

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.

	1	Mushroom Madness		17	Conservation of Momentum
	2	Vision and the Color of Life		18	Cherney Maribel Caves and New Hope Cave
	3	Wetland Ecology		19	Strength and Balance for Seniors
	4	Interactive Alpaca Ranch Tour - Session A		20	Walking in the Shadow of History---The Great Green Bay Fire of 1880
	5	Walking on the Wildside		21	Walking in the Shadow of History---The Great Green Bay Fire of 1880
	6	Recorders in Concert		22	Drawing at the Museum
	7	Design Tech - Intro CAD, 3D printing and Laser Cutting		23	Harvest Soup
	8	Gentle Yoga		24	Revisiting the Second Vatican Council
	9	It's a Mystery to Me		25	Fun with Aromatherapy: Build Your Own Blend
	10	Slow Vinyassa Flow Yoga		26	Tanzania Safari Trip
	11	1960s: A Living History		27	Creating Your Own Herbal Remedies
	12	Interactive Alpaca Ranch Tour - Session B		28	Wilderness Survival Series Part 2: Fire Starting and Bowl Making
	13	Learn Sailing Right! Small Boat Series - Introduction		29	Herbs for the Heart: Create Herbal Remedies for Heart Health
	14	Cherney Maribel Caves and New Hope Cave		30	Freeform Art
	15	Wilderness Survival Series Part 1: WI Tracks, Scat, and Sign Identification		31	Self Discovery With Soul Cards®
	16	Design Tech - Intro CAD, 3D printing and Laser Cutting - Journals		32	Exercise as Medicine

33	Simply Dreamy Danish Puff	51	Seroogy's Chocolates Session A
34	From the Heart: Techniques for Reducing Stress and Building Resilience	52	Authentic 1850s Windmill Tour - Session A
35	Dirt, Sticks and Bricks 2.0: New Developments in Greater Green Bay	53	Seroogy's Chocolates Session B
36	Tatting for the Holidays	54	WWII Internment Camps
37	Under the Trench Coat	55	Lake Whitefish: the Fish That Made Door County Famous
38	Kneadlessly Simple Bread	56	Wild About Waterfowl
39	Running for Political Office	57	Beer: Brewing and Packaging Beer with Stillmank Brewing Company
40	Women in World War II - Women's Air Force Support (WASP)	58	The Evolution of the Public Library in the United States
41	Look Homelessness in the Eye!	59	Egypt Travelogue: My personal Gift of the Nile
42	Festive Candy-Pooping Reindeer	60	Moose and Elk: They're Out There!
43	Travelogue of South Africa	61	ESP Evaluation & Development
44	Feet First	62	Healthy Living for your Brain and Body- Understanding Alzheimer's
45	Yoga Basics For Better Living	63	Habitat Restoration and Bird Monitoring on the Oneida Nation Reservation
46	Archery	64	Bay Beach Wildlife Sanctuary, Volunteering and You
47	Bird Migration at Woodland Dunes	65	Wings of Morning - Air War in Europe
48	Learn Sailing Right! Small Boat Series - Introduction	66	Holidays! Organized Chaos
49	Clearing the Clutter from your Life	67	Normal vs. Not Normal Aging
50	Continuing Issues	68	Gift Box Construction

69	Learning in Healthcare through Simulated Experiences
70	Cruising the Great Lakes
71	Tour Krueger International (KI) - 100% Employee Owned
72	Sustainability and Solar Energy
73	Myths to Allergies and Asthma
74	Zentangle Kaleidoscope
75	Glass Fusion Jewelry - Session A
76	Glass fusion Jewelry - Session B
77	Experience the SS Badger Ferry
78	The Art of Architecture
79	Zen and the Gift of Aging
80	Understanding Our Dreams: Jungian Dream Analysis
81	Using a Positive Approach in Dementia Care
82	You Have Something Beautiful to Share - Let's Talk
83	Presidential Facts and Trivia
84	Karl Pflaume: A Manitowoc Immigrant Returns Home
85	Bullet Journaling
86	Manitowoc County Joint Dispatch Center Tour

87	Walking Tour of Harrigan Parkside Funeral Home, Crematory, and Gathering Center
88	A Year in the Life of a Prairie
89	Organic Farming: Why We Do What We Do! - Session A
90	An Analysis of the Battle of Little Bighorn, aka Greasy Grass
91	Beginning Line Dancing
92	Lakeside Foods Tour
93	Healthcare Technology at Home: What Families Need to Know
94	Spreading the Word, About Cheese That Is!
95	You Have Something Beautiful to Share - Let's Talk
96	Zentangle : Blue & Gray
97	Exceptional Equestrian Tour - Session A
98	Birds and Poetry
99	Upcycling: It's Not a Trend
100	Saving Vanishing Landscapes
101	Relax and Draw
102	Exceptional Equestrian Tour - Session B
103	UW-Green Bay Golf: Competing with a Hot Team in the Cold Weather
104	Your Bicycle and You

105	Climate Change and Energy Policy	123	Protecting Your Online Personal Information
106	Spanish I	124	Tour Syble Hopp School
107	Senior Living - Deep Dive Series: Senior Living 101	125	Winter Wildlife Survival
108	Your Home's Worth/Prepping for Sale	126	The Nutcracker: How an American Holiday Tradition Was Born
109	Writing Your Memoirs	127	ESP Evaluation & Development
110	Spanish III	128	The Nutcracker - A Christmas Tradition
111	Basic Line Dancing	129	Books and You
112	Introduction to Scotland	130	West of the Lake Garden Tour and the Lester Bentley Mural Room
113	Why Should You Preplan and Pay For Your Funeral Ahead of Time?	131	Racewalking for Lifetime Fitness
114	Financial Wellness Empowerment - Session A	132	The Mysteries of the Monarch Butterfly
115	Hands on History: The Packers Hall of Fame	133	Different Gospel of John: Conflation Facts and Issues
116	Climate Change and Energy Policy	134	Organic Farming: Why We Do What We Do! - Session B
117	Your Bicycle and You	135	ADRC - Your Partner Through Life's Changes
118	Ben-Hur and Gladiator: History or Hollywood	136	Using Local, State, and Federal Laws to Protect the Waters of Northeast WI
119	Green Bay Packers Art Collection	— 137	Blackwork Hand Embroidery Cancelled
120	Robert Frost: America's Most Popular Poet	138	Grape Growing and Wine Making, Wisconsin Style
121	Advanced Line Dancing	139	Custer in the Movies
122	Fun with Beads	140	Botanical Gardens - Gardener's Delight Tour

141	Update on the U.S. and Wisconsin Supreme Courts	159	Authentic 1850's Windmill Tour - Session B
142	Diabetes Mellitus 2022 - Pathophysiology & Pharmacotherapy Update	160	Hamilton Wood Type and Printing Museum
143	Group Piano	161	How Beethoven Changed Music Forever
144	Historical Tour of Franciscan Sisters Motherhouse in Manitowoc	162	Women & Heart Disease - Who Me? Couldn't Be!
145	Silk Painting	163	Wisconsin English Dialect in the 21st Century
146	Birds of Prey in NE WI	164	Habitat Restoration and Bird Monitoring on the Oneida Nation Reservation
147	Forces of Change in the Post Pandemic World	165	A Civil War Wonder!
148	Be a Blacksmith for a Day! Session A	166	Medicare: Open Enrollment Period (OEP) 2023
149	What Is An End of Life Doula?	167	Nursing Role in a Changing Healthcare Environment
150	U.P. Stories (Book Club)	168	Prescription Drug Prices (2022 Update)
151	Be a Blacksmith for a Day! Session B	169	Piano Ensemble
152	5 Chef Secrets To Take Your Cooking From Fair To Fantastic	170	Making Your Photos Pop Off the Page!
153	The CIA and the Raising of the Soviet Union Submarine K-129	171	Who were Manitowoc's Movers and Shakers in the early 1900s?
154	Sock Knitting	172	The 7 Ingredients Responsible For All Baking
155	Forces of Change in the Post Pandemic World	173	Local Flavor: Making Melt in Your Mouth Pasties
156	Beginning Knitting	174	Introduction to Fincantieri Bay Shipbuilding
157	Tour of Belgian Heritage Center	175	Great Omission of the Gospel of Luke
158	Author of the Gospel of Matthew	176	One Quilter's Trunk Show

177	Financial Wellness Empowerment - Session B	195	Von Stiehl Winery Tour
178	Design Your Own Holiday Cards	196	Visit the Fused Glass Studio at NWTC Artisan Center
179	Roadside Geology of Wisconsin	197	Sailing, A Sport for All Seasons
180	You Have a Hospice Benefit	198	Explore Point Beach State Forest, Session A
181	Under the Robe: The Anatomy of a Criminal Trial	199	Explore Point Beach State Forest, Session B
182	'Tis the Season to Decorate	200	The Beatles, Then, Now, and Forever
183	Any Last Words?	201	iRest Introduction to Guided Meditation
184	ADRC - Your Partner Through Life's Changes	202	Monarch Butterfly Biology and Conservation
185	Primacy of the Gospel of Mark	203	Louise Erdrich Novels Cancelled
186	Music to My Ears	204	Create an Indoor Fairy Garden
187	Christmas 3-D Paper Creations	205	Songs and Fingerplays for Your Grandchildren
188	The Power of Meaning-Making: Transforming Pain into Purpose	206	Skullduggery
189	Introduction to Watercolor	207	Art of Thrift Store Shopping
190	Biking is Fun at Any Age	208	Tour of the Automobile Gallery
191	Exploring Enslavement through Science Fiction: Octavia Butler's "Kindred"	209	The Power of Words: An Introduction to Poetry Therapy
192	Exploring Enslavement through Science Fiction: Octavia Butler's "Kindred"	210	Information and Misinformation: How Personalized Web Becomes a Web of Lies
193	Math Doesn't Look Like It Did When I Was in School	211	Creative Cookie Decorating for Halloween
194	Monarch Migration and Tagging	212	Before You Take A Stitch

	213	Hospice 101 and Advance Directives
	214	A Health Combo: A) Women's Health After 60; B) Ethnic Health Snacks
	215	Wisdom Literature in the Hebrew Bible: Timeless Questions
	216	"Dad's Attic"
	217	Putting the FUN in Functional Fitness
	218	Solar Power in the 2020s

	219	From the Heart: Techniques for Reducing Stress and Building Resilience
	220	Passport to Geologic Wonders
	221	Recorders in Holiday Concert
	222	Creative Cookie Decorating for the Holidays

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 for the most updated course schedule.