Lifelong Learning Institute

Fall 2021 Course Catalog

Together, We Learn

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

Registration begins August 9, 2021. Register early for best selection.
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.

**Yearly Membership Fee: $140**

That breaks down to $70 per semester or $4.66 per class for 30 classes! You can add on more classes that still have openings after the initial registration of 15 classes each semester.

**Keeping You Safe**

As you know, due to the COVID-19 health pandemic, our society has been being forced to think differently and creatively while we continue to move forward. LLI is no exception to this.

LLI is planning to resume in-person classes for Fall 2021. We will also continue with live online and pre-recorded classes, which have received positive evaluations by members. We believe we can best serve our membership with a diverse mix of course types and delivery methods.

That said, we reserve the right to change class delivery method, class size or classroom policy, based on new health guidelines or other unforeseen circumstances.

**Online Classes**

NEW! LLI will use Zoom for all online classes. Training sessions will be scheduled for August. Watch your email for more information.

Online classes are accessible with any of the following:

- Desktop or laptop computer (PC or Mac)
- Tablet
- Smartphone (Android or iPhone)

Google Chrome web browser works best and can be downloaded for free at www.google.com/chrome. Microsoft Edge can also be used.

With over **240 interactive and engaging classes** to choose from, LLI offers flexible options for all new and existing members.

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Registration Checklist

- Registration will open on Monday, August 9 at 10 a.m. Please have your license plate number for registration! Please be patient if you experience delays when registering. This may happen if too many people are registering at the same time.

- 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.

- Register early for best selection. Our registration software is no longer compatible with the lottery program that we have used to randomly slot classes.

  When you register, you are selecting the classes you will attend. If a course is 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 because you will receive an email within minutes.

- You will receive an email with your official class confirmation letter by August 20, which will list all the classes you are registered for. 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.

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, August 9 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. The registration process includes registering for classes and completing registration by making 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.
Learning Environment
LLI members have been invited to take a look at LLI’s online classroom. Orientation will include:

Training Sessions:
Watch your email! New members will receive an email with a link to LLI’s online classroom, where you will be given a “tour” and go over things like how to virtually raise your hand and enter a chat message.

Learning Tools:
Video and documentation on how to access the LLI online classroom will be emailed to members and are also available on LLI’s website.

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 now located in the David A. Cofrin Library, CL109B.
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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Extra Class Options

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**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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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>☀️</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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<td>Small-Space Decorating</td>
<td>10 a.m.-12 p.m.</td>
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<td>10</td>
<td>Automobile Gallery Tour</td>
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<td>11</td>
<td>Celtic Tatting</td>
<td>1-3 p.m.</td>
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<td>55</td>
<td>Victorian Sea Stories</td>
<td>9-10:30 a.m.</td>
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<td>56</td>
<td>Sleeping Through the Ages</td>
<td>10 a.m.-12 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>Acoustic Guitar Give ‘N Take: Teach One, Learn Eleven</td>
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<td>Tribal Colleges and World Indigenous Nations Higher Ed.</td>
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<td>Lester Bentley: Sign Painter to World Renowned Artist</td>
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<td>112</td>
<td>Adventure on the Dalmatian Coast</td>
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<td>163</td>
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<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>165</td>
<td>Maximize Your Retirement - 2021 Updates - Session A</td>
<td>1-3 p.m.</td>
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<td>166</td>
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<td>The Fight to Stay in School in Rural Africa: Village Book Builders</td>
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<td>Tour - STEM Innovation Center at UW-Green Bay</td>
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<td>225</td>
<td>Why Does Your Contractor Charge So Much?</td>
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<td>Mentoring a Young Person - Big Brothers Big Sisters</td>
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<td>When the Left Bank Is the Right Bank: American Writers in Paris</td>
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<td>227</td>
<td>Some Nobel Women’s Novels</td>
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<td>17</td>
<td>Early History Of The Green Bay Fire Department</td>
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<td>When North America was Nearly Torn Apart - Midcontinent Rift</td>
<td>1-3 p.m.</td>
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<td>68</td>
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<td>1-3 p.m.</td>
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<td>69</td>
<td>Birds of Prey in Northeast Wisconsin</td>
<td>1:30-3:30 p.m.</td>
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<td>117</td>
<td>Goats Tackle Invasive Species - Session B</td>
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<tr>
<td>118</td>
<td>Piano Ensemble</td>
<td>10-11:30 a.m.</td>
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<td>Recycling in the US and Northeast Wisconsin</td>
<td>1-3 p.m.</td>
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<td>121</td>
<td>Lymphedema - What is it? How is it Treated?</td>
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<td>Women in World War II - Women’s Air Force Support (WASP)</td>
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<td>176</td>
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<td>Sustainability and Solar Energy</td>
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<td>26</td>
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<td>LASER Therapy in Chiropractic Care</td>
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<td>Watercolor Wonderland (Multi-Media Art)</td>
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<td>Writing for Health</td>
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<td>29</td>
<td>Robert Frost: America’s Most Popular Poet</td>
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<td>30</td>
<td>Dirt, Sticks and Bricks: New Developments in Greater Green Bay</td>
<td>1-2:30 p.m.</td>
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<td>Crime Stoppers - Making Your Community a Safer Place to Live</td>
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<td>Tour: Tabrizi Persian Rug Gallery</td>
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<td>To Supplement or Not to Supplement: That is the Question!</td>
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<td>129</td>
<td>Spreading the Word, About Cheese Spread That Is!</td>
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<td>Advanced Line Dancing</td>
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<td>Who Am I: A Conversation on Understanding Myself</td>
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= Outdoors  = Online Live  = Recorded  = Classroom  = Tour
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<tr>
<th>Course Code</th>
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<tr>
<td>193</td>
<td>Origins and Consequences of the Great War</td>
<td>1-3 p.m.</td>
<td>11/4</td>
<td>11/11</td>
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<tr>
<td>194</td>
<td>Statistics of a Pandemic</td>
<td>1-3 p.m.</td>
<td>11/4</td>
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<tr>
<td>195</td>
<td>Healthy Living for your Brain and Body - Understanding Alzheimer's</td>
<td>1-3 p.m.</td>
<td>11/4</td>
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<tr>
<td>196</td>
<td>Table Settings at the Rahr-West Art Museum</td>
<td>1-3 p.m.</td>
<td>11/4</td>
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<tr>
<td>197</td>
<td>Door County Maritime Museum Tour and Speaker Series - Session A</td>
<td>4:30-8 p.m.</td>
<td>11/4</td>
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<tr>
<td>240</td>
<td>Bay Beach Wildlife Sanctuary: Critters, Volunteering and You!</td>
<td>8 a.m.</td>
<td>11/5</td>
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<tr>
<td>241</td>
<td>Wisdom Literature in the Hebrew Bible: Timeless Questions</td>
<td>10 a.m.-12 p.m.</td>
<td>11/5</td>
<td>11/12</td>
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<td>242</td>
<td>World's Greatest Churches Part 1</td>
<td>10 a.m.-12:15 p.m.</td>
<td>11/5</td>
<td>11/12</td>
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<tr>
<td>243</td>
<td>Korean War</td>
<td>10-11:30 a.m.</td>
<td>11/5</td>
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<tr>
<td>244</td>
<td>Yoga for Everyone</td>
<td>12-1 p.m.</td>
<td>11/5</td>
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<tr>
<td>31</td>
<td>Whale of a Tale: Baja, Mexico</td>
<td>8 a.m.</td>
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<tr>
<td>32</td>
<td>Kneadlessly Simple Bread</td>
<td>10 a.m.-12 p.m.</td>
<td>11/8</td>
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<tr>
<td>33</td>
<td>Chair Yoga</td>
<td>10 a.m.-12 p.m.</td>
<td>11/8</td>
<td>11/15</td>
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<tr>
<td>34</td>
<td>Cluny Tatting</td>
<td>1-3 p.m.</td>
<td>11/8</td>
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<tr>
<td>35</td>
<td>Tribal Colleges and World Indigenous Nations Higher Education</td>
<td>1-3 p.m.</td>
<td>11/8</td>
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<tr>
<td>77</td>
<td>Silent Sky - The Story of Two Science Heroines</td>
<td>8 a.m.</td>
<td>11/9</td>
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<tr>
<td>78</td>
<td>Learn How to Play Cribbage</td>
<td>10 a.m.-12 p.m.</td>
<td>11/9</td>
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<tr>
<td>79</td>
<td>Living Well With Hearing Loss</td>
<td>10-11:30 a.m.</td>
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<tr>
<td>80</td>
<td>Fun with Aromatherapy: Build Your Own Blend</td>
<td>1-3 p.m.</td>
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<tr>
<td>130</td>
<td>Spoon Bending 101</td>
<td>10-11 a.m.</td>
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<tr>
<td>131</td>
<td>Phantoms of the Forest</td>
<td>10-11:45 a.m.</td>
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<td>132</td>
<td>Searching Religious Records in Your Family Search!</td>
<td>11 a.m.-12:30 p.m.</td>
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<tr>
<td>133</td>
<td>Famous Trials: Landmark Cases in American Legal History, Part II</td>
<td>1:30-3:30 p.m.</td>
<td>11/10</td>
<td>11/17</td>
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<tr>
<td>198</td>
<td>Passing It On, or Passing the Buck - Session A</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>199</td>
<td>River City’s Readers presents Reader’s Theatre</td>
<td>1-3 p.m.</td>
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<td>200</td>
<td>Can They Take Our Home - Session A</td>
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<td>36</td>
<td>1960s - Living History</td>
<td>9 a.m.-12 p.m.</td>
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<tr>
<td>81</td>
<td>Pollinators + Pollination + Plants = Life</td>
<td>10 a.m.-12 p.m.</td>
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<td>82</td>
<td>Old Glory Honor Flight Presentation</td>
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<tr>
<td>83</td>
<td>Creating Your Own Herbal Remedies</td>
<td>1-3 p.m.</td>
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<tr>
<td>84</td>
<td>Zentangle: Tangled 3D Christmas Tree</td>
<td>1-3 p.m.</td>
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<td>134</td>
<td>Caring for the Caregiver: Taking Care of YOU!</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>201</td>
<td>Update on the U.S. and Wisconsin Supreme Courts</td>
<td>10 a.m.-12 p.m.</td>
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<td>202</td>
<td>Many Voices: “Real Talk” about Diversity and Inclusion</td>
<td>10 a.m.-12 p.m.</td>
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<td>203</td>
<td>Kayak Essentials</td>
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<td>204</td>
<td>Elon Musk: Altering Climate Change</td>
<td>1-3 p.m.</td>
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<td>245</td>
<td>Art of Thrift Store Shopping</td>
<td>9 a.m.-12 p.m.</td>
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<td>246</td>
<td>Virtual Tour of Greece</td>
<td>1-3 p.m.</td>
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<td>37</td>
<td>Basic Dynamics of Domestic Violence</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>38</td>
<td>World War II Internment Camps</td>
<td>1-3 p.m.</td>
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<tr>
<td>85</td>
<td>Manitowoc River History - Upriver Discussion</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>86</td>
<td>Home Modifications to Keep You in Your Home Safer &amp; Longer</td>
<td>1-2 p.m.</td>
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<td>135</td>
<td>Life Is A Journey...Travel Light On Your Trip</td>
<td>10-11:30 a.m.</td>
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<tr>
<td>136</td>
<td>Social Isolation &amp; The Adult Homeless Population</td>
<td>10-11:30 a.m.</td>
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= Outdoors  = Online Live  = Recorded  = Classroom  = Tour
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.

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<td>205</td>
<td>Grandma’s Workshop: Candy Christmas Crafts</td>
<td>10 a.m.-12 p.m.</td>
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<td>206</td>
<td>Passing It On, or Passing the Buck - Session B</td>
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<td>207</td>
<td>Sculpture: Encounters with the Third Dimension</td>
<td>10 a.m.-12 p.m.</td>
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<td>208</td>
<td>Can They Take Our Home - Session B</td>
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<td>209</td>
<td>Door County Maritime Museum Tour and Speaker Series - Session B</td>
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<td>39</td>
<td>History of the Western Calendar</td>
<td>8 a.m.</td>
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<td>40</td>
<td>Holidays! Organized Chaos!</td>
<td>10 a.m.-12 p.m.</td>
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<td>87</td>
<td>Manitowoc River Series - Downriver</td>
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<td>88</td>
<td>Manitowoc County 911 Dispatch Tour</td>
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<td>89</td>
<td>Tuning In: Tips for Nourishing Your Nervous System</td>
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<td>138</td>
<td>Irish Genealogy Research: Here’s the Latest!</td>
<td>11 a.m.-12:30 p.m.</td>
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<td>139</td>
<td>Evergleam Aluminum Trees: 62 Years of Atomic Sparkle!</td>
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<td>210</td>
<td>Into the Forest - “Yo-Yo” Trees</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>211</td>
<td>Life of the Bay: The Connection of First Nations to Land &amp; Water</td>
<td>10-11 a.m.</td>
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Monday Courses

1 Race-walking for Lifetime Fitness (R)
Type: Outdoor  
Location: Green Bay  
Classroom: Meet in RH220  
Presenter: Professor Michael Draney  
Dates: 8/23  8/30  
Time: 9:30 a.m.-12 p.m.  
Limit: 24
Running is great exercise, but many older people can no longer tolerate the wear and tear that it entails. Walking is a fine alternative, but it lacks the intensity that leads to higher cardiovascular fitness. Consider race-walking, which combines the advantages of both! By adding 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 advantages of walking. Come to class with comfortable walking attire.

2 Native Bees of Wisconsin (N)
Type: Classroom  
Location: Green Bay  
Classroom: RH230  
Presenter: Amy Wolf, PhD and Herbert Fisk Johnson, Professor of Natural Sciences  
Dates: 8/30  
Time: 10 a.m.-12 p.m.  
Limit: 25
Professor Wolf will provide an overview of the life history and diversity of Wisconsin's native bees, from common sweat bees to the federally endangered rusty-patched bumble bee. Weather permitting, we will take a walk on the UW-Green Bay campus to identify bees and discuss conservation practices to support pollinators.

3 Strength and Balance for Seniors (R)
Type: Classroom  
Location: Green Bay  
Classroom: RH220  
Presenter: Nick Baudhuin  
Dates: 9/13  
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.

4 Walking on the Wildside (R)
Type: Outdoor  
Location: Green Bay  
Classroom: Brown County Trails  
Presenter: Sue Schuette  
Dates: 9/13  9/20  9/27  10/4  
Time: 10 a.m.-12 p.m.  
Limit: 25
Enjoy the outdoors with other LLI members while hiking different trails in Brown County. We will meet each week at a designated trail. Hikes will be about one hour in length. The first week we will meet at UW-Green Bay Communiversity Park on the Bay of Green Bay. Itinerary for each hike will be emailed in advance to the roster. By registering for this class, you agree to follow the guidelines recommended by the CDC and UW-Green Bay (i.e. social distancing) to prevent the spread of the COVID-19 virus.

5 Social Dancing-Argentine Tango (C)
Type: Classroom  
Location: Green Bay  
Classroom: Mauthe Center  
Presenter: Brenda Hartstern  
Dates: 9/13  9/20  9/27  10/4  10/11  
Time: 1-2:30 p.m.  
Limit: 30
Argentine Tango is the social improvisational dance of Buenos Aires. Improvisation takes place locally, also! It can be anything from a simple walk to playing footsie! Video links will be provided to enhance the experience of learning the history and feel of the dance.

Green Bay receives official “Bee City USA” designation. Bee City USA has determined that UW-Green Bay has met the standards for certification. Learn more about this certification and help us conserve these vital native pollinators.

(N) – New Course  (R) – Repeat  (C) – Continuing
**6 Why We Get Mad…and What We Can Do About It (R)**

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH220  
**Presenter:** Ryan C. Martin, PhD  
**Dates:** 9/13  
**Time:** 1-3 p.m.  
**Limit:** 50

Anger is a common and even healthy emotion that people experience anywhere from a couple of times a day to a couple of times a week. Like all emotions, it exists in us because it offered our ancestors important survival benefits. But like all emotions, it can become maladaptive when experienced too often or too intensely. This class will focus on why we get mad, and how we can express it in a healthy and adaptive way.

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**7 Living With the Skin You’re In (N)**

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH230  
**Presenter:** Diane Gulbrand, MSN, FNP-BC, CWON  
**Dates:** 9/13  
**Time:** 1-3 p.m.  
**Limit:** 50

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 that might indicate medical care is needed, covering topics such as skin cancer, various types of wounds and preventive strategies.

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**8 It’s a Mystery to Me (R)**

**Type:** Live Online (Zoom)  
**Presenter:** Fred Delie  
**Dates:** 9/13  10/4  11/1  12/6  
**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.

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**9 Small-Space Decorating (N)**

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH220  
**Presenter:** Vickie Linssen  
**Dates:** 9/20  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

Small-space decorating can be a challenge, but it doesn’t have to curb your style. With expert tips and ideas, you can make a small space live large. Learn how to maximize and decorate small spaces with efficient storage solutions, stunning design ideas and inspiring makeovers. Presented by decorator Vickie Linssen.

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**10 Automobile Gallery Tour (R)**

**Type:** Tour  
**Location:** Green Bay  
**Classroom:** Automobile Gallery  
**Presenter:** Darrel Burnett  
**Dates:** 9/20  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

Local businessman Red Lewis put together a collection of cars that will amaze you. The gallery is often thought of as one of Green Bay’s “best-kept secrets.” You will learn how artistry and engineering come together to provide memorable and historic models of transportation. A fee of $8 is due to the Automobile Gallery on the day of the tour. Please have exact cash or a check made out to Automobile Gallery.

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**11 Celtic Tatting (N)**

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH230  
**Presenter:** Nona Litzelman  
**Dates:** 9/20  9/27  10/4  10/11  
**Time:** 1-3 p.m.  
**Limit:** 20

This course is for anyone who has already mastered the basics of shuttle tatting. There are several different kinds of tatted Celtic designs and this course will focus on the inter-woven type. Pattern and supply list will be emailed to participants.
12 Mentoring a Young Person - Big Brothers Big Sisters (N)
Type: Classroom  
Location: Green Bay  
Classroom: RH230  
Presenter: Nancy Roth and Vic Valdez  
Dates: 9/27  
Time: 10 a.m.-12 p.m.  
Limit: 50
Mentoring youth is a win-win. The young person benefits from your friendship and lifetime of experiences, and you benefit from being more active physically, mentally and socially. This class will explain programs Big Brothers Big Sisters offers, and you’ll hear from a panel of past and present mentors.

13 Picture Arranging Tips, Tricks & Tries (R)
Type: Classroom  
Location: Green Bay  
Classroom: RH220  
Presenter: Vickie Linssen  
Dates: 9/27  
Time: 10 a.m.-12 p.m.  
Limit: 50
Picture arranging is one of those “arts” that either you’re good at or you’re not. It takes a “good eye” to see how the principles of design relate to displaying art. Balance, scale, proportion, color and rhythm are as important to displaying art as they are to painting art. Much can be learned with a few basic tips. Presented by decorator Vickie Linssen.

14 N.E.W. Community Clinic: Its Role in Healthcare for the Un/Underinsured (R)
Type: Classroom  
Location: Green Bay  
Classroom: RH230  
Presenter: Tony Lee, Health Benefits Coordinator and Seth Moore, MSN, APNP  
Dates: 10/4  
Time: 10 a.m.-12 p.m.  
Limit: 50
How are the un/underinsured cared for in Brown County? This session will be a discussion about the role of the Community Health Center, particularly regarding the unique challenges and opportunities in providing care to the underserved.

15 Harvest Soup (N)
Type: Outdoors  
Location: Manitowoc  
Classroom: Roadside Cucina and Cannery  
Presenter: Diana Beschta  
Dates: 10/4  
Time: 10 a.m.-12 p.m.  
Limit: 10
Do you enjoy the fall harvest and cooking? Join Diana as we gather and celebrate the wonderful local harvest bounty and prepare a soup together. Tools will be provided for chopping. There will be demonstrations on how to chop, discussion on using garden herbs and instruction on making fresh egg noodles. We will end with a delicious bowl of soup and homemade garlic knots. Please bring an apron and a hair tie for long hair or scarf to cover head. We will spend most of our time outdoors under a tent. Please dress accordingly. A $10 fee for supplies and lunch is due at time of registration.

16 Christian Spirituality (R)
Type: Classroom  
Location: Green Bay  
Classroom: RH220  
Presenter: Sister Elise Cholewinski  
Dates: 10/4 10/11 10/18  
Time: 1-3 p.m.  
Limit: 25
In this course we will look at the difference between spirituality and religion and become familiar with the basic elements of the Christian spiritual life. The lives of several prominent figures in the history of Christian spirituality will be presented. Various forms of prayer, developed by some of these figures, will be described.
17 Early History of the Green Bay Fire Department (R)

Type: Classroom  
Location: Green Bay  
Classroom: RH230  
Presenter: David Siegel  
Dates: 10/4  
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.

18 Downsizing? Where Do I Start? (N)

Type: Live Online (Zoom)  
Presenter: Michelle Lauerman  
Dates: 10/11  
Time: 10 a.m.-12 p.m.  
Limit: 100

Is a downsizing or a move in your future? Hear from a professional organizer and explore the art of downsizing.

19 Maribel Caves and New Hope Cave - Session A (N)

Type: Outdoor  
Location: Maribel  
Classroom: Maribel Caves  
Presenter: Mike Sobush  
Dates: 10/11  
Time: 10 a.m.-12 p.m.  
Limit: 25

Take a 2-hour walking tour of the Cherney Maribel Caves, visiting all the caves in the park, including Spring Cave and Maribel New Hope Cave. Learn the history of the Maribel Caves Hotel and view the ruins from the park. Register for Session A or B, not both please. A $5 fee is due on day of class.

20 Veteran Voices IV (C)

Type: Classroom  
Location: Green Bay  
Classroom: Mauthe  
Presenter: John Maino  
Dates: 10/11  
Time: 1-3 p.m.  
Limit: 150

John Maino will present 4 -5 Vietnam, Iraq and Afghanistan military veterans who served in combat zones. Each will describe their duties during their service and in some cases will have photos/videos to enhance their presentation. John will then moderate a Q&A between the class and the veterans. After the break, John will briefly discuss the process of discovering and incorporating the veterans for his books. This class builds on previous presentations which are not required.

21 Maribel Caves and New Hope Cave - Session B (N)

Type: Outdoor  
Location: Maribel  
Classroom: Maribel Caves  
Presenter: Mike Sobush  
Dates: 10/11  
Time: 1-3 p.m.  
Limit: 25

Take a 2-hour walking tour of the Maribel Caves, visiting all the caves in the park, including Spring Cave and Maribel New Hope Cave. Learn the history of the Maribel Caves Hotel and view the ruins from the park. Register for Session A or B, not both please. A $5 fee is due on day of class.

22 What’s Up Downtown (N)

Type: Live Online (Zoom)  
Presenter: Jeff Mirkes. Director  
Dates: 10/18  
Time: 1-2 p.m.  
Limit: 200

Join Downtown Green Bay executive director Jeff Mirkes as he brings us up to date on what’s happening in Green Bay. From new business openings to opportunities for housing, education, retail, entertainment and future growth, expect to be surprised at how this place we call “home” is changing.
23 Ireland and Its Poets (R)
Type: Recording
Presenter: Mike Murphy and Cheryl Murphy
Dates: 10/18
Time: 8 a.m.   Limit: Unlimited
The small island of Ireland has produced a surprisingly large number of famous writers, including four Nobel Prize winners. Let’s look at some popular and famous Irish poems in the context of the colorful lives and turbulent times of their authors. Some poems will be accompanied by harp music. The poems provide both an overview of Ireland’s lovely landscapes and a capsule summary of its long sad history.

24 Attracting Birds to Your Property (N)
Type: Live Online (Zoom)
Presenter: Erin Giese
Dates: 10/18
Time: 9-10 a.m.   Limit: 150
Want to learn how to attract a variety of birds to your property? Then tune in to this course to learn ways to manage your residence and land to attract a variety of birds across all seasons through habitat manipulation, implementing “bird-friendly” practices (e.g. lawns, windows), and providing nest boxes, bird feeders, nesting material and water sources to the beautiful birds we know and love.

25 Sustainability and Solar Energy (R)
Type: Classroom
Location: Green Bay
Classroom: St. Francis of the Holy Cross
Presenter: Sister Rose Jochmann
Dates: 10/25
Time: 10 a.m.-12 p.m.   Limit: 50
Learn how the Sisters of St. Francis of the Holy Cross (Bay Settlement Franciscans) have been living sustainably and hear about their recent solar projects. Learn about their reasons for going solar, the installation process and their current solar production. Jesse Michalski from Eland Electric will also join us to answer questions.

26 From the Heart: Techniques for Reducing Stress and Building Resilience (R)
Type: Live Online (Zoom)
Presenter: David Ferguson, MD
Dates: 10/25
Time: 1-2:30 p.m.   Limit: 50
Life sure can get complicated. Chronic emotional stress, characterized by feelings of anger, anxiety and frustration, adversely impacts our health and well-being. In this course, we will explore research that looks at the heart and its role in the mind-body connection. We’ll examine how the heart affects the brain and higher cognitive functions like attention, memory and problem solving. Learn techniques to improve the heart-brain interaction, decrease stress and build better resilience.

27 Prevent Breast Cancer: It’s More Than a Mammogram (N)
Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: Colette Salm-Schmid, MD
Dates: 10/25
Time: 1-3 p.m.   Limit: 50
Of course mammograms are important. We’ll discuss the nuances between 3D and 2D technology. But prevention is more than getting a mammogram. Breast cancer prevention is becoming more like prevention of heart disease. Learn more about why you should find out your lifetime risk number and how it can help you develop prevention strategies.

28 Behind the Scenes Look at the Weidner (R)
Type: Classroom
Location: Green Bay  Classroom: Weidner Center
Presenter: Weidner Center Staff
Dates: 10/25
Time: 1-3 p.m.   Limit: 40
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 these are questions to which you would like answers, then come and join the Weidner staff as they give us a tour of the main stage and dressing rooms, as well as the other performing areas in the building. An elevator is available to get from floor to floor, but there will still be some walking. Please park in the Weidner lots and enter through the main entry.

29 Robert Frost: America’s Most Popular Poet (R)

Type: Recording  
Presenter: Mike Murphy and Cheryl Murphy  
Dates: 11/1  
Time: 8 a.m.  
Limit: Unlimited

A brief introduction to America’s most popular 20th century poet, who is particularly famous for his insightful, folksy, homespun poems focused on New England farm life. This class will discuss those poems as well as others which reveal a different, deeper, darker and more complex side of his outlook on life.

Poet Amanda Gorman captured the imagination of America at the inauguration of President Biden. Robert Frost was the first poet to speak at the inauguration of a president in January 1961 for John F. Kennedy. He recited “The Gift Outright” from memory when the glare of the sun prevented him from reading “Dedication.” Enjoy the poem on the JFK Library website.

30 Dirt, Sticks and Bricks: New Developments in Greater Green Bay (N)

Type: Classroom  
Location: Green Bay  
Classroom: Mauthe Center  
Presenter: Garritt R. Bader  
Dates: 11/1  
Time: 1-2:30 p.m.  
Limit: 150

See that new building? Wondering what else is on the horizon? Local real estate developer Garritt Bader will provide insight on his past, current and future projects, as well as those of other developers and how they’re changing the face of Green Bay.

31 Whale of a Tale: Baja, Mexico (R)

Type: Recording  
Presenter: Dr. Richard J. Stevens, Ph.D.  
Dates: 11/8  
Time: 8 a.m.  
Limit: Unlimited

This course explores the northern half of the “desolate” Baja Peninsula of Mexico. As we travel 450 miles south we look at Baja’s geology, rich deserts, amazing farming, fascinating cacti, lovely villages, history and especially the gray whales. With great pictures of mother and baby whales, the story of the gray whales, measuring up to 45 feet long and weighing 45 tons, wintering in the lagoons of Baja will be explained. The uniqueness of Baja landscapes and biology will also be examined.

32 Kneadlessly Simple Bread (R)

Type: Classroom  
Location: Green Bay  
Classroom: First Presbyterian Church  
Presenter: Terry Smith and Sue Schuette  
Dates: 11/8  
Time: 10 a.m.-12 p.m.  
Limit: 16

Learn how to make artisan yeast bread without kneading. We will be using a cast iron dutch oven technique. Also learn how to make flatbread. Recipes and samples will be provided.
33 Chair Yoga (N)

Type: Classroom
Location: Manitowoc
Classroom: Manitowoc Public Library
Presenter: Kathy Niquette
Time: 10 a.m.-12 p.m.  Limit: 25

Chair Yoga is for you if you’ve ever wanted to try yoga but thought you weren’t flexible enough or couldn’t get down on the floor. Experience all of the benefits of a traditional yoga class: decreased stress and blood pressure, improved flexibility, mobility and better balance. Using a chair offers support and enhances your practice. It assists in attaining optimal alignment, allowing you to gain the most benefit from a pose. You will be surprised at just how good you can and will feel! A mat and a blanket or towel are helpful but not necessary.

34 Cluny Tatting (C)

Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: Nona Litzelman
Dates: 11/8 11/15
Time: 1-3 p.m.  Limit: 20

Learn how to tat cluny leaves using a cluny loom. If you do not already have a cluny loom, instructions on how to make one will be available. This course is for anyone who has already mastered the basics of shuttle tatting. Pattern and supply list will be emailed to the roster.

35 Tribal Colleges and World Indigenous Nations Higher Education Consortium (N)

Type: Live Online (Zoom)
Presenter: Thomas Davis
Dates: 11/8
Time: 1-3 p.m.  Limit: 300

The tribal colleges and universities movement in the United States has been one of the most important movements of the late 20th/early 21st century. For decades American Indian parents were not allowed to participate in decision-making about the education of their own children. In many places children were even picked up near their homes and removed to boarding schools without any notification from the Bureau of Indian Affairs about where they had been sent. Then, in the late 1960s/early 1970s, the Indian-controlled schools movement was founded. The leaders of that movement, including the founders of the tribal colleges and universities’ movement, also created the first tribal colleges in the United States.

36 1960s - Living History (R)

Type: Classroom
Location: Green Bay  Classroom: RH230
Presenter: Daniel Goron
Dates: 11/15 11/17 11/19
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 the Civil Rights Movement will be discussed and how this convergence of events may have impacted class members. Class participation is encouraged with stories, pictures and artifacts.

37 Basic Dynamics of Domestic Violence (R)

Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: Michaela Polewski
Dates: 11/22
Time: 10 a.m.-12 p.m.  Limit: 50

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

Type: Live Online (Zoom)
Presenter: Robert Cook
Dates: 11/22
Time: 1-3 p.m. Limit: 200

During World War II we interned over 100,000 people who were believed to be a national security threat. The majority of these were Japanese Americans, many of whom were American citizens. We will explore the rationale behind these actions and take a look at the camps and how exiles lived during their stay.

39 History of the Western Calendar (R)

Type: Recording
Presenter: Gary Dallman
Dates: 12/6
Time: 8 a.m. Limit: Unlimited

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

40 Holidays! Organized Chaos! (N)

Type: Live Online (Zoom)
Presenter: Michelle Lauerman
Dates: 12/6
Time: 10 a.m.-12 p.m. Limit: 100

Breeze through the holidays! Learn how to come out on the other side with less stress, less stuff and more peace of mind.

41 Thrift Store “Treasure Hunting” (N)

Type: Classroom
Location: Marinette
Classroom: Marinette Campus, M107
Presenter: Judy Reid
Dates: 8/24
Time: 10 a.m.-12 p.m. Limit: 20

Walking into a Thrift Store can be overwhelming, so let Judy help you navigate such a store. Thrift Store “Treasure Hunting” - brand name clothes, household items, antiques, collectibles, rare finds, etc., it’s all there. Creating the perfect outfit is easy when you know the tricks and tips of shopping with a plan.

42 Vision and the Color of Life (N)

Type: Classroom
Location: Green Bay Classroom: RH250
Presenter: Professor Dan Meinhardt
Dates: 8/24
Time: 1-2:30 p.m. Limit: 250

In this class we’ll reveal how color is a product of human vision and explore the various ways different colors are produced by living things.

Pantone’s “Color of the Year” is Ultimate Gray and Illuminating Yellow – a marriage of color conveying a message of strength and hopefulness that is both enduring and uplifting.

Learn more about these two colors and how their Color of the Year selection influences product development and purchase decisions.
43 Introduction to Drum Circle (R)
Type: Classroom
Location: Green Bay
Classroom: Mauthe Center, Fireside Room
Presenter: Brenda Hartstern
Dates: 8/24 8/31 9/7 9/14
Time: 1-2:30 p.m.  Limit: 15
No experience required! This is an expanded version of the online course with lots of in-person drumming. Some drums and noisemakers will be provided but bring your own if you have them. Learn the basic concepts of what a drum circle is and its purpose. What are the different drums — djembe, dhoumbek, darbuka or tabla? Achieve that peaceful Zen feeling and give musical space to those around us.

44 Red, White, and Blue Fish - Why Choose U.S. Produced Fish (N)
Type: Classroom
Location: Green Bay
Classroom: RH250
Presenter: Dr. Ken Webb
Dates: 8/31
Time: 10 a.m.-12 p.m.  Limit: 200
In this roughly one hour course, we will discuss a number of fish related topics. First we will talk about just why eating fish is so good for you. Then we will discuss the state of the world’s fish supply and the growing trend towards aquaculture or farmed fish. Finally, we will talk about the importance of knowing where your fish comes from and how it impacts your health and the U.S. economy.

45 Red, White, and Blue Fish - Why choose U.S. Produced Fish (N)
Type: Recording
Presenter: Dr. Ken Webb
Dates: 9/7
Time: 8 a.m.  Limit: Unlimited
In this roughly one hour course, we will discuss a number of fish related topics. First we will talk about just why eating fish is so good for you. Then we will discuss the state of the world’s fish supply and the growing trend towards aquaculture or farmed fish. Finally, we will talk about the importance of knowing where your fish comes from and how it impacts your health and the U.S. economy. This is a recording of the live class held a week earlier.

46 Life Lessons: Playing Through COVID-19 (N)
Type: Classroom
Location: Green Bay
Classroom: Kress Events Center
Presenter: Abbey Sutherland, Assistant Athletics Director and Head Volleyball Coach
Dates: 9/7
Time: 10 a.m.-12 p.m.  Limit: 100
When given the green light, coaches and student-athletes were grateful to play a season, but they had no idea what was truly ahead for them. A playbook on how to lead student-athletes through a pandemic did not exist. Lots of challenges arose from the uncertainty and stressors of the daily environment. A panel of student-athletes and coaches will discuss lessons learned from the experience and especially address the importance of mental health and psychological safety that can apply to everyone, not just athletes, as we all move forward into new seasons.

Thank you for working with us to make the Lifelong Learning Institute at UW-Green Bay a success!
**47 Survey of Drawing (N)**

**Type:** Classroom  
**Location:** Marinette  
**Classroom:** Marinette Campus, Theatre on the Bay Fine Arts Building, Art Studio  
**Presenter:** Jim Lamalfa, Associate Professor Emeritus, UW-Green Bay  
**Dates:** 9/14  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 25

The first hour of this introductory class will be a lecture on drawing the human face and head. The group will also talk about different types of media, including pastel, charcoal and pencil drawing. The class will then choose a partner and draw a profile using proportions laid out. The second hour will be on pen and ink and wash drawing plus perspective. We will then spend some time drawing outdoors at this beautiful lakeshore campus. Participants should bring a sketchbook, 4B or 6B drawing pencil, ruler and kneaded eraser. Colored pencils are also suggested, if you have them.

**50 Gentle Yoga (R)**

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** Allouez Village Hall  
**Presenter:** Ginny Siscoe  
**Dates:** 9/14, 9/21, 10/5, 10/12, 10/19  
**Time:** 1-2 p.m.  
**Limit:** 25

Join Ginny for a gentle practice of mindfulness, stretches, yoga poses and movements coordinated with the breath. This yoga can be done on the floor or in a chair with some modifications for those not able or wanting to get on the floor. You will need to bring a yoga mat and water bottle, and you will need 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.

**51 Continuing Issues (R)**

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH230  
**Presenter:** Steve Jansen  
**Dates:** 9/14, 9/28, 10/12, 10/26, 11/9, 11/23, 12/7, 12/14  
**Time:** 1-3 p.m.  
**Limit:** 50

A 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.
52 Protecting the Waters of Northeast Wisconsin (R)

Type: Classroom  
Location: Green Bay  
Classroom: RH220  
Presenter: Dean Hoegger  
Dates: 9/14  
Time: 1-3 p.m.  
Limit: 50

Clean Water Action Council of Northeast Wisconsin Executive Director Dean Hoegger will share the current protections and threats to area ground and surface waters. He will discuss ways that citizens can play a significant role in protecting our precious water resources.

53 Hamilton Wood Type & Printing Museum (R)

Type: Live Online (Zoom)  
Presenter: Jim Moran Master Printer & Collections Officer  
Dates: 9/14  
Time: 1-3 p.m.  
Limit: 100

Hamilton Manufacturing was America’s largest and longest wood type maker for the printing industry. You will be given an online tour of over 40,000 sq. ft. of printing history. You will see the process, machines, the presses and product.

54 Slow Vinyasa Flow Yoga (R)

Type: Classroom  
Location: Green Bay  
Classroom: Allouez Village Hall  
Presenter: Ginny Siscoe  
Dates: 9/14, 9/21, 10/5, 10/12, 10/19  
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 you will need to wear comfortable non-binding clothes or yoga apparel. If you’d like to bring props (block, towel, blanket, bolster, etc.) to enhance your practice feel free, but they are not required. Your yoga practice is as unique as you are! So listen to your body and intuition and do what is right and good for body, mind and spirit. 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.

55 Victorian Sea Stories (N)

Type: Live Online (Zoom)  
Presenter: Rebecca Nesvet  
Dates: 9/21, 9/23  
Time: 9-10:30 a.m.  
Limit: 75

Victorian sailors’ myths haunt us today. We will learn about two Victorian sea myths that survive in literature, music, and drama: the “phantom ship,” the Flying Dutchman, and the doomed voyage of explorer Sir John Franklin, whose ships were recently located in the Canadian Arctic.

56 Sleeping Through the Ages (R)

Type: Classroom  
Location: Green Bay  
Classroom: RH220  
Presenter: David Donarski, MD  
Dates: 9/21  
Time: 10 a.m.-12 p.m.  
Limit: 50

Our ancestors slept when the sun went down. This course will address: 1. different stages of sleep; 2. dreams and why we dream; 3. the importance of sleep to our health; 4. disorders of sleep; 5. sleep deprivation; and 6. medications used for sleep.

57 A League of Our Own: UW-Green Bay Softball (N)

Type: Classroom  
Location: Green Bay  
Classroom: Kress Center  
Presenter: Sara Kubuske  
Dates: 9/21  
Time: 10 a.m.-12 p.m.  
Limit: 50

This class will provide information on how much the sport of softball has grown into one of the premier women’s sports of the modern era. The presenter will discuss coaching philosophy, team culture, strategy, pitching techniques and hitting styles. Come meet the current coaching staff of the University of Wisconsin Green Bay as well as some current players and finish with a Q&A.
Weather permitting, a brief tour of the new softball facility will be included.

A League of Their Own was selected for preservation in the National Film Registry by the Library of Congress in 2021. Learn who said, “There’s no crying in baseball,” and other fun facts at E online.

58 Learn to Play Catan (R)
Type: Classroom  
Location: Green Bay  
Classroom: Gnome Games  
Presenter: Pat Fuge  
Dates: 9/21  9/28  
Time: 10 a.m.-12 p.m.  
Limit: 20

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

59 Sailing, A Sport for All Reasons! (N)
Type: Classroom  
Location: Menominee  
Classroom: Boater's Lounge, Menominee, MI Marina  
Presenter: Tom Kuber  
Dates: 9/21  
Time: 1-3 p.m.  
Limit: 30

If you have an interest in sailing, whether you have sailed before or not, join us for this fun lecture on everything sailing! The presenter’s boat will be available to see.

60 Basic Title Insurance (N)
Type: Live Online (Zoom)  
Presenter: Steven Zablocki  
Dates: 9/28  
Time: 10 a.m.-12 p.m.  
Limit: 200

This course is designed to provide an introductory explanation of general real estate property concepts. Further, the course will discuss the historical development of title insurance along with an explanation of covered risks, exceptions and exclusions from coverage.

61 Guided Walk in Baird Creek: Ecology and History (R)
Type: Outdoor  
Location: Green Bay  
Classroom: Christa McAuliffe Park  
Presenter: Charles Frisk  
Dates: 9/28  
Time: 10 a.m.-12 p.m.  
Limit: 30

See the natural beauty of one of Green Bay's gems with a guided walk in nature. This area has been a long-standing preserve for local wildlife. Learn more about it for future generations to protect and enjoy.

62 What Is a Smart Home? (N)
Type: Classroom  
Location: Green Bay  
Classroom: Mauthe Center  
Presenter: Jeremy Pierquet  
Dates: 9/28  
Time: 1-2:30 p.m.  
Limit: 150

We’ve been hearing about Smart Technology in recent years, but what is it? Jeremy Pierquet of Lucid Integrated Systems will share his knowledge and bring us up to date on how this idea can be utilized in our homes.

63 Creating Calm through Zentangle (N)
Type: Classroom  
Location: Marinette  
Classroom: Marinette Campus, M107  
Presenter: Linda Berry  
Dates: 9/28  
Time: 1-3 p.m.  
Limit: 15

In this crazy chaotic world, it’s time to step back, take a breath and learn a new form of relaxation. Zentangle is an easy way to relieve stress and be in the present moment while drawing “miniature abstract pieces of art” ... ONE LINE AT A TIME! No art experience necessary. It will increase your focus and creativity, and you will walk away with an increased sense of personal well-being. A $5 fee for the kit is due at time of registration.
64 Goats Tackle Invasive Species - Session A (N)
Type: Outdoor
Location: Kaukauna
Classroom: 1000 Island Environmental Center
Presenter: Debra Nowak
Dates: 10/5
Time: 8-9:30 a.m.  Limit: 20
1000 Islands Environmental Center in Kaukauna has been utilizing goats as a minimal-impact method of managing invasive and other unwanted plants. Participants will learn about the background of this project and the impacts that have resulted. The fall browsing period will be underway during this time, so participants will be able to see the project in action as well as help with “running of the goats” as they are moved to their browsing enclosure to start the program. Sign up for Session A or B, not both please. A $2 fee is due upon arrival at class.

65 Poetry for Real People (N)
Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: Mary Stevens and Sandy Stoddard
Dates: 10/5  10/12
Time: 10 a.m.-12 p.m.  Limit: 20
This class is intended for ordinary people who like to read and perhaps write poetry. In the first class the presenter will share her own poetry as a means to discuss poetry in general and poems in particular. We will also discuss some of the elements that make up a poem, i.e. subject, forms, rhythm, rhyme, etc. In the second class, participants are invited to bring a favorite poem or poet to share and discuss or present one of their own compositions.

66 Learn How to Play Chess (R)
Type: Classroom
Location: Green Bay  Classroom: Gnome Games
Presenter: Pat Fuge
Dates: 10/5  10/12  10/19
Time: 10 a.m.-12 p.m.  Limit: 16
Chess is one of the oldest classic two-player strategic board games in the world. It has been part of the world of game culture since the sixth century. It is played on a sixty-four-square board with sixteen pieces, each with a unique set of moves that are used to capture your opponent’s pieces, forcing a “checkmate.” During the three class sessions, you will learn how each of the pieces move and how to capture opponent’s pieces, experiencing the basics of the game.

67 When North America was Nearly Torn Apart - The Story of the Midcontinent Rift System (N)
Type: Live Online (Zoom)
Presenter: John Luczaj
Dates: 10/5
Time: 1-3 p.m.  Limit: 200
Join geoscience professor John Luczaj on a journey of plate tectonics back 1 billion years ago to explore how North America began a rifting process that nearly tore the continent in half. Today, remnants of this rift are preserved in a mostly buried rift valley that once extended from Kansas to Lake Superior to Detroit. The Midcontinent Rift influenced the geography of the Lake Superior region, formed Michigan’s famous copper deposits and was filled by sand which was the source of the famous red sandstone buildings of the Upper Peninsula region.
68 Tour of Belgian Heritage Center (R)

**Type:** Tour  
**Location:** Brussels  
**Classroom:** Belgian Heritage Center  
**Presenter:** Barbara Engelbert Chisholm  
**Dates:** 10/5  
**Time:** 1-3 p.m.  
**Limit:** 25

Northeast Wisconsin, specifically Door County, is an area where many Belgians settled. This tour will be held at the historic Belgian Heritage Center near Brussels where you can view several displays. Father Pennings started the convent school for Belgian settlers. Mrs. Chisholm will also spend a portion of her lecture focusing on the impact of the Great Fire of 1871, which is related to the Peshtigo Fire. Map and driving directions will be emailed to the roster. All participants must follow CDC guidelines.

69 Birds of Prey in Northeast Wisconsin (N)

**Type:** Outdoor  
**Location:** Green Bay  
**Classroom:** Bay Beach Wildlife Sanctuary  
**Presenter:** Lori Bankson  
**Dates:** 10/5  
**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, along with what volunteers do to help care for them, and where you may find them in the wild in our area. Participants will have the chance to meet several of our bird of prey ambassadors living at Bay Beach Wildlife Sanctuary, who help teach visitors about their wild counterparts! You could meet ambassador birds: Great Horned Owl, Red-tailed Hawk, Barred Owl, Eastern Screech Owl and American Kestrel.

70 Social Dancing - The CHA CHA! (C)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** Mauthe Center  
**Presenter:** Brenda Hartstern and A.J. Reed  
**Dates:** 10/12 10/19 10/26 11/2  
**Time:** 1-2:30 p.m.  
**Limit:** 40

Part of a series of beginner ballroom lessons, the Cha Cha adds the Cuban 1940’s flavor! While a little more effort than the rumba, it is a happy dance! Basic walking steps, Cuban motion, turns, crossover breaks and the chase will be taught. Wear ballroom shoes or hard smooth-soled street shoes.

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

**Type:** Classroom  
**Location:** Manitowoc  
**Classroom:** Franciscan Sisters of Christian Charity  
**Presenter:** Sister Caritas  
**Dates:** 10/12  
**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 and see the beautiful grounds. Walking up and down stairs will be required.

72 Sanimax - The Invisible Industry You Need to Know About (R)

**Type:** Live Online (Zoom)  
**Presenter:** Donn Johnson and Sara Romenesko  
**Dates:** 10/19  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 100

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

**Type:** Classroom  
**Location:** Marinette  
**Classroom:** Marinette Campus, M107  
**Presenter:** Linda Berry  
**Dates:** 10/19, 10/26  
**Time:** 1-3 p.m.  
**Limit:** 12

Art journaling is a safe place for creative expression. Do you like to write, doodle, paint, draw, collect quotes or bits of pretty paper? Then this class can be extremely freeing because there are no limits and no one has to see it but you! The first session is all about what art journaling is, examples or various types of journaling and what you will need to uncover “the real you”. The second session will be spent putting it all together to get you started on this very expressive journey! The only requirement is a willingness to play!

74 Learn How to Play Backgammon (R)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** Gnome Games  
**Presenter:** Pat Fuge  
**Dates:** 10/26, 11/2  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 16

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

75 Needle Felting a Pincushion (N)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH220  
**Presenter:** Gretchen Berg  
**Dates:** 10/26, 11/2  
**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.

76 Zentangle! What is It? - Session B (N)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH230  
**Presenter:** Elizabeth Carlson, CZT  
**Dates:** 11/2  
**Time:** 10 a.m.-12 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. Register for Session A, B or C, not more than one.

77 Silent Sky - The Story of Two Science Heroines (R)

**Type:** Recording  
**Presenter:** Gary Dallman  
**Dates:** 11/9  
**Time:** 8 a.m.  
**Limit:** Unlimited

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

78 Learn How to Play Cribbage (R)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** Gnome Games  
**Presenter:** Pat Fuge  
**Dates:** 11/9, 11/16  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 16

Cribbage, as a two-handed card game, has been entertaining players since the seventeenth century. It is one of the most popular card games in the English-speaking world. Cribbage affords players the anticipation of the luck of the deal and ample opportunity to exercise their skills in discarding while using the board for scoring instead of pencil and paper. You will learn the basics of play, scoring and two or three-player cribbage while enjoying a morning of pegging out with the Gnomes.
79 Living Well With Hearing Loss (R)

**Type:** Live Online (Zoom)  
**Presenter:** Julie Metternich Olson MS  
**Dates:** 11/9  
**Time:** 10-11:30 a.m.  
**Limit:** 40

Hearing loss affects over half of the population age 65 and older. Due to stigmas, misconceptions and biased information, people with hearing loss don’t know where to begin to get help. Volunteer presenters from the Hearing Loss Association of America have experienced hearing loss themselves. They share personal experiences and unbiased information in their presentations. Programs are of interest to those with hearing loss and also to those who live with or work with the hearing impaired.

80 Fun with Aromatherapy: Build Your Own Blend (N)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH220  
**Presenter:** Katie Brewer  
**Dates:** 11/9  
**Time:** 1-3 p.m.  
**Limit:** 15

Are you curious about aromatherapy? In this class you will learn the science behind aromatherapy and then explore various scents to create a unique blend. We will discuss the differences 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.

81 Pollinators + Pollination + Plants = Life (R)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH230  
**Presenter:** Annette Weissbach, Alan Nass and Claudia Schultz  
**Dates:** 11/16 11/23  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

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

82 Old Glory Honor Flight Presentation (N)

**Type:** Live Online (Zoom)  
**Presenter:** Diane MacDonald  
**Dates:** 11/16  
**Time:** 10-11 a.m.  
**Limit:** 150

Old Glory Honor flight was founded in 2009 by a group of volunteers in Appleton, WI. One of those volunteers is Diane MacDonald, now the newly appointed Executive Director. Diane will share the history of Old Glory Honor Flight and give up to date information on its operations, special projects and fundraising efforts.

83 Creating Your Own Herbal Remedies (N)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH220  
**Presenter:** Katie Brewer  
**Dates:** 11/16  
**Time:** 1-3 p.m.  
**Limit:** 15

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.

84 Zentangle: Tangled 3D Christmas Tree (N)

**Type:** Classroom  
**Location:** Marinette  
**Classroom:** Marinette Campus, M107  
**Presenter:** Linda Berry  
**Dates:** 11/16  
**Time:** 1-3 p.m.  
**Limit:** 15

The holidays can be stressful, so why not combine a way to relax and slow down through Zentangling while creating three triangle tiles that can be turned into a three-dimensional tree? You will learn how to draw structured patterns — one line at a time. No drawing experience necessary. A $8 fee for the kit is due at time of registration.
85 Manitowoc River History - Upriver Discussion (R)
Type: Live Online (Zoom)
Presenter: Steve Olson
Dates: 11/30
Time: 10 a.m.-12 p.m.  Limit: 150
With pictures and narrative, we will discuss the river from River Heights to Manitowoc Rapids, covering topics such as mills harnessing the water power of the Manitowoc River, a colossal ski jump which once towered over the river bluffs, bridges, lumbering, tragedies, mysteries, as well as Native American history.

86 Home Modifications to Keep You in Your Home Safer & Longer (N)
Type: Live Online (Zoom)
Presenter: Amy Plagenz and Cory Tekulve
Dates: 11/30
Time: 1-2 p.m.  Limit: 100
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.

87 Manitowoc River Series - Downriver (N)
Type: Live Online (Zoom)
Presenter: Steve Olson
Dates: 12/7  12/14
Time: 10 a.m.-12 p.m.  Limit: 150
This 2-part series will chronicle human activities along the river from Manitowoc Rapids to Lake Michigan, sharing 185 photographs from 1868 to present.

88 Manitowoc County 911 Dispatch Tour (N)
Type: Tour
Location: Manitowoc
Classroom: Manitowoc County Joint Dispatch Center
Presenter: Angela Obry, Dispatch Supervisor
Dates: 12/7
Time: 10 a.m.-12 p.m.  Limit: 20
Discover what happens behind the scenes if you ever have to call 911 for an emergency. This class meets at the Manitowoc County Joint Dispatch Center.

A terrible tragedy was one of the inspirations that prompted the adoption of national emergency number 9-1-1. Learn more about the legacy of Kitty Genovese and the genesis of the 9-1-1 system in this blog post by PBS Wisconsin.

89 Tuning In: Tips for Nourishing Your Nervous System (N)
Type: Live Online (Zoom)
Presenter: Elizabeth DenDekker, MSW, LCSW Bereavement Specialist
Dates: 12/7
Time: 1-3 p.m.  Limit: 50
The holidays can be a time of joy and wonder and a time of hustle and bustle; they can be a time of love connection and a time of stress and discord. Let’s approach this holiday season with a little extra finesse. This presentation will guide you on a better understanding of how to tune into your body and engage in practices to help you nourish your nervous system. Participants will leave feeling restored and renewed, with a handful of tools that you can take with you to maintain a more relaxed you. Join us and give yourself the gift of inner harmony this holiday season and beyond!
Wednesday Courses

**Wednesday**

**90 Art of Calligraphy (N)**
Type: Classroom  
Location: Green Bay  
Classroom: RH220  
Presenter: Kay Barlament  
Dates: 8/25 9/1 9/8  
Time: 10 a.m.-12 p.m.  
Limit: 8

Calligraphy is described by the Greeks as “beautiful writing.” This three-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.

**91 Child Welfare and Advocacy (N)**
Type: Live Online (Zoom)  
Presenter: Darian Kaderabek and Julie Ribley  
Dates: 8/25 9/1 9/8 9/22  
Time: 10 a.m.-12 p.m.  
Limit: 200

Communities as a whole play a role in the welfare of its children and youth. Explore a multidisciplinary approach to understanding and navigating child welfare advocacy.

**92 Tree Identification (N)**
Type: Classroom  
Location: Marinette  
Classroom: Marinette Campus, M107  
Presenter: Anne Bartels  
Dates: 9/1  
Time: 1-3 p.m.  
Limit: 30

A basic introduction to tree identification using characteristics like branching patterns, leaves, bark and fruits. Examples are shown of different tree parts and how to use them in identifying tree species. Use of an identification key is introduced on a tree ID hike to identify trees in the vicinity.

**93 Organic Farming: Why We Do What We Do! (N)**
Type: Outdoor  
Location: Baileys Harbor  
Classroom: Waseda Farms  
Presenter: Tom Lutsey  
Dates: 9/1  
Time: 1-3 p.m.  
Limit: 20

This outdoor class will be held at Waseda Farms in Baileys Harbor, Door County. Waseda Farms is a certified organic beef, pork, egg and produce farm. Take this class to better understand where local, organic food comes from. Tour includes a two mile wagon ride through the fields with a detailed history of the farm.

**94 Advanced Line Dance (R)**
Type: Recorded  
Presenter: Jim Huss  
Dates: 9/3  
Time: 8 a.m.  
Limit: Unlimited

This class is intended for those who have progressed through Beginner and Basic Line Dancing and feel confident about their knowledge of line dance terminology. Steps will still be explained and demonstrated, but songs will tend to be faster and involve multiple turns and combinations of steps. This recording will allow you to practice the line dancing steps in the comfort of your home.

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**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.*

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95 Restoring Green Bay Lake Sturgeon Populations (N)

Type: Classroom  
Location: Green Bay  
Classroom: Mauthe Center  
Presenter: Michael Donofrio  
Dates: 9/8  
Time: 10 a.m.-12 p.m.  
Limit: 150

Fisheries Biologists have intently worked towards lake sturgeon restoration on the Great Lakes for the last 30+ years. Wisconsin DNR staff have focused on the Green Bay populations where remnant fisheries exist. Their efforts have mainly focused on the major tributaries (Menominee, Peshtigo, Oconto and Fox) where spawning has been documented and recruitment identified, although acoustic technology has recently allowed them to study broader movements of 300 tagged adult sturgeon.

96 Wild About Waterfowl (R)

Type: Outdoor  
Location: Suamico  
Classroom: Barkhausen Waterfowl Preserve  
Presenter: Jason Petrella  
Dates: 9/8  
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. Staff will talk about species identification, bird habitat and migration. A fee of $5 is due directly to Barkhausen prior to the class. Details will be emailed to the roster.

97 Group Piano (R)

Type: Classroom  
Location: Green Bay  
Classroom: Jim's Music  
Presenter: Heidi Lueck  
Dates: 9/8 9/15 9/22 9/29  
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.

98 Spirit of the Rivers: Creating a Bronze Legacy (N)

Type: Outdoor  
Location: Two Rivers  
Classroom: Mariner Trail  
Presenter: Carol Wergin and R.T. Wallen  
Dates: 9/8  
Time: 1-2:15 p.m.  
Limit: 25

The magnificent Spirit of the Rivers sculpture commemorates American Indian culture. Learn about its history and construction from the co-president and board member of nonprofit Spirit of the Rivers Carol Wergin and internationally renowned artist and native son R.T. Wallen. The sculpture is located at 4815 Memorial Drive, Two Rivers, directly across from the Aurora Medical Clinic. Dress for the outdoors, bring a chair, park in the wayside next to the sculpture overlooking Lake Michigan and feel free to take a stroll on Mariners Trail before or after the course!

99 Real Vietnam War (R)

Type: Classroom  
Location: Green Bay  
Classroom: RH220  
Presenter: Ron W. Hoffman  
Dates: 9/15  
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.

100 If This Quilt Could Talk (R)

Type: Classroom  
Location: Green Bay  
Classroom: RH230  
Presenter: Barb Hunt  
Dates: 9/15  
Time: 10 a.m.-12 p.m.  
Limit: 25

Every quilt has a story. It may have been stitched for a wedding, fundraiser, memorial, political cause or warmth. As you view the antique and personal quilts from Barb's collection, you'll learn about history, quilting challenges and lessons learned.
101 In the Unsettled Homeland of Dreams (N)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** Green Bay Campus, Christie Theatre  
**Presenter:** Thomas Davis  
**Dates:** 9/15  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

Before the Civil War, several black families created a fisherman’s community on Washington Island at West Harbor. Then, mysteriously and suddenly, after several successful years, the community totally vanished. Thomas Davis, in his 2019 Edna Ferber Fiction Award-winning novel, *In the Unsettled Homeland of Dreams*, explores a number of issues related to both the founding and disappearance of the West Harbor community. This course will explore the novel and its powerful story, but it will also take a look at the abolitionist movement that dominated Wisconsin politics in the years leading up to the Civil War, including the Fugitive Slave Act, Green Bay’s role in the Underground Railroad, how the Stockbridge Natives come into the Wisconsin abolitionist story, and, in the end, why racist problems still beset Wisconsin. Thomas Davis spent decades in the tribal colleges and universities movement as a college President and Chief Academic Officer. He is also a widely published author of fiction, epic poetry, poetry, non-fiction and plays for the stage.

102 History of the Hill Hike (N)

**Type:** Outdoor  
**Location:** New London  
**Classroom:** Mosquito Hill Nature Center  
**Presenter:** Mike Hibbard  
**Dates:** 9/15  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 25

Have you ever wondered about how Mosquito Hill got its name or about the ski jump that once stood on top of the hill? If so, join naturalist Mike Hibbard for a hike back in time as we discover the history and legends of Mosquito Hill and the property that became the Nature Center in 1974. Please wear closed-toe shoes and dress for the weather. A fee of $5 is due on day of class.

103 Tricky Tracks (N)

**Type:** Classroom  
**Location:** Marinette  
**Classroom:** Marinette Campus, M107  
**Presenter:** Anne Bartels  
**Dates:** 9/15  
**Time:** 1-3 p.m.  
**Limit:** 25

Learn why tracking is useful and what to look for when identifying animal tracks, like foot shapes, claws, patterns, direction and stride. Plaster tracks of several species are shown for practice identification, as well as several examples of animals whose tracks are commonly seen. Participants will make their own plaster casts using pre-made track molds.

104 Green Armoire (R)

**Type:** Classroom  
**Location:** Manitowoc  
**Classroom:** Manitowoc Public Library  
**Presenter:** Mary Lindemann  
**Dates:** 9/15  
**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 $10 materials fee for a scarf and supplies to make a necklace is due on day of class.
105 Grape Growing and Wine Making, Wisconsin Style (R)
Type: Tour
Location: Kewaunee  Classroom: Parallel 44
Presenter: Steve Johnson
Dates: 9/15
Time: 1-3 p.m.  Limit: 25
This course will be held at Parallel 44 Vineyard and Winery near Kewaunee and is taught by co-owner, Steve Johnson. During this class you will take a tour of the vineyard at harvest time and learn about growing grapes unique to Wisconsin’s climate and soils. You will also sample Wisconsin grown wines, learn how they are made and what makes our region and our wines so special. Make sure to wear your walking shoes and be prepared to stand. A $6 fee is payable directly to Parallel 44 on the day of the class. Please have exact cash or a check made payable to Parallel 44.

106 Cremation: A Hot Topic (R)
Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: Dan Malcore
Dates: 9/22 9/29 10/6
Time: 10 a.m.-12 p.m.  Limit: 50
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 a third week tour of the crematory. All questions are welcome.

107 Basic Line Dancing (R)
Type: Classroom
Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Huss
Dates: 9/22 9/29 10/6 10/13 10/20 10/27
Time: 10 a.m.-12 p.m.  Limit: 50
Basic Line Dance utilizes the steps covered in Beginning Line Dance in new and challenging combinations. Various additional steps and terms are introduced as well, but don’t worry if you have two left feet! All steps are thoroughly explained, demonstrated and practiced before dancing to accompanying music.

108 My Quilt Making Journey (N)
Type: Classroom
Location: Green Bay  Classroom: RH230
Presenter: Barb Hunt
Dates: 9/22
Time: 10 a.m.-12 p.m.  Limit: 25
Forty years of quilting adventures, stories, meeting interesting people along the way and growing as a quilter. Pack your bags as Barb shares significant pieces of her work that mark her journey.

109 Acoustic Guitar Give ‘N Take: Teach One, Learn Eleven (N)
Type: Classroom
Location: Sheboygan
Classroom: Sheboygan Campus, 3105
Presenter: Michael Leannah
Dates: 9/22
Time: 1-3 p.m.  Limit: 12
Tired of playing the same old guitar songs over and over? Haven’t dusted off your instrument in a long time and are looking for a nudge to get going again? Or maybe you play every day but want a new challenge or two for your calloused fingers? Whatever the case, this class, focusing on fingerstyle, blues, and folk might be just the thing for you. With a class capacity of 12, participants will teach one song or riff and come away with eleven. Bring your guitar, a favorite song or riff to teach and enough TAB sheets or links to video lessons for everyone. Lessons are to be no longer than 5 minutes or so, please. Just give the basics so others can leave with something to play with, work on and enjoy. Video examples from some of the masters of fingerstyle, blues and slide guitar, using standard and open tunings, will be viewed and discussed. This class is not for beginners but just about anyone else. If you know a nice song or a piece of a song that you think is worth sharing then you belong.
110 Tribal Colleges and World Indigenous Nations Higher Education Consortium (N)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH220  
**Presenter:** Thomas Davis  
**Dates:** 9/22  
**Time:** 1-3 p.m.  
**Limit:** 50

The tribal colleges and universities movement in the United States has been one of the most important movements of the late 20th/early 21st century. For decades American Indian parents were not allowed to participate in decision-making about the education of their own children. In many places children were even picked up near their homes and removed to boarding schools without any notification from the Bureau of Indian Affairs about where they had been sent. Then, in the late 1960s/early 1970s the Indian-controlled schools movement was founded. The leaders of that movement, including the founders of the tribal colleges and universities’ movement, also created the first tribal colleges in the United States.

111 Lester Bentley: Sign Painter to World Renowned Artist, A Two Rivers Notable (R)

**Type:** Live Online (Zoom)  
**Presenter:** Jeanne Mease  
**Dates:** 9/22  
**Time:** 1-3 p.m.  
**Limit:** 50

Lester W. Bentley was born in Two Rivers in 1908. He started out painting local scenes and people, progressing to portraits including Curly Lambeau and President Dwight D Eisenhower. His paintings can be found in homes and museums throughout the world. A wraparound mural was recently uncovered in Manitowoc. You will come to appreciate the colorful life of Lester Bentley through pictures and firsthand stories of this local artist.

112 Adventure on the Dalmatian Coast (R)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH220  
**Presenter:** David Schonke  
**Dates:** 9/22  
**Time:** 1-3:30 p.m.  
**Limit:** 35

A photo tour of the Dalmatian Coast in Europe. Tour Slovenia, Croatia, Montenegro, Albania and Greece by bus and ship. This class will include personal observations on travel, people, history and family.

113 Real Vietnam War Online (R)

**Type:** Live Online (Zoom)  
**Presenter:** Ron W. Hoffman  
**Dates:** 9/29  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 100

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.

114 When the Left Bank Is the Right Bank: American Writers in Paris (N)

**Type:** Live Online (Zoom)  
**Presenter:** David Collins, PhD  
**Dates:** 9/29  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

Walk with Dave Collins (Professor of English, Emeritus) as he retraces the steps of American writers from the twenties (Ernest Hemingway and F Scott Fitzgerald) to the twenty-first century (Diane Johnson and Jake Lamar) with a host of others in between, visiting the Parisian haunts they made famous and examining common themes in their work.
These Are Not Your Grandmother’s Quilts! (N)

Type: Classroom  
Location: Manitowoc  
Classroom: Manitowoc Public Library  
Presenter: Nan Groll  
Dates: 9/29  
Time: 1-3 p.m.  
Limit: 25

Quilters and non-quilters are invited to a trunk show of beautiful quilts stitched by the presenter. Nan will share her quilt-making stories, current machine techniques, and explain the appraisal process. Time will be available for participants to share a quilting tip or a picture of one of their treasured quilt projects.

Writing Your Memoirs (R)

Type: Live Online (Zoom)  
Presenter: Lou Ann Norsetter  
Dates: 9/29 10/6 10/13 10/20 10/27 11/3  
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. Classes will be online using Zoom on 9/29, 10/6, 10/20 and 10/27. We meet in person on 10/13 and 11/3.

Goats Tackle Invasive Species - Session B (N)

Type: Outdoor  
Location: Kaukauna  
Classroom: 1000 Island Environmental Center  
Presenter: Debra Nowak  
Dates: 10/6  
Time: 8-9:30 a.m.  
Limit: 20

1000 Islands Environmental Center in Kaukauna has been utilizing goats as a minimal impact method of managing invasive and other unwanted plants. Participants will learn about the background of this project and the impacts that have resulted. The fall browsing period will be underway during this time so participants will be able to see the project in action as well as help with the “running of the goats” as they are moved to their browsing enclosure to start the program.

Piano Ensemble (R)

Type: Classroom  
Location: Green Bay  
Classroom: Jim’s Music  
Presenter: Heidi Lueck  
Dates: 10/6 10/13 10/20 10/27  
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.

Thinking Outside the Box in Your Genealogy Research! (N)

Type: Classroom  
Location: Green Bay  
Classroom: RH230  
Presenter: David Miller  
Dates: 10/6  
Time: 11 a.m.-12 p.m.  
Limit: 50

This course is intended for those who are either just starting out or have run into a brick wall in their genealogy research. Dave will include tips and some examples on getting around those brick walls. He will talk about understanding the history at the time of your ancestor and how that will affect your research. He will also discuss finding substitute records for that ancestor.
120 Recycling in the US and Northeast Wisconsin (R)
Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: Mark Walter
Dates: 10/6
Time: 1-3 p.m.  Limit: 50
Discover the state of recycling in the U.S. and northeast Wisconsin with a look at how recycling and waste recovery efforts are changing.

121 Lymphedema - What is it? How is it Treated? (N)
Type: Live Online (Zoom)
Presenter: Sandy Perronne OTR, CLT
Dates: 10/6
Time: 1-3 p.m.  Limit: 50
This session will describe what the medical condition of Lymphedema is, why it occurs and how it is treated. Photos will depict lymphedema conditions and medical terminology will be used to discuss anatomy of the lymphatic system and the importance of recognizing this is a condition that is treatable.

122 Climate Change and Energy Policy (R)
Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: Mike Kraft
Dates: 10/13
Time: 10 a.m.-12 p.m.  Limit: 50
Climate change is of increasing interest and importance, and solutions lie in the remaking of energy policy both in the United States and globally. 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.

123 Under the Trench Coat (N)
Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: Colleen Belongea and Jill Goffin
Dates: 10/13
Time: 1-3 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 in 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.

124 Got Photos? Scrapbooking the Old-Fashioned Way (N)
Type: Classroom
Location: Sheboygan
Classroom: Sheboygan Campus, 3105
Presenter: Ann Keckonen, Jean Rausch and Jeanne Pfeiffer
Dates: 10/20
Time: 10 a.m.-12 p.m.  Limit: 10
Ready to get those memorable photos off your phone? Learn creative ways to share (display) your family and travel memories. Three veteran scrapbookers will facilitate creating hands-on scrapbook pages or wall displays. Bring 5-10 related/themed photos to this interactive workshop and leave with a finished project displaying your cherished memories. All levels of expertise welcomed. A $10 materials fee is due at time of registration.

125 Climate Change and Energy Policy (R)
Type: Live Online (Zoom)
Presenter: Mike Kraft
Dates: 10/27
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.
126 Crime Stoppers - Making Your Community a Safer Place to Live (R)

Type: Classroom  
Location: Green Bay  
Classroom: RH220  
Presenter: Hans Lux Jr  
Dates: 11/3  
Time: 10 a.m.-12 p.m.  
Limit: 30

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

127 Tour: Tabrizi Persian Rug Gallery (N)

Type: Tour  
Location: Green Bay  
Classroom: Tabrizi Persian Rug Gallery  
Presenter: John Stolz  
Dates: 11/3  
Time: 1-2 p.m.  
Limit: 10

Here is an opportunity to learn about the history of Persian rugs in De Pere. John Stolz will show you the various styles, construction, patterns and uses of the gorgeous rugs he has in his store. Parking location and store address will be shared with the class roster.

128 To Supplement or Not to Supplement: That is the Question! (C)

Type: Classroom  
Location: Green Bay  
Classroom: RH220  
Presenter: Karen Lacey, MS, RDN, CD, FAND  
Dates: 11/3  
Time: 1-2:30 p.m.  
Limit: 50

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

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

Type: Classroom  
Location: Manitowoc  
Classroom: Manitowoc Public Library  
Presenter: Mary Lindemann  
Dates: 11/3  
Time: 1-3 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.

130 Spoon Bending 101 (N)

Type: Classroom  
Location: Manitowoc  
Classroom: Manitowoc Campus, F170  
Presenter: Deb Klein  
Dates: 11/10  
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.
131 Phantoms of the Forest (N)
Type: Classroom  
Location: Green Bay  
Classroom: RH220  
Presenter: John Jacobs  
Dates: 11/10  
Time: 10-11:45 a.m.  
Limit: 50
A Powerpoint presentation on the intimate details of the life of the Red-Shouldered Hawk, a Wisconsin Threatened Species. Fifty years of research on migration, nesting, prey items, gender responsibilities, habitat, productivity, mortality and more will be discussed.

132 Searching Religious Records in Your Family Search! (N)
Type: Classroom  
Location: Green Bay  
Classroom: RH230  
Presenter: David Miller  
Dates: 11/10  
Time: 11 a.m.-12:30 p.m.  
Limit: 50
When searching through various genealogy records in your family history, there are religious records that are also available in the U.S. and in countries overseas. These records can be very useful when civil records are not available or to confirm information you might already know about your family. Find out what type of records are available, where you can find these archives and what records might be available online.

133 Famous Trials: Landmark Cases in American Legal History, Part II (R)
Type: Classroom  
Location: Green Bay  
Classroom: RH230  
Presenter: Arnold Sparr, PhD  
Dates: 11/10, 11/17  
Time: 1:30-3:30 p.m.  
Limit: 50
A continuation of the class offered in Fall 2020, when landmark legal cases were examined within the context of their times. This semester we will examine: 1) The Sacco-Vanzetti Trial (1921), where strong anti-immigrant bias influenced both the coverage and outcome of the case, and 2) the Camden 28 Trial (1971), where the jury acquitted defendants of all charges involved in the break-in and destruction of selective service files at the Camden, NJ draft board. The trial was seen by many as a referendum of the Vietnam War.

134 Caring for the Caregiver: Taking Care of YOU! (N)
Type: Live Online (Zoom)  
Presenter: Lee Mitchler, MSW, CAPSW  
Dates: 11/17  
Time: 10 a.m.-12 p.m.  
Limit: 50
Caregiving can be gratifying, but the stress and responsibilities that come with it cannot be denied, especially when the demands of the holiday season may accelerate stress. Learn how to recognize signs of caregiver fatigue, use tools to support self-care and identify community resources. Participants will feel validated and leave with a handful of tools for self-care.

135 Life Is A Journey...Travel Light On Your Trip (R)
Type: Classroom  
Location: Green Bay  
Classroom: RH220  
Presenter: Paula Fleurant  
Dates: 12/1  
Time: 10-11:30 a.m.  
Limit: 25
What baggage do you carry with you? How does it impact your daily life and contribute to stress? Explore ways to care for yourself, prevent burnout and recognize the benefits of laughter for your health.

136 Social Isolation & The Adult Homeless Population: An Innovative Solution (N)
Type: Live Online (Zoom)  
Presenter: Dr. Alexia Wood  
Dates: 12/1  
Time: 10-11:30 a.m.  
Limit: 150
Dr. Alexia Wood, Executive Director of St. John’s Homeless Shelter, gives an overview of the shelter’s role in the Green Bay community and examines the pervasive effects of the social isolation experienced by many homeless adults. In response to this problem, she outlines an innovative housing model that challenges the established practices of homelessness prevention and addresses the loneliness endured by other subpopulations.
137 Zentangle! What is It? - Session C (N)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH230  
**Presenter:** Elizabeth Carlson, CZT  
**Dates:** 12/1  
**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. Register for Session A, B or C, not more than one.

138 Irish Genealogy Research: Here’s the Latest! (R)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH230  
**Presenter:** David Miller  
**Dates:** 12/8  
**Time:** 11 a.m.-12:30 p.m.  
**Limit:** 50

Many libraries and archives have been either closed or on a limited schedule due to the pandemic. Many locations still maintain their websites for research. Dave will provide the latest on in-person research here in the U.S. and in Ireland. Plus he will discuss what records are available on both sides of the pond and how that could affect your Irish research!

139 Evergleam Aluminum Trees: 62 Years of Atomic Sparkle! (R)

**Type:** Classroom  
**Location:** Manitowoc  
**Classroom:** Manitowoc Public Library  
**Presenter:** Barb Bundy-Jost  
**Dates:** 12/8  
**Time:** 1-3 p.m.  
**Limit:** 50

Evergleam Aluminum Trees were made by the Aluminum Specialty Company located in Manitowoc. Learn the story behind this atomic age of innovation and design. A local aluminum tree enthusiast and aficionado of all things wonderfully wacky and tacky will be sharing her insights, rarities and interesting trivia on the glitzy wonder. Prepare to be dazzled!

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**Thursday Courses**

140 First Christian Generation: Facts, Myths & Misconceptions (N)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH250  
**Presenter:** Benjamin W. Cruz-Uribe  
**Dates:** 8/26  
**Time:** 1-3 p.m.  
**Limit:** 150

The belief system, the leadership, and the structure of the first generation of early Christians were very different from the modern version of Christianity that exists today. This course will cover the history of the Christian groups from 30 A.D. to 70 A.D. The class will discuss what are historical facts, simple myths, and the many misconceptions that exist today about the events and people at the beginning of Christianity.

141 First Christian Generation: Facts, Myths & Misconceptions (N)

**Type:** Recording  
**Presenter:** Benjamin W. Cruz-Uribe  
**Dates:** 9/2  
**Time:** 8 a.m.  
**Limit:** Unlimited

The belief system, the leadership, and the structure of the first generation of early Christians were very different from the modern version of Christianity that exists today. This course will cover the history of the Christian groups from 30 A.D. to 70 A.D. The class will discuss what are historical facts, simple myths, and the many misconceptions that exist today about the events and people at the beginning of Christianity. This is a recording of the live class held the previous week.
142 Fishing 101 (R)
Type: Classroom
Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Brandon Ruffolo
Dates: 9/2
Time: 10 a.m.-12 p.m.  Limit: 50
Interested in learning the basics of fishing? Join Brandon as he reviews the basics of fishing, not only from the boat but also from shore. His presentation will include plenty of rods, reels, tackle, etc. as he explains what he looks for in a fishing set up.

143 Restless Spirit of Robert Frost (R)
Type: Classroom
Location: Green Bay  Classroom: Mauthe Center
Presenter: Bev and Stu Smith
Dates: 9/2
Time: 10-11:30 a.m.  Limit: 150
Join veteran actors Bev and Stu Smith and treat yourself to a memorable program of dramatic portrayals of Robert Frost’s most celebrated poems. Relish Frost’s realistic depictions of life and share his deep understanding of human nature.

144 Advanced Fishing (N)
Type: Classroom
Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Brandon Ruffolo
Dates: 9/2
Time: 1-3 p.m.  Limit: 50
Are you curious about how you can make yourself a better angler? Join Brandon for a presentation on how to take your fishing skills from beginner to an advanced level. The class will include a presentation and many visual aids, all focusing on helping you become a better fisherman.

There are over 160 different fish species in Wisconsin. Commonly caught are Largemouth Bass, Bullheads and Bluegill.

Learn more about Wisconsin fish including identification help and map.

145 West of the Lake Garden Tour (R)
Type: Outdoor
Location: Manitowoc
Classroom: West of the Lake Gardens
Presenter: West of the Lake Garden Staff
Dates: 9/2
Time: 1-3 p.m.  Limit: 20
Join us as we tour one of Manitowoc’s hidden gems. West of the Lake Gardens is a mixture of beautiful perennials and annuals on a peaceful spot overlooking Lake Michigan. There are six acres on the estate of John and Ruth West, featuring a rose garden, Japanese sunken and formal gardens and more than 900 feet of herbaceous borders of colorful annuals. Please note that due to COVID-19 the restrooms remain closed. By registering for this class, you agree to follow the guidelines recommended by the CDC and UW-Green Bay (i.e. social distancing, wearing masks, washing hands, etc. if you have not been vaccinated) to prevent the spread of the COVID-19 virus.

146 Beginning Line Dancing (R)
Type: Recorded
Presenter: Jim Huss
Dates: 9/3
Time: 8 a.m.  Limit: Unlimited
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 line dancing steps in the comfort of your home.

147 Basic Line Dancing (R)
Type: Recorded
Presenter: Jim Huss
Dates: 9/3
Time: 8 a.m.  Limit: Unlimited
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.
148 Restless Spirit of Robert Frost (R)
Type: Recording
Presenter: Bev and Stu Smith
Dates: 9/9
Time: 8 a.m.  Limit: Unlimited
Join veteran actors Bev and Stu Smith and treat yourself to a memorable program of dramatic portrayals of Robert Frost’s most celebrated poems. Relish Frost’s realistic depictions of life and share his deep understanding of human nature. This is a recording of their live presentation.

149 Beginning Line Dancing (R)
Type: Classroom
Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Huss
Dates: 9/9  9/16
Time: 10 a.m.-12 p.m.  Limit: 50
Beginning Line Dance is appropriate for those who have never line danced before, or for those who wish to review and refresh their knowledge of basic steps and terminology. Line Dancing is an enjoyable form of moderate exercise for both the body and brain.

150 Diversity, Equity and Inclusion: Implications for Health Care Systems (N)
Type: Live Online (Zoom)
Presenter: Renita Robinson, MEd, MA, EdD
Dates: 9/9
Time: 10-11:30 a.m.  Limit: 100
Renita Robinson, V.P. of Diversity and Inclusion, Prevea Health Systems, will offer definitions for diversity, equity and inclusion. She will also share information on health disparities and social determinants of health. This presentation will bring realities to life as it relates to this health care system and opportunities to be an agent of change in the Green Bay area. This is a new position for Prevea and we are certain to learn of the forward-facing plans this area has in store.

151 Drugs in Brown County - Are Your Grandchildren at Risk? (R)
Type: Classroom
Location: Green Bay
Classroom: Brown County Sheriff’s Office
Presenter: Al Wysocki, Narcotics Investigator
Dates: 9/9
Time: 1-3 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.

152 Hand Embroidering Wheat Five Ways (N)
Type: Classroom
Location: Green Bay
Classroom: RH315
Presenter: Tracy Reeb
Dates: 9/9  9/16  9/23  9/30
Time: 1-3 p.m.  Limit: 20
In this class, we will hand embroider a wheat bunch learning different stitches for each stalk. The design is by Mary Corbert of Needle N’ Thread. As we work through the four classes, you’ll gain confidence in your embroidery and how to choose stitches to interpret designs you want to do in future projects. A materials fee of $15 is due on first day of class.

153 What Happens to Recycled Material Once it Leaves the Curb? (N)
Type: Tour
Location: Manitowoc
Classroom: Manitowoc County Recycling Center
Presenter: Jon Reisenbuechler, Recycling Center Operations Manager
Dates: 9/9
Time: 1-3 p.m.  Limit: 18
Tour the Manitowoc County Recycling Center to learn about their recycling and composting processes. Dress casually for an in-and-outdoor walk on concrete and some uneven ground. Open-toe shoes are not allowed for safety purposes. Convenient parking is available in front of the main building located at 3000 Basswood Road,
Manitowoc. Visit manitowoccountywi.gov/departments/recycling-center/recycling to check out recycling information before the class!

154 Origins of Early Rock & Roll (N)

Type: Recording
Presenter: Terence O’Grady, PhD
Dates: 9/16
Time: 8 a.m.  Limit: Unlimited
This course will look at the most important antecedents of and influences on the development of the early rock-and-roll style, beginning with African musical survivalisms in African-American music and going on to discuss early styles such as blues, gospel, rhythm and blues, boogie-woogie and jump band or riff band blues.

155 Development of Twin City (Marinette/Menominee!) Sculptures (N)

Type: Classroom
Location: Menominee  Classroom: Spies Library
Presenter: Pat johnson
Dates: 9/16
Time: 10 a.m.-12 p.m.  Limit: 25
Presenter Pat Johnson will discuss the development of the unique outdoor sculptures in the twin city area.

156 U.P. Stories (N)

Type: Live Online (Zoom)
Presenter: Diane Shepard and Linda Berry
Dates: 9/16  10/21  11/18  12/16
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.

157 Prescription Drug Prices (2021 Update) (R)

Type: Live Online (Zoom)
Presenter: Brian Barkow, PharmD
Dates: 9/16
Time: 10 a.m.-12 p.m.  Limit: 300
This lecture will start with an overarching look at the prescription drug system, including potential pitfalls in the system. It will then shift toward looking at strategies to reduce out of pocket costs and get best outcomes while working with the system that is in place.

158 Foundations of Investing (R)

Type: Classroom
Location: Green Bay  Classroom: RH230
Presenter: Kyle Lukowitz
Dates: 9/16  9/23  9/30  10/7
Time: 10-11 a.m.  Limit: 25
Building your IQ starts with understanding the basics. Whether you are new to investing or need a refresher, this class discusses the importance of developing a strategy, the impact of asset allocation and the influence of inflation on your long-term goals. We’ll examine how to budget for retirement expenses and your potential sources of retirement income. We will also identify risks to your retirement income and ways to address them.

Week 1: Foundations of Investing
Week 2: Stocks: The Nuts and Bolts
Week 3: Investor’s Tour of Mutual Funds
Week 4: What Happens After the Paychecks Stop

159 Knitting Socks (N)

Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: MaryLu Sachs, Kathy Eisenschink and Della Mudry
Dates: 9/16  9/30  10/7  10/14
Time: 12-1:30 p.m.  Limit: 10
Knitters must know the basic knit and purl stitches. Participants will learn the basic sock pattern using double-pointed needles. A supply list will be emailed to the roster.
160 Books and You (R)
Type: Classroom
Location: Green Bay  Classroom: RH230
Presenter: Rebecca Johnson
Dates: 9/16  10/21  11/18  12/16
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 September meeting, the topic will be the Roaring ‘20s. Choose an author from that period or a book about the era, fiction or nonfiction.

161 Christopher Gardens in Sheboygan (R)
Type: Outdoor
Location: Sheboygan
Classroom: Christopher Gardens
Presenter: Kari Below
Dates: 9/16
Time: 1-3 p.m.  Limit: 40
We will hike approximately two miles on some of the 50 acres of this beautiful private botanical garden along Lake Michigan in Sheboygan. (Tends to be cooler on the lakeshore.) Bring your water bottle, wear your hiking shoes/boots and dress appropriately in layers. A $2 minimum donation will be collected for Meals on Wheels of Sheboygan County on day of class.

162 Beginning Knitting (R)
Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: MaryLu Sachs and Kathy Eisenschink
Dates: 9/16  9/30  10/7  10/14
Time: 1:30-3 p.m.  Limit: 10
Come and learn the fundamentals of knitting. You will learn to cast on, knit, purl, bind off, make simple stitch patterns and weave in ends. This 4-session class will get you started in hand knitting. A supply list will be emailed to the roster.

163 Active Memory (R)
Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: Julia Wallace, PhD
Dates: 9/23  9/30
Time: 10 a.m.-12 p.m.  Limit: 40
As we get older we all have memory deficits. Most of us suffer from “benign forgetfulness,” but tend to worry that this will lead to problems that are more serious. Identifying these basic memory problems and learning techniques that will help alleviate those deficits is the key to these two sessions. Note: these sessions require active participants! There is no passive way you can improve your memory! There WILL be homework!

164 Walking in the Shadow of History - The Great Green Bay Fire of 1880 - Session A (R)
Type: Outdoor
Location: Green Bay
Classroom: Downtown Green Bay
Presenter: David Siegel
Dates: 9/23
Time: 10 a.m.-12 p.m.  Limit: 10
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 (takes about 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.
165 Maximize Your Retirement - 2021 Updates (Session A) (N)

Type: Live Online (Zoom)
Presenter: John D. Weninger, CFP
Dates: 9/23
Time: 1-3 p.m.  Limit: 100

2020 saw a flurry of legislative changes that affect your taxes, your investments and the economy. Join John D. Weninger, CFP, a fiduciary advisor at Endowment Wealth Management and get brought up to speed on the changes you should be aware of, as well as the current strategies for success that are still available to help you maximize your retirement! Register for Session A or Session B, but not both.

166 Preserving Images Through Time with Family History Stories (N)

Type: Live Online (Zoom)
Presenter: Lynn Palermo
Dates: 9/23
Time: 1-3 p.m.  Limit: 200

Stories have the power to provide lasting images through time. In this presentation, Lynn uses story to bring the images of the past to the present. She demonstrates the power of story by turning research into a shareable narrative that leaves a lasting image and a legacy for future generations.

What attendees can expect to learn:

- The power of storytelling
- Benefits of writing family history stories
- Critical elements of a great story
- Making writing part of your genealogy life
- Leaving your legacy as a family historian

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

Type: Outdoor
Location: Green Bay
Classroom: Downtown Green Bay
Presenter: David Siegel
Dates: 9/23
Time: 1-3 p.m.  Limit: 10

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 out-buildings. 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 (takes about 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.

168 Welcome to the Pumpkin Patch (N)

Type: Classroom
Location: Marinette
Classroom: Marinette Campus, M107
Presenter: Kathy Warner
Dates: 9/30
Time: 10 a.m.-12 p.m.  Limit: 12

Create a trio of adorable stuffed cloth pumpkins that will certainly add to your fall decor! No sewing machine required. All you will need to do is some hand stitching and gluing, and I guarantee you will be making more! A $7 fee for the kit is due at time of registration.
169 A Conversation about Human Trafficking in Wisconsin (R)
Type: Classroom
Location: Green Bay  Classroom: RH230
Presenter: Sr. Celine Goessl and Sr. Kathy Lange
Dates: 9/30
Time: 1-3 p.m.  Limit: 50
Human Trafficking is fast becoming the worst crime in society today. Yet many people are not cognizant that it happens right in our backyards. We believe that awareness talks are the best way to learn how each person can learn how to eradicate it.

170 Maximize Your Retirement - 2021 Updates (Session B) (N)
Type: Live Online (Zoom)
Presenter: John D. Weninger, CFP
Dates: 9/30
Time: 1-3 p.m.  Limit: 100
2020 saw a flurry of legislative changes that affect your taxes, your investments and the economy. Join John D. Weninger, CFP, a fiduciary advisor at Endowment Wealth Management and get brought up to speed on the changes you should be aware of, as well as the current strategies for success that are still available to help you Maximize Your retirement! Register for Session A or Session B, but not both.

171 Intergenerational Dialogue (R)
Type: Live Online (Zoom)
Presenter: Dr. Dean VonDras
Dates: 10/7  10/14
Time: 11 a.m.-12:20 p.m.  Limit: 20
This course is an opportunity for LLI members to share personal insights and find new understandings as they take part in an intergenerational discussion involving students from Dr. VonDras’s Adulthood and Aging course. Discuss key topics and concerns as they occur in life-development. This course is co-sponsored by the Human Mosaic Program of Student Life.

172 Women in World War II - Women’s Air Force Support Pilots Service (WASP) (R)
Type: Classroom
Location: Green Bay
Classroom: Neville Public Museum
Presenter: Robert Cook
Dates: 10/7
Time: 1-3 p.m.  Limit: 66
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 they played and their effect on the war effort.

173 Silk Painting Techniques (N)
Type: Classroom
Location: Sheboygan
Classroom: Sheboygan Campus, 3105
Presenter: Patty Aker
Dates: 10/7
Time: 1-3 p.m.  Limit: 25
Many silk painting techniques will be discussed, and there will be a demonstration of various silk painting techniques, applications, and how to display or wear silk art.

174 ADRC - Your Partner Through Life’s Changes (R)
Type: Live Online (Zoom)
Presenter: Barb Michaels, Megan Kolton and Teri Bradford
Dates: 10/7
Time: 1-3 p.m.  Limit: 25
The ADRC is an independent, unbiased resource supporting and empowering seniors, adults with disabilities and their caregivers. Learn how the ADRC can help you get the most out of your life whether you are looking for ways to stay active or dealing with the challenges of a chronic health condition, aging or disability or caring for someone who is. Learn helpful tips about caring for a loved one and how to prevent falls.
175 Door County Maritime Museum Tour and Door County Maritime Speaker Series Monthly Presentation - Session C (N)

**Type:** Tour  
**Location:** Sturgeon Bay  
**Classroom:** Door County Maritime Museum  
**Presenter:** Museum Docent and Barbara Chisholm  
**Dates:** 10/7  
**Time:** 4:30-8 p.m.  
**Limit:** 60

Located along Sturgeon Bay’s busy waterfront, the Door County Maritime Museum and the newly constructed Maritime Lighthouse Tower showcase the area’s rich maritime roots. The views from inside the Tower’s 10th floor and from the rooftop Baumgartner Observation Deck offer an unparalleled panorama spanning the entire historic working waterfront, from the waters of Green Bay to the Sturgeon Bay shipping canal. This private LLI tour of the Museum and Lighthouse Tower will take 1 1/2 hours, followed by a one hour break for a quick bite to eat on your own. The class will conclude with the Maritime Speaker Series presentation “150th anniversary of the Peshtigo Fire” with Barbara Chisholm, a great granddaughter of a Door County fire survivor, dressed and speaking in character. Guided tour from 4:30-6 p.m.; presentation at 7 p.m. A $13 discounted fee is due when you arrive. Sign up for Session A, B or C, but not more than one please! Must be able to attend both tour and speaker series.

176 Homemade RAVS (Ravioli) (N)

**Type:** Classroom  
**Location:** Marinette  
**Classroom:** Holy Family Parish Church  
**Presenter:** Mary Oswald  
**Dates:** 10/14  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 8

We will be making beautiful, homemade butternut ravioli. Our presenter and teacher is an experienced culinary artist and hostess, Mary Oswald. Come to enjoy and taste what we have made. Recipes to take home. Bring your own apron and mask. All participants must have COVID-19 vaccination. A $10 fee is due at time of registration.

177 Medicare: Open Enrollment (OEP) 2022 (N)

**Type:** Live Online (Zoom)  
**Presenter:** ADRC Staff  
**Dates:** 10/14  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 30

Let’s review your enrollment options during Medicare’s OEP 10/15-12/7, 2021. We will review changes and discuss “What’s New” for 2022. Then we will demonstrate how to use the online Medicare Plan Finder tool located at www.medicare.gov and discuss ADRC services offered to assist during OEP.

178 If Photographs Could Talk (N)

**Type:** Live Online (Zoom)  
**Presenter:** Chuck Golueke and Dennis Jacobs  
**Dates:** 10/14  
**Time:** 1-3 p.m.  
**Limit:** 75

From a collection of highly detailed 100-year-old glass negatives the Brown County Historical Society Digital Archive Project recently acquired, Zoom into photographs of street scenes and other images of past Green Bay. Uncover hidden clues found within the images that answer questions and give details to the moment in time when the photograph was taken.

179 Travelogue Nepal: A Himalayan Experience (R)

**Type:** Classroom  
**Location:** Sheboygan  
**Classroom:** Sheboygan Campus, 3105  
**Presenter:** Jon Keckonen  
**Dates:** 10/21  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 10

Jon Keckonen traveled to Nepal and trekked to a destination near the base camp for Mt. Everest expeditions. His trekking companion was an 80-year-old retired doctor who had made a similar trip ten years earlier. Jon will share his experiences trekking in the Himalayas as well as visiting other locations in Nepal. He and his trekking partner visited exactly one year after the devastating earthquake of 2015. The damage caused by the earthquake was still evident throughout a large portion of Nepal.
180 Cannabidiol (CBD) Oil: Pharmacology, Uses, Legal Ramifications and Considerations (2021 Update) (R)

Type: Live Online (Zoom)
Presenter: Brian Barkow, PharmD
Dates: 10/21
Time: 10 a.m.-12 p.m.  Limit: 300

This lecture will examine the pharmacology behind the cannabinoids and their potential use as medications. It will then shift into looking at the current legal ramifications as well as important points to consider prior to or during CBD use.

181 Neighbors Feeding Neighbors - Leo Frigo's Recipe for Success (R)

Type: Tour
Location: Green Bay  Classroom: Paul’s Pantry
Presenter: Craig Robbins
Dates: 10/21
Time: 10 a.m.-12 p.m.  Limit: 25

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

182 Sharing and Preserving Digital Photos (R)

Type: Classroom
Location: Sheboygan
Classroom: Sheboygan Campus, 3105
Presenter: Ann Keckonen
Dates: 10/21  10/28
Time: 1-3 p.m.  Limit: 10

Many people are taking thousands of digital photos with cell phones, tablets or cameras, but most of these pictures never make it to a safe storage program. This course will be a demonstration on how to preserve precious family photos and how to share them easily with friends and family. The second week will be a working session addressing questions that may arise during the week that participants are using a free program to get started on organizing and storing their photos.

183 ESP Evaluation & Development - Session B (R)

Type: Live Online (Zoom)
Presenter: Deb Klein
Dates: 10/21
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.

184 Beethoven Middle Symphonies (N)

Type: Recording
Presenter: Terence O’Grady, PhD
Dates: 10/28
Time: 8 a.m.  Limit: Unlimited

Beethoven's middle symphonies include two of his most famous: Symphony No. 5 in C Minor, featuring the famous “fate” motive; and Symphony No. 6 in F Major, the so-called “Pastoral” symphony. The first is arguably the most dramatic work that he ever composed, and the second is his first and most well-developed attempt at “program” music — using music to depict a specific mood or even a particular landscape or event. We’ll focus on both while taking a quicker glance at Symphony No. 4.

185 Yosemite: A Week of Photos (N)

Type: Classroom
Location: Sheboygan
Classroom: Sheboygan Campus, 3105
Presenter: Jon Keckonen
Dates: 10/28
Time: 10 a.m.-12 p.m.  Limit: 10

Jon Keckonen spent one week in May of 2021 at Yosemite National Park. An avid photographer, Jon attended a photo workshop run by photographer Gary Hart and then spent another four days on his
own. He will present a short history of the park and share some of his photos as well as photos by the renowned photographer, Ansel Adams. He will also discuss what equipment he used and some of the landscape photography tips he learned at the workshop.

186 Russia’s Putin: Domestic Strongman, International Weakling (N)
Type: Live Online (Zoom)
Presenter: Bob Srenaski
Dates: 10/28
Time: 10 a.m.-12 p.m.  Limit: 300
Focus will be on Putin’s motivations and tactics as a domestic strongman and international troublemaker. How Vladimir uses domestic “Managed Democracy” and foreign troublemaking to stay in power.

187 Immigration 101 Discussion (N)
Type: Live Online (Zoom)
Presenter: H James Smet
Dates: 10/28
Time: 1-2:30 p.m.  Limit: 200
In this discussion, you will learn basic information on immigration. We will be discussing the process an immigrant will take to become a citizen, and the importance of immigrants in our community. This session will give you a glimpse of the immigration system.

188 LASER Therapy in Chiropractic Care (N)
Type: Classroom
Location: Green Bay  Classroom: Mauthe Center
Presenter: Jackson Draeger and Curt Draeger
Dates: 10/28
Time: 1-3 p.m.  Limit: 150
There is a long history of patient care using chiropractic techniques, but the application of LASER (light amplification by the stimulated emission of radiation) energy has become a newer approach to patient problems of pain and limitation of activity. Join Drs. Jackson and Curt Draeger, chiropractic practitioners, in their mission to reduce pain, increase activity and enjoy life as the goals of chiropractic care.

189 Watercolor Wonderland (Multi-Media Art) (N)
Type: Classroom
Location: Marinette
Classroom: Marinette Campus, Theatre on the Bay Fine Arts Building, Art Studio
Presenter: Marcia Hubert
Dates: 10/28
Time: 1-3 p.m.  Limit: 12
Join us for some colorful fun, creating cards or a watercolor suitable for framing. We will create a wonderful winter scene, with step-by-step directions. No experience necessary. Please wear a smock, apron, or clothes that can be stained. Please be vaccinated or wear a mask. A fee of $8 is due at time of registration for paint, paper, brushes, cards and envelopes.

190 Advanced Line Dancing (R)
Type: Classroom
Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Huss
Dates: 11/4  11/11  11/18
Time: 10 a.m.-12 p.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.

191 Who Am I: A Conversation on Understanding Myself and Those Around Me (N)
Type: Classroom
Location: Green Bay  Classroom: Kress Events Center
Presenter: Corey King, Ed.D. Vice Chancellor
Dates: 11/4
Time: 10 a.m.-12 p.m.  Limit: 50
In this interactive course, Dr. Corey King, Ed.D., Vice Chancellor for Inclusivity and Student Affairs, will focus on the idea that how we view ourselves affects our understanding of the global conversation around equity, diversity and inclusion. Sharing personal experiences will be encouraged. This class is not a prerequisite for Dr. King’s talk “Many Voices” which will be presented two weeks later.
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<td>Origins and Consequences of the Great War (R)</td>
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<td>195</td>
<td>Healthy Living for your Brain and Body-Understanding Alzheimer’s (R)</td>
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<td>Ginny Nyhuis</td>
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<td>196</td>
<td>Table Settings at the Rahr-West Art Museum (N)</td>
<td>Tour</td>
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<td>Rahr-West Art Museum</td>
<td>Diana Bolander, Assistant Director/Curator</td>
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This 4” snowman is sure to be a big hit for the holidays — whether you hang him on your tree or tie him to a package. Easy to make. You'll love his personality, right down to the carrot nose! A fee of $5 for the kit is due at time of registration.

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

During the pandemic, everyone started to hear and read about the numbers for a wide range of technical terms such as mortality rates, morbidity, infection waves, incubation periods, etc. This course will show the numbers from the COVID-19 pandemic and try to explain the meaning behind these numbers.

For centuries we've known that the health of the brain and body are connected. Science is now able to provide insights, so we can make lifestyle choices that may help the brain and body. Learn about research in the areas of diet, nutrition, exercise, cognitive activity and social engagement in order to incorporate recommendations into a plan of action. We will learn about Alzheimer’s disease which causes problems with memory, thinking and behavior. The stages of this disease, risk factors, current research and treatments available to address symptoms along with Alzheimer’s Association resources will be discussed.

Curator Diana Bolander will give an overview of the history of the Table Setting exhibit at the Rahr-West Art Museum and a guided tour of the exhibit. After the presentation, participants will be able to peruse the exhibit on their own or explore the rest of the museum, including the 1880s Vilas-Rahr Mansion.
197 Door County Maritime Museum Tour and Door County Maritime Speaker Series Monthly Presentation - Session A (N)

Type: Tour  
Location: Sturgeon Bay  
Classroom: Door County Maritime Museum  
Presenter: Museum Docent and Dan Heibler  
Dates: 11/4  
Time: 4:30-8 p.m.  
Limit: 60

Located along Sturgeon Bay’s busy waterfront, the Door County Maritime Museum and the newly constructed Maritime Lighthouse Tower showcase the area’s rich maritime roots. The views from inside the Tower’s 10th floor and from the rooftop Baumgartner Observation Deck offer an unparalleled panorama spanning the entire historic working waterfront, from the waters of Green Bay to the Sturgeon Bay shipping canal. This private LLI tour of the Museum and Lighthouse Tower will take 1 1/2 hours, followed by a one hour break for a quick bite to eat on your own. The class will conclude with the Maritime Speaker Series presentation “Gales of November” with storyteller Dan Heibler. Guided tour from 4:30-6 p.m.; presentation at 7 p.m. A $13 discounted fee is due when you arrive. Sign up for Session A, B or C, but not more than one please! Must be able to attend both tour and speaker series.

198 Passing It On, or Passing the Buck - Session A (R)

Type: Classroom  
Location: Green Bay  
Classroom: RH230  
Presenter: Kevin Davidson, Esq. and Tracy Gibson, Esq.  
Dates: 11/11  
Time: 10 a.m.-12 p.m.  
Limit: 50

A frank discussion about estate planning, including wills, trust, probate, and what really happens to a family in the era of entitlement. Sign up for Session A or B, not both please.

199 River City’s Readers presents Reader’s Theatre (N)

Type: Classroom  
Location: Marinette  
Classroom: Marinette Campus, M107  
Presenter: River City Readers  
Dates: 11/11  
Time: 1-3 p.m.  
Limit: 25

An oral presentation in three parts: children’s stories, humorous, and patriotic, interspersed with information on how the River City’s Readers came to be and the origins of Reader’s Theatre. There will be time for questions at the end. This group of 4-10 people has been working together for many years.

200 Can They Take Our Home - Session A (R)

Type: Classroom  
Location: Green Bay  
Classroom: RH230  
Presenter: Kevin Davidson, Esq. and Tracy Gibson, Esq.  
Dates: 11/11  
Time: 1-3 p.m.  
Limit: 50

An informational discussion about the realities of high long-term care costs, “nursing home spend down,” and some legal tools to preserve your family’s wealth against losing everything. Sign up for Session A or B, not both please.

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

Type: Classroom  
Location: Green Bay  
Classroom: RH230  
Presenter: Dan Spielmann  
Dates: 11/18  
Time: 10 a.m.-12 p.m.  
Limit: 50

This course will provide an overview of the current U.S. Supreme Court. A review of some of the significant decisions of the “Roberts” Court and an in-depth look at recent issues with the Wisconsin Supreme Court will also be presented.
202 Many Voices: “Real Talk” about Diversity and Inclusion (N)

Type: Classroom
Location: Green Bay
Classroom: Kress Events Center
Presenter: Corey King, Ed.D., Vice Chancellor
Dates: 11/18
Time: 10 a.m.-12 p.m.  Limit: 50

Dr. Corey King, Ed.D., Vice Chancellor for Inclusivity and Student Affairs, will use “real-talk” to examine how the many voices within our community engage to shape our understanding of the world around us. His class “Who Am I” is not a prerequisite for this class.

203 Kayak Essentials (R)

Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: Ken Braband
Dates: 11/18
Time: 1-3 p.m.  Limit: 50

Learn about safe and effective skills for maximum paddling enjoyment. Topics will include: how to choose the right kayak and gear for where and how you want to paddle; lifting, carrying and transporting your kayak; rules and etiquette; communication; what to wear; places to paddle; and how to find other fun-seeking kayakers to paddle with. Ken Braband is a certified kayak instructor for both whitewater and sea kayaking.

204 Elon Musk/ Altering Climate Change (N)

Type: Classroom
Location: Green Bay  Classroom: Mauthe Center
Presenter: Ken Haugen
Dates: 11/18
Time: 1-3 p.m.  Limit: 150

Elon Musk’s mission statement is: “To accelerate transition to renewable and sustainable energy.” The class will discuss his plans to make the transition to alternate energy usage, such as electric vehicles, giga factories and power grids.

205 Grandma’s Workshop: Candy Christmas Crafts (N)

Type: Classroom
Location: Sheboygan
Classroom: Sheboygan Campus, 3105
Presenter: Jeanne Pfeiffer and Beverly Ellingson
Dates: 12/2
Time: 10 a.m.-12 p.m.  Limit: 10

Join us to make edible treats that require no baking. You will leave class with a sleigh, a train and a snowman, all made out of candy you can buy in any grocery store. Perfect for any child, young or old, as a stand alone treat or a gift card holder. A supply list will be emailed to the roster. (LLI Grandpa’s invited too!)

206 Passing It On, or Passing the Buck - Session B (R)

Type: Classroom
Location: Green Bay  Classroom: RH230
Presenter: Kevin Davidson, Esq. and Tracy Gibson, Esq.
Dates: 12/2
Time: 10 a.m.-12 p.m.  Limit: 50

A frank discussion about estate planning, including wills, trust, probate, and what really happens to a family in the era of entitlement. Sign up for Session A or B, not both please.

207 Sculpture: Encounters with the Third Dimension (N)

Type: Live Online (Zoom)
Presenter: Carol Emmons
Dates: 12/2
Time: 10 a.m.-12 p.m.  Limit: 60

When people hear the word “art” it is most often a painting that comes to mind. In this course we will instead look at sculpture and other three-dimensional forms of art, tracing basic approaches, the peculiarities of three-dimensional works, and whether they create meaning in a unique way. This will entail examples from prehistory to the current day, including some of the presenter’s own work in installation art.
208 Can They Take Our Home - Session B (R)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH230  
**Presenter:** Kevin Davidson, Esq. and Tracy Gibson, Esq.  
**Dates:** 12/2  
**Time:** 1-3 p.m.  
**Limit:** 50

An informational discussion about the realities of high long-term care costs, “nursing home spending down,” and some legal tools to preserve your family’s wealth against losing everything. Sign up for Session A or B, not both please.

209 Door County Maritime Museum Tour and Speaker Series Monthly Presentation - Session B (N)

**Type:** Tour  
**Location:** Sturgeon Bay  
**Classroom:** Door County Maritime Museum  
**Presenter:** Museum Docent and Dr. Patrick J. Jung  
**Dates:** 12/2  
**Time:** 4:30-8 p.m.  
**Limit:** 60

Located along Sturgeon Bay’s busy waterfront, the Door County Maritime Museum and the newly constructed Maritime Lighthouse Tower showcase the area’s rich maritime roots. The views from the Tower’s 10th floor and from the rooftop Baumgartner Observation Deck offer an unparalleled panorama spanning the entire historic working waterfront, from the waters of Green Bay to the Sturgeon Bay shipping canal. This private LLI tour of the Museum and Lighthouse Tower will take 1 1/2 hours, followed by a one hour break for a quick bite to eat on your own. The class will conclude with the Maritime Speaker Series presentation “Ho-Chunk Ancestors and European Explorers” with Patrick J. Jung, professor at Milwaukee School of Engineering. Guided tour from 4:30-6 p.m.; presentation at 7 p.m. A $13 discounted fee is due when you arrive. Sign up for Session A, B or C, but not more than one please! Must be able to attend both tour and speaker series.

210 Into the Forest - “Yo-Yo” Trees (N)

**Type:** Classroom  
**Location:** Marinette  
**Classroom:** Marinette Campus, M107  
**Presenter:** Kathy Warner  
**Dates:** 12/9  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 12

Create two “yo-yo” trees (7” and 10”) and you are on your way to having your own tabletop forest. These trees are easy to make using cut cloth circles and will stand tall with their dowel rod center and wooden base. Once you start, you won’t be able to stop! A $5 fee for the kit is due at time of registration.

211 Life of the Bay: The Connection of First Nations to Land & Water (N)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH220  
**Presenter:** Stephanie Dodge  
**Dates:** 12/16  
**Time:** 10-11 a.m.  
**Limit:** 50

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

212 Pollinators & Native Plant Gardening (N)
Type: Classroom  
Location: Marinette  
Classroom: Marinette Campus, M107  
Presenter: Anne Bartels  
Dates: 8/27  
Time: 10 a.m.-12 p.m.  
Limit: 30
Learn about pollinators and their habitat needs, how to attract pollinators, and tips on using native plants in your gardens/landscapes.

213 Biking is Fun at Any Age (R)
Type: Outdoor  
Location: Green Bay  
Classroom: Outdoors  
Presenter: Del Tills  
Dates: 9/3  9/10  9/17  9/24  10/1  10/8  
Time: 10 a.m.-12 p.m.  
Limit: 30
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.

214 Tour of Harmony Arboretum and Demonstration Gardens in Peshtigo (N)
Type: Outdoor  
Location: Marinette  
Classroom: Harmony Arboretum & Demonstration Gardens  
Presenter: Anne Bartels  
Dates: 9/3  
Time: 10 a.m.-12 p.m.  
Limit: 30
Take a tour and learn about the Harmony Arboretum and Demonstration Gardens located near Peshtigo. This 460-acre county farm, formerly known as Harmony Farms, has been developed into a conservation and horticulture education area. It holds a majestic hardwood forest, restored prairie, a pine plantation, winding walking trails, agricultural fields, plus vegetable and flower demonstration gardens. We will explore the demonstration gardens area and, if time allows, part of the prairie trail.

215 In the Unsettled Homeland of Dreams (N)
Type: Live Online (Zoom)  
Presenter: Thomas Davis  
Dates: 9/10  
Time: 10 a.m.-12 p.m.  
Limit: 300
Before the Civil War several black families created a fisherman’s community on Washington Island at West Harbor. Then, mysteriously and suddenly, after several successful years, the community totally vanished. Thomas Davis in his 2019 Edna Ferber Fiction Award winning novel, In the Unsettled Homeland of Dreams, explores a number of issues related to both the founding and disappearance of the West Harbor community. This course will explore the novel and its powerful story, but will also take a look at the abolitionist movement that dominated Wisconsin politics in the years leading up to the Civil War, including the Fugitive Slave Act, Green Bay’s role in the Underground Railroad, how the Stockbridge Natives come into the Wisconsin abolitionist story, and, in the end, why racist problems still beset Wisconsin. Thomas Davis spent decades in the tribal colleges and universities movement as a college President and Chief Academic Officer. He is also a widely published author of fiction, epic poetry, poetry, non-fiction and plays for the stage.

216 Weather Forecasting with the National Weather Service (C)
Type: Live Online (Zoom)  
Presenter: Kurt Kotenberg  
Dates: 9/10  
Time: 10 a.m.-12 p.m.  
Limit: 300
This one-session course is presented by a meteorologist from the National Weather Service (NWS) in Green Bay. The course will take a look behind-the-scenes at what goes into making a daily weather forecast.
217 Anticipatory Grief (N)

**Type:** Live Online (Zoom)

**Presenter:** Elizabeth DenDekker MSW, LCSW, Bereavement Specialist and Rachel M. Kummer, MSW, APSW

**Dates:** 9/10

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

Anticipatory grief encompasses many kinds of losses. It typically is associated with grief that occurs before death. However, this type of grief also includes many life losses, such as loss due to separation or divorce, loss of a career or job, stress from financial changes, changing roles in the family or the loss of future hopes and dreams of what could be. Participants will learn about this type of grief that is not often acknowledged and how to care for yourself.

218 Botanical Gardens - Gardener’s Delight Tour (N)

**Type:** Outdoor

**Location:** Green Bay

**Classroom:** Green Bay Botanical Gardens

**Presenter:** Jessica Martin

**Dates:** 9/10

**Time:** 1-3 p.m.  **Limit:** 40

Explore an array of different gardens while a knowledgeable guide shares unique features and stories of the Garden's history. The Gardener’s Delight Tour will take up to 2 hours and will be 1.5 mile walk. A fee of $14 is due on day of class.

219 Clay Sculpting Demo and Studio Tour (R)

**Type:** Classroom

**Location:** Algoma

**Classroom:** Bren Sibilsky Sculpture Studio

**Presenter:** Bren Sibilsky

**Dates:** 9/17

**Time:** 1-3 p.m.  **Limit:** 25

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

220 The Way We Do Death 2021: Part 1 (R)

**Type:** Classroom

**Location:** Green Bay  **Classroom:** RH220

**Presenter:** Illene Cupit

**Dates:** 9/17

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

The fact that people die still remains a taboo topic of discussion in our contemporary society. Yet the many rapid changes that confront us, such as technological advancements, medical practices and their ethics with regard to dying and death, and isolation of people as they grieve, demand that we bring death “out of the closet.” This overview will highlight some of our major contemporary concerns and bring forth an open dialog of what we must consider with regard to the end of life. This is the first of a two-part series. In part one we will provide an introduction to the major issues regarding the end of life that concern us today. Part two, which will be presented in the spring, will focus specifically on grief and loss.

221 Historic Marinette (N)

**Type:** Outdoor

**Location:** Marinette

**Classroom:** Downtown Marinette

**Presenter:** Wm. Jason Flatt, PE

**Dates:** 9/17

**Time:** 1-3 p.m.  **Limit:** 15

Join us for a walking tour to see the historic architecture of Riverside Avenue in Downtown Marinette. Learn how it relates to the history of the community.
222 Silarian Vineyards History and Tour (R)

Type: Tour
Location: Reedsville
Classroom: Solarian Vineyards
Presenter: Jeremy & Brenda Haese
Dates: 9/17
Time: 1-3 p.m.  Limit: 30

Silarian Vineyards, located near Reedsville, was established in 2018. Owners and growers Jeremy and Brenda Haese will discuss the history of the wine industry and how it developed in WI. Jeremy will share variations of wine grapes, their care, and how wine is made. A tour will follow. After the tour, you can relax in the wine tasting room, ask questions and buy a glass of wine, if you wish. Please note: We will tour the vineyards regardless of weather, so please dress accordingly.

223 The Fight to Stay in School in Rural Africa: Village Book Builders (N)

Type: Classroom
Location: Green Bay  Classroom: Ledgeview
Presenter: Tyler Clark
Dates: 9/24
Time: 10 a.m.-12 p.m.  Limit: 60

In rural Uganda, 68% of children will drop out of school before ever finishing elementary school. Once out of school many are entered into illegal child marriages, sex trafficked or exploited in other ways. Tyler, the founder of Village Book Builders, and a resident of De Pere, will talk about how Village Book Builders’ mission is to help keep these kids in school and why that is important to not only keep them safe but to break the intergenerational poverty cycle. Village Book Builders is a nonprofit organization empower villages around the world to end the cycle of poverty through education. Education plays a big role in the development of a community and building a library is just the first step towards creating a space dedicated to learning. We call this hope through books.

224 Tour - STEM Innovation Center at UW-Green Bay (R)

Type: Tour
Location: Green Bay  Classroom: STEM Center
Presenter: Judy Knudsen
Dates: 9/24
Time: 10-11:30 a.m.  Limit: 50

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

225 Why Does Your Contractor Charge So Much? (R)

Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: Bill Kinnard
Dates: 9/24
Time: 1-3 p.m.  Limit: 50

Too often we look for the lowest price available from our heating and cooling, electrical or plumbing contractor. Many think that the contractor’s price is unacceptably high. This program will look at why the pricing needs to be where it is in order to be able to provide the services that you need.

226 Exploring Aquaculture at the Farmory (N)

Type: Live Online (Zoom)
Presenter: Claire Thompson, Executive Director
Dates: 10/1
Time: 10 a.m.-12 p.m.  Limit: 40

Come learn about how The Farmory is promoting aquaculture in Wisconsin at this dynamic and interactive virtual experience. We will explore our state of the art commercial fish hatchery, our aquaponics education farm and our programs that improve the quality of life for everyone by ensuring a sustainable local food supply, advancing job opportunities and enabling families access to healthy, nutritious food.
227 Some Nobel Women’s Novels (R)
Type: Live Online (Zoom)
Presenter: Sid Bremer, Ph.D.
Dates: 10/1 10/15 10/29 11/12
Time: 10 a.m.-12 p.m.  Limit: 25

We will read fiction by four of the six English-speaking women awarded the Nobel Prize for Literature since its beginnings in 1901. We will Zoom every other Friday for group discussion on three novels dealing with changing Black/white relations: British Doris Lessing’s early-career novel *The Grass is Singing* (1956) about a farmer’s wife in white-ruled Southern Rhodesia, American Toni Morrison’s mid-career novel *Beloved* (1987) about a pre-Civil War run-away African-American mother, and South African Nadine Gordimer’s late-career novel *None to Accompany Me* (1994) about a white woman working for civil rights in post-apartheid South Africa. Copies of the novels will be held at the front desk for purchase at Lion’s Mouth or Barnes and Noble, or available through a library, online dealer or betterbooks.com.

228 Diving Deeper into the Ins & Outs of Cancer Care (C)
Type: Classroom
Location: Green Bay  Classroom: RH220
Presenter: Erin E. Stevens, MD, FACOG
Dates: 10/8
Time: 10 a.m.-12 p.m.  Limit: 50

Previously we discussed basic cancer biology and some common myths and realities around cancer. Now we’ll dive a little deeper! We’ll discuss again some of the basics and get more into how cancer treatments work and what the newest advances in the field are. The previous course on the “Myths of Cancer” is not a prerequisite.

229 Hospice 101 and Advance Directives (R)
Type: Live Online (Zoom)
Presenter: Donna Hanson
Dates: 10/8
Time: 10 a.m.-12 p.m.  Limit: 300

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

230 Tour & Demonstrations at NWTC Artisan & Business Center (R)
Type: Tour
Location: Green Bay
Classroom: NWTC Artisan Center
Presenter: Carrie Dorski and Aaron Reimers
Dates: 10/8 10/29
Time: 10 a.m.-12 p.m.  Limit: 30

Take a tour of the NWTC Artisan Center and participate in demonstrations and presentations in an assortment of art studios. The NWTC Artisan Center is an integral part of the Downtown Green Bay Arts District located on Cedar Street across from the Art Garage. The center is a fully functional state-of-the-art facility with classes, workshops and open studio time available to the public.

231 Zentangle! What is It? - Session A (N)
Type: Classroom
Location: Green Bay  Classroom: RH230
Presenter: Elizabeth Carlson, CZT
Dates: 10/8
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. Register for Session A, B or C, not more than one.

232 Virtual Tour of Alaska (N)
Type: Classroom
Location: Green Bay  Classroom: RH230
Presenter: Bob Brown
Dates: 10/15
Time: 10 a.m.-12 p.m.  Limit: 50

Explore Alaska with tour guide Bob Brown. Bob is a tour director with Go Ahead Tours and has been leading tour groups to Alaska for over 10 years. We will share a recording of Bob’s experiences through pictures and descriptions of his favorite places in Alaska.
233 Legal Issues in Retirement (R)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH220  
**Presenter:** Matt Geimer and Mary Rose Orcutt & Bob Geimer  
**Dates:** 10/15 10/22  
**Time:** 12-2 p.m.  
**Limit:** 50

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

234 Understanding the Senior Living Continuum of Care (N)

**Type:** Live Online (Zoom)  
**Presenter:** Brian Gregg, Executive Project Manager and Licensed DHS Administrator  
**Dates:** 10/15  
**Time:** 1-3 p.m.  
**Limit:** 50

According to the U.S. Census Bureau, when the last of the baby boomers reach age 65 in 2029, they will represent more than 20% of the total U.S. population, numbering about 60 million people. The resulting demand for senior living services is already affecting Wisconsin care models and will continue to grow at an unprecedented rate over the next few decades. Join our presenters as we unpack and provide current data on the cost of senior living, the factors that affect individual pricing and strategies to help families make informed decisions about their senior living needs.

235 Fall Ecology Walk at Bubolz Nature Preserve (N)

**Type:** Outdoor  
**Location:** Appleton  
**Classroom:** Bubolz Nature Preserve  
**Presenter:** Wendy Jones, Director of Environmental Education and Erica Bukouricz Public Program-Coordinator/Naturalist  
**Dates:** 10/15  
**Time:** 1-3 p.m.  
**Limit:** 30

The leaves will be changing color. Plants will be setting seed, and birds will be migrating south for the winter. Fall is a great time to enjoy nature! Enjoy an easy walk on the nature trails, learning about the history of Bubolz and fall ecology. Please wear sturdy waterproof shoes or boots and dress for the weather. A $5 fee is due on day of class.

236 The U.S. Secret Service (R)

**Type:** Recording  
**Presenter:** Michael Murphy  
**Dates:** 10/22  
**Time:** 8 a.m.  
**Limit:** Unlimited

A brief overview of the history, mission, methods and shortcomings of the tight-lipped federal agency charged with protecting the president — with an updated focus on some of the little-known failures and scandals of the past and some recent challenges created by new technologies like drone swarms and the scary “Havana Syndrome.”

237 Cruising the Great Lakes with Capt. Norm and 1st Mate Wendy (N)

**Type:** Live Online (Zoom)  
**Presenter:** Norm Schroeder and Wendy Schroeder  
**Dates:** 10/22  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 200

This course is a presentation of a couple’s travel in summer 2017 on their 39 ft. sailboat, Valhalla, through three of the five Great Lakes, the Detroit and St. Claire Rivers, and Lake St. Claire. Lots of lakeside scenes and lighthouses will be shown but also pictures from their shoreside excursions as well. Kick back and enjoy the beauty and wonder of our Great Lakes, the largest freshwater system on earth.
238 Those Thrilling Days of Yesteryear: A Look at the Golden Age of Radio (R)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH220  
**Presenter:** Michael Leannah  
**Dates:** 10/22  
**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.

239 Writing for Health (R)

**Type:** Live Online (Zoom)  
**Presenter:** Shari Liesch, APNP, CDE  
**Dates:** 10/29  
**Time:** 10-11:30 a.m.  
**Limit:** 50

Writing is health supportive. From letters, notes, journal entries and poetry, writing is healing. It connects with emotions, helps with cognitive processing and reorganizing. This session will explore how writing can enrich our lives to cope with life’s challenges.

240 Bay Beach Wildlife Sanctuary: Critters, Volunteering and You! (R)

**Type:** Recording  
**Presenter:** Lori Bankson  
**Dates:** 11/5  
**Time:** 8 a.m.  
**Limit:** Unlimited

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

241 Wisdom Literature in the Hebrew Bible: Timeless Questions (N)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH230  
**Presenter:** Julie Black Harder  
**Dates:** 11/5 11/12 11/19  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 16

Within the Hebrew Bible (aka the Old Testament), there is a set of books that biblical scholars call Wisdom Literature. These writings address timeless questions such as: “What is the source of well-being? Of suffering? Is there any meaning to life? Why do bad things happen to good people?” In this course we will analyze the questions and (often contradictory!) answers that the authors of Proverbs, Ecclesiastes, and Job offer, and consider how persuasive their claims are. The presenter holds a Master’s Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College. Participants should bring a Bible (New Revised Standard Version preferred).

242 World’s Greatest Churches Part 1 (N)

**Type:** Classroom  
**Location:** Green Bay  
**Classroom:** RH220  
**Presenter:** Dean Cherry  
**Dates:** 11/5 11/12  
**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 context of churches from around the world. Part 1 will examine the early Christian Churches, the Church of the Holy Sepulchre in Jerusalem, Hagia Sophia in Istanbul, Cave Churches in Turkey and churches in Russia and Romania. Many accompanying photographs will illustrate the churches as they are presented. An informative slideshow of a specific church will also be included.
243 Korean War (N)
Type: Classroom
Location: Green Bay  Classroom: Mauthe Center
Presenter: Steven C. Noel
Dates: 11/5
Time: 10-11:30 a.m.  Limit: 150
Korea signifies the end of the Great War and the continuation of Soviet expansion which had started prior to WWII. We will see that the Korean War resulted from decisions at the Malta Conference. We will look at the events in the Pacific leading to Japanese expansionism and also discuss the use of atomic weapons.

244 Yoga for Everyone (N)
Type: Live Online (Zoom)
Presenter: Mary P. Hall
Dates: 11/5 11/12 11/19
Time: 12-1 p.m.  Limit: 45
Learn how to incorporate yoga into your daily routine: move, breathe, relax and meditate. After taking this class you will be amazed by the improvements in your health and wellness. Benefits of yoga include increased strength and flexibility as well as decreased stress. All body shapes, sizes and abilities are welcome. No previous experience with yoga required. Please dress in comfortable clothing and have a yoga mat. Optional equipment: yoga block.

245 Art of Thrift Store Shopping (N)
Type: Tour
Location: Manitowoc
Classroom: St. Vincent de Paul
Presenter: Mary Lindemann
Dates: 11/19
Time: 9 a.m.-12 p.m.  Limit: 13
Find out first hand 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.

246 Virtual Tour of Greece (N)
Type: Classroom
Location: Green Bay  Classroom: RH230
Presenter: Marah Walsh
Dates: 11/19
Time: 1-3 p.m.  Limit: 50
This virtual tour of Greece is presented by Elena Salerno. In a recording, she will cover general information about Greece, mainland stops in Athens and Delphi and island stops in the Ionian and Aegean seas.
Your Lifelong Learning Institute Needs You!

We are striving to keep the health and well-being of our members and presenters in mind. If you have not been vaccinated, please consider registering for online classes. If you attend in person classes and are not vaccinated, please wear a mask in an effort to keep our presenters, fellow LLI members, traditional students and staff safe.

Your Lifelong Learning Institute is a non-profit organization, and we need our members to help us to ensure we can continue to exist.

We need you!
Contacting LLI:
The LLI office volunteers will begin to return to the LLI office on campus as the semester begins. Please call ahead if you will be visiting our new office, in the Cofrin Library CL109B.
The best way to contact us is by emailing lli@uwgb.edu.

Quick Links!

Registration begins on Monday, August 9 at 10 a.m. and is now first come, first serve, so register early for best selection.
See Registration Checklist.

Registration must be completed online.
Use our handy Registration Worksheet to choose your courses.

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