be held in the Nature Center auditorium at the Wildlife Sanctuary. Attendees will have the chance to meet several of our bird of prey ambassadors who live at the Bay Beach Wildlife Sanctuary and help teach about their wild counterparts! Ambassador birds you could meet: Great Horned Owl, Red-Tailed Hawk, Barred Owl, Eastern Screech Owl or American Kestrel.

**63 Geocaching Adventure Lab (N)**

**Class Type:** Live Online (Zoom)  
**Presenter:** Ray Osinski  
**Dates:** 4/5  
**Time:** 10-11:30 a.m.  
**Limit:** 100

Experience a new kind of adventure app that allows you to create, play, and share unique outdoor scavenger hunts, experiences and games. Learn how the Adventure Lab guides players through a process of finding clues, solving puzzles, and completing “adventures” one location at a time.

**64 Manitowoc County Joint Dispatch Tour (R)**

**Class Type:** Tour  
**Location:** Manitowoc  
**Classroom:** Manitowoc County Joint Dispatch Center  
**Presenter:** Angela Obry, Dispatch Supervisor  
**Coordinator:** Ellen Framness  
**Coordinator Email:** ellenf@framnett.net  
**Dates:** 4/5  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 20

Find out what happens behind the scenes at the Joint Dispatch Center when you have an emergency and dial 911.

**65 Using Local, State, and Federal Laws to Protect the Waters of Northeast Wisconsin (N)**

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH220  
**Presenter:** Dean Hoegger, Executive Director of Clean Water Action Council of Northeast Wisconsin  
**Coordinator:** Contact the LLI Office to Volunteer  
**Coordinator Email:** lli@uwgb.edu  
**Dates:** 4/5  
**Time:** 1-3 p.m.  
**Limit:** 50

Hoegger will inform the audience about laws that provide citizens and organizations legal opportunities to force polluters to cease permit violations, seek penalties for violations, and force government agencies to act to enforce the law. Examples of local cases, some of which have gone to the Wisconsin State Supreme Court, will be discussed. Strategies to pass ordinances and statutes to protect the waters of Northeast Wisconsin will also be discussed in an interactive format with the audience. Hoegger has a master’s degree in Curriculum and Instruction and taught for 30 years. He also has a Paralegal degree with an emphasis in environmental law.
66 Pastel Drawing (N)
Class Type: Classroom  
Location: Marinette Campus  
Classroom: Theatre on the Bay Fine Arts Building-Art Studio  
Presenter: Jim Lamalfa, Associate Professor Emeritus  
Coordinator: Mary Gajeski  
Coordinator Email: Tiz2wiz@gmail.com  
Dates: 4/12  
Time: 10 a.m.-12 p.m.  
Limit: 25
Explore the medium of pastel drawing. Your instructor will show examples of this art form and discuss the techniques of drawing with pastels. Participants should bring pastels and drawing paper.

67 Re-districting and the Need to End Gerrymandering (N)
Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH230  
Presenter: Dan Theno  
Coordinator: Theresa Reiter  
Coordinator Email: treiter06@gmail.com  
Dates: 4/19  
Time: 10 a.m.-12 p.m.  
Limit: 50
This course will explore the process of re-districting state legislative and congressional districts and the issues raised when partisan gerrymandering is inserted in the process.

68 Pollinators + Pollination + Plants = Life (R)
Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Annette Weissbach  
Coordinator: Pati Wiegand  
Coordinator Email: pati_927@yahoo.com  
Dates: 4/19  4/26  
Time: 10 a.m.-12 p.m.  
Limit: 50
The synergy between pollinators, pollination and native plants is vitally important to our survival. In the first session you’ll see how we impact pollinators with our landscape decisions and the great variety of pollinators among us. The second session will showcase our beautiful local native plants and garden designs that include natives in your landscape. “As gardeners and stewards of our land, we have never been so empowered to help save biodiversity from extinction.” Douglas Tallamy, “Bringing Nature Home.”

69 Literary Cafes/Legendary Cafes: American Writers in Paris (continued) (C)
Class Type: Live Online (Zoom)  
Presenter: David Collins, PhD  
Dates: 4/26  
Time: 10 a.m.-12 p.m.  
Limit: 150
Walk with Dave Collins (Professor of English, Emeritus) as he makes his way from the Deux Magots in St. Germain-des Pres to the Dome in Montparnasse in Paris with stories set in the legendary cafes where American writers from the twenties to the present have found inspiration — and sometimes trouble.

70 Mixed Media Exploration (N)
Class Type: Classroom  
Location: Marinette Campus  
Classroom: M107  
Presenter: Linda Berry  
Coordinator: Contact the LLI Office to Volunteer  
Coordinator Email: lli@uwgb.edu  
Dates: 4/26  
Time: 1-3 p.m.  
Limit: 10
Come for a “play date” with watercolor and acrylic paint. Learn fun ways to create texture to use in your art journals, cards or to expand your own art practice. You are only limited by your imagination!
71 Wild About Waterfowl (R)

Class Type: Outdoor
Location: Green Bay
Classroom: Barkhausen Waterfowl Preserve
Presenter: Brown County Parks-Barkhausen Waterfowl Preserve
Coordinator: Sue Johnson
Coordinator Email: smjohnson718@gmail.com
Dates: 5/3
Time: 10 a.m.-12 p.m.  Limit: 15

This is a walking class at Barkhausen. You will be looking for ducks, geese and other waterfowl as they migrate back to Wisconsin. Staff will talk about species identification, bird habitat and migration. Details will be emailed to the roster. A $5 fee is due on day of class.

72 Life of the Bay: The Connection of First Nations to Land & Water (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Stephanie Dodge
Coordinator: Jan LaSota
Coordinator Email: bjlasota@gmail.com
Dates: 5/3
Time: 10-11 a.m.  Limit: 50

The Bay of Green Bay holds strong cultural, historical and spiritual significance for First Nation communities, specifically, Menominee and Ho Chunk, as well as Potawatomi. Take a moment to learn about the interconnected relationship between land, water and First Nation’s people.

73 Tour of Manitowoc’s Sabbatical Brewing Company (N)

Class Type: Tour
Location: Manitowoc
Classroom: Sabbatical Brewing Company
Presenter: Will Schneider
Coordinator: Liz Koehler
Coordinator Email: lizkoehler@gmail.com
Dates: 5/3
Time: 1-3 p.m.  Limit: 30

Experience behind the scenes on a “Live Brew Day” at Manitowoc’s newest brewery, Sabbatical Brewing Company. The family will share how they got started on their journey to opening their own brewery. Learn about the process of brewing and the differences in styles of beers, ciders and seltzers. After the presentation, stay, relax and purchase a sample of the variety of choices they offer.

74 Living Well with Jin Shin Jyutsu (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Gail Okray
Coordinator: Kathy Bergner
Coordinator Email: kmbergner29@gmail.com
Dates: 5/10
Time: 10 a.m.-12 p.m.  Limit: 50

Need oil for your joints? Creaky? Stiff? Difficulty getting up and moving in the morning? This class will utilize the philosophy of Jin Shin Jyutsu, a non-invasive touch therapy that restores unity to the invisible energy pathways in the body. This class will inspire chronic pain patients to find hope, empowerment and healing, to help manage fatigue, pain, restless leg syndrome and stress, and to discover practical ways to empower you to help yourself. There are no physical restrictions for this class. Self-care is available to all. Dress comfortably. Participants will remain seated during class.

Jin Shin Jyutsu® physio-philosophy is an art of harmonizing the life energy in the body. Born of innate wisdom and passed down from generation to generation by word of mouth, the Art had fallen into relative obscurity when it was dramatically revived in the early 1900’s by Master Jiro Murai in Japan.
75 Guided Walk in Baird Creek: Ecology and History (R)

Class Type: Outdoor
Location: Green Bay
Classroom: Baird Creek Parkway at Christa McAuliffe Park
Presenter: Charles Frisk
Coordinator: Mary Schuster
Coordinator Email: maryschuster2@att.net
Dates: 5/10
Time: 10 a.m.-12 p.m.  Limit: 30

See the natural beauty of one of Green Bay’s gems with a guided walk in nature. This area has been a long-standing preserve for local wildlife and an environmental jewel. Each season brings different views and plant life. Learn more about it for future generations to protect and enjoy.

76 Behind the Scenes Look at the Weidner (R)

Class Type: Tour
Location: Green Bay Campus
Classroom: Weidner Center
Presenter: Stephanie Maufort
Coordinator: Kathy Bergner
Coordinator Email: kmbergner29@gmail.com
Dates: 5/10
Time: 1-3 p.m.  Limit: 50

Have you ever wondered what actually goes on behind the scenes at the Weidner Center on the UW-Green Bay campus? Are you aware that there are actually four areas used for performances? If you wonder and have questions, then come and join the Weidner staff as they share insights 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 still will be some walking. Please park in the Weidner lots and enter through the main entry.

77 Authentic 1850’s Windmill Tour - Session B (R)

Class Type: Tour
Location: Little Chute
Classroom: Little Chute Windmill
Presenter: Volunteers
Coordinator: Mary Gajeski
Coordinator Email: Tiz2wiz@gmail.com
Dates: 5/17
Time: 10 a.m.-12 p.m.  Limit: 16

Be amazed! Experience history and discover how Little Chute came to be through immigration in the mid 1800’s. Learn how technology harnessed wind power to benefit the lives of the Dutch by visiting a fully functioning authentic 1850’s windmill that grinds grain into flour. Explore the Dutch artifacts found in the museum and even search out genealogy to find out if you are a descendent of an original founding citizen of Little Chute. A course fee of $6 is due on day of class.

78 Antarctica By Way of South Georgia (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220 Mauthe Center
Presenter: Terry McGrew
Coordinator: Jan LaSota
Coordinator Email: bjlasota@gmail.com
Dates: 5/17
Time: 10 a.m.-12 p.m.  Limit: 50

Photography travelogue of journeying to these two fascinating destinations.

79 Zentangle in Black and White (N)

Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Linda Berry, CZT
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 5/17
Time: 1-3 p.m.  Limit: 12

Create relaxing patterns through zentangling using both a black and a white pen on an interesting inked tile. You can use this as a single tile or create more for a series. No art experience necessary.
80 Sharon S. Richardson Community Hospice Tour (N)

Class Type: Tour  
Location: Sheboygan Falls  
Classroom: Sharon S. Richardson Community Hospice  
Presenter: Luann Travis  
Coordinator: Jeanne Pfeiffer  
Coordinator Email: jpfeiffer53@att.net  
Dates: 5/24  
Time: 10 a.m.-12 p.m.  
Limit: 15

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

81 Brewing and Sensory Analysis (Tasting) A Primer (N)

Class Type: Classroom  
Location: Menominee  
Classroom: Three Bridge Brewing in Menominee  
Presenter: Kristoffer Rusch  
Coordinator: Diane Shepard  
Coordinator Email: book3ly@hotmail.com  
Dates: 6/7  
Time: 10 a.m.-12 p.m.  
Limit: 12

A simplified explanation of the brewing process with a shallow dive into the enzymes and micro-organisms that assist. Following, we will do an organized tasting, discussing empirical techniques for judging beer quality, off flavors and stylistic differences. A tasting fee of $10 is due on day of class.

82 Health and Care of Birds and How to Attract Them to Your Yard (N)

Class Type: Classroom  
Location: Manitowoc Campus  
Classroom: F170  
Presenter: Lee Hansen  
Coordinator: Liz Koehler  
Coordinator Email: lizkoehler@gmail.com  
Dates: 1/12  
Time: 10 a.m.-12 p.m.  
Limit: 32

Local business owner Lee Hansen with Seeds N Beans will share his knowledge about the differences between bird seeds, suet, feeding stations and more. Also learn how to attract a variety of birds to your yard and keep them coming all year round. What is “clean seed” and how to keep seed dry in the feeders during the wet and cold weather. Discussion will also include the migration of hummingbirds and orioles.

83 Group Piano (R)

Class Type: Classroom  
Location: Green Bay  
Classroom: Jeff’s Piano Sales and Service  
Presenter: Heidi Lueck  
Coordinator: Sue Rocheleau  
Coordinator Email: sueroch@yahoo.com  
Dates: 1/19 1/26 2/2 2/9  
Time: 10-11:30 a.m.  
Limit: 10

This course is geared toward beginners with little or no experience. Anyone, regardless of age, musical background or talent can learn in a fun, relaxed and pressure-free environment. Basic note reading, rhythm and efficient practice techniques are taught. The class will use “Alfred’s Basic Adult Piano Course Book 1” (ISBN 0882846167), which everyone should have on first day of class. This book can be purchased at Jim’s Music, at bookstores or online.
84 Zentangle! What is it? (R)

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH220  
**Presenter:** Elizabeth Carlson, CZT  
**Coordinator:** Vickie Keigley  
**Coordinator Email:** vakeigley@gmail.com  
**Dates:** 1/19  
**Time:** 1-3 p.m.  
**Limit:** 8

Where drawing and relaxation meet to create beautiful patterns. No drawing experience necessary, just a willingness to learn, have fun and relax. A materials fee of $7 is due at time of registration.

85 PetSkull Brewing Company Tour (N)

**Class Type:** Tour  
**Location:** Manitowoc  
**Classroom:** PetSkull Brewing Company  
**Presenter:** Paul Hoffman  
**Coordinator:** Faye Malek  
**Coordinator Email:** faye.malek4901@gmail.com  
**Dates:** 1/26  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 20

Take a tour of Manitowoc’s first craft brewery with a tap room. Learn about the craft beer-making process and enjoy the atmosphere in a newly renovated 100 year-old brick building at 1015 Buffalo Street in Manitowoc. Enjoy a free sample or two upon conclusion of the tour!

86 Any Last Words? (N)

**Class Type:** Live Online (Zoom)  
**Presenter:** Robert Denby  
**Dates:** 1/26  
**Time:** 1-3 p.m.  
**Limit:** 50

When you reach a certain age, you begin to read the local obituaries. Most of them don’t really tell us a lot about the deceased; some of them are downright misleading. Let’s talk about writing an obituary that captures a person’s personality, whether that’s charming, quirky or demanding.

87 Snowshoe Walk at Woodland Dunes Nature Center – Session A (R)

**Class Type:** Outdoor  
**Location:** Two Rivers  
**Classroom:** Woodland Dunes Nature Center  
**Presenter:** Jessica Johnsrud  
**Coordinator:** Jane Hertel  
**Coordinator Email:** herteljm@gmail.com  
**Dates:** 2/2  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 9

Enjoy a snowshoe walk on the trails at Woodland Dunes. Snowshoes, instruction and fun provided! Entire program will take place outdoors; wear warm socks, winter boots and warm clothing. If there is no snow, we will walk on foot. Please adhere to current health and safety recommendations regarding COVID-19. Sign up for Session A or B, but not both.

88 Snowshoe Walk at Woodland Dunes Nature Center – Session B (R)

**Class Type:** Outdoor  
**Location:** Two Rivers  
**Classroom:** Woodland Dunes Nature Center  
**Presenter:** Jessica Johnsrud  
**Coordinator:** Jane Hertel  
**Coordinator Email:** herteljm@gmail.com  
**Dates:** 2/2  
**Time:** 1-3 p.m.  
**Limit:** 9

Enjoy a snowshoe walk on the trails at Woodland Dunes. Snowshoes, instruction and fun provided! Entire program will take place outdoors; wear warm socks, winter boots and warm clothing. If there is no snow, we will walk on foot. Please adhere to current health and safety recommendations regarding COVID-19. Sign up for Session A or B, but not both.
Wednesday Courses

89 Writing Your Memoirs (R)
Class Type: Live Online (Zoom)
Presenter: Lou Ann Norsetter
Dates: 2/2 2/9 2/16 2/23 3/2 3/9
Time: 1-3 p.m.  Limit: 25
This ongoing class continues to be a favorite for both new and seasoned writers. Each class session focuses on different features in “life writing” to engage all levels of writing. Opportunities include sharing your 1-2 page memoir in small and large groups, coaching from other writers, easy exercises to help writers get started and even some suggestions for publishing. We have many returning memoirists but love to hear from new writers too. Consider this class even if you haven’t started a life story yet. This class will be held using Zoom on Feb. 2, 9, 23 and Mar. 2. We will meet in-person on Feb. 16 and Mar. 9.

90 Identifying the Drugs that are Affecting You, Your Family, and Your Community (N)
Class Type: Classroom
Location: Manitowoc Campus
Classroom: F170
Presenter: Lieutenant David Remiker
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 2/9
Time: 10 a.m.-12 p.m.  Limit: 32
Join Lieutenant David Remiker from the Manitowoc County Metro Drug Unit to learn how to recognize the drugs that are affecting your life and your community by knowing the habits of drug users, the effects on the users, and the paraphernalia used with each drug.

91 Starting Your Genealogy & Getting Around the Brick Wall! (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: David Miller
Coordinator: Wes Carvenough
Coordinator Email: wcarvenough@new.rr.com
Dates: 2/9
Time: 11 a.m.-12:30 p.m.  Limit: 50
Have you just started working on your family history and don’t know where to start? Or are you running up against a brick wall in your research? With the advancements in technology, there are lots of new avenues, and you don’t even have to leave your home. This class will show you how to start and some ways to find information on your family history and where to look.

92 Your Home’s Worth/Prepping for Sale (N)
Class Type: Classroom
Location: Manitowoc Campus
Classroom: F170
Presenter: Connie Conrad
Coordinator: Sue Johnson
Coordinator Email: smjohnson718@gmail.com
Dates: 2/9
Time: 1-3 p.m.  Limit: 32
This class will cover the following: 1. Explanation of Comparative Market Analysis (CMA); 2. Steps to take before listing your property for sale; 3. Information about Listing Agreements; and 4. Tips for how to market your property.

93 How Record Water Levels Impact Great Lakes Coastal Wetland Birds and Anurans (N)
Class Type: Live Online (Zoom)
Presenter: Erin Giese
Dates: 2/9
Time: 9:30-11 a.m.  Limit: 200
Great Lakes water levels can naturally fluctuate by a few inches in a matter of minutes or over 3 feet across decades, which can affect the Great Lakes coastal zone, shoreline, and flora and fauna. Attendees will learn about what causes these lake level fluctuations, how birds and anurans (frogs/toads) are impacted by them, how scientists are studying these unique ecosystems and wildlife, and ways you can help coastal wetland biota.
94 Of Toads and Cars: The Wind in the Willows (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH230  
Presenter: Dr. Rebecca Nesvet  
Coordinator: Karen Dallman  
Coordinator Email: kdallman@new.rr.com  
Dates: 2/16 2/23  
Time: 10-11:45 a.m.  
Limit: 50

Kenneth Grahame’s “The Wind in the Willows,” a children’s book published in 1908, has never gone out of fashion. The story of Mole who discovers friendship, Toad who discovers motorcars and their relationship with their ecosystem was published as children’s literature, but the story has a great deal to say to adults, too, particularly in our era of concerns about environmental sustainability and peak oil. Come explore the Wild Woods and the Wild World and hear the song of Great Pan “in the reeds and the willows.” (Note: Students should read “The Wind in the Willows” in advance. Chapter extent for Session 1 TBA.)

95 Mosquito Hill Lowland Snowshoe Hike (N)

Class Type: Outdoor  
Location: New London  
Classroom: Mosquito Hill Nature Center  
Presenter: Adam Brandt  
Coordinator: Vickie Keigley  
Coordinator Email: vakeigley@gmail.com  
Dates: 2/16  
Time: 1-3 p.m.  
Limit: 30

Explore the floodplain forest along the Wolf River at Mosquito Hill Nature Center by snowshoe in this “off trail” hike. You will have a chance to learn how oxbow ponds are formed, why floodplains are important and to see areas of the property rarely accessible to most visitors. The hike will be around 2 miles through snow and across ice on mainly flat terrain. Participants should come prepared to be outside in the elements (cold, snow, ice) for the whole class. Boots, hats, gloves, layers, etc. Snowshoes are available to rent for $4 if you don’t have your own. A $5 fee is due on day of class.

96 Zentangle 2.0 – Session A (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Elizabeth Carlson, CZT  
Coordinator: Sue Rocheleau  
Coordinator Email: sueroch@yahoo.com  
Dates: 2/16  
Time: 1-3 p.m.  
Limit: 8

For those already familiar with the Zentangle basics, this class will explore different shaped tiles, new patterns and introduce color to your work. Supplies will be yours to keep. A fee of $7 is due at time of registration. Register for Session A, B, or C, not more than one.

97 Beginning Line Dancing (R)

Class Type: Classroom  
Location: Green Bay  
Classroom: Calvary Lutheran Church  
Presenter: Jim Huss  
Coordinator: Contact the LLI Office to Volunteer  
Coordinator Email: lli@uwgb.edu  
Dates: 2/16 2/23  
Time: 9:30-11:30 a.m.  
Limit: 50

Beginning Line Dancing is appropriate for those who have never line danced before and those who wish to review and refresh their knowledge of basic steps and terminology before participating in Basic Line Dancing. This recording will allow you to practice the line dancing steps in the comfort of your home.

98 Investigation and Development of Drug Cases (N)

Class Type: Classroom  
Location: Manitowoc Campus  
Classroom: F170  
Presenter: Lieutenant David Remiker  
Coordinator: Contact the LLI Office to Volunteer  
Coordinator Email: lli@uwgb.edu  
Dates: 2/23  
Time: 10 a.m.-12 p.m.  
Limit: 32

Join Lieutenant David Remiker from the Manitowoc County Sheriff’s Department to learn how drug cases are investigated and developed.
99 Piano Ensemble (R)

Class Type: Classroom
Location: Green Bay
Classroom: Jeff’s Piano Sales and Service
Presenter: Heidi Lueck
Coordinator: Mary Cook
Coordinator Email: mjcook42@att.net
Dates: 2/23 3/2 3/9 3/16
Time: 10-11:30 a.m.  Limit: 10

This course is geared toward beginners with some experience with reading music. However, early intermediate musicians will be given more challenging ensemble parts when available. The focus will be on the enjoyment of group playing. The class will use “Adult Piano Course Duet Book 1” (ISBN 0739007807), which everyone should have on first day of class. This book can be purchased at Jim’s Music, at bookstores or online.

100 Painting With Encaustics (Colored Beeswax) (R)

Class Type: Classroom
Location: Green Bay
Classroom: Suamico Community Center
Presenter: Deb O’Harrow
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 2/23
Time: 12-3 p.m.  Limit: 8

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

101 Sacred Mud: Native American Pottery Traditions (N)

Class Type: Live Online (Zoom)
Presenter: Samuel Watson III, Ph.D.
Dates: 2/23
Time: 1-3 p.m.  Limit: 50

This class will explore Native American pottery traditions from precontact times to the contemporary period. The class will emphasize pottery traditions from the Southwest but will cover early pottery produced in the Midwest as well.

102 Shipwrecks of the Great Lakes (N)

Class Type: Classroom
Location: Manitowoc
Classroom: Wisconsin Maritime Museum
Presenter: Cathy Green
Coordinator: Faye Malek
Coordinator Email: faye.malek4901@gmail.com
Dates: 3/2
Time: 10 a.m.-12 p.m.  Limit: 40

The Great Lakes have a rich maritime heritage which can be explored through the study of shipwrecks. Join underwater archaeologist and Wisconsin Maritime Museum Executive Director Cathy Green as she dives into the stories and study of these underwater museums. Cathy is adding new material to this previously delivered presentation.
103 Basic Line Dancing (R)
Class Type: Classroom
Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Huss
Coordinator: Mary Gajeski
Coordinator Email: Tiz2wiz@gmail.com
Time: 9:30-11:30 a.m.  Limit: 50
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. This recording will allow you to practice the line dancing steps in the comfort of your home.

104 Zentangle 2.0 – Session B (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Elizabeth Carlson, CZT
Coordinator: Theresa Reiter
Coordinator Email: treiter06@gmail.com
Dates: 3/9
Time: 1-3 p.m.  Limit: 8
For those already familiar with the Zentangle basics, this class will explore different shaped tiles, new patterns and introduce color to your work. Supplies will be yours to keep. A fee of $7 is due at time of registration. Register for Session A, B, or C, not more then one.

105 Searching Your Irish Genealogy From This Side of the Pond (R)
Class Type: Live Online (Zoom)
Presenter: David Miller
Dates: 3/16
Time: 11 a.m.-12:30 p.m.  Limit: 50
Many libraries and archives in Ireland have recently reopened, although there may still be restrictions as a result of the pandemic. But you can still research online records both here and on the other side of the pond. This is especially important if you are planning to make a genealogy trip in the future to Ireland.

106 Time to play Pinball and Video Games (N)
Class Type: Tour
Location: Algoma
Classroom: Wagalagaland Arcade
Presenter: Andy Van Schyndle
Coordinator: Sue Johnson
Coordinator Email: smjohnson718@gmail.com
Dates: 3/16
Time: 1-3 p.m.  Limit: 25
Join the fun of visiting Wagalagaland, a pinball and video game arcade in Algoma. Wagalagaland has more than 25 machines ready for you to play: Jurassic Park, Flash Gordon, Dracula, Space Invaders, Centipede and many, many more. Learn about all of the different games from the owner and collector Andy VanSchyndle and spend the rest of the time playing the games.

Knowledge Never Retires!
A gift certificate toward an LLI Annual Membership 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.
107  Real Vietnam War (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Ron W. Hoffman
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 3/23
Time: 10 a.m.-12 p.m.  Limit: 50
Ron will share his experiences as a member of the U.S. Marine unit, Charlie Battery, 1st Battalion, 13th Marines. He will cover the time from when he first entered the Marines until the original members of his unit returned home. You will learn more of the big picture of this terrible war.

108  Tour Krueger International (KI): 100% Employee Owned (R)
Class Type: Tour
Location: Green Bay
Classroom: Krueger International
Presenter: John Kersten
Coordinator: Vickie Keigley
Coordinator Email: vakeigley@gmail.com
Dates: 3/23
Time: 10 a.m.-12 p.m.  Limit: 30
This tour of the KI flagship operation in Green Bay will include operations, metal fabrication, robotic welding, chrome plating, painting, assembly and distribution. KI, a contract furniture company, manufactures innovative furniture and moveable wall system solutions for educational, university, business and government markets. Participants MUST wear long pants and closed toe shoes. Safety glasses will be provided on-site. No photography is allowed. This tour will require walking for the entire duration of the tour. Participants are REQUIRED to be COVID-19 vaccinated and may need to provide proof of vaccination to enter the building. Enter the reception area in the front of the building next to the railroad tracks.

109  Cremation: A Hot Topic (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Dan Malcore
Coordinator: Gary Lewins
Coordinator Email: gllewins@gmail.com
Dates: 3/30 4/6 4/13
Time: 10 a.m.-12 p.m.  Limit: 40
A 50 year licensed funeral director discusses cremation and all its dynamics in a light-hearted, interactive format that everyone will feel comfortable with. Two weeks of instruction with third week tour of the cremation. All questions are welcome.

110  Ukrainian Eggs (N)
Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Amanda Winnicki
Coordinator: Linda J Berry
Coordinator Email: ljberry23@gmail.com
Dates: 3/30
Time: 10 a.m.-12 p.m.  Limit: 12
Learn the history and tradition of beautiful Ukrainian Eggs. This class will be hands-on, giving participants the opportunity to learn about the traditional wax-resistant egg-dyeing technique.

111  Social Isolation & The Adult Homeless Population with Tour of St. John’s Homeless Shelter (R)
Class Type: Tour
Location: Green Bay
Classroom: Micah Center
Presenter: Dr. Alexia Wood
Coordinator: Anneliese Waggoner
Coordinator Email: akwaggoner41@gmail.com
Dates: 4/6
Time: 10-11:30 a.m.  Limit: 25
Dr. Alexia Wood, Executive Director of St. John’s Homeless Shelter, gives an overview of the shelter’s role in the Green Bay community. She will examine the pervasive effects of the social isolation experienced by many homeless adults and outline...
an innovative housing model that challenges the established practices of homelessness prevention. The class will meet at the Micah Center, 612 Stuart St., Green Bay. Students will then walk from the Micah Center to the shelter (about 0.3 miles) after the initial presentation.

112  Elon Musk Chapter 2: Mission to Mars (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Ken Haugen
Coordinator: Stu Hoar
Coordinator Email: stuhoar@msn.com
Dates: 4/6
Time: 1-3 p.m.  Limit: 150
Elon Musk plans to land humans on the planet Mars by the year 2026. Space X is working on an interplanetary transport system called Starship ITS that is a reusable transport system.

113  Shipwrecks of the Great Lakes (R)
Class Type: Video Recording
Presenter: Cathy Green
Dates: 4/6
Time: Video link sent by 8 a.m.  Limit: Unlimited
This class is a recording of the shipwrecks class presented in person on March 2, 2022. The Great Lakes have a rich maritime heritage which can be explored through the study of shipwrecks. Join underwater archaeologist and Wisconsin Maritime Museum Executive Director Cathy Green as she dives into the stories and study of these underwater museums.

114  Zentangles 2.0 - Session C (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Elizabeth Carlson, CZT
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 4/13
Time: 1-3 p.m.  Limit: 8
For those already familiar with the Zentangle basics, this class will explore different shaped tiles, new patterns and introduce color to your work. Supplies will be yours to keep. A fee of $7 is due at time of registration. Register for Session A, B, or C, not more then one.

115  Advanced Line Dancing (R)
Class Type: Classroom
Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Huss
Coordinator: Sue Johnson
Coordinator Email: smjohnson718@gmail.com
Dates: 4/13  4/20  4/27
Time: 9:30-11:30 a.m.  Limit: 50
This class is intended for those who feel confident about their knowledge of terminology used in Beginner and Basic Line Dance classes. Steps will still be demonstrated and practiced, but songs will tend to be faster and involve multiple turns and combinations of steps.

116  Climate Change and Energy Policy (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Mike Kraft
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 4/20
Time: 10 a.m.-12 p.m.  Limit: 150
Climate change is of increasing interest and importance, and solutions lie in the remaking of energy policy both in the United States and globally. The course reviews the challenges presented by climate change and solutions to it. Emphasis is given to the way we use energy today, current energy policies, proposals for changing energy use and public policies, and conflicts that arise over such actions.
117 Quilts of Western India (N)
**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH230  
**Presenter:** Barb Hunt  
**Coordinator:** Jan LaSota  
**Coordinator Email:** bjlasota@gmail.com  
**Dates:** 4/27  
**Time:** 10-11:15 a.m.  
**Limit:** 20  
Every culture creates beauty. They weave beliefs, traditions and daily life into their quilts. A brief history of India’s vital role in English and American fiber and quilt making will provide a foundation as selective quilts from Western India are viewed.

118 Climate Change and Energy Policy - Zoom (R)
**Class Type:** Live Online (Zoom)  
**Presenter:** Mike Kraft  
**Dates:** 5/11  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 100  
Climate change is of increasing interest and importance, and solutions lie in the remaking of energy policy both in the United States and globally. The course reviews the challenges presented by climate change and solutions to it. Emphasis is given to the way we use energy today, current energy policies, proposals for changing energy use and public policies, and conflicts that arise over such actions.

119 ESP Evaluation & Development (R)
**Class Type:** Live Online (Zoom)  
**Presenter:** Deb Klein  
**Dates:** 5/11  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 10  
Have you ever had a gut feeling that kept you safe? How about a flash of intuition that turned out to be just what you needed at the time? Then come join us online for a light and lively class where your ESP skills will be evaluated through the use of Zener Cards, followed by a short remote-viewing session. Register for Session A or B, but not both please.

120 Financial Crimes Awareness & Prevention (N)
**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** Christie Theater in University Union  
**Presenter:** Wayne Resch, Branch Manager, UW-Green Bay Credit Union  
**Coordinator:** Pati Wiegand  
**Coordinator Email:** pati_927@yahoo.com  
**Dates:** 5/11  
**Time:** 1-2:30 p.m.  
**Limit:** 50  
Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme. This course will help provide awareness, resources and prevention strategies to better protect yourself.

121 Painting with Punch and Purpose (N)
**Class Type:** Classroom  
**Location:** Manitowoc  
**Classroom:** Rahr-West Museum in Manitowoc  
**Presenter:** Bonnita Budysz  
**Coordinator:** Jean Rausch  
**Coordinator Email:** jrausch0712@gmail.com  
**Dates:** 5/11  
**Time:** 9:30 a.m.-12 p.m.  
**Limit:** 25  
Inspired by Bonnita and Robert’s ongoing Wisconsin Water Dance project, which is a 15 year project in the early stages of its unfolding and the Geo Rutherford exhibit at the Rahr West Museum, Bonnita will take you through the exciting process of painting with passion. Dynamic design and bravura color will be the focus of her pastel demonstration. Art Kits will be available for you as painting partners. All levels are welcome to this hands-on, interactive, creative time together. You are invited after class to view the Geo Rutherford exhibit with Bonnita and share your preservation perspectives. A materials fee of $10 is due at time of registration.
122  Woodlawn Cemetery Residents (N)

Class Type: Outdoor  
Location: Green Bay  
Classroom: Woodlawn Cemetery  
Presenter: Christine Dunbar  
Coordinator: Karen Lacey  
Coordinator Email: laceyk@uwgb.edu  
Dates: 5/18  
Time: 10 a.m.-12 p.m.  
Limit: 40

Meet several residents of early Green Bay who earned wealth and fame through determination and a can-do attitude. Their legacy was the inherent ability to lead for the good of others. Presented at Woodlawn Cemetery. There will be walking and standing on uneven surfaces. Wear weather appropriate attire. More details will be emailed to the roster.

123  A Survey of the Menominee, First Nation of What is Now Wisconsin (N)

Class Type: Classroom  
Location: Marinette Campus  
Classroom: will advise  
Presenter: Jim Lamalfa, Associate Professor Emeritus  
Coordinator: Contact the LLI Office to Volunteer  
Coordinator Email: lli@uwgb.edu  
Dates: 5/18  
Time: 1-3 p.m.  
Limit: 16

Join us as we take a tour of the Menominee First Nation and learn about their historical museum, survey their religious beliefs and look at their art at the MenaKuanee Harbor. UW-Stevens Point has a complete file on its website with the history of the tribe in English and Algonquin, its native language.

124  Botanical Gardens - Gardener’s Delight Tour (R)

Class Type: Tour  
Location: Green Bay  
Classroom: Green Bay Botanical Gardens  
Presenter: Jessica Martin  
Coordinator: Jan LaSota  
Coordinator Email: bjlasota@gmail.com  
Dates: 5/25  
Time: 10 a.m.-12 p.m.  
Limit: 40

Explore an array of different gardens (tulips, daffodils, magnolias) while a knowledgeable guide shares unique features and stories of the Garden’s history. The tour will take up to 2 hours and will be a 1.5 mile walk. You will also see the Habitats Exhibit, which features 8 large-scale sculptures that explore the stories and science of habitats and the plants, animals and humans that call them home. A fee of $14 is due on the day of class. There is no charge for Botanical Gardens members.

125  Walking in the Shadow of History - Green Bay Fire of 1880 - Session B (R)

Class Type: Outdoor  
Location: Green Bay  
Classroom: Downtown Green Bay; location to be emailed to roster  
Presenter: David Seigel  
Coordinator: Kris Lewins  
Coordinator Email: klewins1225@gmail.com  
Dates: 6/1  
Time: 10 a.m.-12 p.m.  
Limit: 15

The Great Green Bay Fire of September 20, 1880, destroyed more buildings than any other fire in the city’s entire history. The flames burned 100 buildings, including sixty homes, a church, a few businesses and some outbuildings. Local historical author and firefighter David Siegel will provide a guided walking tour that follows the path of the fire, about 1.2 miles one-way, taking one hour-visiting the origin site, significant firefighting locations, destroyed building sites and five extant buildings that were directly threatened by the flames in 1880. This guided tour will vividly describe the experiences of the Green Bay citizens and firefighters that fateful day. Please dress appropriately for the weather. Register for Session A or B, not both please. Meeting site will be emailed to the roster.
Thursday

126 U.P Stories (Book Club) (R)
Class Type: Live Online (Zoom)
Presenter: Diane Shepard
Dates: 1/20 2/17 3/17 4/21
Time: 10 a.m.-12 p.m.  Limit: 25
Help us explore the history, myth and mystery of the Upper Peninsula of Michigan. We will read four books over four months and talk about what we have read.

127 Books and You (R)
Class Type: Live Online (Zoom)
Presenter: Rebecca Johnson
Dates: 1/20 2/17 3/17 4/21 5/19
Time: 1-3 p.m.  Limit: 16
Explore various genres in writing or a specific theme or author. Members are invited to discuss a book of their own choosing within the assigned topic. For the January meeting, select a biography or memoir.

128 Stand-Up Comedy: DIY at Any Age (N)
Class Type: Live Online (Zoom)
Presenter: Mary Gallagher
Dates: 1/20
Time: 1-3 p.m.  Limit: 100
Come for a fun afternoon to learn the basics of stand-up comedy by Mary Gallagher, UW-Green Bay alumna who recently made her national television debut on “The Late Show with Stephen Colbert.” Mary will be bringing along two other comedians, both in their eighties, to perform and discuss how stand-up comedy enhances one’s life.

129 Nearest Neighbors: Untangling Grief, Depression, Anxiety, and Trauma (N)
Class Type: Live Online (Zoom)
Presenter: Elizabeth DenDekker, MSW, LCSW Bereavement Specialist
Dates: 1/27
Time: 10 a.m.-12 p.m.  Limit: 50
Grief is natural, healthy and a healing process. But when does grieving become a mental health concern? Learn about the different types of grief, neighboring syndromes and ways to untangle it all. Attendees will come away with a greater understanding of grief, how to assess for complications and what to do next.

130 Beginning Knitting: Two-Cable Hat (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: MaryLu Sachs
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 2/3 2/10 2/17 3/3
Time: 12-1:30 p.m.  Limit: 8
Participants will learn to knit in the round using a circular needle and double-pointed needles, cables, decrease and weaving in the ends. Supplies needed: 200 yards of worsted weight yarn (solid color and not novelty yarn); size 8US 16” circular needle; size 8US double-pointed needles; cable needle; tapestry needle.

131 Knit a ‘Top-Down’ Sweater (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: MaryLu Sachs
Coordinator: Theresa Reiter
Coordinator Email: treiter06@gmail.com
Dates: 2/3 2/10 2/17 3/3
Time: 1:30-3 p.m.  Limit: 8
Participants will make a child-size pullover sweater (it goes faster than an adult sweater), beginning at the top, without seams. SUPPLY LIST: Washable worsted weight yarn (Cascade Yarns 220 Superwash); Size 2 sweater: 2 skeins, 440 yds; Size 4 sweater: 3 skeins, 660 yds; Size 6 or 8 sweater: 4 skeins, 880 yds; US 7 (4.5 m) 16” and 24” Circular Needle; US 7 (4.5 mm) Double-pointed Needles; Yarn Needle; 5 Stitch Markers; waste yarn.
132 Five Money Questions for Women (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Kyle Lukowitz
Coordinator: Nancy Whitfield
Coordinator Email: 2atpeaceful@netnet.net
Dates: 2/3 2/10 2/17 2/24
Time: 10-11 a.m.  Limit: 50

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.

133 Leadership Through the Eyes of A Conductor (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Michael Alexander, Chancellor, UW-Green Bay
Coordinator: James A Hinckley
Coordinator Email: hinkqtrhorse@earthlink.net
Dates: 2/10 Date Changed 2/17
Time: 1-3 p.m.  Limit: 50

Michael Alexander, Chancellor of the University of Wisconsin-Green Bay, will discuss unique ways that a conductor leads an orchestra and how music is evolving in the future. The same principles will be discussed in relation to leading a modern regional comprehensive university. He will also discuss current issues in higher education and how UW-Green Bay is meeting them.

134 Real Vietnam War (R)

Class Type: Live Online (Zoom)
Presenter: Ron W. Hoffman
Dates: 2/17
Time: 10 a.m.-12 p.m.  Limit: 50

Ron will share his experiences as a member of the U.S. Marine unit; Charlie Battery, 1st Battalion, 13th Marines. He will cover the time from when he first entered the Marines until the original members of his unit returned home. You will learn more of the big picture of this terrible war.


Class Type: Classroom
Location: Marinette Campus
Classroom: Marinette Fieldhouse F-108
Presenter: Keith D. West, PhD. Associate Professor, Geoscience
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 2/24
Time: 10 a.m.-12 p.m.  Limit: 32

A relatively small stream like the Menominee River has many advantages: it flows through a region with almost an over-abundance of surface water and various tributaries feed it along its entire journey to the most impressive freshwater reservoir on Earth, the Great Lakes. The story of the western Great Lakes region cannot be told without its rivers. The Menominee is one of a number of significant streams in Lake Michigan's massive drainage system. Its saga illustrates a particular kind of relationship between a river, its natural setting, the biotic communities it supports and the human societies attracted to its banks.

136 ADRC: Your Partner Through Life's Changes (R)

Class Type: Live Online (Zoom)
Presenter: Barb Michaels
Dates: 3/3
Time: 10 a.m.-12 p.m.  Limit: 25

The ADRC is the independent unbiased resource supporting and empowering seniors and 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, disability, or caring for someone who is. Experience helpful tips when caring for a loved one and how to prevent falls.
137 Growing a Productive Vegetable/Herb Garden in Wisconsin (N)

Class Type: Classroom
Location: Manitowoc Campus
Classroom: F170
Presenter: Conor Benham
Coordinator: Liz Koehler
Coordinator Email: lizkoehler@gmail.com
Dates: 3/3
Time: 10 a.m.-12 p.m.  Limit: 24

If you have visited the summer/winter Manitowoc Farmers’ market, you’ve probably stopped at the farmstand of a local farmer, Conor Benham. He will share his expertise on preparing and growing heirloom vegetables and herbs. Discussion will include topics such as how to prepare and care for your garden from spring planting to harvesting to winter preparation. Learn about different varieties of vegetables such as potatoes, garlic, onions, tomatoes, leafy greens, herbs and more.

138 The DaVinci Diaries (N)

Class Type: Classroom
Location: Marinette Campus
Classroom: will advise
Presenter: Jim Lamalfa, Associate Professor Emeritus
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 3/10
Time: 10 a.m.-12 p.m.  Limit: 15

The DaVinci Diaries will survey the information collected on the greatest of the Italian Renaissance masters based on personal research, visits to the Offici gallery in Florence, Italy, the drawings made for an historical novel, and images of the exhibit at the Appleton Historical Museum in 2011, “Da Vinci’s Machines.”

139 Exercise as Medicine (N)

Class Type: Live Online (Zoom)
Presenter: David J. Ferguson, MD
Dates: 3/10
Time: 10-11:30 a.m.  Limit: 25

You may not consider yourself an athlete. Most people don’t. But you’re participating in an important event whether you appreciate it or not, and it’s Life. In this course, we’ll discuss the role exercise as medicine plays in improving our health, sense of well-being and protecting our independence.

140 Historic Homes of Manitowoc’s Movers and Shakers in the Early 1900’s (N)

Class Type: Classroom
Location: Manitowoc Campus
Classroom: F170
Presenter: Marge Jehle
Coordinator: Faye Malek
Coordinator Email: faye.malek4901@gmail.com
Dates: 3/10
Time: 1-3 p.m.  Limit: 24

In the early 1900s, Manitowoc was the location of some prestigious and impressive homes on “both sides of the river.” Some remain and some are lost to time. Who these movers and shakers were and where they lived is the topic of this presentation.

141 Like Eagles - The Battle of Britain (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: Christie Theater in University Union
Presenter: Robert Cook
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 3/10 3/17 3/24
Time: 1-3 p.m.  Limit: 150

World War II saw the development of the airplane as one of the primary weapons of war. The first real test of the bombing theories of the 1920s and 1930s was the Battle of Britain. Come and learn why the army that had conquered Western Europe couldn’t get across 50 miles of water to invade Britain. We will discuss the airplanes, organization of both the RAF and the Luftwaffe. We will analyze the successes and failures of each and look at some of the myths about the battle.
142 Health Benefits of Olive Oil and Balsamic Vinegar (R)

Class Type: Classroom  
Location: Manitowoc Campus  
Classroom: F170  
Presenter: Rick Couron  
Coordinator: Liz Koehler  
Coordinator Email: lizkoehler@gmail.com  
Dates: 3/17  
Time: 10 a.m.-12 p.m.  
Limit: 24

Enhance your culinary skills! The focus on this continuing course will be on using olive oils and balsamic vinegars in cooking. We'll review the history of the first olive oils and balsamic vinegars and how they were used. We'll see how olives are harvested and learn about the varieties of oils and vinegars. Everyone will be able to try samples and come away with an appreciation for quality olive oil and balsamic vinegars!

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

Class Type: Classroom  
Location: Manitowoc Campus  
Classroom: F170  
Presenter: Mary Lindemann  
Coordinator: Jean Rausch  
Coordinator Email: jrausch0712@gmail.com  
Dates: 3/24  
Time: 10 a.m.-12 p.m.  
Limit: 25

Learn the origin of the iconic midwest snack cheese spread! Gain insight into the art of cheese. Learn how a local Wisconsin company, Pine River Pre-Pack, crafts their cheese spreads and markets them across the country. “Spread beyond the cracker” and get creative with cooking and entertaining ideas. Best of all, enjoy samples of various flavors.

143 Rise and Fall of Labor Unions in the U.S. (R)

Class Type: Classroom  
Location: Green Bay  
Classroom: RH220  
Presenter: Dan Spielmann  
Coordinator: Jim Huss  
Coordinator Email: Jhuss2@new.rr.com  
Dates: 3/24  
Time: 10 a.m.-12 p.m.  
Limit: 50

Prior to the Great Depression, labor unions had limited success and influence in America mainly because management was not required to collectively bargain with unions representing their workers. From the 1930s to the 1970s, unions represented millions of new workers as well as becoming a major political force in America. Since the 1980s, the political climate has changed dramatically for unions, culminating in the passage of Act 10 in Wisconsin in 2011. Is the union movement doomed in the 21st century?

145 Think Spring: Colorful Flower Pots (N)

Class Type: Classroom  
Location: Marinette Campus  
Classroom: M107  
Presenter: Kathy Warner  
Coordinator: Linda Berry  
Coordinator Email: ljberry23@gmail.com  
Dates: 3/24  
Time: 10 a.m.-12 p.m.  
Limit: 12

At this time of year, who couldn’t use a little bit of color! Create your own flower pots for spring using napkins, decoupage and whatever treasures you have on hand. Come join the fun!

de·cou·page  
noun: decoupage
the art of decorating surfaces by applying cutouts (as of paper) and then coating with usually several layers of finish (such as lacquer or varnish)
MERRIAM-WEBSTER
146 Power of Meaning-Making: Transforming Pain into Purpose (N)

Class Type: Live Online (Zoom)
Presenter: Elizabeth DenDekker, MSW, LCSW
Bereavement Specialist
Dates: 3/31
Time: 10 a.m.-12 p.m.  Limit: 50

Loss comes in many shapes and forms: divorce, unemployment, retirement, and of course death. The list of loss is certainly not exhaustive and neither is the grief that comes with loss. Most of us have heard of the five stages of grief, but did you know there is a sixth stage? In 2018, after losing his 21-year-old son, David Kessler, an understudy of the late Elizabeth Kubler Ross, proposed a 6th stage, finding meaning. This presentation will explore the power of meaning-making in turning the pain into purpose and is relevant for anyone experiencing a loss or change of any kind.

147 Dangers of the 21st Century World Population Bomb (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Bob Srenaski
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 4/7
Time: 10 a.m.-12 p.m.  Limit: 150

Not only will the world’s population stop growing, it will actually decline in this century. The economic and social consequences will be huge.

148 Understanding the Basics: Social Security and Medicare (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: ADRC Staff
Coordinator: Jim Huss
Coordinator Email: Jhuss2@new.rr.com
Dates: 4/7
Time: 1-2:30 p.m.  Limit: 50

Learn about Social Security benefits - determining when to start collecting benefits, how to sign up, online tools and an overview of the different types of benefits. Learn about Medicare - an overview of Medicare basics. Learn about Medicare options, common terms and the online tools available.

149 Biking Northeast Wisconsin (R)

Class Type: Live Online (Zoom)
Presenter: Lou Ann Norsetter
Dates: 4/7
Time: 1-3 p.m.  Limit: 150

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

150 Protecting Our Water Resources: Planning for the Future (R)

Class Type: Tour
Location: Green Bay
Classroom: NEW Water
Presenter: Erin Collar
Coordinator: Jim Huss
Coordinator Email: Jhuss2@new.rr.com
Dates: 4/7  4/14
Time: 9-11 a.m.  Limit: 30

In Wisconsin, we are blessed with an abundance of water. We live at the mouth of the world’s largest freshwater estuary. At NEW Water, a brand of the Green Bay Metropolitan Sewerage District, each day we clean on average 41 million gallons of water and return it back into the environment. How are we planning for the future so that our essential service can continue to serve our community nonstop? And what can you do to help protect our water resources? An optional tour will be offered the following week, April 14, 9-11 a.m. Participants must dress for indoor/outdoor weather and wear long pants and closed-toe shoes. The tour portion is not handicap-accessible and will require about 1/2 mile of walking with some stairs. Both sessions will be held at NEW Water.
151 Understanding the Basics: Social Security and Medicare (R)

Class Type: Live Online (Zoom)
Presenter: ADRC Staff
Dates: 4/14
Time: 10-11:30 a.m.  Limit: 100

Learn about Social Security benefits — determining when to start collecting benefits, how to sign up, online tools and an overview of the different types of benefits. Learn about Medicare — an overview of Medicare basics. Learn about Medicare options, common terms and online tools available.

152 Who was Jesus of Nazareth: Facts, Myths, & Misconceptions (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Benjamin W. Cruz-Uribe
Coordinator: Ed Smith
Coordinator Email: edsmith000@sbcglobal.net
Dates: 4/14
Time: 1-3 p.m.  Limit: 150

In all the writings from the time of early Christianity, there is no physical description of Jesus of Nazareth. In fact, very little is known about the man himself and who he really was. This course will try to uncover the facts about Jesus while reviewing the myths and misconceptions that surround this man.

153 Art of Calligraphy (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Kay Barlament
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 4/21 4/28 5/5 5/12
Time: 10 a.m.-12 p.m.  Limit: 12

Calligraphy is described by the Greeks as “beautiful writing.” This four week course will get you started on creating your own artwork. Basic strokes of the chancery style will be taught, but other styles will also be presented. Supply list will be emailed to the roster.

154 Apostle Islands: Jewels of Lake Superior (N)

Class Type: Live Online (Zoom)
Presenter: Ken Braband
Dates: 4/21
Time: 1-2:30 p.m.  Limit: 50

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

155 Those Thrilling Days of Yesteryear: A Look At the Golden Age of Radio (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Michael Leannah
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 4/21
Time: 1-3 p.m.  Limit: 30

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.
156 Why Not Knot? Hand Embroidery (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH315
Presenter: Tracy Reeb
Coordinator: Mary Cook
Coordinator Email: mjcook9@att.net
Dates: 4/21 4/28 5/5 5/12
Time: 1-3 p.m.  Limit: 20
Learn 12 hand embroidery knots that will add texture to your embroidery. They are all fun, and you’ll find it easy to add them to your stitching projects. A materials fee of $10 (for pattern and directions) is due at the time of registration. Students will need to purchase additional supplies for the project (fabric, DMC floss, and embroidery needles).

157 Authentic 1850’s Windmill Tour - Session A (R)
Class Type: Tour
Location: Little Chute
Classroom: Little Chute Windmill
Presenter: Volunteers
Coordinator: Nancy Whitfield
Coordinator Email: 2atpeaceful@netnet.net
Dates: 4/28
Time: 1-3 p.m.  Limit: 16
Be amazed! Experience history and discover how Little Chute came to be through immigration in the mid 1800s. Learn how technology harnessed wind power to benefit the lives of the Dutch by visiting a fully functioning authentic 1850’s windmill that grinds grain into flour. Explore the Dutch artifacts found in the museum and even search out genealogy to find out if you are a descendant of an original founding citizen of Little Chute. A course fee of $6 is due on day of class.

158 Green Armoire (R)
Class Type: Classroom
Location: Manitowoc Campus
Classroom: F170
Presenter: Mary Lindemann
Coordinator: Jean Rausch
Coordinator Email: jrausch0712@gmail.com
Dates: 4/28
Time: 1-3 p.m.  Limit: 25
Don’t throw it away, repurpose it! Mary will share her 41 years of thrift store shopping experience to give participants a different perspective on “stuff.” Join her to learn unique ways to create inexpensive outfits, jewelry and home decor. Hear tips from this traveling salesperson on how to pack for a trip, either business or pleasure. A course fee of $10 for a scarf and supplies to make a necklace is due at time of registration.

159 America’s National Debt Problem (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Bob Srenaski
Coordinator: Ed Smith
Coordinator Email: edsmith000@sbcglobal.net
Dates: 5/5
Time: 10 a.m.-12 p.m.  Limit: 150
America’s national debt in 2021 was five times higher than in 2000. How did that happen and what can be done about it?

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

(N) – New Course   (R) – Repeat   (C) – Continuing
160 Early History of the Green Bay Fire Department (R)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH230  
Presenter: David Seigel  
Coordinator: Pati Wiegand  
Coordinator Email: pati_927@yahoo.com  
Dates: 5/5  
Time: 1-3 p.m.  Limit: 50

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.

161 Family of Jesus of Nazareth: Facts, Myths, & Misconceptions (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: Mauthe Center  
Presenter: Benjamin W. Cruz-Uribe  
Coordinator: Mary Braband  
Coordinator Email: mbraband5@gmail.com  
Dates: 5/5  
Time: 1-3 p.m.  Limit: 150

Most Christians are unaware that Jesus belonged to a large family and that his family played a very important role in the first generation of Christianity. This course will try to explain who these individuals were and why so little is known about them today.

162 Home Modifications to Keep You in Your Home Safer & Longer (R)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Amy Plagenz  
Coordinator: Jan LaSota  
Coordinator Email: bjlasota@gmail.com  
Dates: 5/12  
Time: 10-11 a.m.  Limit: 30

Whatever your individual needs, HME Home Medical provides solution for you to stay mobile in and around your house. Home Modifications Experts at HME Home Medical will educate you on products available to make your home safer and more accessible.

163 Historical Tour of Franciscan Sisters Motherhouse in Manitowoc (R)

Class Type: Tour  
Location: Manitowoc  
Classroom: Motherhouse of the Franciscan Sisters of Christian Charity in Manitowoc  
Presenter: Sister Caritas  
Coordinator: Faye Malek  
Coordinator Email: faye.malek4901@gmail.com  
Dates: 5/19  
Time: 1-3 p.m.  Limit: 15

Tour the Motherhouse of the Franciscan Sisters of Christian Charity in Manitowoc and learn the history of the Sisters and their founding in 1869. Participate in a walking tour of the Motherhouse, seeing the changes over the past 152 years. Learn about the different parts of the world where the Sisters have worked and the different kinds of services they continue to perform. Take a walk outside to see the beautiful grounds. Walking up and down stairs will be required.

164 Theatre with Readers: Very Fun to See and Do (N)

Class Type: Classroom  
Location: Marinette Campus  
Classroom: M107  
Presenter: River Cities Readers  
Coordinator: Diane Shepard  
Coordinator Email: book3ly@hotmail.com  
Dates: 5/20  
Time: 10 a.m.-12 p.m.  Limit: 25

Fun presentation with an established readers theatre group from the area. A mix of childrens lit, adult comedy and patriotic pieces. You might want to participate too!
165 Walking in the Shadow of History—Green Bay Fire of 1880 - Session A (R)

Class Type: Outdoor
Location: Green Bay
Classroom: Downtown Green Bay
Presenter: David Seigel
Coordinator: Vickie Keigley
Coordinator Email: vakeigley@gmail.com
Dates: 5/26
Time: 10 a.m.-12 p.m.  Limit: 15

The Great Green Bay Fire of September 20, 1880, destroyed more buildings than any other fire in the city’s entire history. The flames burned 100 buildings, including sixty homes, a church, a few businesses and some outbuildings. Local historical author and firefighter David Siegel will provide a guided walking tour that follows the path of the fire, about 1.2 miles one-way, taking one hour- visiting the origin site, significant firefighting locations, destroyed building sites and five extant buildings that were directly threatened by the flames in 1880. This guided tour will vividly describe the experiences of the Green Bay citizens and firefighters that fateful day. Please dress appropriately for the weather. Register for Session A or B, not both please. Meeting site will be emailed to the roster.

166 Visit the Fibers & Textiles Studio at NWTC Artisan Center (N)

Class Type: Classroom
Location: Green Bay
Classroom: NWTC Artisan & Business Center
Presenter: Carrie Dorski (Artisan Center Faculty)
Coordinator: Jan Lasota
Coordinator Email: bjlasota@gmail.com
Dates: 5/26
Time: 10 a.m.-12 p.m.  Limit: 15

Each semester, the NWTC Artisan and Business Center will spotlight one of their art studios with a demonstration and “make & take” activity. For spring 2022, the featured studio is the Fibers and Textiles Studio. Register to learn more! A materials fee of $5 is due on day of class.

167 Tour of Belgian Heritage Center (R)

Class Type: Tour
Location: Green Bay
Classroom: Belgian Heritage Center
Presenter: Barbara Englebert Chisholm
Coordinator: Jan LaSota
Coordinator Email: bjlasota@gmail.com
Dates: 6/2
Time: 1-3 p.m.  Limit: 25

Barb is a fifth generation Belgian and proud of it. We will tour the Belgian Heritage center and the adjoining convent school. This campus is the birthplace of the Norbertine Fathers who went on to establish St. Norbert College. It is also where the Franciscan Sisters of Bay Settlement taught school. Barb will also do a brief reenactment of her great grandmother Emmerence Gaspard Englebert, who along with her great grandfather Desire Englebert survived the Great Fire of 1871. She will tell the story of the fire as seen through her ancestor’s eyes and passed down generations through family lore.

168 Spoon Bending 101 (N)

Class Type: Classroom
Location: Manitowoc Campus
Classroom: F170
Presenter: Deb Klein
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 6/9
Time: 10-11 a.m.  Limit: 10

You learned about psychokinesis in your ESP Evaluation and Development class. Now you get to put it into practice. This one-hour class will review the history of spoon bending before you try it out. Exercise your psychic muscle and let’s see if you’re the next Uri Geller. Prerequisite: participation in Deb’s ESP Evaluation and Development class. A brief supply list will be emailed to participants.
Friday Courses

169 Astronomy: A Basic Overview for Beginner Stargazers (N)
Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Anne Bartels, Information & Education Specialist
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 1/14
Time: 10 a.m.-12 p.m.  Limit: 32
Learn about the history of astronomy, constellation myths and the “stuff” in space. A computer program is used to simulate the night sky as we discuss constellations, star myths, deep space objects and more. A monthly “sky map” and other informational handouts are provided.

170 Guess Who’s Coming to Dinner? (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Ken and Marilyn Rabideau
Coordinator: Marilyn Rabideau
Coordinator Email: mrabideau@centurytel.net
Time: 10 a.m.-12 p.m.  Limit: 32
Make new friends but keep the old; one is silver, but the other is gold. Friends, food and fun will be featured when we take turns hosting a small group (about 8) in our home for a potluck supper once a month on Friday evenings at 5:30 p.m. First session meets in Rose Hall 220 at 10 a.m.. Small groups may adjust dinner dates as needed.

171 Green Bay Fisheries with a Focus on Northern Pike (N)
Class Type: Changed to Zoom
Presenter: Tammie Paoli
Dates: 1/28
Time: 10 a.m.-12 p.m.  Limit: 32
Hear from a Fisheries Biologist with the DNR, starting with a broad overview of Green Bay fisheries and issues such as invasive species, threats to habitat and a brief description of the status of several gamefish species, including trends in harvest. Then we’ll focus on Green Bay northern pike life history, spawning migrations and the importance of wetlands to pike.

172 D.I.Y. Stress Reduction (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Sabina Becker PhD
Coordinator: Bob Cook
Coordinator Email: rcook9@att.net
Dates: 2/4  Date Change: TBD
Time: 10 a.m.-12 p.m.  Limit: 30
We can’t always stop stressful situations from happening, but we can control how we respond to them in constructive ways. This class will combine brief instructor presentations with structured group activities giving students opportunity to practice the stress reduction techniques presented. Videos combining music and imagery will be included to enhance the relaxation experience. Please bring a pen and a pad of paper to class.
173 Is it Torture? Human Dignity and Solitary Confinement in American Prisons (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH230  
Presenter: Derek Jeffreys, PhD  
Coordinator: Karen Lacey  
Coordinator Email: laceyk@uwgb.edu  
Dates: 2/4  
Time: 10 a.m.-12 p.m.  
Limit: 50

The United States confines an extraordinary number of people in solitary confinement. This lecture explores the ethical significance of this terrible practice. After first describing the conditions of solitary confinement in American prisons and jails, Dr. Jeffreys will then consider if solitary confinement amounts to torture, focusing particularly on how it assaults human dignity. He maintains that in many cases, solitary confinement constitutes a form of torture. Finally, he will discuss what it would mean to acknowledge that the United States tortures thousands of people in its jails and prisons.

174 Nocturnal Animals of Wisconsin (N)

Class Type: Classroom  
Location: Marinette Campus  
Classroom: M107  
Presenter: Anne Bartels, Information & Education Specialist  
Coordinator: Contact the LLI Office to Volunteer  
Coordinator Email: lli@uwgb.edu  
Dates: 2/11  
Time: 10 a.m.-12 p.m.  
Limit: 30

An introduction to some of Wisconsin's nighttime wildlife, their adaptations for survival and their importance. Misconceptions/myths about some species are also addressed (bats, wolves, snakes) to better understand these animals' place in nature. Includes hands-on examples of different species and their nighttime sounds.

175 Yoga Basics (R)

Class Type: Live Online (Zoom)  
Presenter: Mary Hall  
Dates: 2/11 2/18 2/25  
Time: 1-2 p.m.  
Limit: 30

This class takes a mindful approach, bringing together breath, movement and meditation. The pace is safe, slow moving and modifications are offered. No yoga experience required. Have yoga mat and comfortable clothes ready!

176 Basic Weather: Mid-Latitude Cyclones (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Norman Schroeder  
Coordinator: Contact the LLI Office to Volunteer  
Coordinator Email: lli@uwgb.edu  
Dates: 2/18  
Time: 10 a.m.-12 p.m.  
Limit: 50

Basics of atmospheric science will be covered, including air masses, fronts, high and low pressure systems, and physical elements, global winds and weather. Focus will be on mid-latitude cyclones, the most common weather system in the continental U.S. Attendance at prior LLI basic weather courses will be helpful but not required. Time permitting, some elements of weather forecasts will be presented.

177 Learn About Scams and Identity Theft (N)

Class Type: Classroom  
Location: Manitowoc Campus  
Classroom: F170  
Presenter: Paul Krock, Crime Prevention Sergeant  
Coordinator: Liz Koehler  
Coordinator Email: lizkoehler@gmail.com  
Dates: 2/18  
Time: 10 a.m.-12 p.m.  
Limit: 32

Scams and identity theft are two of the fastest growing and most serious economic crimes in the United States. This is true for both financial institutions and persons who lose money or whose
identifying information has been illegally used. They are also costing our country billions of dollars a year in money that will leave our economy and never return. Sergeant Paul Krock estimates that citizens in Manitowoc City receive hundreds of scam attempts each day through emails, letters, text messages and phone calls. As the Crime Prevention Sergeant, Sgt. Krock deals with these cases and will provide an up-to-date presentation on scams and how to protect yourself from those attempting to fraudulently obtain your money or personal information.

178 Wisconsin’s Best Kept Geological Secret: The Niagara Escarpment (N)

**Class Type:** Live Online (Zoom)  
**Presenter:** Eric W. Fowle, AICP  
**Dates:** 2/25  3/11  
**Time:** 1:30-3 p.m.  
**Limit:** 50

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

179 Acknowledging Wisconsin’s First Nations People and Lands (N)

**Class Type:** Live Online (Zoom)  
**Presenter:** David Voelker, PhD  
**Dates:** 2/25  
**Time:** 9-10:30 a.m.  
**Limit:** 150

The practice of acknowledging First Nations’ (or Native Americans’) historical relationship with land in the United States is becoming increasingly common. This session will explore the purpose of land acknowledgments and provide a brief historical overview of Wisconsin’s First Nations’ relationship with the land.

180 Life Transitions: Crisis and Opportunity (N)

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH220  
**Presenter:** Sabina Becker PhD  
**Coordinator:** Karen Dallman  
**Coordinator Email:** kdallman@new.rr.com  
**Dates:** 3/4  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 30

Life changes occur at different levels. They can be external transitions such as job or family changes and the aging process, or internal changes such as loss of previous goals and dreams and beginnings of new interests and activities. Our reactions to life changes may be unexpected. Sometimes we feel unhappy or confused about positive changes, while negative experiences hold hidden opportunities for personal growth. In this class we’ll take a look at the challenges and opportunities available within adult life transitions with a focus on the second half of life. Opportunities for participants to practice techniques and strategies presented by the class facilitator are included. Please bring a pen and pad of paper to class.

181 UW-Green Bay Viking House (R)

**Class Type:** Live Online (Zoom)  
**Presenter:** Prof. Heidi Sherman  
**Dates:** 3/4  
**Time:** 1-3 p.m.  
**Limit:** 100

Did you know that UW-Green Bay is the only college 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, PhD. 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 Christianson’s and how it is used by students and community members.
182 Emergency Preparedness for Families (N)

Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Slade Berry
Coordinator: Linda Berry
Coordinator Email: ljberry23@gmail.com
Dates: 3/11
Time: 10 a.m.-12 p.m.  Limit: 20

During this class you will learn how to assess risks in your home and area, develop a family emergency plan and get equipped to handle emergencies, both at home and away, by learning how to create your own travel emergency kit.

183 STEM Innovation Center at UW-Green Bay (R)

Class Type: Tour
Location: Green Bay Campus
Classroom: STEM Innovation Center
Presenter: Judy Knudsen
Coordinator: Mary Gajeski
Coordinator Email: Tiz2wiz@gmail.com
Dates: 3/11
Time: 10-11:30 a.m.  Limit: 50

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

184 Happiness, Hope and Healing (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Shari Liesch, APNP, CDE
Coordinator: Theresa Reiter
Coordinator Email: treiter06@gmail.com
Dates: 3/18
Time: 10-11:30 a.m.  Limit: 50

Humans are wired for survival and humor, and hope plays an important role. Our daily behaviors, thoughts and resilient thinking impact our perceptions of happiness. When we are hopeful, we maintain positive expectations toward our goals, even when facing obstacles. This discussion will include a review of happiness, hope and the impact on healing and health.

185 Functional Fitness, Exercise and NKT (N)

Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Debbie Corey
Coordinator: Diane Shepard
Coordinator Email: book3ly@hotmail.com
Dates: 3/18
Time: 10 a.m.-12 p.m.  Limit: 20

Discussion and demonstration of how exercise and functional training, combined with Neuro Kinetic Therapy (NKT) can keep us moving and active leading to longer independence and better quality of life.

186 Ethics and Biases in Artificial Intelligence (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Gaurav Bansal, PhD
Coordinator: Jim Hinckley
Coordinator Email: hinkqtrhorse@earthlink.net
Dates: 3/25
Time: 10 a.m.-12 p.m.  Limit: 50

Artificial Intelligence (AI) is increasingly impacting our lives and shaping our societies. It has the potential to do good in the world. However, it is not immune to biases that could emanate from the algorithms, training data or even from our assumptions and norms, which cause us to have blind faith in the objectivity of the AI-based systems. In this session, we will discuss what AI is and examine various examples to understand different AI biases and how they get introduced. We will also discuss the ethical implications of such distortions.
187 Water Conservation & Pollution Prevention (N)

Class Type: Classroom  
Location: Marinette Campus  
Classroom: M107  
Presenter: Anne Bartels, Information & Education Specialist  
Coordinator: Contact the LLI Office to Volunteer  
Coordinator Email: lli@uwgb.edu  
Dates: 3/25  
Time: 10 a.m.-12 p.m.  
Limit: 25

Learn how we use water and what we can do to help protect our water resources, and what sources threaten water quality. Demonstrations/models are used to show how much freshwater we have available on Earth and how we use water on a daily basis. Other water-related topics may be covered if time allows (wastewater treatment, biological indicators, etc.).

188 World’s Greatest Churches Part 2 (C)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Dean Cherry  
Coordinator: Karen Dallman  
Coordinator Email: kdallman@new.rr.com  
Dates: 4/22, 4/29  
Time: 10 a.m.-12:15 p.m.  
Limit: 50

Using DVDs from “The Great Courses,” we will explore the historical, religious, social, and architectural contexts of churches from around the world. Part 2 will examine churches in Armenia, in Georgia (Russia), rock-hewn churches of Ethiopia, the Mosque-Cathedral of Cordoba (Spain), the Stave Churches of Norway and the Pilgrimage Church of Sainte-Foy (France). Many accompanying photographs will illustrate the churches as they are presented. An informative slide show of a specific church will also be included.

189 Art of Thrift Store Shopping (R)

Class Type: Tour  
Location: Manitowoc  
Classroom: St. Vincent De Paul in Manitowoc  
Presenter: Mary Lindemann  
Coordinator: Jean Rausch  
Coordinator Email: jrausch0712@gmail.com  
Dates: 4/8  
Time: 9 a.m.-12 p.m.  
Limit: 13

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

190 The Way We Do Death - Part 2 (R)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Illene Cupit  
Coordinator: Kris Lewins  
Coordinator Email: klewins1225@gmail.com  
Dates: 4/15  
Time: 10 a.m.-12 p.m.  
Limit: 50

All humans (and most likely some animal species) experience the emotional consequences of losing someone whom they have loved. This universal experience, known as grief, encompasses emotional, physical, psychological and spiritual dimensions. There are many aspects of grief that we all have in common, and yet it is highly individualized in terms of who died, our relationship to the deceased, how the death occurred and the coping strategies that are used to negotiate the grief. This workshop will go beyond stages to fully explore current knowledge and thinking about grief. In addition, we will discuss the remarkable resiliency that most humans have in the face of loss. It is not necessary to have taken Part 1 of this series to enjoy Part 2.
191 Ending the Dropout Crisis (N)

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH230  
**Presenter:** Alex Garza Jr.  
**Coordinator:** James A Hinckley  
**Coordinator Email:** hinkqtrhorse@earthlink.net  
**Dates:** 4/15  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

In this session, you will learn how our community has come together to increase equity in high school graduation. Hear firsthand from a panel of Boys & Girls Club mentors and local students about an evidence-based dropout prevention intervention that began in Green Bay and is now helping students across Wisconsin reach graduation.

192 Tour of Italy, Venice, Florence, Pisa and the Ancient Roman City of Pompeii (N)

**Class Type:** Classroom  
**Location:** Marinette Campus  
**Classroom:** will advise  
**Presenter:** Jim Lamalfa, Associate Professor Emeritus  
**Coordinator:** Contact the LLI Office to Volunteer  
**Coordinator Email:** lli@uwgb.edu  
**Dates:** 4/15  
**Time:** 1-3 p.m.  
**Limit:** 15

Professor Emeritus Jim Lamalfa toured these sites in the winter of 1984 with a student group from UW Platteville. Many of these cities remain exactly as they looked in the 15th and 16th centuries. Pompeii was buried under volcanic ash in 79AD, but excavation of the dead city revealed citizens caught in the streets and houses, trapped by volcanic ash. Archeologists poured plaster into the cavities left by the ash and discovered Romans at the moment of death. Twenty feet of ash has been cleared away from the site, revealing how a wealthy Roman town looked like in the first century of the Common Era.

193 Biking is Fun at Any Age (R)

**Class Type:** Outdoor  
**Location:** Green Bay  
**Classroom:** Trails  
**Presenter:** Del Tills  
**Coordinator:** Kris Lewins  
**Coordinator Email:** klewins1225@gmail.com  
**Dates:** 4/22 4/29 5/6 5/13 5/20 5/27  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 25

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

194 Monarch Butterfly Spring Migration (N)

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH220  
**Presenter:** Charlene Breitlow  
**Coordinator:** Jan LaSota  
**Coordinator Email:** bjlasota@gmail.com  
**Dates:** 4/22  
**Time:** 1-3 p.m.  
**Limit:** 30

In this class, we’ll learn about the stages from egg to butterfly, north monarch migration, planting for monarchs, fall migration and the importance of milkweed. Charlene will give milkweed seeds to participants.
195 Racewalking for Lifetime Fitness (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Michael L. Draney
Coordinator: Sue Johnson
Coordinator Email: smjohnson718@gmail.com
Dates: 5/13  5/20
Time: 9:30 a.m.-12 p.m.  Limit: 25

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

196 Fun with Aromatherapy: Build Your Own Blend (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Katie Brewer
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 5/13
Time: 1-3 p.m.  Limit: 25

Are you curious about aromatherapy? In this class you will learn the science behind aromatherapy, then explore various scents and create a unique blend. We will discuss the difference between various brands of essential oils as well as how essential oils are used differently in Europe. A $5 materials fee is due at time of registration.

197 Creating Your Own Herbal Remedies (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Katie Brewer
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 5/20
Time: 1-3 p.m.  Limit: 25

Join us as we discuss the basics of making your own herbal remedies, which herbs are best for which condition, safety considerations, types of remedies and methods used to make remedies. We will then make a simple topical remedy. A $5 materials fee is due at time of registration.

198 Holy Land Holy Smoke (R)
Class Type: Video Recording
Presenter: Dr. Richard J. Stevens, Ph.D.
Dates: 5/20
Time: Video link sent by 8 a.m.  Limit: Unlimited

This course explores places from the Old and New Testaments with photos of actual sites in the Holy Land. We will look at Egypt, Bethlehem, Nazareth, Galilee and Jerusalem in the context of Old and New Testament stories. The Exodus and Mt. Sinai experiences and the formation of the Israeli people will be examined along with their influence upon Americans. We will consider the lands of Jesus’ ministry, history of the early Christian church and origins of the Bible & the creed. This course consists of four 2 hour recordings.
### Community Locations

<table>
<thead>
<tr>
<th>Venue Location</th>
<th>Venue Location</th>
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<tbody>
<tr>
<td>1000 Island Environmental Center</td>
<td>Little Chute Windmill</td>
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<tr>
<td>1000 Beaulieu Ct., Kaukauna</td>
<td>130 West Main St., Little Chute</td>
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<tr>
<td>Allouez Village Hall</td>
<td>Manitowoc County Joint Dispatch Center</td>
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<tr>
<td>1900 Libal St., Green Bay</td>
<td>1024 S 9th St., Manitowoc</td>
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<tr>
<td>ASPIRO</td>
<td>Micah Center</td>
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<tr>
<td>1673 Dousman St., Green Bay</td>
<td>612 Stuart St., Green Bay</td>
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<tr>
<td>Barkhausen Waterfowl Preserve</td>
<td>Mosquito Hill Nature Center</td>
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<tr>
<td>2024 Lakeview Dr., Suamico</td>
<td>N3880 Rogers Rd., New London</td>
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<tr>
<td>Bay Beach Wildlife Sanctuary</td>
<td>NEW Water</td>
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<tr>
<td>1660 East Shore Dr., Green Bay</td>
<td>2231 N. Quincy St., Green Bay</td>
</tr>
<tr>
<td>Belgian Heritage Center</td>
<td>NWTC Artisan and Business Center</td>
</tr>
<tr>
<td>1255 Cty. Rd. DK, Brussels</td>
<td>1417 Cedar St., Green Bay</td>
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<tr>
<td>Bubolz Nature Preserve</td>
<td>PetSkull Brewing Company</td>
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<tr>
<td>4815 N Lynndale Dr., Appleton</td>
<td>1015 Buffalo St., Manitowoc</td>
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<tr>
<td>Calvary Lutheran Church</td>
<td>Rahr-West Art Museum</td>
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<tr>
<td>1301 S. Ridge Rd., Green Bay</td>
<td>610 N 8th St., Manitowoc</td>
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<tr>
<td>Christa McAuliffe Park</td>
<td>Roadside Cucina and Cannery</td>
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<tr>
<td>3100 Sitka St., Green Bay</td>
<td>5218 South 10th St., Manitowoc</td>
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<tr>
<td>Ellwood H. May Environmental Park</td>
<td>Sabbatical Brewing Company</td>
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<tr>
<td>3615 Mueller Road, Sheboygan, WI</td>
<td>835 S 29th St., Manitowoc</td>
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<tr>
<td>First Presbyterian Church</td>
<td>Sisters of St. Francis of the Holy Cross</td>
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<tr>
<td>200 Ashland Ave., Green Bay</td>
<td>3110 Nicolet Dr., Green Bay</td>
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<tr>
<td>Green Bay Botanical Gardens</td>
<td>Sharon S. Richardson Community Hospice</td>
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<tr>
<td>2600 Larsen Rd., Green Bay</td>
<td>W2850 WI-28, Sheboygan Falls</td>
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<tr>
<td>Jeff’s Piano Sales and Service</td>
<td>St. Vincent de Paul - Manitowoc</td>
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<tr>
<td>1674 E Mason St., Green Bay</td>
<td>911 Chicago St., Manitowoc</td>
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<tr>
<td>Krueger International</td>
<td>Stillmark Brewing Company</td>
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<tr>
<td>1330 Bellevue St., Green Bay</td>
<td>215 N. Henry St., Green Bay</td>
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</tbody>
</table>
LLI will follow UW-Green Bay COVID guidelines that are in place. All LLI members must follow these guidelines in regards to masking and/or social distancing. Your Lifelong Learning Institute is a non-profit organization, and we need our members to help us to ensure we can continue to exist.

Please support us!

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Spring 2022 Courses

Venue Locations

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<th>Venue Locations</th>
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<tbody>
<tr>
<td>Suamico Community Center</td>
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<tr>
<td>12781 Velp Ave., Green Bay</td>
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<tr>
<td>Three Bridge Brewing</td>
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<td>2221 13th St., Menominee</td>
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<tr>
<td>Wagalagaland Arcade</td>
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<tr>
<td>117 Steele St., Algoma</td>
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<tr>
<td>Wisconsin Maritime Museum</td>
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<tr>
<td>75 Maritime Dr., Manitowoc</td>
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<tr>
<td>Woodland Dunes Nature Center</td>
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<tr>
<td>3000 Hawthorne Ave., Two Rivers</td>
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<tr>
<td>Woodlawn Cemetery</td>
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<tr>
<td>1542 Webster Ave., Green Bay</td>
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<tr>
<td>UW-Green Bay Campuses</td>
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<tr>
<td>Christie Theatre, UW-Green Bay</td>
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<tr>
<td>2420 Nicolet Dr., Green Bay</td>
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<tr>
<td>Mauthe Center, UW-Green Bay</td>
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<tr>
<td>2418 Leon Bond Dr., Green Bay</td>
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<tr>
<td>Rose Hall (RH), UW-Green Bay</td>
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<tr>
<td>2420 Nicolet Dr., Green Bay</td>
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<tr>
<td>STEM Innovation Center, UW-Green Bay</td>
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<td>2420 Nicolet Dr., Green Bay</td>
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<tr>
<td>Weidner Center, UW-Green Bay</td>
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<tr>
<td>2420 Nicolet Dr., Green Bay</td>
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<tr>
<td>Manitowoc Campus, UW-Green Bay</td>
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<tr>
<td>Room F170 Founders Hall</td>
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<tr>
<td>705 Viebahn St., Manitowoc</td>
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<tr>
<td>Marinette Campus, UW-Green Bay, Room M107 Main Building</td>
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<tr>
<td>750 W. Bay Shore St., Marinette</td>
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<tr>
<td>Marinette Campus, UW-Green Bay, Art Studio-Theatre on the Bay Fine Arts Bldg., 750 W. Bay Shore St., Marinette</td>
</tr>
<tr>
<td>Marinette Campus, UW-Green Bay, Marinette Fieldhouse F-108</td>
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<tr>
<td>750 W. Bay Shore St., Marinette</td>
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<tr>
<td>Sheboygan Campus, UW-Green Bay</td>
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<tr>
<td>Room 3105 Main Building</td>
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<tr>
<td>One University Dr., Sheboygan</td>
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</tbody>
</table>

Lifelong Learning Institute is a Vital Part of the Community

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Please support us!
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. Do not park on Campus Court or any other area besides the main parking lots or you will be ticketed and required to pay fine.

15-minute parking by LLI Office is at the Circle Entrance.
Number 12 on map. LLI Office is located in Cofrin Library, CL 109, Building 5 on map.

University Information Center: 920-465-2400

No parking for students in these lots:
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
14. Weidner Center for the Performing Arts
15. Student Housing
16. Office of Residence Life (Hendrickson Center)
17. Maurie Center
18. Kress Events Center
19. Facilities Management
20. Shipping and Receiving
21. Communiiversity 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
30. Residence Life Maintenance
31. Brown County STEM Innovation Center
32. Information Kiosk

University of Wisconsin-Green Bay Campus Map Key
University Information Center:
920-683-4707

PARKING DETAILS:
www.uwgb.edu/maps/manitowoc

**Campus Information**

**University of Wisconsin-Green Bay, Manitowoc Campus Map Key**

1. **Hillside Hall, H102** - Enter Hillside Hall using east side entrance.
2. **Founders Hall, F170** - Enter Founders Hall using west side entrance.
3. **Lakeside Hall**

Park in the Hillside Hall parking lot or in south parking lot behind Founders Hall.
UNIVERSITY DRIVE

PARKING DETAILS:
www.uwgb.edu/maps/sheboygan

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.

University of Wisconsin-Green Bay, Sheboygan Campus Map Key

1. Acuity Technology Center
2. Main Building
3. Main Building
4. Commons
5. Learning Resources Building
6. Brotz Science Building
7. Fine Arts and University Theatre
8. Physical Education
Registration begins on Monday, December 6 at 10 a.m. and is now first come, first serve, so register early for best selection. 
See Registration Checklist.

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

There may be wait times as you register. Please be patient.

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