Lifelong Learning Institute

Fall 2022 Course Catalog

Forward TOGETHER

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

Registration begins August 1, 2022. 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.

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

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

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

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

With over 220 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 1 at 10 a.m.**
  Existing LLI members — look for an LLI email containing your personal registration link. Please email lli@uwgb.edu if your email address has changed.

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

- **If a course 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 when you receive an email confirmation within minutes.
  Your confirmation email serves as your Confirmation Letter. Please mark your classes on your calendar! You will not receive a second confirmation.

- **Adding More Classes: Members are able to add more classes by emailing the LLI office at lli@uwgb.edu.**

**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 1 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 the “Register for Classes” link and select the “Register Now” button. You will receive an email 2-3 days after registering that will contain your payment link. Your registration is not complete until we receive your payment.

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

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

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

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

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

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

License Plate # _______________________________ (required for registration)

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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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<td>Recorders in Concert</td>
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<td>Design Tech - Intro CAD, 3D printing and Laser Cutting</td>
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<td>Gentle Yoga</td>
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<td>It’s a Mystery to Me</td>
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<td>Slow Vinyassa Flow Yoga</td>
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<td>1960s: A Living History</td>
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<td>Cherney Maribel Caves and New Hope Cave</td>
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<td>Wilderness Survival Series Part 1: WI Tracks, Scat, and Sign Identification</td>
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<td>Tanzania Safari Trip</td>
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<td>Creating Your Own Herbal Remedies</td>
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<td>Self Discovery With Soul Cards®</td>
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<td>Simply Dreamy Danish Puff</td>
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<td>From the Heart: Techniques for Reducing Stress and Building Resilience</td>
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<td>Dirt, Sticks and Bricks 2.0: New Developments in Greater Green Bay</td>
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<td>Tatting for the Holidays</td>
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<td>Under the Trench Coat</td>
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<td>Kneadlessly Simple Bread</td>
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<td>Running for Political Office</td>
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<td>Women in World War II - Women’s Air Force Support (WASP)</td>
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<td>Look Homelessness in the Eye!</td>
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<td>Festive Candy-Pooping Reindeer</td>
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<td>Clearing the Clutter from your Life</td>
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<td>Wild About Waterfowl</td>
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<td>Beer: Brewing and Packaging Beer with Stillmank Brewing Company</td>
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<td>The Evolution of the Public Library in the United States</td>
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<td>Egypt Travelogue: My personal Gift of the Nile</td>
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<td>Moose and Elk: They’re Out There!</td>
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<td>ESP Evaluation &amp; Development</td>
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<td>Healthy Living for your Brain and Body- Understanding Alzheimer’s</td>
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<td>Habitat Restoration and Bird Monitoring on the Oneida Nation Reservation</td>
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<td>Bay Beach Wildlife Sanctuary, Volunteering and You</td>
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<td>Wings of Morning – Air War in Europe</td>
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<td>Holidays! Organized Chaos</td>
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<td>Normal vs. Not Normal Aging</td>
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<td>Gift Box Construction</td>
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<td>Learning in Healthcare through Simulated Experiences</td>
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<td>Cruising the Great Lakes</td>
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<td>Tour Krueger International (KI) - 100% Employee Owned</td>
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<td>Sustainability and Solar Energy</td>
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<td>Myths to Allergies and Asthma</td>
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<td>Zentangle Kaleidoscope</td>
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<td>Glass Fusion Jewelry - Session A</td>
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<td>Using a Positive Approach in Dementia Care</td>
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<td>You Have Something Beautiful to Share - Let’s Talk</td>
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<td>Presidential Facts and Trivia</td>
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<td>Manitowoc County Joint Dispatch Center Tour</td>
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<td>Walking Tour of Harrigan Parkside Funeral Home, Crematory, and Gathering Center</td>
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<td>A Year in the Life of a Prairie</td>
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<td>Organic Farming: Why We Do What We Do! - Session A</td>
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<td>An Analysis of the Battle of Little Bighorn, aka Greasy Grass</td>
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<td>Healthcare Technology at Home: What Families Need to Know</td>
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<td>Spreading the Word, About Cheese That Is!</td>
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<td>Organic Farming: Why We Do What We Do! - Session B</td>
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<td>ADRC - Your Partner Through Life’s Changes</td>
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<td>Using Local, State, and Federal Laws to Protect the Waters of Northeast WI</td>
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<td>Grape Growing and Wine Making, Wisconsin Style</td>
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<td>Custer in the Movies</td>
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<td>Historical Tour of Franciscan Sisters Motherhouse in Manitowoc</td>
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<td>Be a Blacksmith for a Day! Session A</td>
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<td>What Is An End of Life Doula?</td>
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<td>Vision and the Color of Life</td>
<td>1-2:30 p.m.</td>
<td>8/29</td>
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</tr>
<tr>
<td>3</td>
<td>Wetland Ecology</td>
<td>1-3 p.m.</td>
<td>8/29</td>
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</tr>
<tr>
<td>4</td>
<td>Interactive Alpaca Ranch Tour - Session A</td>
<td>10 a.m.-12 p.m.</td>
<td>9/12</td>
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</tr>
<tr>
<td>5</td>
<td>Walking on the Wildside</td>
<td>10 a.m.-12 p.m.</td>
<td>9/12</td>
<td>9/19  9/26 10/3</td>
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<tr>
<td>6</td>
<td>Recorders in Concert</td>
<td>10 a.m.-12 p.m.</td>
<td>9/12</td>
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<tr>
<td>7</td>
<td>Design Tech - Intro CAD, 3D Printing and Laser Cutting</td>
<td>10 a.m.-12 p.m.</td>
<td>9/12</td>
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<tr>
<td>8</td>
<td>Gentle Yoga</td>
<td>1-2 p.m.</td>
<td>9/12</td>
<td>9/19  9/26 10/3</td>
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<tr>
<td>9</td>
<td>It’s a Mystery to Me</td>
<td>1-3 p.m.</td>
<td>9/12</td>
<td>10/3  11/7 12/5</td>
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<td>10</td>
<td>Slow Vinyassa Flow Yoga</td>
<td>2:30-3:30 p.m.</td>
<td>9/12</td>
<td>9/19  9/26 10/3</td>
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<td>11</td>
<td>1960s: A Living History</td>
<td>9 a.m.-12 p.m.</td>
<td>9/12</td>
<td>9/14  9/16</td>
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<tr>
<td>12</td>
<td>Interactive Alpaca Ranch Tour - Session B</td>
<td>10 a.m.-12 p.m.</td>
<td>9/19</td>
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<tr>
<td>13</td>
<td>Learn Sailing Right! Small Boat Series - Introduction</td>
<td>10 a.m.-12 p.m.</td>
<td>9/19</td>
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<tr>
<td>14</td>
<td>Cherney Maribel Caves and New Hope Cave Session A</td>
<td>10 a.m.-12 p.m.</td>
<td>9/19</td>
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<tr>
<td>15</td>
<td>Wilderness Survival Series Part 1: WI Tracks, Scat, and Sign Identification</td>
<td>10 a.m.-12 p.m.</td>
<td>9/19</td>
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<tr>
<td>16</td>
<td>Design Tech - Intro CAD, 3D Printing and Laser Cutting - Journals</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>17</td>
<td>Conservation of Momentum</td>
<td>1-3 p.m.</td>
<td>9/19</td>
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<tr>
<td>Course ID</td>
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<td>18</td>
<td>Cherney Maribel Caves and New Hope Cave Session B</td>
<td>1-3 p.m.</td>
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<tr>
<td>19</td>
<td>Strength and Balance for Seniors</td>
<td>10 a.m.-12 p.m.</td>
<td>9/26</td>
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<tr>
<td>20</td>
<td>Walking in the Shadow of History - The Great Green Bay Fire of 1880 Session A</td>
<td>10 a.m.-12 p.m.</td>
<td>9/26</td>
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<tr>
<td>21</td>
<td>Walking in the Shadow of History - The Great Green Bay Fire of 1880 Session B</td>
<td>1-3 p.m.</td>
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<tr>
<td>22</td>
<td>Drawing at the Museum</td>
<td>1-3 p.m.</td>
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<tr>
<td>23</td>
<td>Harvest Soup</td>
<td>10 a.m.-1 p.m.</td>
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<tr>
<td>24</td>
<td>Revisiting the Second Vatican Council</td>
<td>1-3 p.m.</td>
<td>10/3</td>
<td>10/10</td>
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<tr>
<td>25</td>
<td>Fun with Aromatherapy: Build Your Own Blend</td>
<td>1-3 p.m.</td>
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<tr>
<td>26</td>
<td>Tanzania Safari Trip</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>27</td>
<td>Creating Your Own Herbal Remedies</td>
<td>1-3 p.m.</td>
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<tr>
<td>28</td>
<td>Wilderness Survival Series Part 2: Fire Starting and Bowl Making</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>29</td>
<td>Herbs for the Heart: Create Herbal Remedies for Heart Health</td>
<td>1-3 p.m.</td>
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<td>30</td>
<td>Freeform Art</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>31</td>
<td>Self Discovery With Soul Cards®</td>
<td>10 a.m.-12 p.m.</td>
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<td>32</td>
<td>Exercise as Medicine</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>33</td>
<td>Simply Dreamy Danish Puff</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>34</td>
<td>From the Heart: Techniques for Reducing Stress and Building Resilience</td>
<td>10-11:30 a.m.</td>
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<tr>
<td>35</td>
<td>Dirt, Sticks and Bricks 2.0: New Developments in Greater Green Bay</td>
<td>1-3 p.m.</td>
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<td>Course Code</td>
<td>Course Title</td>
<td>Time</td>
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<tr>
<td>36</td>
<td>Tatting for the Holidays</td>
<td>1-3 p.m.</td>
<td>11/7 11/14 11/21 11/28</td>
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<td>37</td>
<td>Under the Trench Coat</td>
<td>1-3 p.m.</td>
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<td>38</td>
<td>Kneadlessly Simple Bread</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>39</td>
<td>Running for Political Office</td>
<td>1-3 p.m.</td>
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<tr>
<td>40</td>
<td>Women in World War II - Women’s Air Force Support (WASP)</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>41</td>
<td>Look Homelessness in the Eye!</td>
<td>10 a.m.-12 p.m.</td>
<td>12/5</td>
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<td>42</td>
<td>Festive Candy - Pooping Reindeer</td>
<td>10 a.m.-12 p.m.</td>
<td>12/5 12/12</td>
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<td>43</td>
<td>Travelogue of South Africa</td>
<td>8-9:15 a.m.</td>
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<td>44</td>
<td>Feet First</td>
<td>10-11 a.m.</td>
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<tr>
<td>45</td>
<td>Yoga Basics For Better Living</td>
<td>10 a.m.-12 p.m.</td>
<td>8/30 9/6 9/13 9/20 9/27</td>
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<tr>
<td>46</td>
<td>Archery</td>
<td>9-11 a.m.</td>
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<td>47</td>
<td>Bird Migration at Woodland Dunes</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>48</td>
<td>Learn Sailing Right! Small Boat Series - Introduction</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>49</td>
<td>Clearing the Clutter from your Life</td>
<td>10 a.m.-12 p.m.</td>
<td>9/13</td>
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<tr>
<td>50</td>
<td>Continuing Issues</td>
<td>1-3 p.m.</td>
<td>9/13 9/27 12/6 10/11 12/13 10/25 11/8 11/22</td>
<td></td>
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</tbody>
</table>

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>Seroogy’s Chocolates Session A</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>52</td>
<td>Authentic 1850’s Windmill Tour - Session A</td>
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<tr>
<td>53</td>
<td>Seroogy’s Chocolates Session B</td>
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<tr>
<td>54</td>
<td>WWII Internment Camps</td>
<td>1-3 p.m.</td>
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<tr>
<td>55</td>
<td>Lake Whitefish: the Fish That Made Door County Famous</td>
<td>1-3 p.m.</td>
<td>9/20</td>
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<tr>
<td>56</td>
<td>Wild About Waterfowl</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>57</td>
<td>Beer: Brewing and Packaging Beer with Stillmank Brewing Company</td>
<td>12:30-2 p.m.</td>
<td>9/27</td>
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<tr>
<td>58</td>
<td>The Evolution of the Public Library in the United States</td>
<td>1-3 p.m.</td>
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<tr>
<td>59</td>
<td>Egypt Travelogue: My personal Gift of the Nile</td>
<td>10 a.m.-12 p.m.</td>
<td>10/4</td>
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<tr>
<td>60</td>
<td>Moose and Elk: They’re Out There!</td>
<td>10 a.m.-12 p.m.</td>
<td>10/4</td>
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<tr>
<td>61</td>
<td>ESP Evaluation &amp; Development Session A</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>62</td>
<td>Healthy Living for your Brain and Body- Understanding Alzheimer’s</td>
<td>1-3 p.m.</td>
<td>10/4</td>
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<tr>
<td>63</td>
<td>Habitat Restoration and Bird Monitoring on the Oneida Nation Reservation</td>
<td>8:30-10 a.m.</td>
<td>10/4</td>
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<td>64</td>
<td>Bay Beach Wildlife Sanctuary, Volunteering and You</td>
<td>1:30-3:30 p.m.</td>
<td>10/11</td>
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<tr>
<td>65</td>
<td>Wings of Morning – Air War in Europe</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>66</td>
<td>Holidays! Organized Chaos</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>67</td>
<td>Normal vs. Not Normal Aging</td>
<td>10 a.m.-12 p.m.</td>
<td>10/11</td>
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<tr>
<td>68</td>
<td>Gift Box Construction</td>
<td>1-2:30 p.m.</td>
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<tr>
<td>Course Number</td>
<td>Course Title</td>
<td>Time</td>
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<tr>
<td>69</td>
<td>Learning in Healthcare through Simulated Experiences</td>
<td>1-3 p.m.</td>
<td>10/11</td>
</tr>
<tr>
<td>70</td>
<td>Cruising the Great Lakes</td>
<td>10 a.m.-12 p.m.</td>
<td>10/18</td>
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<tr>
<td>71</td>
<td>Tour Krueger International (KI) - 100% Employee Owned</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>72</td>
<td>Sustainability and Solar Energy</td>
<td>10-11:30 a.m.</td>
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<tr>
<td>73</td>
<td>Myths to Allergies and Asthma</td>
<td>1-3 p.m.</td>
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<tr>
<td>74</td>
<td>Zentangle Kaleidoscope</td>
<td>1-3 p.m.</td>
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<tr>
<td>75</td>
<td>Glass Fusion Jewelry - Session A</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>76</td>
<td>Glass Fusion Jewelry - Session B</td>
<td>1-3 p.m.</td>
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<tr>
<td>77</td>
<td>Experience the SS Badger Ferry</td>
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<tr>
<td>78</td>
<td>The Art of Architecture</td>
<td>10 a.m.-12 p.m.</td>
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<td>79</td>
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<tr>
<td>80</td>
<td>Understanding Our Dreams: Jungian Dream Analysis</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>81</td>
<td>Using a Positive Approach in Dementia Care</td>
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<tr>
<td>82</td>
<td>You Have Something Beautiful to Share - Let’s Talk</td>
<td>11-11:45 a.m.</td>
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<tr>
<td>83</td>
<td>Presidential Facts and Trivia</td>
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<tr>
<td>84</td>
<td>Karl Pflaume: A Manitowoc Immigrant Returns Home</td>
<td>1-3 p.m.</td>
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<td>85</td>
<td>Bullet Journaling</td>
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<tr>
<td>86</td>
<td>Manitowoc County Joint Dispatch Center Tour</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>Course</td>
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<td>Date 1</td>
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<td>87</td>
<td>Walking Tour of Harrigan Parkside Funeral Home, Crematory, and Gathering Center</td>
<td>1-3 p.m.</td>
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<tr>
<td>88</td>
<td>A Year in the Life of a Prairie</td>
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<td>89</td>
<td>Organic Farming: Why We Do What We Do! - Session A</td>
<td>1-3 p.m.</td>
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<td>90</td>
<td>An Analysis of the Battle of Little Bighorn, aka Greasy Grass</td>
<td>1-3 p.m.</td>
<td>9/7 9/14</td>
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<td>91</td>
<td>Beginning Line Dancing</td>
<td>9:30-11:30am</td>
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<td>92</td>
<td>Lakeside Foods Tour</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>93</td>
<td>Healthcare Technology at Home: What Families Need to Know</td>
<td>10 a.m.-12 p.m.</td>
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<td>94</td>
<td>Spreading the Word, About Cheese That Is!</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>95</td>
<td>You Have Something Beautiful to Share - Let’s Talk</td>
<td>11-11:45 a.m.</td>
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<tr>
<td>96</td>
<td>Zentangle: Blue &amp; Gray</td>
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<td>97</td>
<td>Exceptional Equestrian Tour - Session A</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>98</td>
<td>Birds and Poetry</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>99</td>
<td>Upcycling: It’s Not a Trend</td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td>100</td>
<td>Saving Vanishing Landscapes</td>
<td>10 a.m.-12 p.m.</td>
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<td>101</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.
## Fall 2022 Courses

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<td>UW-Green Bay Golf: Competing with a Hot Team in the Cold Weather</td>
<td>1-3 p.m.</td>
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<td>104</td>
<td>Your Bicycle and You</td>
<td>10 a.m.-12 p.m.</td>
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<td>105</td>
<td>Climate Change and Energy Policy</td>
<td>10 a.m.-12 p.m.</td>
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<td>106</td>
<td>Spanish I</td>
<td>10 a.m.-12 p.m.</td>
<td>10/5  10/12  10/19  10/26  11/2  11/9</td>
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<tr>
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<td>Senior Living - Deep Dive Series: Senior Living 101</td>
<td>10 a.m.-12 p.m.</td>
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<td>108</td>
<td>Your Home's Worth/Prepping for Sale</td>
<td>1-3 p.m.</td>
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<td>109</td>
<td>Writing Your Memoirs</td>
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<td>10/26  11/2  11/9  11/16  11/23  11/30</td>
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<td>Spanish III</td>
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<td>Basic Line Dancing</td>
<td>9:30-11:30am</td>
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<td>Introduction to Scotland</td>
<td>10 a.m.-12 p.m.</td>
<td>10/12</td>
</tr>
<tr>
<td>113</td>
<td>Why Should You Preplan and Pay For Your Funeral Ahead of Time?</td>
<td>10 a.m.-12 p.m.</td>
<td>10/12</td>
</tr>
<tr>
<td>114</td>
<td>Financial Wellness Empowerment - Session A</td>
<td>10 a.m.-12 p.m.</td>
<td>10/12  10/19</td>
</tr>
<tr>
<td>115</td>
<td>Hands on History: The Packers Hall of Fame</td>
<td>10 a.m.-12 p.m.</td>
<td>10/19</td>
</tr>
<tr>
<td>116</td>
<td>Climate Change and Energy Policy</td>
<td>10 a.m.-12 p.m.</td>
<td>10/26</td>
</tr>
<tr>
<td>117</td>
<td>Your Bicycle and You</td>
<td>10 a.m.-12 p.m.</td>
<td>10/26</td>
</tr>
<tr>
<td>118</td>
<td>Ben-Hur and Gladiator: History or Hollywood</td>
<td>10-11:30 a.m.</td>
<td>10/26</td>
</tr>
<tr>
<td>119</td>
<td>Green Bay Packers Art Collection</td>
<td>10-11:30 a.m.</td>
<td>10/26</td>
</tr>
<tr>
<td>120</td>
<td>Robert Frost: America’s Most Popular Poet</td>
<td>10 a.m.-12 p.m.</td>
<td>11/2</td>
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<tr>
<td>Course Number</td>
<td>Course Title</td>
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<tr>
<td>121</td>
<td>Advanced Line Dancing</td>
<td>9:30-11:30am</td>
<td>11/2   11/9   11/16</td>
</tr>
<tr>
<td>122</td>
<td>Fun with Beads</td>
<td>10 a.m.-12 p.m.</td>
<td>11/9</td>
</tr>
<tr>
<td>123</td>
<td>Protecting Your Online Personal Information</td>
<td>10 a.m.-12 p.m.</td>
<td>11/16</td>
</tr>
<tr>
<td>124</td>
<td>Tour Syble Hopp School</td>
<td>10 a.m.-12 p.m.</td>
<td>11/16</td>
</tr>
<tr>
<td>125</td>
<td>Winter Wildlife Survival</td>
<td>1-3 p.m.</td>
<td>11/16</td>
</tr>
<tr>
<td>126</td>
<td>The Nutcracker: How an American Holiday Tradition Was Born</td>
<td>10 a.m.-12 p.m.</td>
<td>11/30</td>
</tr>
<tr>
<td>127</td>
<td>ESP Evaluation &amp; Development Session B</td>
<td>1-3 p.m.</td>
<td>11/30</td>
</tr>
<tr>
<td>128</td>
<td>The Nutcracker - A Christmas Tradition</td>
<td>10 a.m.-12 p.m.</td>
<td>12/7</td>
</tr>
<tr>
<td>129</td>
<td>Books and You</td>
<td>1-2:30 p.m.</td>
<td>8/18   9/15   10/20   11/17</td>
</tr>
<tr>
<td>130</td>
<td>West of the Lake Garden Tour and the Lester Bentley Mural Room</td>
<td>1-3 p.m.</td>
<td>8/25</td>
</tr>
<tr>
<td>131</td>
<td>Racewalking for Lifetime Fitness</td>
<td>9:30 a.m.-12 p.m.</td>
<td>8/25   9/1</td>
</tr>
<tr>
<td>132</td>
<td>The Mysteries of the Monarch Butterfly</td>
<td>10 a.m.-12 p.m.</td>
<td>9/1</td>
</tr>
<tr>
<td>133</td>
<td>Different Gospel of John: Conflation Facts and Issues</td>
<td>1-3 p.m.</td>
<td>9/1</td>
</tr>
<tr>
<td>134</td>
<td>Organic Farming: Why We Do What We Do! - Session B</td>
<td>1-3 p.m.</td>
<td>9/1</td>
</tr>
<tr>
<td>135</td>
<td>ADRC - Your Partner Through Life’s Changes</td>
<td>10:30 a.m.-12:30 p.m.</td>
<td>9/8</td>
</tr>
<tr>
<td>136</td>
<td>Using Local, State, and Federal Laws to Protect the Waters of Northeast Wisconsin</td>
<td>10-11:30 a.m.</td>
<td>9/8</td>
</tr>
<tr>
<td>137</td>
<td>Blackwork Hand Embroidery <strong>Cancelled</strong></td>
<td>1-3 p.m.</td>
<td>9/8   9/15   9/22   9/29</td>
</tr>
<tr>
<td>138</td>
<td>Grape Growing and Wine Making, Wisconsin Style</td>
<td>1-3 p.m.</td>
<td>9/8</td>
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<tr>
<td>Course Number</td>
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<tr>
<td>139</td>
<td>Custer in the Movies</td>
<td>1-4 p.m.</td>
<td>9/8</td>
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<td>9/15</td>
</tr>
<tr>
<td>140</td>
<td>Botanical Gardens - Gardener’s Delight Tour</td>
<td>10 a.m.-12 p.m.</td>
<td>9/15</td>
</tr>
<tr>
<td>141</td>
<td>Update on the U.S. and Wisconsin Supreme Courts</td>
<td>10 a.m.-12 p.m.</td>
<td>9/15</td>
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<td>9/22</td>
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<tr>
<td>142</td>
<td>Diabetes Mellitus 2022 - Pathophysiology &amp; Pharmacotherapy Update</td>
<td>10 a.m.-12 p.m.</td>
<td>9/15</td>
</tr>
<tr>
<td>143</td>
<td>Group Piano</td>
<td>10 a.m.-12 p.m.</td>
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</tr>
<tr>
<td>144</td>
<td>Historical Tour of Franciscan Sisters Motherhouse in Manitowoc</td>
<td>1-3 p.m.</td>
<td>9/15</td>
</tr>
<tr>
<td>145</td>
<td>Silk Painting</td>
<td>1-3 p.m.</td>
<td>9/15</td>
</tr>
<tr>
<td>146</td>
<td>Birds of Prey in NE WI</td>
<td>1:30-3:30 p.m.</td>
<td>9/22</td>
</tr>
<tr>
<td>147</td>
<td>Forces of Change in the Post Pandemic World</td>
<td>10 a.m.-12 p.m.</td>
<td>9/22</td>
</tr>
<tr>
<td>148</td>
<td>Be a Blacksmith for a Day! Session A</td>
<td>10 a.m.-12 p.m.</td>
<td>9/22</td>
</tr>
<tr>
<td>149</td>
<td>What Is An End of Life Doula?</td>
<td>10 a.m.-12 p.m.</td>
<td>9/22</td>
</tr>
<tr>
<td>150</td>
<td>U.P. Stories (Book Club)</td>
<td>10 a.m.-12 p.m.</td>
<td>9/22</td>
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<tr>
<td>151</td>
<td>Be a Blacksmith for a Day! Session B</td>
<td>1-3 p.m.</td>
<td>9/22</td>
</tr>
<tr>
<td>152</td>
<td>5 Chef Secrets To Take Your Cooking From Fair To Fantastic</td>
<td>1-3 p.m.</td>
<td>9/22</td>
</tr>
<tr>
<td>153</td>
<td>The CIA and the Raising of the Soviet Union Submarine K-129</td>
<td>1-3 p.m.</td>
<td>9/29</td>
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<tr>
<td>154</td>
<td>Sock Knitting</td>
<td>1:30-3 p.m.</td>
<td>9/29</td>
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<tr>
<td>155</td>
<td>Forces of Change in the Post Pandemic World</td>
<td>10 a.m.-12 p.m.</td>
<td>9/29</td>
</tr>
<tr>
<td>156</td>
<td>Beginning Knitting</td>
<td>12-1:30 p.m.</td>
<td>9/29</td>
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<td>Course</td>
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<tr>
<td>157</td>
<td>Tour of Belgian Heritage Center</td>
<td>1-3 p.m.</td>
<td>9/29</td>
</tr>
<tr>
<td>158</td>
<td>Author of the Gospel of Matthew</td>
<td>1-3 p.m.</td>
<td>9/29</td>
</tr>
<tr>
<td>159</td>
<td>Authentic 1850s Windmill Tour - Session B</td>
<td>10 a.m.-12 p.m.</td>
<td>10/6</td>
</tr>
<tr>
<td>160</td>
<td>Hamilton Wood Type and Printing Museum</td>
<td>10 a.m.-12 p.m.</td>
<td>10/6</td>
</tr>
<tr>
<td>161</td>
<td>How Beethoven Changed Music Forever</td>
<td>10 a.m.-12 p.m.</td>
<td>10/6</td>
</tr>
<tr>
<td>162</td>
<td>Women &amp; Heart Disease - Who Me? Couldn't Be!</td>
<td>10-11:30 a.m.</td>
<td>10/6</td>
</tr>
<tr>
<td>163</td>
<td>Wisconsin English Dialect in the 21st Century</td>
<td>1-3 p.m.</td>
<td>10/6</td>
</tr>
<tr>
<td>164</td>
<td>Habitat Restoration and Bird Monitoring on the Oneida Nation Reservation</td>
<td>8:30-10 a.m.</td>
<td>10/6</td>
</tr>
<tr>
<td>165</td>
<td>A Civil War Wonder!</td>
<td>10 a.m.-12 p.m.</td>
<td>10/13</td>
</tr>
<tr>
<td>166</td>
<td>Medicare: Open Enrollment Period (OEP) 2023</td>
<td>1-2:30 p.m.</td>
<td>10/13</td>
</tr>
<tr>
<td>167</td>
<td>Nursing Role in a Changing Healthcare Environment</td>
<td>10 a.m.-12 p.m.</td>
<td>10/20</td>
</tr>
<tr>
<td>168</td>
<td>Prescription Drug Prices (2022 Update)</td>
<td>10 a.m.-12 p.m.</td>
<td>10/20</td>
</tr>
<tr>
<td>169</td>
<td>Piano Ensemble</td>
<td>10 a.m.-12 p.m.</td>
<td>10/20</td>
</tr>
<tr>
<td>170</td>
<td>Making Your Photos Pop Off the Page!</td>
<td>10 a.m.-12 p.m.</td>
<td>10/20</td>
</tr>
<tr>
<td>171</td>
<td>Who were Manitowoc’s Movers and Shakers in the early 1900s?</td>
<td>1-3 p.m.</td>
<td>10/20</td>
</tr>
<tr>
<td>172</td>
<td>The 7 Ingredients Responsible For All Baking</td>
<td>1-3 p.m.</td>
<td>10/20</td>
</tr>
<tr>
<td>173</td>
<td>Local Flavor: Making Melt in Your Mouth Pasties</td>
<td>9 a.m.-1 p.m.</td>
<td>10/20</td>
</tr>
<tr>
<td>174</td>
<td>Introduction to Fincantieri Bay Shipbuilding</td>
<td>10 a.m.-12 p.m.</td>
<td>10/27</td>
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<tr>
<td>Course Number</td>
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<td>175</td>
<td>Great Omission of the Gospel of Luke</td>
<td>1-3 p.m.</td>
<td>10/27</td>
</tr>
<tr>
<td>176</td>
<td>One Quilter’s Trunk Show</td>
<td>10 a.m.-12 p.m.</td>
<td>11/3</td>
</tr>
<tr>
<td>177</td>
<td>Financial Wellness Empowerment - Session B</td>
<td>10 a.m.-12 p.m.</td>
<td>11/3  11/10</td>
</tr>
<tr>
<td>178</td>
<td>Design Your Own Holiday Cards</td>
<td>1-3 p.m.</td>
<td>11/3</td>
</tr>
<tr>
<td>179</td>
<td>Roadside Geology of Wisconsin</td>
<td>1-3 p.m.</td>
<td>11/3</td>
</tr>
<tr>
<td>180</td>
<td>You Have a Hospice Benefit</td>
<td>10 a.m.-12 p.m.</td>
<td>11/10</td>
</tr>
<tr>
<td>181</td>
<td>Under the Robe: The Anatomy of a Criminal Trial</td>
<td>10 a.m.-12 p.m.</td>
<td>11/10</td>
</tr>
<tr>
<td>182</td>
<td>‘Tis the Season to Decorate</td>
<td>10 a.m.-12 p.m.</td>
<td>11/10</td>
</tr>
<tr>
<td>183</td>
<td>Any Last Words?</td>
<td>1-3 p.m.</td>
<td>11/10</td>
</tr>
<tr>
<td>184</td>
<td>ADRC - Your Partner Through Life’s Changes</td>
<td>10:30 a.m.-12:30 p.m.</td>
<td>11/17</td>
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<tr>
<td>185</td>
<td>Primacy of the Gospel of Mark</td>
<td>1-3 p.m.</td>
<td>11/17</td>
</tr>
<tr>
<td>186</td>
<td>Music to My Ears</td>
<td>1-3 p.m.</td>
<td>11/17</td>
</tr>
<tr>
<td>187</td>
<td>Christmas 3-D Paper Creations</td>
<td>1-3 p.m.</td>
<td>12/1  12/8</td>
</tr>
<tr>
<td>188</td>
<td>The Power of Meaning-Making: Transforming Pain into Purpose</td>
<td>10 a.m.-12 p.m.</td>
<td>12/8</td>
</tr>
<tr>
<td>189</td>
<td>Introduction to Watercolor</td>
<td>9:30 a.m.-12 p.m.</td>
<td>8/26  9/2</td>
</tr>
<tr>
<td>190</td>
<td>Biking is Fun at Any Age</td>
<td>10 a.m.-12 p.m.</td>
<td>9/9  9/16  9/23  9/30  10/7  10/14</td>
</tr>
<tr>
<td>191</td>
<td>Exploring Enslavement through Science Fiction: Octavia Butler’s “Kindred”</td>
<td>10 a.m.-12 p.m.</td>
<td>9/9  9/23  9/30  10/7</td>
</tr>
<tr>
<td>192</td>
<td>Exploring Enslavement through Science Fiction: Octavia Butler’s “Kindred”</td>
<td>10 a.m.-12 p.m.</td>
<td>9/9  9/23  9/30  10/7</td>
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<td>Course Code</td>
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<tr>
<td>193</td>
<td>Math Doesn’t Look Like It Did When I Was in School</td>
<td>10 a.m.-12 p.m.</td>
<td>9/9</td>
</tr>
<tr>
<td>194</td>
<td>Monarch Migration and Tagging</td>
<td>1-3 p.m.</td>
<td>9/9</td>
</tr>
<tr>
<td>195</td>
<td>Von Stiehl Winery Tour</td>
<td>1-3 p.m.</td>
<td>9/9</td>
</tr>
<tr>
<td>196</td>
<td>Visit the Fused Glass Studio at NWTC Artisan Center</td>
<td>10 a.m.-12 p.m.</td>
<td>9/16</td>
</tr>
<tr>
<td>197</td>
<td>Sailing, A Sport for All Seasons</td>
<td>1-3 p.m.</td>
<td>9/19</td>
</tr>
<tr>
<td>198</td>
<td>Explore Point Beach State Forest, Session A</td>
<td>10 a.m.-12 p.m.</td>
<td>9/23</td>
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<tr>
<td>199</td>
<td>Explore Point Beach State Forest, Session B</td>
<td>1-3 p.m.</td>
<td>9/23</td>
</tr>
<tr>
<td>200</td>
<td>The Beatles, Then, Now, and Forever</td>
<td>1-3 p.m.</td>
<td>9/23</td>
</tr>
<tr>
<td>201</td>
<td>iRest Introduction to Guided Meditation</td>
<td>12-1 p.m.</td>
<td>9/30</td>
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<td>10/7, 10/14, 10/21</td>
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<tr>
<td>202</td>
<td>Monarch Butterfly Biology and Conservation</td>
<td>1-3 p.m.</td>
<td>9/30</td>
</tr>
<tr>
<td>203</td>
<td>Louise Erdrich Novels <strong>Cancelled</strong></td>
<td>10 a.m.-12 p.m.</td>
<td>10/7, 10/21, 11/4, 11/18</td>
</tr>
<tr>
<td>204</td>
<td>Create an Indoor Fairy Garden</td>
<td>1-3 p.m.</td>
<td>10/7</td>
</tr>
<tr>
<td>205</td>
<td>Songs and Fingerplays for Your Grandchildren</td>
<td>10 a.m.-12 p.m.</td>
<td>10/14</td>
</tr>
<tr>
<td>206</td>
<td>Skullduggery</td>
<td>1-3 p.m.</td>
<td>10/14</td>
</tr>
<tr>
<td>207</td>
<td>Art of Thrift Store Shopping</td>
<td>9 a.m.-12 p.m.</td>
<td>10/14</td>
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<tr>
<td>208</td>
<td>Tour of the Automobile Gallery</td>
<td>10 a.m.-12 p.m.</td>
<td>10/21</td>
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<tr>
<td>209</td>
<td>The Power of Words: An Introduction to Poetry Therapy</td>
<td>10 a.m.-12 p.m.</td>
<td>10/21</td>
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<tr>
<td>210</td>
<td>Information and Misinformation: How Personalized Web Becomes a Web of Lies</td>
<td>10 a.m.-12 p.m.</td>
<td>10/21</td>
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<tr>
<td>Course Code</td>
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<td>211</td>
<td>Creative Cookie Decorating for Halloween</td>
<td>1-3 p.m.</td>
<td>10/21</td>
</tr>
<tr>
<td>212</td>
<td>Before You Take A Stitch</td>
<td>10 a.m.-12 p.m.</td>
<td>10/28</td>
</tr>
<tr>
<td>213</td>
<td>Hospice 101 and Advance Directives</td>
<td>1-3 p.m.</td>
<td>10/28</td>
</tr>
<tr>
<td>214</td>
<td>A Health Combo: a) Women's Health After 60; b) Ethnic Health Snacks</td>
<td>9:30 a.m. 12 p.m.</td>
<td>10/28</td>
</tr>
<tr>
<td>215</td>
<td>Wisdom Literature in the Hebrew Bible: Timeless Questions</td>
<td>10 a.m.-12 p.m.</td>
<td>11/4 11/11 11/18</td>
</tr>
<tr>
<td>216</td>
<td>“Dad’s Attic”</td>
<td>1-3 p.m.</td>
<td>11/4</td>
</tr>
<tr>
<td>217</td>
<td>Putting the FUN in Functional Fitness</td>
<td>10 a.m.-12 p.m.</td>
<td>11/11</td>
</tr>
<tr>
<td>218</td>
<td>Solar Power in the 2020s</td>
<td>1-3 p.m.</td>
<td>11/11</td>
</tr>
<tr>
<td>219</td>
<td>From the Heart: Techniques for Reducing Stress and Building Resilience</td>
<td>10 a.m.-12 p.m.</td>
<td>11/18</td>
</tr>
<tr>
<td>220</td>
<td>Passport to Geologic Wonders</td>
<td>1-3 p.m.</td>
<td>12/2</td>
</tr>
<tr>
<td>221</td>
<td>Recorders in Holiday Concert</td>
<td>10 a.m.-12 p.m.</td>
<td>12/9</td>
</tr>
<tr>
<td>222</td>
<td>Creative Cookie Decorating for the Holidays</td>
<td>1-3 p.m.</td>
<td>12/9</td>
</tr>
</tbody>
</table>

**Are You Receiving LLI’s Emails?**

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

1 Mushroom Madness (N)
Class Type: Outdoor
Location: Sheboygan
Classroom: Ellwood H. May Environmental Park
Presenter: Samantha Lammers, Park Director
Coordinator: Liz Koehler
Dates: 8/22
Time: 10 a.m.-12 p.m. Limit: 30
Mushroom Madness: an in-depth look at the wonderful world of mushrooms in WI. In the classroom, we will be learning basics about mushroom identification and sharing resources that can be used to assist in proper identification. After the classroom portion, we will head out to the property to do some identification of our own! Mushroom hunting takes patience and attention to detail. We will be traveling off the trail and getting low to the ground, so please dress accordingly and be prepared to get dirty!

2 Vision and the Color of Life (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH 250
Presenter: Dan Meinhardt
Coordinator: Karen Dallman
Dates: 8/29
Time: 1-2:30 p.m. Limit: 100
In this class, we’ll explore how color is a product of human vision and examine the various ways different colors are produced by living things.

3 Wetland Ecology (N)
Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Anne Bartels, Information & Education Specialist
Coordinator: Bob Cook
Dates: 8/29
Time: 1-3 p.m. Limit: 25
What is a wetland? Learn about different freshwater wetland types and discuss the importance of wetlands to people, wildlife, and ecosystems. Discussion includes a brief history of wetlands in Wisconsin, some hands-on materials/demonstrations and a PowerPoint presentation.

4 Interactive Alpaca Ranch Tour - Session A (N)
Class Type: Outdoor
Location: Two Rivers
Classroom: LondonDairy Alpacas
Presenter: Kevin Stoer & Laura Prellwitz
Coordinator: Mary Schuster
Dates: 9/12
Time: 10 a.m.-12 p.m. Limit: 50
Hands-on, educational, interactive tour with opportunities to meet, pet and feed one or more of our 50+ alpacas on a fourth generation farm. Learn about the unique qualities of alpaca fiber, their history in the Americas, husbandry and role in agrotourism in NE Wisconsin. Sign up for Session A or B, but not both. A $7 fee is due at class.

5 Walking on the Wildside (R)
Class Type: Outdoor
Location: Green Bay
Classroom: Various Trails
Presenter: Sue Schuette
Coordinator: Vickie Keigley
Dates: 9/12 9/19 9/26 10/3
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. In the first week we will meet at UW-Green Bay Communiversity Park on the Bay of Green Bay. The 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.

6 Recorders in Concert (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Jan LaSota
Coordinator: Karen Dallman
Dates: 9/12
Time: 10 a.m.-12 p.m. Limit: 150

(N) – New Course  (R) – Repeat  (C) – Continuing
First LLI concert since fall/winter 2019! Enjoy a concert that combines the history of music with information about early woodwind and string instruments. You’ll hear a variety of medieval and Renaissance music, including dances and pieces that were most often sung. Recorders By The Bay, an instrumental group formed in 1998, will perform, show their instruments and describe the music played. This year’s concert will include both new and revisited musical pieces.

7 Design Tech - Intro CAD, 3D Printing and Laser Cutting (R)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: STEM Innovation Center  
Presenter: Dennis Rockhill  
Coordinator: Kris Lewins  
Dates: 9/12  
Time: 10 a.m.-12 p.m.  Limit: 10

Are you interested in learning about 3D printing and laser cutting? It starts with CAD (Computer Aided Design) to create the content. We’ll introduce you to the process using a simple CAD program called Tinkercad while working on fun and interesting projects. In this INTRO course we will design a luggage/backpack tag. A materials fee of $10 is due at registration.

8 Gentle Yoga (R)

Class Type: Classroom  
Location: Green Bay  
Classroom: Allouez Village Hall  
Presenter: Ginny Lee Siscoe  
Coordinator: Barb Derenne  
Dates: 9/12  9/19  9/26  10/3  10/10  10/17  
Time: 1-2 p.m.  Limit: 25

Join Ginny for a gentle practice of mindfulness, stretches, gentle yoga poses and movements coordinated with the breath. This yoga can be done on the floor or in a chair or as a combination of both, according to your body’s needs. You will need to bring a yoga mat and water bottle, and to wear comfortable, non-binding clothes or yoga apparel. Chairs will be available to use and if you’d like to bring props (block, towel, blanket, bolster, etc.) to enhance your practice feel free, but they are not required. Ginny often incorporates mantra, seed sounds, visualization and meditation into her yoga sessions and each includes a 5-10 minute Savasana (final resting pose) for total relaxation. This class is good for beginners and any yogi interested in a less intense, quiet, meditative and restorative practice.

9 It’s a Mystery to Me (C)

Class Type: Live Online (Zoom)  
Presenter: Fred Delie  
Dates: 9/12  10/3  11/7  12/5  
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.

10 Slow Vinyassa Flow Yoga (R)

Class Type: Classroom  
Location: Green Bay  
Classroom: Allouez Village Hall  
Presenter: Ginny Lee Siscoe  
Coordinator: Kris Lewins  
Dates: 9/12  9/19  9/26  10/3  10/10  10/17  
Time: 2:30-3:30 p.m.  Limit: 25

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

11 1960s: A Living History (R)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH230  
Presenter: Daniel Goron  
Coordinator: Stu Hoar  
Dates: 9/12  9/14  9/16  
Time: 9 a.m.-12 p.m.  Limit: 30

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 they may have impacted the class members. Class participation is encouraged with stories, pictures and artifacts.
12 Interactive Alpaca Ranch Tour - Session B (N)
Class Type: Outdoor
Location: Two Rivers
Classroom: LondonDairy Alpacas
Presenter: Kevin Stoer & Laura Prellwitz
Coordinator: Nancy Whitfield
Dates: 9/19
Time: 10 a.m.-12 p.m.  Limit: 50
Hands-on, educational, interactive tour with opportunities to meet, pet, and feed one or more of our 50+ alpacas on a fourth generation farm. Learn about the unique qualities of alpaca fiber, their history in the Americas, husbandry and role in agri-tourism in NE Wisconsin. Sign up for Session A or B, but not both. A $7 fee is due on day of class.

13 Learn Sailing Right! Small Boat Series - Introduction (N)
Class Type: Live Online (Zoom)
Presenter: Tom Bayer
Dates: 9/19
Time: 10 a.m.-12 p.m.  Limit: 100
Sailing is a great way to experience the outdoors. This course will provide a basic introduction to small boat sailing, which includes how the wind, water and the sailboat work together, sail terminology, safety and how to rig and sail the boat. This course will use the US Sailing Learn Sailing Right? Beginner and Intermediate Sailing Curriculum.

14 Cherney Maribel Caves and New Hope Cave (R) – Session A
Class Type: Outdoor
Location: Maribel
Classroom: Cherney Maribel Caves & New Hope Cave
Presenter: Mike Sobush
Coordinator: Jane Hertel
Dates: 9/19
Time: 10 a.m.-12 p.m.  Limit: 20
Take a two-hour walking tour of the Maribel Caves, visiting all caves in the park, the artesian spring and the inside of New Hope Cave. Learn the history of the Maribel Caves Hotel and view the ruins from the park. Hiking shoes (caves can be muddy), an umbrella, and a raincoat may be needed depending on the weather. Register for Session A or B, not both. A $5 fee is due on the day of class.

15 Wilderness Survival Series Part 1: WI Tracks, Scat, and Sign Identification (R)
Class Type: Outdoor
Location: Sheboygan
Classroom: Ellwood H. May Environmental Park
Presenter: Samantha Lammers, Park Director
Coordinator: Liz Koehler
Dates: 9/19
Time: 10 a.m.-12 p.m.  Limit: 30
Did you know that there are many ways to identify plants and animals in nature? In this section of the Wilderness Survival Series, we will be increasing our awareness of the natural world around us. We will be learning how to use the totality of signs to identify species throughout the park. Starting in the classroom, we will cover the basics of a few common species and what to look for before heading outside for more advanced training.

16 Design Tech - Intro CAD, 3D Printing and Laser Cutting - Journals (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: STEM Innovation Center
Presenter: Dennis Rockhill
Coordinator: Kris Lewins
Dates: 9/19  9/26
Time: 10 a.m.-12 p.m.  Limit: 10
Are you interested in learning about 3D printing and laser cutting? It starts with CAD (Computer Aided Design) to create the content. We’ll introduce you to the process using a simple CAD program called Tinkercad while working on fun and interesting projects. In this course we will design a personalized laser cut journal. No CAD experience is necessary, but our Design Tech Intro course may be helpful. A materials fee of $20 is due at registration.

17 Conservation of Momentum (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Gary Dallman
Coordinator: Karen Dallman
Dates: 9/19
Time: 1-3 p.m.  Limit: 50
We have all seen and heard it. “The Packers have lost the momentum and are in jeopardy of losing
this game.” In Physics, momentum is a well-defined, conserved physical quantity. This class will conceptually explore through lecture and demonstration the conservation of both linear and angular momentum. Actually, we will apply mathematics to one problem. Just one.

18 Cherney Maribel Caves and New Hope Cave (R) – Session B
Class Type: Outdoor
Location: Maribel
Classroom: Cherney Maribel Caves & New Hope Cave
Presenter: Mike Sobush
Coordinator: Jane Hertel
Dates: 9/19
Time: 1-3 p.m.  Limit: 20
Take a two-hour walking tour of the Maribel Caves, visiting all caves in the park, the artesian spring and the inside of New Hope Cave. Learn the history of the Maribel Caves Hotel and view the ruins from the park. Hiking shoes (caves can be muddy), an umbrella, and a raincoat may be needed depending on the weather. Register for Session A or B, not both. A $5 fee is due on the day of class.

19 Strength and Balance for Seniors (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Nick Baudhuin
Coordinator: Gary Lewins
Dates: 9/26
Time: 10 a.m.-12 p.m.  Limit: 50
This course will include education on the principles of strength training, muscular anatomy and the anatomy and physiology of the three sensory systems that play a role in our ability to maintain balance. The course will cover the reasons strength and balance issues arise as we age. Participants will also learn the benefits of strengthening and strategies to improve balance.

20 Walking in the Shadow of History – The Great Green Bay Fire of 1880 (R) – Session A
Class Type: Outdoor
Location: Green Bay
Classroom: Downtown Green Bay
Presenter: David Siegel
Coordinator: Sue Johnson
Dates: 9/26
Time: 10 a.m.-12 p.m.  Limit: 15
The Great Green Bay Fire of September 20, 1880, destroyed more buildings than any other fire in the city’s entire history. The flames burned 100 buildings, including sixty homes, a church, a few businesses, and some outbuildings. Local historical author and firefighter David Siegel will provide a guided walking tour that follows the path of the fire, about 1.2 miles one-way, taking one hour, visiting the origin site, significant firefighting locations, destroyed building sites and five extant buildings that were directly threatened by the flames in 1880. This guided tour will vividly describe the experiences of the Green Bay citizens and firefighters on that fateful day. Please dress appropriately for the weather. Register for Session A or B, not both please. The meeting site will be emailed to the roster.

21 Walking in the Shadow of History – The Great Green Bay Fire of 1880 (R) – Session B
Class Type: Outdoor
Location: Green Bay
Classroom: Downtown Green Bay
Presenter: David Siegel
Coordinator: Sue Johnson
Dates: 9/26
Time: 1-3 p.m.  Limit: 15
The Great Green Bay Fire of September 20, 1880, destroyed more buildings than any other fire in the city’s entire history. The flames burned 100 buildings, including sixty homes, a church, a few businesses and some outbuildings. Local historical author and firefighter David Siegel will provide a guided walking tour that follows the path of the fire, about 1.2 miles one-way, taking one hour, visiting the origin site, significant firefighting locations, destroyed building sites and five extant buildings that were directly threatened by the flames in 1880. This guided tour will vividly describe the experiences of the Green Bay citizens and firefighters on that fateful day. Please dress appropriately for the weather. Register for Session A or B, not both please. The meeting site will be emailed to the roster.
22 Drawing at the Museum (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: UWGB Richter Museum of Natural History  
Presenter: Dr. Daniel Meinhardt & Carol Emmons  
Coordinator: Karen Dallman  
Dates: 9/26  10/3  
Time: 1-3 p.m.  Limit: 15

This course will begin with a brief tour of the Richter Museum of Natural History and its holdings. Students will then select museum specimens to draw and will have the rest of the sessions to work as they desire, with the freedom to use any style or method. Samples of varied visual approaches will be presented for inspiration, and course leaders will include those experienced in scientific illustration, photography, life drawing and abstract contemporary approaches. They will be available to participants throughout the sessions for consultation. Participants will be responsible for bringing their own materials - paper, pencils, watercolor and photography would be appropriate. They should be sure to bring attendant tools (e.g., erasers, blending stumps, tape, brushes, water cup, etc.) as there are not any on site. There is water available, but participants should limit their materials to fairly tidy approaches (i.e., no oil paint, plaster, or the like). Given the time constraints of two sessions, simple materials and approaches are recommended. No specific background is required, but as participants will be working individually, some prior experience will prove helpful. However, experimentation is encouraged; the course leaders will be on hand to advise.

23 Harvest Soup (R)

Class Type: Outdoor  
Location: Manitowoc  
Classroom: Roadside Cucina and Cannery  
Presenter: Diana Beschta  
Coordinator: Jean Rausch  
Dates: 10/3  
Time: 10 a.m.-1 p.m.  Limit: 12

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. The 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. Dress accordingly. A $10 fee for supplies and lunch is due at time of registration.

24 Revisiting the Second Vatican Council (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH230  
Presenter: Sr. Elise Cholewinski  
Coordinator: Vicki DeMain  
Dates: 10/3 10/10 10/17  
Time: 1-3 p.m.  Limit: 30

This fall, the Catholic Church will be celebrating the 60th anniversary of the beginning of the Second Vatican Council. In this course, we will explore the reasons for having the council and the effects of the council. We will look at some of the changes that developed, especially in regard to the Scriptures, the Mass and the Catholic Church's view of itself, other religions and the world.

25 Fun with Aromatherapy: Build Your Own Blend (R)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Katie Brewer  
Coordinator: Shirley Garthwaite  
Dates: 10/3  
Time: 1-3 p.m.  Limit: 18

Are you curious about aromatherapy? In this class you will learn the science behind aromatherapy, explore various scents and create a unique blend. We will discuss the difference between various brands of essential oils as well as how essential oils are used differently in Europe. A $4 materials fee is due at the time of registration.
26 Tanzania Safari Trip (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Carol Boschert & Marian Moberg
Coordinator: Sue Johnson
Dates: 10/10
Time: 10 a.m.-12 p.m.  Limit: 30
The presenter fulfilled her dream trip with a six-day safari to Tanzania visiting the Serengeti, Ngorongoro Crater and Tarangire National Park. You'll see pictures of lions, elephants, and other animals including the Wildebeest migration. See pictures of Camp One at Mt. Kilimanjaro, camp accommodations and one exciting coffee break with lions, much to the Safari guide's surprise. Learn about the Maasai people who were the guides.

27 Creating Your Own Herbal Remedies (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Katie Brewer
Coordinator: Shirley Garthwaite
Dates: 10/10
Time: 1-3 p.m.  Limit: 18
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 $4 materials fee is due at the time of registration.

28 Wilderness Survival Series Part 2: Fire Starting and Bowl Making (R)
Class Type: Outdoor
Location: Sheboygan
Classroom: Ellwood H. May Environmental Park
Presenter: Samantha Lammers, Park Director
Coordinator: Liz Koehler
Dates: 10/17
Time: 10 a.m.-12 p.m.  Limit: 30
In part 2 of our Wilderness Survival Series, participants will learn what it takes to be a master of fire starting in the wild. We will be learning the history of fire starting and all the ways to start fires, from bow drills to lighters! After we have learned all we can learn about fire starting techniques, we will head out to one of Maywood's fire pits to create our own bowl using all natural supplies. By the end of the program, you will each have a survival bowl that will be yours to keep.

29 Herbs for the Heart: Create Herbal Remedies for Heart Health (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Katie Brewer
Coordinator: Shirley Garthwaite
Dates: 10/17
Time: 1-3 p.m.  Limit: 18
Several herbs may help in fighting atherosclerosis, the underlying cause of most heart disease. In this class, we will focus on herbal remedies using herbs that reduce cholesterol, blood sugar, inflammation, and oxidative stress. You will then make an herb-infused vinegar to take home. A $4 materials fee is due at the time of registration.

30 Freeform Art (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Sharon Gruenhagen
Coordinator: Pati Wiegand
Dates: 10/24
Time: 10 a.m.-12 p.m.  Limit: 15
You will be creating a piece of art using a process coined “neurographic art” in 2014. Called advanced doodling by some, this art form engages your artistic inner mind and is calming and meditative. Learn the few techniques involved to begin tapping into your subconscious artistic self and create your own masterpiece. A materials fee of $10 is due at registration.

31 Self Discovery With Soul Cards® (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Sabina Becker PhD
Coordinator: Kathy Bergner
Dates: 10/24
Time: 10 a.m.-12 p.m.  Limit: 30
This class will introduce participants to Soul Cards® created by artist Deborah Koff-Chapin. These images combine positive and negative aspects of
Lifelong Learning Institute at UW-Green Bay

Monday Courses

32 Exercise as Medicine (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: David J. Ferguson, MD
Coordinator: Karen Dallman
Dates: 10/31
Time: 10 a.m.-12 p.m.  Limit: 25
In this course, we’ll discuss the role exercise as medicine plays in protecting our independence, maintaining our health and sense of well-being.

33 Simply Dreamy Danish Puff (N)
Class Type: Classroom
Location: Green Bay
Classroom: First Presbyterian Church
Presenter: Terry Smith & Sue Schuette
Coordinator: Shirley Garthwaite
Dates: 11/7
Time: 10 a.m.-12 p.m.  Limit: 16
In this hands-on class, we will create a buttery, kringle-like almond pastry popular in Wisconsin with this simple method. The taste and presentation will rival something a professional pastry chef spent hours creating. We will sample this warm delight while sharing some easy baking tips and tricks. A materials fee of $5 is due at the time of registration.

34 From the Heart: Techniques for Reducing Stress and Building Resilience (R)
Class Type: Live Online (Zoom)
Presenter: David J Ferguson, MD
Coordinator: Pati Wiegand
Dates: 11/7
Time: 10-11:30 a.m.  Limit: 100
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.

35 Dirt, Sticks and Bricks 2.0: New Developments in Greater Green Bay (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Garritt R. Bader
Coordinator: Kathy Bergner
Dates: 11/7
Time: 1-3 p.m.  Limit: 150
See that even newer building? Wondering what else has changed in the past year? Local real estate developer Garritt Bader will once again provide insight on his current and future projects as well as those of other developers and how they’re changing the face of Green Bay.

36 Tatting for the Holidays (C)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Nona Litzelman
Coordinator: Mary Cook
Dates: 11/7  11/14  11/21  11/28
Time: 1-3 p.m.  Limit: 20
Learn to tat a variety of holiday-themed projects. This course is for anyone who has already mastered the basics of shuttle tatting. Participants will need at least two tatting shuttles and three to four different colors of thread in holiday colors. Patterns will be emailed to participants.

37 Under the Trench Coat (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Colleen Belongea & Jill Goffin
Coordinator: Mary Gajeski
Dates: 11/10
Time: 1-3 p.m.  Limit: 50

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

**38 Kneadlessly Simple Bread (R)**

*Class Type: Classroom*
*Location: Green Bay*
*Classroom: First Presbyterian Church*
*Presenter: Terry Smith & Sue Schuette*
*Coordinator: Shirley Garthwaite*
*Dates: 11/14*
*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. We will also learn how to make flatbread. Recipes and samples will be provided.

**39 Running for Political Office (N)**

*Class Type: Classroom*
*Location: Green Bay Campus*
*Classroom: RH220*
*Presenter: Dan Theno*
*Coordinator: Mary Braband*
*Dates: 11/14*
*Time: 1-3 p.m.  Limit: 50*

This course will go over the basics of how to organize and implement a successful campaign for political office. It will be a great learning opportunity for anyone intending to run for political office, manage a political campaign or just wondering how a political campaign is executed.

**40 Women in World War II - Women’s Air Force Support (WASP) (R)**

*Class Type: Classroom*
*Location: Green Bay Campus*
*Classroom: Christie Theater*
*Presenter: Bob Cook*
*Coordinator: Mary Braband*
*Dates: 11/21*
*Time: 10 a.m.-12 p.m.  Limit: 150*

During WWII we built thousands of aircraft. The problem was how to get them to the training facilities or overseas preparation areas. Every male pilot used for this job was one who couldn’t fight the war. Two amazing women proposed a shocking answer: have women do the job. We will explore the origins of the Women’s Air Force Support Pilots Service, the role women played and their effect on the war effort.

**41 Look Homelessness in the Eye! (N)**

*Class Type: Classroom*
*Location: Green Bay Campus*
*Classroom: Christie Theater*
*Presenter: Jen Schmohe Executive Director, Freedom House Ministries & Representatives from BCHHC*
*Coordinator: Karen Lacey*
*Dates: 12/5*
*Time: 10 a.m.-12 p.m.  Limit: 100*

Representatives from the Brown County Homeless and Housing Coalition (BCHHC) will share the reality of homelessness in Brown County. This nonprofit organization spans all sectors of the community, including but not limited to, schools, policing, hospitals, emergency and long-term housing providers. Please join us for a panel discussion with leaders from House of Hope, Freedom House, NEW Community Shelter, Golden House and Green Bay Public Schools. Bring your questions and curiosity to learn about the challenges and wins these organizations face each day.

**42 Festive Candy-Pooping Reindeer (R)**

*Class Type: Classroom*
*Location: Green Bay Campus*
*Classroom: STEM Innovation Center*
*Presenter: Dennis Rockhill*
*Coordinator: Cindy Johnson*
*Dates: 12/5  12/12*
*Time: 10 a.m.-12 p.m.  Limit: 10*

It’s the holidays! And the best way to enjoy them is with a Candy-Pooping Reindeer. It may not be in good taste - but the candy makes up for it. Don your gay apparel and build this festive dispenser with other merrymakers on Dec. 12. Please note, join optional first session on Dec. 5 if you want to personalize your reindeer using CAD (Tinkercad). No CAD experience is necessary, but our Design Tech Intro course may be helpful. A materials fee of $30 is due at registration.
Tuesday Courses

43 Travelogue of South Africa (N)
Class Type: Recorded
Presenter: Karen Dallman
Dates: 12/5
Time: 8-9:15 a.m.   Limit: 1000
This course takes us on a virtual tour of South Africa and parts of Zambia and Swaziland. It will cover several safaris, a township and the spectacular scenery of the Featherbed Coast, on the way to Cape Town and the Cape of Good Hope.

44 Feet First (N)
Class Type: Live Online (Zoom)
Presenter: Lt. Shauna Walesh, Life Safety Educator/PIO & Barb Michaels, Prevention Coordinator, ADRC
Coordinator: Theresa Charapata
Dates: 8/23
Time: 10-11 a.m.   Limit: 30
Thirty-two falls per day are reported in Brown County, our community’s #1 trauma injury. We can help you reduce your risk. Learn about risk factors for falls, simple tips and community resources to help you or your loved one minimize risk of a fall and serious injury.

45 Yoga Basics For Better Living (R)
Class Type: Classroom
Location: Manitowoc
Classroom: Manitowoc Library
Presenter: Kathy Niquette
Coordinator: Jean Rausch
Dates: 8/30  9/6  9/13  9/20  9/27
Time: 10 a.m.-12 p.m.   Limit: 25
Yoga is for you if you want to increase your mobility, balance, strength and simply experience increased ease in performing life’s daily tasks. With her background in physical therapy, Kathy focuses on proper alignment and technique using props: chairs, straps, blankets and blocks. These props assist in attaining poses safely and correctly. You will find yoga to be enjoyable and fun. Please bring a mat and blanket. If available, also bring a strap and block. Suggestions on alternatives for props will be shared.

46 Archery (N)
Class Type: Outdoor
Location: Green Bay Campus
Classroom: STEM Innovation Center
Presenter: Doug Thompson
Coordinator: Mary Gajeski
Dates: 8/30
Time: 9-11 a.m.   Limit: 16
An archery experience for beginners who want a fun morning learning how to shoot a bow and arrow. All equipment is geared for those of any age and ability. Your certified archery instructor will have you hitting bullseyes and popping balloons even if you have never used a bow.

47 Bird Migration at Woodland Dunes (R)
Class Type: Outdoor
Location: Two Rivers
Classroom: Woodland Dunes
Presenter: Jessica Johnsrud
Coordinator: Jane Hertel
Dates: 9/6
Time: 10 a.m.-12 p.m.   Limit: 20
Join us for a fun bird-watching morning at the Woodland Dunes Nature Center and Preserve in Two Rivers. Learn why the preserve is an important stopover site for migrating birds. Observe birds at the feeders and join us for a guided walk in the preserve. Dress for the weather and bring binoculars.

48 Learn Sailing Right! Small Boat Series - Introduction (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Tom Bayer
Coordinator: Pati Wiegand
Dates: 9/13
Time: 10 a.m.-12 p.m.   Limit: 30
Sailing is a great way to experience the outdoors. This course will provide a basic introduction to small boat sailing, which includes how the wind, water and the sailboat work together, sail terminology, safety, and how to rig and finally how to sail the boat. This course will use the US Sailing Learn Sailing Right Beginner and Intermediate Sailing Curriculum.
Fall 2022 Courses

49 Clearing the Clutter from your Life (N)
Class Type: Classroom
Location: Sheboygan Campus
Classroom: Main Building 3105
Presenter: Bill Horsch
Coordinator: Mary Gajeski
Dates: 9/13
Time: 10 a.m.-12 p.m.  Limit: 25
Answering the key questions to cleaning the clutter from your life. Practical steps on WHY? WHEN? HOW? Where to begin and mistakes to avoid.

50 Continuing Issues (C)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Steve Jansen
Coordinator: Mike DeGrand
Time: 1-3 p.m.  Limit: 50
Discussion of international, national, state and local issues. A variety of opinions is valued. Class members will respect other members’ opinions and not condemn. Members are asked to email suggested topics of discussion four days prior to each class at: sjansen9@new.rr.com.

51 Seroogy’s Chocolates Session A (R)
Class Type: Tour
Location: De Pere
Classroom: Seroogy’s Chocolates
Presenter: Marjorie Hitchcock & James Seroogy
Coordinator: Cindy Johnson
Dates: 9/20
Time: 10 a.m.-12 p.m.  Limit: 16
Chocolates, caramels, clusters and creams galore! Discover how for more than 100 years, Seroogy’s Chocolates has been creating these confections. Learn where chocolate comes from and how it is processed. The class includes a tour of Seroogy’s De Pere production facility. Sign up for Session A or Session B. Do not sign up for both.

52 Authentic 1850s Windmill Tour - Session A (R)
Class Type: Tour
Location: Little Chute
Classroom: Little Chute Windmill
Presenter: Volunteers
Coordinator: Sue Johnson
Dates: 9/20
Time: 1-3 p.m.  Limit: 16
Be amazed! Experience history and discover how Little Chute came to be through immigration in the mid 1800s. Learn how technology harnessed wind power to benefit the lives of the Dutch by visiting a fully functioning authentic 1850s windmill that grinds grain into flour. Explore the Dutch artifacts found in the museum and even search out genealogy to find out if you are a descendent of an original founding citizen of Little Chute. A course fee of $6 is due on day of class. Please register for Session A or B, not both.

53 Seroogy’s Chocolates Session B (R)
Class Type: Tour
Location: De Pere
Classroom: Seroogy’s Chocolates
Presenter: Marjorie Hitchcock & James Seroogy
Coordinator: Kathy Bergner
Dates: 9/20
Time: 1-3 p.m.  Limit: 16
Chocolates, caramels, clusters and creams galore! Discover how for more than 100 years, Seroogy’s Chocolates has been creating these confections. Learn where chocolate comes from and how it is processed. The class includes a tour of Seroogy’s De Pere production facility. Sign up for Session A or Session B. Do not sign up for both.

54 WWII Internment Camps (R)
Class Type: Classroom
Location: Manitowoc
Classroom: Manitowoc Library
Presenter: Robert Cook
Coordinator: Pati Wiegand
Dates: 9/20
Time: 1-3 p.m.  Limit: 75
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 the people in the camps lived during their stay.
55 Lake Whitefish: the Fish That Made Door County Famous (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: Mauthe Center  
Presenter: Scott Hansen  
Coordinator: James A Hinckley  
Dates: 9/20  
Time: 1-3 p.m.  
Limit: 150

Lake Whitefish have been an integral part of Door County for generations, dating back to the early settlers. The waters surrounding the peninsula sustain all life stages of this important commercial and recreational species. This presentation will cover whitefish biology, management and current state of the population in Wisconsin waters of Green Bay and Lake Michigan.

56 Wild About Waterfowl (R)

Class Type: Outdoor  
Location: Suamico  
Classroom: Barkhausen Waterfowl Preserve  
Presenter: Jason Petrella  
Coordinator: Sue Johnson  
Dates: 9/27  
Time: 10 a.m.-12 p.m.  
Limit: 15

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

57 Beer: Brewing and Packaging Beer with Stillmank Brewing Company (R)

Class Type: Tour  
Location: Green Bay  
Classroom: Stillmank Brewing Company  
Presenter: Brad Stillmank  
Coordinator: Shirley Garthwaite  
Dates: 9/27  
Time: 12:30-2 p.m.  
Limit: 20

Learn the ins and outs of raw material selection, brewing process, and packaging techniques in making craft beer in Northeastern Wisconsin and learn to taste the product. The class will be presented by brewer and owner Brad Stillmank in their production facility. A $10 tasting fee is due on day of class.

58 The Evolution of the Public Library in the United States (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Julia Wallace, Ph.D., Tracy Vreeke & Sarah Sugden  
Coordinator: Jim Hinckley  
Dates: 9/27  
Time: 1-3 p.m.  
Limit: 50

Public libraries have changed dramatically in the last 230 years, both in number and types of patrons, but also in their organization, collaboration and interaction with their communities. This presentation will discuss the initial history of the Public Library System in the United States and show how the library system in Wisconsin, created by state statute in 1971, has provided increased access to library resources for all patrons. Finally, we will examine how the local public library has become an integral part of our communities, providing resources far beyond simple reading pleasure. Presenter Julia Wallace will be joined by the Directors of the Nicolet Federated Library System and the Brown County Library.

59 Egypt Travelogue: My personal Gift of the Nile (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Theresa Charapata  
Coordinator: Wes Carvenough  
Dates: 10/4  
Time: 10 a.m.-12 p.m.  
Limit: 50

Ancient Egypt was one of the greatest and most powerful civilizations in the history of the world. It lasted for over 3000 years from 3150 BC to 30 BC. Egypt was the Gift of the Nile. As I take you on my adventures in Egypt, find out how I ended up receiving my own personal Gift of the Nile.

60 Moose and Elk: They’re Out There! (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: Mauthe Center  
Presenter: Jeffrey Pritzl  
Coordinator: Jim Hinckley  
Dates: 10/4  
Time: 10 a.m.-12 p.m.  
Limit: 100
White-tailed deer are not the only hoofed mammal wandering the forests and fields of Wisconsin. The restoration of elk to Wisconsin is a fascinating story, and moose pay regular visits to the northern half of the state from the UP and Minnesota. This course will cover the challenges and accomplishments that have shaped the Wisconsin elk herds, and explore whether moose are just a novelty or a natural resource in the state.

61 ESP Evaluation & Development (R) – Session A

Class Type: Live Online (Zoom)
Presenter: Deb Klein
Dates: 10/4
Time: 10 a.m.-12 p.m.  Limit: 10

Have you ever had a gut feeling that kept you safe? How about a flash of intuition that turned out to be just what you needed at the time? Then come join us online for a light and lively class where your ESP skills will be evaluated through the use of Zener Cards, followed by a short remote-viewing session. Register for Session A or B, but not both please.

62 Healthy Living for your Brain and Body - Understanding Alzheimer’s (R)

Class Type: Classroom
Location: Manitowoc Campus
Classroom: F170
Presenter: Ginny Nyhuis, Program Manager Alzheimer’s Association
Coordinator: Jane Hertel
Dates: 10/4
Time: 1-3 p.m.  Limit: 25

Science is now able to provide insights so we can make lifestyle choices that may help the brain and body. Learn about Alzheimer’s disease, which causes problems with memory, thinking and behavior - the stages of the disease, risk factors, current research and treatments available to address symptoms along with Alzheimer’s Association Resources will be discussed.

63 Habitat Restoration and Bird Monitoring on the Oneida Nation Reservation (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Erin Giese
Coordinator: Mary Schuster
Dates: 10/4
Time: 8:30-10 a.m.  Limit: 50

Since the early 2000s, the Oneida Nation (located just west of Green Bay) has restored nearly 3,000 acres of agricultural lands to native wetlands, grasslands, prairies and forest, which provide important habitat for wildlife. To evaluate restoration success at three critical sites and inform land management strategies, the Oneida Nation partnered with the Northeastern Wisconsin Audubon Society, Audubon Great Lakes and UW-Green Bay to launch a successful bird monitoring program in 2021 with follow-up surveys in 2022. In two short years, 40 volunteers have counted 25,000 individual birds, recorded 100 bird species and documented many uncommon to rare bird species in restored grasslands and wetlands.

64 Bay Beach Wildlife Sanctuary, Volunteering and You (R)

Class Type: Classroom
Location: Green Bay
Classroom: Bay Beach Wildlife Sanctuary
Presenter: Lori Bankson
Coordinator: Vickie Keigley
Dates: 10/11
Time: 1:30-3:30 p.m.  Limit: 50

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 on-site and off-site 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 the Curator of Animals, Senior Animal Keeper, and WLS on-site Animal Care volunteers.
**65 Wings of Morning – Air War in Europe (N)**

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** Christie Theater  
**Presenter:** Bob Cook  
**Coordinator:** Gary Lewins  
**Dates:** 10/11  10/18  10/25  11/1  11/8  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

In 1942 Joseph Stalin complained that the only people killing or being killed by the Germans were the Russians. He was wrong. During that period of time, thousands of men flying bombers for the RAF and the USAAF had died in the skies over Germany as they carried the war to the German homeland. This class will discuss the strategy, weapons and tactics of that war over Germany from 1941-1945. The last class will be 30 minutes longer in order to view the movie “12 O’Clock High” and provide time for discussion.

**66 Holidays! Organized Chaos (R)**

**Class Type:** Live Online (Zoom)  
**Presenter:** Michelle Lauerman  
**Coordinator:** Theresa Charapata  
**Dates:** 10/11  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

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

**67 Normal vs. Not Normal Aging (N)**

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH220  
**Presenter:** Sheri Fairman  
**Coordinator:** Kris Lewins  
**Dates:** 10/11  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 30

Normal aging does not include irreversible memory or cognition changes. What is normal and when should we be concerned? Find out this and more about dementia in this interactive workshop. Guided by Teepa Snow’s Positive Approach to Care model, you will leave with a better understanding of what can be expected with aging and what symptoms of dementia can look like.

**68 Gift Box Construction (N)**

**Class Type:** Classroom  
**Location:** Sheboygan Campus  
**Classroom:** Main Building 3105  
**Presenter:** Barbara Lemmens  
**Coordinator:** Jeanne Pfeiffer  
**Dates:** 10/11  
**Time:** 1:2-30 p.m.  
**Limit:** 15

Need a box for that special small gift? Participants will learn how to construct a small box that’s a gift in itself! Imagine two gifts in one! The pattern can be made from any size paper, any kind of paper as long as it’s square.

**69 Learning in Healthcare through Simulated Experiences (N)**

**Class Type:** Classroom  
**Location:** Marinette  
**Classroom:** NWTC Marinette  
**Presenter:** Julie Le Mere, Science Lab Technician  
**Coordinator:** Call office to volunteer  
**Dates:** 10/11  
**Time:** 1-3 p.m.  
**Limit:** 12

Healthcare educators now use simulated experiences via technology to prepare students. Experience life as a nursing student by observing how we teach our nursing students to care for patients at all stages of life through the use of a variety of simulators. This technique creates a safe environment to focus on all aspects of patient care and provides an atmosphere for discussion, debriefing and professional growth.

**70 Cruising the Great Lakes (R)**

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH230  
**Presenter:** Norman Schroeder & Wendy Schroeder  
**Coordinator:** Wes Carvenough  
**Dates:** 10/18  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

This course is a presentation of a couple’s travel in the summer of 2017 by sailboat through three of the five Great Lakes, the Detroit and St. Claire Rivers and Lake St. Clair. A lot of lakeside scenes will be shown as well as pictures from shoreside excursions. Kick back and enjoy the wonder of
our Great Lakes, the largest freshwater system on Earth. This is a repeat of their fall 2021 presentation, but new slides will be added from their additional travels on the Great Lakes.

**71 Tour Krueger International (KI) - 100% Employee Owned (R)**

**Class Type:** Tour  
**Location:** Green Bay  
**Classroom:** Krueger International  
**Presenter:** John Kersten  
**Coordinator:** Theresa Reiter  
**Dates:** 10/18  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 30

This tour of the Krueger International (KI) flagship operation in Green Bay will include operations, metal fabrication, robotic welding, chrome plating, painting, assembly and distribution. KI, a contract furniture company, manufactures innovative furniture and moveable wall system solutions for educational, university, business and government markets. Participants MUST wear long pants and closed toe shoes. Safety glasses will be provided on-site. No photography is allowed. This tour will require walking for the entire duration of the tour. Parking is in the back lot. Enter the reception area in the front of the building next to the railroad tracks.

**72 Sustainability and Solar Energy (R)**

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH220  
**Presenter:** Sister Rose Jochmann  
**Coordinator:** Stu Hoar  
**Dates:** 10/18  
**Time:** 10-11:30 a.m.  
**Limit:** 30

Learn how the Sisters of St. Francis of the Holy Cross (Bay Settlement Franciscans) have been living sustainably and hear about the solar photovoltaic system installed on their property. Sister Rose will share 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. Following the 1.5 hour presentation, members are invited to tour the solar site. Be aware that the half-hour tour will involve considerable walking over uneven ground.

**73 Myths to Allergies and Asthma (N)**

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH220  
**Presenter:** Bradley Locke, DO, Prevea Health Allergist  
**Coordinator:** Jim Huss  
**Dates:** 10/18  
**Time:** 1-3 p.m.  
**Limit:** 50

No matter the allergy - food allergies, seasonal allergies, environmental allergies - the symptoms can be frustrating. What do allergy test results really mean? What about whether local honey can keep allergies at bay? There are many myths about allergies and asthma. Learn what they are and the truths, so you can keep your allergy and symptoms under control.

**74 Zentangle Kaleidoscope (N)**

**Class Type:** Classroom  
**Location:** Marinette Campus  
**Classroom:** M107  
**Presenter:** Linda Berry  
**Coordinator:** Sue Pike  
**Dates:** 10/18  
**Time:** 1-3 p.m.  
**Limit:** 10

Remember looking into a kaleidoscope as a child and seeing all the wonderful patterns and colors swirl before your eyes? In this class, we will create this same excitement of changing patterns through Zentangle tiles, tangles and color. You will be amazed! No Zentangle experience necessary.

**75 Glass Fusion Jewelry - Session A (R)**

**Class Type:** Classroom  
**Location:** Green Bay  
**Classroom:** Festival Foods  
**Presenter:** John Hathaway  
**Coordinator:** Pati Wiegand  
**Dates:** 10/25 11/1  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 30

Learn the process involved in making glass fusion jewelry. This is a demonstration class where participants will watch glass being cut, shaped, layered and glued together. Kiln firing of the glass will be done off-site between classes. A fused glass piece will be ready for show at the second class, where findings will be attached. A basic description of fusing, full, laminating and slumping will be discussed. Sign up for Session A or Session B, not both please.
### Tuesday Courses

#### 76 Glass Fusion Jewelry - Session B (R)
- **Class Type:** Classroom  
- **Location:** Green Bay  
- **Classroom:** Festival Foods  
- **Presenter:** John Hathaway  
- **Coordinator:** Jim Huss  
- **Dates:** 10/25, 11/1  
- **Time:** 1-3 p.m.  
- **Limit:** 30

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

#### 77 Experience the SS Badger Ferry (N)
- **Class Type:** Live Online (Zoom)  
- **Presenter:** Shelby Soberalski  
- **Dates:** 10/25  
- **Time:** 1-3 p.m.  
- **Limit:** 100

Since 1953 the SS Badger ferry has been in service on Lake Michigan. As a passenger and vehicle ferry, it travels 62 miles from Manitowoc, WI, to Ludington, MI, on Hwy 10 across the lake. The presentation will go through the Badger's history from transporting railroad cars to transporting today’s semi-trucks, RVs, motorcycles, cars, people and more from May to October each year. See what it’s like onboard on the four-hour trip across.

#### 78 The Art of Architecture (N)
- **Class Type:** Classroom  
- **Location:** Green Bay Campus  
- **Classroom:** RH230  
- **Presenter:** Carol Emmons  
- **Coordinator:** Karen Dallman  
- **Dates:** 11/1, 11/8  
- **Time:** 10 a.m.-12 p.m.  
- **Limit:** 35

This course will consider architecture as a visual art form. We'll explore basic terms, styles and the ways in which the built environment can carry meaning. We'll consider examples from different cultures and time periods, as well as works by artists that reflect on architecture as a visual art form.

#### 79 Zen and the Gift of Aging (N)
- **Class Type:** Classroom  
- **Location:** Green Bay Campus  
- **Classroom:** RH220  
- **Presenter:** Pam Parins  
- **Coordinator:** Sue Pike  
- **Dates:** 11/1  
- **Time:** 1-3 p.m.  
- **Limit:** 35

This class explores the gift of aging with grace and intention. Zen Master Thich Nhat Hanh, one of the most respected Zen Buddhist teachers, has brought the dharma to the western world with his gift of teaching the practice of mindfulness. We will delve into the five contemplations that include: I am of the nature to grow old; I am of the nature to become ill; I am of the nature to die; all that is dear to me is of the nature to change; and, I inherit the merits of my actions, body, speech and mind. My actions are the ground upon which I stand. The class will be presented by Pam Parins who is an ordained member of the Order of Interbeing established by Zen Master Thich Nhat Hanh.

#### 80 Understanding Our Dreams: Jungian Dream Analysis (R)
- **Class Type:** Recorded  
- **Presenter:** Dr. Richard J. Stevens, Ph.D., UWGB Emeritus Professor  
- **Dates:** 11/8, 11/15, 11/22, 11/29  
- **Time:** 10 a.m.-12 p.m.  
- **Limit:** 1000

Have you wondered why some dreams seemed so clear or important that you felt you needed to remember the details? One of the greatest students of human nature, Carl G. Jung, suggests some dreams are a way in which our psyche puts together our thinking, emotions, spirituality and personal life. In some dreams our subconscious presents us understandings that help us to become more aware of who we are, to clarify major issues in our lives and to guide understanding and direction of life. Understanding the meanings of dreams usually requires a symbolic and not a literal interpretation. Our classes will explore how to better understand meanings within our significant dreams.
81 Using a Positive Approach in Dementia Care (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Sheri Fairman  
Coordinator: Vickie Keigley  
Dates: 11/8  
Time: 10 a.m.-12 p.m.  Limit: 30

People with dementia experience the world around them differently than we do. Understanding their experience and allowing that to guide our approach can make all the difference when caring for a person with dementia. Guided by Teepa Snow’s Positive Approach to Care attendees will walk away with tools to aid in caregiving for their loved one with dementia.

82 You Have Something Beautiful to Share - Let’s Talk (R)

Class Type: Live Online (Zoom)  
Presenter: Barb Michaels & Leanne Baeten  
Dates: 11/8  
Time: 11-11:45 a.m.  Limit: 25

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

83 Presidential Facts and Trivia (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Sue Johnson  
Coordinator: Sue Johnson  
Dates: 11/15  
Time: 1-3 p.m.  Limit: 35

Learn interesting facts about past presidents and the office of the president. For example, under which President were the squirrels on the White House grounds rounded up because they interfered with the President’s putting practice? Which First Lady spent $27,000 on new clothes without informing her husband? Which President claimed to be a direct descendant of Paul Revere? These and plenty of other interesting facts will be shared along with testing your knowledge of the presidency.

84 Karl Pflaume: A Manitowoc Immigrant Returns Home (N)

Class Type: Classroom  
Location: Manitowoc  
Classroom: Manitowoc Library  
Presenter: Karyl Enstad Rommelfanger  
Coordinator: Faye Malek  
Dates: 11/15  
Time: 1-3 p.m.  Limit: 25

Karl Pflaume lived just outside of Manitowoc from 1851-1863. He then returned to Germany with his family. This class is based on Karl’s life story in Manitowoc as described in letters sent to his friends and family in Germany. The letters are stored at the WI Historical Society and were used by well-known translator, researcher and author Karyl Enstad Rommelfanger for this presentation.

85 Bullet Journaling (N)

Class Type: Classroom  
Location: Marinette Campus  
Classroom: M107  
Presenter: Linda Berry  
Coordinator: Sue Pike  
Dates: 11/15 11/29  
Time: 1-3 p.m.  Limit: 10

If you are wanting to live a simpler more streamlined life with fewer distractions, then instead of the usual yearly planner try bullet journaling! It is a great organizational tool but also a space to unleash your creativity. You’ll learn how to set up calendars, monthly goals and trackers plus a whole lot more, tailored to fit your own needs.

86 Manitowoc County Joint Dispatch Center Tour (R)

Class Type: Tour  
Location: Manitowoc  
Classroom: Manitowoc County Joint Dispatch Center  
Presenter: Angela Obry  
Coordinator: Sue Johnson  
Dates: 12/6  
Time: 10 a.m.-12 p.m.  Limit: 20

Find out what happens behind the scenes at the county dispatch center when you have an emergency and dial 911.
Wednesday Courses

Wednesday

87 Walking Tour of Harrigan Parkside Funeral Home, Crematory and Gathering Center (N)

Class Type: Tour
Location: Manitowoc
Classroom: Harrigan Parkside Funeral Home, Crematory, and Gathering Center
Presenter: Andrew Harrigan, Funeral Director
Dates: 8/17
Time: 1-3 p.m.  Limit: 60

Andrew Harrigan, funeral director, will touch on the different options and components of funerals, developing trends and ways to protect your family and assets. While touring the three adjoining facilities, this interactive presentation will give you the opportunity to have your questions on funeral service answered by a Wisconsin-licensed funeral director in a comfortable and casual setting.

88 A Year in the Life of a Prairie (N)

Class Type: Outdoor
Location: New London
Classroom: Mosquito Hill Nature Center
Presenter: Mike Hibbard
Coordinator: Bob Cook
Dates: 8/24
Time: 1-3 p.m.  Limit: 40

Join naturalist Mike Hibbard as he guides participants through a year in the life of Mosquito Hill’s prairie following a prescribed burn. The session will feature a time-lapse video taken over a 12-month period following a prescribed burn in March of 2015. Fire as a management tool will be discussed along with the important role prairies and grasslands play in offsetting global climate change. A hike through the prairie will follow an indoor presentation. A fee of $6 is due on day of class.

89 Organic Farming: Why We Do What We Do! - Session A (R)

Class Type: Outdoor
Location: Bailey’s Harbor
Classroom: Waseda Farms
Presenter: Tom Lutsey

Coordinator: Nancy Whitfield
Dates: 8/31
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 and produce farm. Take this class to better understand where local, organic food comes from. Tour includes a two-mile wagon ride through the field, sharing the history of the farm. Register for Session A or B, not both please.

90 An Analysis of the Battle of Little Bighorn, aka Greasy Grass (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: Christie Theater
Presenter: Larry Desotell
Coordinator: Bob Cook
Dates: 9/7 9/14
Time: 1-3 p.m.  Limit: 150

It has often been stated that there were no survivors at the Battle of Little Bighorn. The Sioux, Cheyenne and the Arapaho, who defeated the forces under the command of General George Custer at what they called the Battle of Greasy Grass, would beg to disagree. This class will examine the defeat of Custer’s 7th Calvary at the Battle of Little Bighorn on June 26, 1876, by looking at accounts by participants on both sides. It will also analyze the manner in which the battle was viewed by successive generations of Americans by studying movies and art, including ledger book art and literature.

91 Beginning Line Dancing (R)

Class Type: Classroom
Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Huss
Coordinator: Nancy McGrew
Dates: 9/7 9/14 9/21
Time: 9:30-11:30am  Limit: 50

Beginning Line Dancing is appropriate for those who have never line danced before and those who wish to review and refresh their knowledge of basic steps and terminology before participating in Basic Line Dancing. Seasoned dancers are welcome to join as visual guides to assist beginners.
92 Lakeside Foods Tour (N)
Class Type: Tour
Location: Manitowoc
Classroom: Lakeside Foods
Presenter: Brian Gates
Coordinator: Sue Johnson
Dates: 9/14
Time: 10 a.m.-12 p.m. Limit: 15
Tour Lakeside Foods Packaging Center in Manitowoc, where the vegetables you enjoy at dinner time are packaged daily. Lakeside Foods has been around since 1887, is a family owned company with the corporate headquarters right here in Manitowoc, WI. You will tour the facility where vegetables are frozen and then packaged on automated robotic production lines to be delivered to the grocery stores. Walking shoes are required.

93 Healthcare Technology at Home: What Families Need to Know (N)
Class Type: Live Online (Zoom)
Presenter: Brian Gregg, Executive Project Manager and Licensed DHS Administrator
Dates: 9/14
Time: 10 a.m.-12 p.m. Limit: 50
When faced with the cost of senior living, many families turn to technology as a more affordable means of keeping a loved one safe, but is that really the best option? This presentation will examine the current trends of home health technology, the differences between medical and consumer-grade devices and the limitations of home technology.

94 Spreading the Word, About Cheese That Is! (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Mary Lindemann
Coordinator: Jean Rausch
Dates: 9/14
Time: 10 a.m.-12 p.m. Limit: 25
Learn the origin of the iconic Midwest snack - cheese spread! Gain insight into the art of cheese. Learn how a local Wisconsin company, Pine River Pre-Pack, crafts their cheese spreads and markets them across the country. “Spread beyond the cracker” and get creative with cooking and entertaining ideas. Best of all, enjoy samples of a variety of flavors!

95 You Have Something Beautiful to Share - Let’s Talk (R)
Class Type: Classroom
Location: Green Bay
Classroom: ADRC
Presenter: Barb Michaels & Leanne Baeten
Coordinator: Theresa Reiter
Dates: 9/14
Time: 11:11:45 a.m. Limit: 12
We may live one-third of our years post-retirement. Seeking meaningful and impactful experiences is important to us and to the communities where we live, work and play. Certain segments of our economy thrive on volunteers. Learn the unexpected health benefits of volunteering and where you can connect to explore and share something beautiful with others.

96 Zentangle: Blue & Gray (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Elizabeth Carlson, CZT
Coordinator: Pati Wiegand
Dates: 9/14
Time: 1-3 p.m. Limit: 20
This Zentangles class will consist of using supplies from previous classes and new supplies. Blue chalk pencil, blue pen and gray tiles will be provided as part of the course fee in addition to the following supply list that each participant will need to bring: 3 tortillions, 1 black micron pen, 1 white charcoal pencil, 1 graphite pencil, 1 gold gellyroll pen and 1 white gellyroll pen. A fee of $6 is due at the time of registration.

97 Exceptional Equestrian Tour - Session A (N)
Class Type: Tour
Location: De Pere
Classroom: Exceptional Equestrians
Presenter: Aaron Geitner
Coordinator: Sue Johnson
Dates: 9/21
Time: 10 a.m.-12 p.m. Limit: 15
Witness the healing power of horses through hippotherapy. Learn how equine hippotherapy strengthens and nurtures individuals of all ages. It helps improve their self-esteem and aids in their
achievement of functional skills. The class will learn about the facility and its programs, and tour the pediatric center and possibly the new sensory trail. Walking shoes are required. Sign up for Session A or B, but not both.

98 Birds and Poetry (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Mike Murphy & Cheryl Murphy
Coordinator: Pati Wiegand
Dates: 9/21
Time: 10 a.m.-12 p.m.  Limit: 50

Birds are fascinating for a variety of reasons and poets have written wonderful poems about them. This class features surprising bird facts, remarkable bird photos and memorable poems about birds. The birds discussed range from tiny elf owls to majestic eagles, and the poets who wrote about them range from Emily Dickinson and Robert Frost to Ogden Nash and "unknown."

99 Upcycling: It’s Not a Trend (N)
Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Ellen Grabian, Reuse Store Manager
Coordinator: Contact office to volunteer
Dates: 9/21
Time: 10 a.m.-12 p.m.  Limit: 25

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

100 Saving Vanishing Landscapes (N)
Class Type: Tour
Location: Newton
Classroom: Charlie Bauer Homestead
Presenter: Charlie Bauer
Coordinator: Jean Rausch
Dates: 9/21
Time: 10 a.m.-12 p.m.  Limit: 25

As you drive the countryside have you ever noticed how the old barns and other historic buildings are disappearing from the landscape? After some pondering, artisan Charlie Bauer decided to preserve the historic structures by building miniature replicas and by researching how each played an important role in the history of Wisconsin. Over the years, he has built up quite a collection, each having a cutaway design that allows you to take a peek inside to learn what life was like back in the day. Join Charlie on an informative tour of his authentic historical models. His vast collection includes a one room school house, an octagon dance hall, a wooden covered bridge, a church and many many more. Address will be emailed to the roster.

101 Relax and Draw (N)
Class Type: Classroom
Location: Festival Foods, 2430 University Avenue, Green Bay
Classroom: Check in at Service Desk
Presenter: Karen Stewart
Coordinator: Mary Gajeski
Dates: 9/21  10/5  10/12  10/19
Time: 10 a.m.-12 p.m.  Limit: 15

This class is intended for beginning drawers. Students will draw from a still life, which is an arrangement of objects, with potential to incorporate mixed media and imagination. Supplies need include: 80+ paper, HB and other drawing pencils, fine point marker, i.e., black Micron pen. Please check in at the service desk at Festival Foods to be directed to the classroom. A more detailed supply list will be emailed to the roster prior to class.

102 Exceptional Equestrian Tour - Session B (N)
Class Type: Tour
Location: De Pere
Classroom: Exceptional Equestrians
Presenter: Aaron Geitner
Coordinator: Sue Johnson
Dates: 9/21
Time: 1-3 p.m.  Limit: 15

Witness the healing power of horses through hippotherapy. Learn how equine hippotherapy strengthens and nurtures individuals of all ages. It
helps improve their self-esteem and aids in their achievement of functional skills. The class will learn about the facility and its programs, and tour the pediatric center and possibly the new sensory trail. Walking shoes are required. Sign up for Session A or B, but not both.

103 UW-Green Bay Golf: Competing with a Hot Team in the Cold Weather (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: Kress Events Center
Presenter: Lee Reinke
Coordinator: Jim Hinckley
Dates: 9/28
Time: 1-3 p.m.  Limit: 50

Lee Reinke, UW-Green Bay’s Head Golf Team Coach, will talk about the golf program, its philosophy, successes and challenges. He will introduce several of his student golfers for their perspectives with a Q & A to follow.

104 Your Bicycle and You (N)

Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: John Haines
Coordinator: Contact office to volunteer
Dates: 9/28
Time: 10 a.m.-12 p.m.  Limit: 25

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

105 Climate Change and Energy Policy (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Mike Kraft
Coordinator: Theresa Reiter
Dates: 10/5
Time: 10 a.m.-12 p.m.  Limit: 50

Climate change is of increasing interest and importance and solutions lie in the remaking of energy policy, both in the United States and globally. This course reviews the challenges presented by climate change and solutions to it. Emphasis is given to the way we use energy today, current energy policies, proposals for changing energy use and public policies and conflicts that arise over such actions.

106 Spanish I (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Mary Elmer
Coordinator: Julia Norton
Dates: 10/5 10/12 10/19 10/26 11/2 11/9
Time: 10 a.m.-12 p.m.  Limit: 20

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

107 Senior Living - Deep Dive Series: Senior Living 101 (N)

Class Type: Live Online (Zoom)
Presenter: Brian Gregg, Executive Project Manager and Licensed DHS Administrator
Dates: 10/5 10/13 10/20
Time: 10 a.m.-12 p.m.  Limit: 50

As the first course in this three-part series, we will discuss the various assisted living services currently available to seniors. From in-home care to memory care, you will gain a better understanding of the different care options that make up the senior living continuum of care and what you can do to prepare for this major life change.

Senior Living - Deep Dive Series: Selecting the Best Senior Living for your Needs. As the second course in this three-part series, we will discuss senior living options and how one size does not fit all. This presentation will examine the three different levels of senior living care and the services they provide so you can make an informed decision about future care needs.

Senior Living - Deep Dive Series: Admissions and Discharges, the “Ins and Outs” of Senior Living. As the third course in this three-part series, we will discuss how moving into a senior living community can seem overwhelming, but it does not need to be. This presentation will examine the admission and
discharge processes for senior living communities that are required by the Wisconsin Department of Health Services, so that you can be prepared for the “ins and outs” of senior living.

108 Your Home's Worth/Prepping for Sale (R)

Class Type: Live Online (Zoom)
Presenter: Rich Ryan    Connie Conrad
Coordinator: Ed Smith
Dates: 10/5
Time: 1-3 p.m.   Limit: 200
This class will cover the following: 1. Explain Comparative Market Analysis (CMA); 2. Steps to take before listing your property for sale; 3. Listing agreement information; 4. How to market your property.

109 Writing Your Memoirs (C)

Class Type: Live Online (Zoom)
Presenter: Lou Ann Norsetter
Time: 1-3 p.m.   Limit: 25
This ongoing class continues to be a favorite for both new and seasoned writers. Each class session focuses on different features in life writing to engage all levels of writing. Opportunities include sharing your 1-2 page memoir in small and large groups, coaching from other writers, easy exercises to help writers get started and even some suggestions for publishing. We have many returning memoirists but love to hear from new writers, too. Consider this class even if you haven't started a life story yet. This class will be held using Zoom on Oct. 26, Nov. 2, 16, and 23. We will meet in person in Rose Hall on Nov. 9 and 30.

110 Spanish III (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Mary Elmer
Coordinator: Jim Huss
Dates: 10/5  10/12  10/19  10/26  11/2  11/9
Time: 1-3 p.m.   Limit: 20
This class is for those who have taken Beginning Spanish 1 and 2 or who would like to build on what they have learned in previous Spanish classes. We will begin with a review of the basics and then focus on improving conversational skills while practicing new vocabulary and sentence structures. The content varies each semester depending on the needs and interests of the members of the class. Information regarding textbooks and supplies will be emailed to rostered members in September.

111 Basic Line Dancing (R)

Class Type: Classroom
Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Huss
Coordinator: Nancy McGrew
Dates: 10/5  10/12  10/19  10/26
Time: 9:30-11:30am   Limit: 50
Basic Line Dancing is appropriate for those who already understand beginning line dance terminology and will feel comfortable combining steps in new and challenging ways after a short review and demonstration of steps. Studies show that line dancing helps memory, balance and coordination. It's an enjoyable form of moderate exercise, and you don't need to have a partner.

112 Introduction to Scotland (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Mike Murphy & Cheryl Murphy
Coordinator: Stu Hoar
Dates: 10/12
Time: 10 a.m.-12 p.m.   Limit: 50
A light-hearted pictorial overview of the geography, history and culture of a beautiful small country, famous for its rugged scenery, bloody conflicts, colorful kilts, strong whisky, droning bagpipes, memorable folk poetry and ingenious inventions which transformed the world.

113 Why Should You Preplan and Pay For Your Funeral Ahead of Time? (N)

Class Type: Classroom
Location: Sheboygan Campus
Classroom: Main Building 3105
Presenter: Dorothy McElroy
Coordinator: Jeanne Pfeiffer
Dates: 10/12
Time: 10 a.m.-12 p.m.   Limit: 24
Most of us have a vision of how we want our final
goodbye to proceed. Join me and learn how to plan, pre-pay and avoid unnecessary costs and stress for your family by arranging your funeral or memorials ahead of time.

114 Financial Wellness Empowerment - Session A (N)
Class Type: Classroom
Location: Manitowoc
Classroom: Shoreline Credit Union
Presenter: Lisa Sment & Kelly Culver - Shoreline Credit Union & Dr. Preston Cherry, Assistant Professor UW-Green Bay
Coordinator: Pati Wiegand
Dates: 10/12 10/19
Time: 10 a.m.-12 p.m.  Limit: 20
This course provides participants with the fundamentals of personal finance at advanced life stages. Topic coverage includes cash management (spending plan, “budget”), credit management, risk protection and purchases, social security programs, long-term savings and investments, fundamental tax consideration, estate and charitable planning considerations and identity theft protection. Participants apply a systematic process that evaluates their personal financial situation, develops goals and creates a plan to meet their goals. Their individual plan is reviewed on week 2 of class.

115 Hands on History: The Packers Hall of Fame (R)
Class Type: Tour
Location: Green Bay
Classroom: Lambeau Field
Presenter: Justine Kaempfer, Hall of Fame & Stadium Tours Coordinator Brent Hensel
Coordinator: Katie Brewer
Dates: 10/19
Time: 10 a.m.-12 p.m.  Limit: 30
The Packers Hall of Fame invites you to put on the curator’s gloves, get up close to some of its most unique artifacts and explore its exhibits. This class will begin with the Hall of Fame curator discussing the museum’s collection and leading a hands-on artifact opportunity. You will then be guided through the museum by one of our tour guides sharing the stories behind many of the exhibits and displays, as well as key moments in Packers history. The Hall of Fame tour fee of $20 is to be paid directly to the Packers Hall of Fame a month prior to the class. Instructions will be emailed to the roster.

116 Climate Change and Energy Policy (R)
Class Type: Live Online (Zoom)
Presenter: Mike Kraft
Dates: 10/26
Time: 10 a.m.-12 p.m.  Limit: 100
Climate change is of increasing interest and importance, and solutions lie in the remaking of energy policy, both in the United States and globally. The course reviews the challenges presented by climate change and solutions to it. Emphasis is given to the way we use energy today, current energy policies, proposals for changing energy use and public policies and conflicts that arise over such actions.

117 Your Bicycle and You (N)
Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: John Haines
Coordinator: Contact the office to volunteer
Dates: 10/26
Time: 10 a.m.-12 p.m.  Limit: 25
Tips on how to have an enjoyable and worry free ride. What equipment to carry for on the trail repairs and information regarding local and state bicycle trials and organized rides.

118 Ben-Hur and Gladiator: History or Hollywood (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Prof. Greg Aldrete
Coordinator: Pati Wiegand
Dates: 10/26
Time: 10-11:30 a.m.  Limit: 150
We will examine two of the most famous movies set in ancient Rome, and we will analyze the historical accuracy of their plot, sets, costumes and characters. Discover how true-to-life Ben Hur’s (1959) spectacular chariot race and naval battle really are and find out whether Gladiator’s (2000) depiction of Roman gladiators and the emperors Marcus Aurelius and Commodus are more fact or fiction.
119 Green Bay Packers Art Collection (R)

Class Type: Tour
Location: Green Bay
Classroom: Lambeau Field
Presenter: Justine Kaempfer, Hall of Fame and Stadium Tours Coordinator
Coordinator: Katie Brewer
Dates: 10/26
Time: 10-11:30 a.m.  Limit: 30

The Green Bay Packers collection displays over 145 pieces of art throughout the Premium Level Suites and hallways of historic Lambeau Field. The collection was created by nineteen artists, many with Wisconsin ties, who worked with their media of choice, from sketches to photographs, mixed media to oil on canvas, assemblage and more to create one-of-a-kind pieces that pay homage to the Green Bay Packers and the community that has always supported this historic franchise. The Green Bay Packers Hall of Fame presents a guided tour opportunity to spend the morning exploring a portion of this collection. The tour fee of $15 is to be paid directly to the Packers Hall of Fame a month prior to the class. Instructions will be emailed to the roster.

120 Robert Frost: America's Most Popular Poet (R)

Class Type: Classroom
Location: Green Bay
Classroom: RH230
Presenter: Mike Murphy & Cheryl Murphy
Coordinator: Cindy Johnson
Dates: 11/2
Time: 10 a.m.-12 p.m.  Limit: 50

A brief introduction to the poetry of Robert Frost, who is particularly famous for a handful of memorable poems full of folksy wisdom and vivid descriptions of nature. 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.

121 Advanced Line Dancing (R)

Class Type: Classroom
Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Huss
Coordinator: Bob Cook
Dates: 11/2  11/9  11/16
Time: 9:30-11:30am  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 be demonstrated and practiced, but songs will tend to be faster and involve multiple turns and combinations of steps.

122 Fun with Beads (N)

Class Type: Classroom
Location: Green Bay
Classroom: NEW Beads & Jewelry
Presenter: Jo Brinkley Chaudoir
Coordinator: Pati Wiegand
Dates: 11/9
Time: 10 a.m.-12 p.m.  Limit: 10

Have you always wondered how that beautiful beadwork was done? Now is your opportunity to discover the fun and joy of creating something pretty. We will be making a gemstone creation to hang on a chain or cord of your choice. A materials fee of $20 is due at registration. The shop is located at 2069 Central Court, Green Bay WI 54311 behind Grapevine Cafe.

123 Protecting Your Online Personal Information (N)

Class Type: Classroom
Location: Green Bay
Classroom: RH220
Presenter: Brian Danzinger
Coordinator: Karen Lacey
Dates: 11/16
Time: 10 a.m.-12 p.m.  Limit: 50

The advent of the Internet has provided us with nearly unlimited access to news, entertainment and information while also keeping us connected on a global scale. However, with nearly 1.4 million identity theft complaints in 2020 and a 42% increase in online theft, it is critical that online users understand how to protect and secure their private information. This course provides an intuitive approach to everyday tactics you can apply to help protect your personal online information, avoid Internet scams and safely navigate the internet.
124 Tour Syble Hopp School (N)

Class Type: Tour  
Location: De Pere  
Classroom: Syble Hopp School  
Presenter: Abbie Schmidt  
Coordinator: Sue Johnson  
Dates: 11/16  
Time: 10 a.m.-12 p.m.  
Limit: 30

Syble Hopp School is a public school that is funded through Brown County. Educational programming is provided at Syble Hopp School to meet the needs of children with disabilities between the ages of three up until a student’s twenty-first birthday, who reside in Brown County in the seven districts served (De Pere, West De Pere, Wrightstown, Denmark, Ashwaubenon, Howard-Suamico and Pulaski). Through early intervention and the programming available in each district’s integrated setting, attempts are made to avoid the need for continued special programming. In cases where continued special programming is necessary, education can take place in the least restrictive environment in which the child is successful at Syble Hopp School.

125 Winter Wildlife Survival (N)

Class Type: Classroom  
Location: Marinette Campus  
Classroom: M107  
Presenter: Anne Bartels, Information & Education Specialist, Marinette County Land Information Dept - Land & Water Conservation Division  
Coordinator: Contact office to volunteer  
Dates: 11/16  
Time: 1-3 p.m.  
Limit: 25

How do animals survive the winter? Participants learn about various winter survival strategies and adaptations of Wisconsin wildlife. Short videos and some hands-on examples are part of the presentation.

126 The Nutcracker: How an American Holiday Tradition Was Born (R)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Angie Flanagan  
Coordinator: Pati Wiegand  
Dates: 11/30  
Time: 10 a.m.-12 p.m.  
Limit: 50

Join the NE Wisconsin Dance Organization for a presentation of the principal shapers, like Tchaikovsky and Balanchine, in the history and presentation of this seasonal favorite. See how it has grown from a stodgy to exhilarating performance. View a video of Act II with scenes of the Sugar Plum Fairy, Waltz of the Flower and adorable Mother Ginger and her cookies, just to name a few. Learn to love this yuletide favorite even more with a knowledge of its history.

127 ESP Evaluation & Development (R) - Session B

Class Type: Live Online (Zoom)  
Presenter: Deb Klein  
Dates: 11/30  
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.

128 The Nutcracker - A Christmas Tradition (R)

Class Type: Live Online (Zoom)  
Presenter: Angie Flanagan  
Dates: 12/7  
Time: 10 a.m.-12 p.m.  
Limit: 150

Join the NE Wisconsin Dance Organization for a presentation of the principal shapers, like Tchaikovsky and Balanchine, in the history and presentation of this seasonal favorite. See how it has grown from a stodgy to exhilarating performance. View a video of Act II with scenes of the Sugar Plum Fairy, Waltz of the Flower and adorable Mother Ginger and her cookies, just to name a few. Learn to love this yuletide favorite even more with a knowledge of its history.
Thursday Courses

Thursday

129 Books and You (R)
Class Type: Live Online (Zoom)
Presenter: Terri Gulyas
Dates: 8/18  9/15  10/20  11/17
Time: 1-2:30 p.m.  Limit: 12
Explore various genres, themes or authors. Members are invited to discuss a book of their own choosing within the assigned topics:
8/18 – share a book related to how you spent your summer
9/15 – share a book related to a president whose term was between 1900-1950s
10/20 – share a book set in Peru
11/17 – share a book written by John Steinbeck

130 West of the Lake Garden Tour and the Lester Bentley Mural Room (R)
Class Type: Tour
Location: Manitowoc
Classroom: West of the Lake Gardens
Presenter: West of the Lake Garden Staff
Coordinator: Jane Hertel
Dates: 8/25
Time: 1-3 p.m.  Limit: 25
West of the Lake Gardens is a mixture of beautiful perennials and annuals overlooking Lake Michigan. There are six acres on the estate of the John and Ruth West, featuring a rose garden, Japanese sunken garden and formal gardens. Lester Bentley was a well-known painter who grew up in Two Rivers and painted a mural for Mrs. West’s tulip teas held on the grounds of this garden. The mural room will be open during this tour with guides to inform attendees of this hidden mural that was painted for Mrs. West and is now restored to its original condition.

131 Racewalking for Lifetime Fitness (R)
Class Type: Outdoor
Location: Green Bay Campus
Classroom: RH220
Presenter: Prof. Mike Draney
Coordinator: Contact office to volunteer
Dates: 8/25  9/1
Time: 9:30 a.m.-12 p.m.  Limit: 24
Running is great exercise, but many older people can no longer tolerate the wear and tear that it entails. Walking is a fine alternative, but it lacks the intensity that leads to higher cardiovascular fitness. Consider race walking, which combines the advantages of both! By adding some race walking techniques to your walking exercise, you can go faster, engage more of your body and increase your flexibility and mobility, all while keeping the low-impact and low-injury nature of walking. All fitness levels welcome, as long as you have doctor’s clearance to walk one mile. Come to class with comfortable walking attire and bring a bottle of water for your personal use.

132 The Mysteries of the Monarch Butterfly (N)
Class Type: Outdoor
Location: New London
Classroom: Mosquito Hill Nature Center
Presenter: Jessica Miller
Coordinator: Mary Mueller
Dates: 9/1
Time: 10 a.m.-12 p.m.  Limit: 40
Every fall, millions of monarchs make their way to central Mexico for the winter, and every fall hundreds of thousands of tags are placed on monarchs to help scientists answer questions about their migratory behavior. Naturalist and 20+ year monarch researcher, Jessica Miller, will teach participants about monarch biology, population trends, testing, tagging and, one of the coolest phenomena on Earth, monarch migration. $6 fee due at class.

Thank You for working with us to make the Lifelong Learning Institute at UW-Green Bay a success!
133 Different Gospel of John: Conflation Facts and Issues (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Professor Benjamin W. Cruz-Uribe
Coordinator: Bob Cook
Dates: 9/1
Time: 1-3 p.m.  Limit: 150

The Gospel of John has long been noted to be quite different from the other three Gospels. When combining all the Gospels together into a single story about Jesus of Nazareth, this particular Gospel presents a number of unique challenges. The course will study these differences and the problems they create when conflated together into a single story.

134 Organic Farming: Why We Do What We Do! - Session B (R)
Class Type: Tour
Location: Bailey’s Harbor
Classroom: Waseda Farms
Presenter: Tom Lutsey
Coordinator: Jim Huss
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 and produce farm. Take this class to better understand where local, organic food comes from. Tour includes a two-mile wagon ride through the field, sharing the history of the farm. Register for Session A or B, not both please.

135 ADRC - Your Partner Through Life’s Changes (R)
Class Type: Classroom,Tour
Location: Green Bay
Classroom: ADRC
Presenter: Barb Michaels & Megan Kolton
Coordinator: Shirley Garthwaite
Dates: 9/8
Time: 10:30 a.m.-12:30 p.m.  Limit: 12

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. Experience helpful tips when caring for a loved one and how to prevent falls.

136 Using Local, State, and Federal Laws to Protect the Waters of Northeast Wisconsin (R)
Class Type: Classroom
Location: Manitowoc Campus
Classroom: Manitowoc F170
Presenter: Dean Hoegger, Executive Director of Clean Water Action Council of Northeast Wisconsin
Coordinator: Contact office to volunteer
Dates: 9/8
Time: 10-11:30 a.m.  Limit: 32

Hoegger will inform the audience about laws that provide citizens and organizations legal opportunities to force polluters to cease permit violations, seek penalties for violations and force government agencies to act to enforce the law. Examples of local cases, some of which have gone to the Wisconsin State Supreme Court, will be discussed. Strategies to pass ordinances and statutes to protect the waters of Northeast Wisconsin will also be discussed in an interactive format with the audience. Hoegger has an M.S. degree in Curriculum and Instruction, has taught for 30 years and has a paralegal degree with an emphasis in environmental law.
Thursday Courses

137 Blackwork Hand Embroidery (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH315
Presenter: Tracy Reeb
Coordinator: Gloria Gaie
Dates: 9/8 9/15 9/22 9/29
Time: 1-3 p.m. Limit: 20

The striking contrast of black stitching on white fabric has captivated stitchers for hundreds of years. Blackwork embroidery is geometric in design and fun to stitch. Today blackwork is done not only with black threads but also with many colors to create beautiful designs. In this hand embroidery class, we will discover blackwork embroidery by learning the stitches used, patterns, shading and how to create your own patterns. A materials fee of $10 (for patterns and directions) is due at the time of registration. Students will need to purchase additional supplies for the project (fabric, DMC floss, and embroidery needles).

138 Grape Growing and Wine Making, Wisconsin Style (R)
Class Type: Outdoor
Location: Kewaunee
Classroom: Parallel 44 Winery
Presenter: Steve Johnson
Coordinator: Sue Johnson
Dates: 9/8
Time: 1-3 p.m. Limit: 20

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 $10 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.

139 Custer in the Movies (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: Christie Theater
Presenter: Mike Orlock
Coordinator: Bob Cook
Dates: 9/8 9/15
Time: 1-4 p.m. Limit: 150

This course is presented in conjunction with “An Analysis of the Battle of Little Bighorn, aka Greasy Grass.” We will examine Custer as a Hollywood construct, in two wildly divergent portrayals of the man in two landmark films: The Errol Flynn epic “They Died With Their Boots On” (1941) and the revisionist Dustin Hoffman western “Little Big Man” (1970), which portrays Custer in an entirely different way. The focus will be on understanding film narratives as an artifact of a specific period of time, and how a historical figure such as Custer can be interpreted and reinterpreted to reflect the politics of the moment, separate from the historical record.

140 Botanical Gardens - Gardener’s Delight Tour (R)
Class Type: Tour
Location: Green Bay
Classroom: Green Bay Botanical Gardens
Presenter: Samatha Leiser
Coordinator: Mary Gajeski
Dates: 9/15
Time: 10 a.m.-12 p.m. Limit: 40

Explore an array of different gardens (chrysanthemums, roses, hardy asters) while a knowledgeable guide shares unique features and stories of the Garden’s history. The tour will take up to two hours and will be a 1.5-mile walk. You will also see the Habitat Exhibit, which features eight large-scale sculptures that explore the stories and science of habitats and the plants, animals and humans that call them home. A fee of $14 is due at registration. Email LLI@uwgb.edu if you are a Botanical Gardens member and registered, as there is no charge for Botanical Garden members.
**THURSDAY COURSES**

**141 Update on the U.S. and Wisconsin Supreme Courts (C)**

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Dan Spielmann  
Coordinator: Mary Schuster  
Dates: 9/15  9/22  
Time: 10 a.m.-12 p.m.  
Limit: 50

This course will highlight the current members of the U.S. Supreme Court and provide an overview of its most recent term, emphasizing the most important decisions of this past year. We will discuss the recent appointments to the Court and the impact of these appointments on the court and on our legal system. We will also discuss the Wisconsin Supreme Court, its makeup, and the critical cases decided in the past year.

**142 Diabetes Mellitus 2022 - Pathophysiology & Pharmacotherapy Update (R)**

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: Christie Theater  
Presenter: Brian Barkow, PharmD  
Coordinator: Jim Huss  
Dates: 9/15  
Time: 10 a.m.-12 p.m.  
Limit: 150

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

**143 Group Piano (R)**

Class Type: Classroom  
Location: Green Bay  
Classroom: Jeff’s Music  
Presenter: Heidi Lueck  
Coordinator: Shirley Garthwaite  
Dates: 9/15  9/22  9/29  10/6  
Time: 10 a.m.-12 p.m.  
Limit: 10

This course is geared toward beginners with little or no experience. Anyone, regardless of age, musical background or talent can learn in a fun, relaxed and pressure-free environment. Basic note reading, rhythm and efficient practice techniques are taught. The class will use Alfred’s “Basic Piano Library Duet Book 2” (ISBN 0-7390-2210-5), which everyone should have on first day of class. This book can be purchased through area music stores or online.

**144 Historical Tour of Franciscan Sisters Motherhouse in Manitowoc (R)**

Class Type: Tour  
Location: Manitowoc  
Classroom: Motherhouse of the Franciscan Sisters of Christian Charity in Manitowoc  
Presenter: Sister Caritas  
Coordinator: Sue Johnson  
Dates: 9/15  
Time: 1-3 p.m.  
Limit: 15

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

**145 Silk Painting (N)**

Class Type: Classroom  
Location: Sheboygan Campus  
Classroom: Main Building 3105  
Presenter: Patty Aker  
Coordinator: Jeanne Pfeiffer  
Dates: 9/15  
Time: 1-3 p.m.  
Limit: 24

The art of silk painting is a beautiful and delicate process. Join us as many silk painting techniques will be discussed and demonstrated. There will be a hands-on demonstration of exactly how texture and images are produced on the fabric and how the silk art can be displayed or worn. Information on websites to explore and where to purchase supplies will also be provided.
146 Birds of Prey in NE WI (R)

Class Type: Classroom  
Location: Green Bay  
Classroom: Bay Beach Wildlife Sanctuary  
Presenter: Lori Bankson  
Coordinator: Mary Gajeski  
Dates: 9/22  
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 such as the Great Horned Owl, Red-tailed Hawk, Barred Owl, Eastern Screech-Owl and American Kestrel.

147 Forces of Change in the Post Pandemic World (N)

Class Type: Live Online (Zoom)  
Presenter: Bob Srenaski  
Dates: 9/22  
Time: 10 a.m.-12 p.m.  
Limit: 150

From the pinnacle of peace and prosperity in 2000, our world has been in a downward spiral of misfortune for the first two decades of the 21st century. What are the forces of change that will drive the positive recovery?

148 Be a Blacksmith for a Day!  
Session A (R)

Class Type: Classroom  
Location: Manitowoc  
Classroom: Manitowoc Historical Society  
Presenter: Eugene Durben & George Baldwin  
Coordinator: Mary Gajeski  
Dates: 9/22  
Time: 10 a.m.-12 p.m.  
Limit: 5

This class is designed to give someone with little or no metalworking skills a hands-on, fun “be a blacksmith for a day” experience. Explore the basics of forge work in the Manitowoc County Historical Society blacksmith shop while making a decorative ‘S’ hook to hang in your home. Topics include safety, tools, equipment and beginning techniques for shaping metal. The small class size guarantees one-on-one instruction and lots of time at the forge! Register for Session A or B, not both. A $25 materials fee is payable on the day of the class. Dress for working in a shop and for the weather.

149 What Is An End of Life Doula? (N)

Class Type: Classroom  
Location: Sheboygan Campus  
Classroom: Main Building 3105  
Presenter: Dorothy McElroy  
Coordinator: Jeanne Pfeiffer  
Dates: 9/22  
Time: 10 a.m.-12 p.m.  
Limit: 24

No one wants to think about what happens when you’re close to the end of your life. Let’s have a conversation that no one wants to have. Let’s talk about the decisions that are hard to make. Join me to discover how an end-of-life doula can make this stressful time easier for everyone involved.

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.
150 U.P. Stories (Book Club) (R)
Class Type: Live Online (Zoom)
Presenter: Diane Shepard
Dates: 9/22 10/13 11/17 12/15
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.

151 Be a Blacksmith for a Day!
Session B (R)
Class Type: Classroom
Location: Manitowoc
Classroom: Manitowoc Historical Society
Presenter: Eugene Durben and George Baldwin
Coordinator: Theresa Reiter
Dates: 9/22
Time: 1-3 p.m.  Limit: 5
This class is designed to give someone with little or no metalworking skills a hands-on, fun “be a blacksmith for a day” experience. Explore the basics of forge work in the Manitowoc County Historical Society blacksmith shop while making a decorative ‘S’ hook to hang in your home. Topics include safety, tools, equipment and beginning techniques for shaping metal. The small class size guarantees one-on-one instruction and lots of time at the forge! Register for Session A or B, not both. A $25 materials fee is payable on the day of the class. Dress for working in a shop and for the weather.

152 5 Chef Secrets To Take Your Cooking From Fair To Fantastic (N)
Class Type: Live Online (Zoom)
Presenter: Chef Todd Mohr, CCE
Dates: 9/22
Time: 1-3 p.m.  Limit: 500
This course reveals the differences between the way home cooks and culinary students are taught to cook. You’ll discover the five most important skills that tomorrow’s chefs must master, the same ones that will empower you to cook any ingredient, for any diet or any desire like a chef.

153 The CIA and the Raising of the Soviet Union Submarine K-129 (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: Christie Theatre
Presenter: Ken Haugen & Bob Cook
Coordinator: Pati Wiegand
Dates: 9/29 10/6
Time: 1-3 p.m.  Limit: 150
The untold story of the clandestine CIA adventure with Howard Hughes in 1968.

154 Sock Knitting (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: MaryLu Sachs & Della Mudry
Coordinator: Theresa Reiter
Dates: 9/29 10/6 10/13 10/27
Time: 1:30-3 p.m.  Limit: 8
Participants will learn the basic sock pattern using double-pointed needles. The participants must know how to cast on, knit and purl. Supply List: 1) 380 yds. of fingering/sock weight yarn. 2) US #1 and US #2 double-pointed needles. 3) Stitch marker.

155 Forces of Change in the Post Pandemic World (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Bob Srenaski
Coordinator: Nancy Whitfield
Dates: 9/29
Time: 10 a.m.-12 p.m.  Limit: 150
From the pinnacle of peace and prosperity in 2000, our world has been in a downward spiral of misfortune for the first two decades of the 21st century. What are the forces of change that will drive the positive recovery?
Thursday Courses

156 Beginning Knitting (R)

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH230  
**Presenter:** MaryLu Sachs & Della Mudry  
**Coordinator:** Theresa Reiter  
**Dates:** 9/29  10/6  10/13  10/27  
**Time:** 12-1:30 p.m.  
**Limit:** 8

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 four session class will get you started in hand knitting. Supply List: 1) 200 yds. of worsted weight yarn. Yarn should be a solid color and smooth, not textured. 2) Size 8 US needle. 3) Tapestry needle.

157 Tour of Belgian Heritage Center (R)

**Class Type:** Tour  
**Location:** Brussels  
**Classroom:** Belgian Heritage Center  
**Presenter:** Barb Englebert Chisholm, Historian  
**Coordinator:** Shirley Garthwaite  
**Dates:** 9/29  
**Time:** 1-3 p.m.  
**Limit:** 25

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

158 Author of the Gospel of Matthew (N)

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** Mauthe Center  
**Presenter:** Professor Benjamin Cruz-Uribe  
**Coordinator:** Jim Huss  
**Dates:** 9/29  
**Time:** 1-3 p.m.  
**Limit:** 150

The traditional belief is that the author of the Gospel of Matthew was the apostle Matthew, who was called a tax collector. Recent research has brought this belief into question. This course will go over the newest discoveries and try to determine who did and did not write this Gospel.

159 Authentic 1850s Windmill Tour - Session B (R)

**Class Type:** Tour  
**Location:** Little Chute  
**Classroom:** Little Chute Windmill  
**Presenter:** Volunteers  
**Coordinator:** Bob Cook  
**Dates:** 10/6  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 16

Be amazed! Experience history and discover how Little Chute came to be through immigration in the mid 1800s. Learn how technology harnessed wind power to benefit the lives of the Dutch by visiting a fully functioning authentic 1850s windmill that grinds grain into flour. Explore the Dutch artifacts found in the museum and even search out genealogy to find out if you are a descendent of an original founding citizen of Little Chute. A course fee of $6 is due on day of class. Please register for Session A or B, not both.

160 Hamilton Wood Type and Printing Museum (R)

**Class Type:** Tour  
**Location:** Two Rivers  
**Classroom:** Hamilton Wood Type & Printing Museum  
**Presenter:** Jim Moran Master Printer & Collections Officer  
**Coordinator:** Jane Hertel  
**Dates:** 10/6  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 25

Hamilton Manufacturing was America’s largest and longest surviving wood type maker for the printing industry. You will be given a tour of over 40,000 sq. ft of printing history, seeing the process, machines, presses and product. A $5 admission fee is due on day of class.
**161 How Beethoven Changed Music Forever (N)**

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** Christie Theater  
**Presenter:** Michael Alexander, Chancellor, UW-Green Bay  
**Coordinator:** Jim Hinckley  
**Dates:** 10/6  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 100

The music of Ludwig van Beethoven is known throughout the world as one of the pinnacles of Western music. However, most do not realize how revolutionary his music was at the time and how artists are still dealing with his legacy. Through the lens of his last symphony, we will examine how Beethoven changed music forever, and learn how musicians are still reacting to his work today.

**162 Women & Heart Disease - Who Me? Couldn’t Be! (R)**

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH230  
**Presenter:** Paula Fleurant, R.N., MS  
**Coordinator:** Vicki DeMain  
**Dates:** 10/6  
**Time:** 10-11:30 a.m.  
**Limit:** 25

Heart disease is the leading cause of death for American women. You can significantly reduce your risk of heart disease by educating yourself and knowing what questions to ask your healthcare provider. What are your risks for developing heart disease and which ones can you change? What are the myths and truths about women and heart disease? Take charge of your heart health!

**163 Wisconsin English Dialect in the 21st Century (N)**

**Class Type:** Classroom  
**Location:** Manitowoc  
**Classroom:** Manitowoc Library  
**Presenter:** Marie Fellbaum Korpi  
**Coordinator:** Faye Malek  
**Dates:** 10/6  
**Time:** 1-3 p.m.  
**Limit:** 20

According to sociolinguists, language makes changes every generation, i.e., around thirty years.

This class first looks at sources of the Wisconsin dialect of English. Secondly, it discusses changes to standard English since the end of the 20th century for evidence in Wisconsin English. As a linguist by training, Marie Fellbaum Korpi has lived in countries around the world, teaching and researching language. In her travels, she has experienced developing varieties of English and their acceptability among speakers, which are both challenging and exciting for English teachers.

**164 Habitat Restoration and Bird Monitoring on the Oneida Nation Reservation (N)**

**Class Type:** Live Online (Zoom)  
**Presenter:** Erin Giese  
**Dates:** 10/6  
**Time:** 8:30-10 a.m.  
**Limit:** 50

Since the early 2000s, the Oneida Nation (located just west of Green Bay) has restored nearly 3,000 acres of agricultural lands to native wetlands, grasslands, prairies and forest, which provide important habitat for wildlife. To evaluate restoration success at three critical sites and inform land management strategies, the Oneida Nation partnered with the Northeastern Wisconsin Audubon Society, Audubon Great Lakes and UW-Green Bay to launch a successful bird monitoring program in 2021 with follow-up surveys in 2022. In two short years, 40 volunteers have counted 25,000 individual birds, recorded 100 bird species and documented many uncommon to rare bird species in restored grasslands and wetlands.

**165 A Civil War Wonder! (N)**

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** Mauthe Center  
**Presenter:** Bev Smith & Stu Smith  
**Coordinator:** Pati Wiegand  
**Dates:** 10/13  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

Cordelia Harvey was known as “The Wisconsin Angel.” Follow her amazing life and mission of mercy from caring nurse of Wisconsin’s wounded soldiers all the way to Abraham Lincoln’s desk. The presentation of this unforgettable woman will be portrayed by Bev and Stu Smith.
Thursday Courses

166 Medicare: Open Enrollment Period (OEP) 2023 (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: ADRC Medicare Volunteer and/or ADRC Staff & Tina Brunner
Coordinator: Gary Lewins
Dates: 10/13
Time: 1-2:30 p.m.  Limit: 50
Let’s review your enrollment options during Medicare’s OEP 10/15-12/7. We will review changes and discuss “What’s new” for 2023. 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.

167 Nursing Role in a Changing Healthcare Environment (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Susan Gallagher-Lepak, Ph.D, Dean of Health Sciences, Education
Coordinator: Karen Lacey
Dates: 10/20
Time: 10 a.m.-12 p.m.  Limit: 50
Nursing has changed dramatically over the past 50 years. This course will cover major changes in the nursing role and nursing education. Additional areas that will be covered include the changing healthcare structure and workforce, forecast for future healthcare providers and challenges facing healthcare providers.

168 Prescription Drug Prices (2022 Update) (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: Christie Theater
Presenter: Brian Barkow, PharmD
Coordinator: Gary Lewins
Dates: 10/20
Time: 10 a.m.-12 p.m.  Limit: 150
This lecture/discussion will start with an overarching look at the prescription drug system, including potential pitfalls in the system. It will then shift toward using understanding of the system to reduce out of pocket costs and get best outcomes while working with the system that is in place. Each year things slowly change; thus, this is a repeat course with updates for 2022.

169 Piano Ensemble (R)
Class Type: Classroom
Location: Green Bay
Classroom: Jeff’s Music
Presenter: Heidi Lueck
Coordinator: Mary Cook
Dates: 10/20 10/27 11/3 11/10
Time: 10 a.m.-12 p.m.  Limit: 10
This course is geared toward beginners with some experience with reading music. However, early intermediate musicians will be given more challenging ensemble parts when available. The focus will be on the enjoyment of group playing. The class will use “Adult Piano Course Duet Book 1B” (ISBN 0-7390-1376-9), which everyone should have on first day of class. This book can be purchased through area music stores or online. Please note this is a NEW book.

170 Making Your Photos Pop Off the Page! (N)
Class Type: Classroom
Location: Sheboygan Campus
Classroom: Main Building 3105
Presenter: Ann Keckonen & Jean Rausch
Coordinator: Jeanne Pfeiffer
Dates: 10/20
Time: 10 a.m.-12 p.m.  Limit: 15
Photos are one of the best ways to preserve precious memories. Pictures mean so much more when given a context and background. It makes them POP! Join veteran scrapbookers as we share techniques for making your photos jump off the page. Bring 5-10 photos with which you may experiment. Leave the session with a double page spread ready for your scrapbook. A materials fee of $10 for scrapbooking adhesives and papers is due at registration. Any unused materials will go home with you!
171 Who were Manitowoc’s Movers and Shakers in the early 1900s? (R)
Class Type: Classroom  
Location: Manitowoc  
Classroom: Rahr-West Art Museum  
Presenter: Marge Jehle  
Coordinator: Faye Malek  
Dates: 10/20  
Time: 1-3 p.m.  
Limit: 20
In the early 1900s, Manitowoc was the location of some prestigious and impressive homes on both sides of the river. Enjoy this class at the Rahr-West Art Museum which once was the home of Joseph Vilas Jr. Who was Joseph? Who were other prominent people in Manitowoc? What did they do, and where did they live? Enjoy a historic presentation followed by a guided tour of the home.

172 The 7 Ingredients Responsible For All Baking (N)
Class Type: Live Online (Zoom)  
Presenter: Chef Todd Mohr, CCE  
Dates: 10/20  
Time: 1-3 p.m.  
Limit: 500
This course will solve the common baking problems that home bakers experience by studying the science behind baking in three parts: the seven ingredients responsible for all baked goods and how they interact, the baking process and what happens in the oven and the three most commonly used mixing methods for the best baking results.

173 Local Flavor: Making Melt in Your Mouth Pasties (N)
Class Type: Classroom  
Location: Menominee, MI  
Classroom: First United Methodist Church  
Presenter: Jane Yaeger & Dawn Thoune  
Coordinator: Cindy Johnson  
Dates: 10/20  
Time: 9 a.m.-1 p.m.  
Limit: 10
Learn how to make wonderful pasties (meat handpies) from scratch - roll the dough, make the filling and crimp the pie edge. Take home 3-4 pasties to bake at home. A course fee of $10 is due on day of class.

174 Introduction to Fincantieri Bay Shipbuilding (N)
Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Justin Slater & Ryan Hoernke  
Coordinator: Mary Braband  
Dates: 10/27  
Time: 10 a.m.-12 p.m.  
Limit: 50
This course will provide an overview of Fincantieri Bay Shipbuilding, including company history, the shipbuilding process, current new construction projects and updates on our support of the Great Lakes bulk carrier fleet.

175 Great Omission of the Gospel of Luke (N)
Class Type: Classroom  
Location: Green Bay Campus  
Classroom: Mauthe Center  
Presenter: Professor Benjamin Cruz-Uribe  
Coordinator: Jim Huss  
Dates: 10/27  
Time: 1-3 p.m.  
Limit: 150
Most New Testament scholars accept as factual that the author of the Gospel of Luke borrowed heavily from the Gospel of Mark. However, there exists a large contiguous section from Mark that was not copied into the Gospel of Luke. This course will look into the possible reasons behind this omission and why this can be important in understanding what the author had to say.

176 One Quilter’s Trunk Show (N)
Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Jan LaSota  
Coordinator: Karen Dallman  
Dates: 11/3  
Time: 10 a.m.-12 p.m.  
Limit: 25
Join Jan as she shares numerous lap quilts, wall quilts and table runners she has created during retirement. She’ll relate what inspired the quilts, the problems she encountered and what she would do differently.
**Thursday Courses**

177 Financial Wellness Empowerment - Session B (N)

**Class Type:** Classroom  
**Location:** Manitowoc  
**Classroom:** Shoreline Credit Union  
**Presenter:** Lisa Sment & Kelly Culver, Shoreline Credit Union & Dr. Preston Cherry, Assistant Professor UW-Green Bay  
**Coordinator:** Shirley Garthwaite  
**Dates:** 11/3  11/10  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 20

This course provides participants with the fundamentals of personal finance at advanced life stages. Topic coverage includes cash management (spending plan, “budget”), credit management, risk protection and purchases, social security programs, long-term savings and investments, fundamental tax consideration, estate and charitable planning considerations and identity theft protection. Participants apply a systematic process that evaluates their personal financial situation, develops goals and creates a plan to meet their goals. Their individual plan is reviewed on week 2 of class.

178 Design Your Own Holiday Cards (N)

**Class Type:** Classroom  
**Location:** Sheboygan Campus  
**Classroom:** Main Building 3105  
**Presenter:** Sue Hoffmann  
**Coordinator:** Jeanne Pfeiffer  
**Dates:** 11/3  
**Time:** 1-3 p.m.  
**Limit:** 10

In a world overrun with technology, receiving greetings in the actual mail is fast becoming a lost art. Yet, isn’t it thrilling to go to your mailbox and find something besides bills and advertisements? Let’s take back the mail and personalize the holidays with our own card designs. You will leave class with a completed card for Thanksgiving and Christmas, which can also be used as templates for cards for other occasions. Bring your basic tools: scissors, two-sided tape, pencil and eraser and a ruler. All other supplies will be provided for a $10 materials fee. All levels of crafters are welcome!

179 Roadside Geology of Wisconsin (N)

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** Christie Theater  
**Presenter:** John Luczaj  
**Coordinator:** Karen Dallman  
**Dates:** 11/3  
**Time:** 1-3 p.m.  
**Limit:** 150

Join Professor John Luczaj on a virtual field trip around Wisconsin to learn about the geologic history of our state. Topics covered will include the formation of Wisconsin during the Penokean mountain building event, major ore deposits, Paleozoic sedimentation and glacial sedimentary features from the Pleistocene Epoch. Samples will be on display for class members to view.

180 You Have a Hospice Benefit (N)

**Class Type:** Live Online (Zoom)  
**Presenter:** Brian Gregg, Executive Project Manager and Licensed DHS Administrator  
**Dates:** 11/10  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

Navigating Medicare benefits and eligibility can sometimes prove challenging. Unaware of their hospice benefits, many believe that quality hospice care is paid out of pocket and out of reach. In this course we will explain the Medicare benefits and how they are accessed to ensure the best care possible when needed.

181 Under the Robe: The Anatomy of a Criminal Trial (N)

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** Mauthe Center  
**Presenter:** Mark Warpinski  
**Coordinator:** Pati Wiegand  
**Dates:** 11/10  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

We will dissect a criminal trial from charging to sentencing. This is a group participation course that provides everyone the opportunity to be called on. We will use several recent newsworthy trials as examples for our discussion.

(N) – New Course  (R) – Repeat  (C) – Continuing
182 'Tis the Season to Decorate (N)

Class Type: Classroom  
Location: Manitowoc Campus  
Classroom: F170  
Presenter: Mary Lindemann  
Coordinator: Jean Rausch  
Dates: 11/10  
Time: 10 a.m.-12 p.m.  
Limit: 25

When the leaves start changing color, mums and pumpkins appear everywhere, and we look forward to wearing cozy sweaters, then the urge to decorate for the holidays begins! Join Mary as she shares original holiday displays and creates with you a seasonal decoration at a fraction of the cost, reusing and repurposing items from second-hand shops and the Dollar Store. A materials fee of $10 is due at registration.

183 Any Last Words? (R)

Class Type: Live Online (Zoom)  
Presenter: Robert Denby  
Coordinator: Gary Hanna  
Dates: 11/10  
Time: 1-3 p.m.  
Limit: 50

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

184 ADRC - Your Partner Through Life’s Changes (R)

Class Type: Live Online (Zoom)  
Presenter: Barb Michaels & Megan Kolton  
Dates: 11/17  
Time: 10:30 a.m.-12:30 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. Experience helpful tips when caring for a loved one and how to prevent falls.

185 Primacy of the Gospel of Mark (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: Mauthe Center  
Presenter: Professor Benjamin Cruz-Uribe  
Coordinator: Mary Braband  
Dates: 11/17  
Time: 1-3 p.m.  
Limit: 150

The traditional belief relating to the importance of the four Gospels is that the Gospel of Matthew has primacy (or priority) over the other three Gospels since it is believed to have been the first Gospel written. Over the last century, especially in recent decades, this claim has been challenged by many New Testament scholars. This course will examine the evidence about whether the Gospel of Mark does deserve primacy over the other Gospels and why this can be important to understand what all the Gospel authors were trying to communicate to their readers.

186 Music to My Ears (N)

Class Type: Tour  
Location: Manitowoc  
Classroom: Franciscan Center for Music Education and Performance  
Presenter: Sister Carol Ann Gambsky & Sandra Eithun  
Coordinator: Jean Rausch  
Dates: 11/17  
Time: 1-3 p.m.  
Limit: 25

Learn to play handbells in one hour from the talented composer/arranger Sandra Eithun. Tour the beautiful Franciscan Center for Music in Manitowoc. Be ready to be amazed when you hear yourself make beautiful music in the 464 seat Endries Performance Hall.
187 Christmas 3-D Paper Creations (N)

Class Type: Classroom  
Location: Green Bay Campus  
Classroom: RH220  
Presenter: Jim Huss  
Coordinator: Pati Wiegand  
Dates: 12/1  12/8  
Time: 1-3 p.m.  
Limit: 10

Participants will use origami techniques to construct a 3-D 16 point star using a simple cut, fold and paste technique to create a 3-D paper snowflake, bird and ornament.

188 The Power of Meaning-Making: Transforming Pain into Purpose (R)

Class Type: Live Online (Zoom)  
Presenter: Elizabeth DenDekker, MSW, LCSW  
Bereavement Specialist  
Dates: 12/8  
Time: 10 a.m.-12 p.m.  
Limit: 50

Loss comes in many shapes and forms: divorce, unemployment, retirement and of course death. The list of loss is certainly not exhaustive, and neither is the grief that comes with loss. Join us as we explore the “Finding Meaning: The Sixth Stage of Grief” by David Kessler, the power of meaning-making in turning the pain into purpose.

Friday

189 Introduction to Watercolor (N)

Class Type: Classroom  
Location: Marinette Campus  
Classroom: Theatre/Fine Arts Building - Marinette Campus  
Presenter: Jim Lamalfa, Associate Professor Emeritus, UW-Green Bay  
Coordinator: Coordinator Needed  
Dates: 8/26  9/2  
Time: 9:30 a.m.-12 p.m.  
Limit: 20

Jim LaMalfa is a well-known artist and art-emeriti faculty member of UW-Marinette. He will begin the class by sharing his video on “The Way of Watercolor.” The class will then go outdoors on the very scenic campus to paint (weather permitting). Topics covered include an explanation of the color wheel, various techniques such as dry brush and wet in wet, use of color contrasts and the importance of proper equipment such as quality paints, brushes, paper and color palette. Jim will give tips such as using a kneaded eraser and working from light to dark colors. A supply list of materials needed will be emailed to the roster.

Stay Connected!

Our website and Facebook page are great sources for LLI information.

Check us out at www.uwgb.edu/lli and like us on Facebook!
190 Biking is Fun at Any Age (R)
Class Type: Outdoor
Location: Green Bay
Classroom: Various Trails
Presenter: Del Tills
Coordinator: Contact office to volunteer
Dates: 9/9  9/16  9/23  9/30  10/7  10/14
Time: 10 a.m.-12 p.m.  Limit: 25
We bike on trails in and out of the area. Rides range from 10-24 miles. Bikers will be responsible for getting their bikes to the trailhead. Multi-speed bikes are recommended, and helmets are required. An itinerary with directions for each ride will be emailed to the roster. A completed Assumption of Risk form must be on file in the LLI office prior to the first day of class. A State Trail Pass will be required for some rides.

191 Exploring Enslavement through Science Fiction: Octavia Butler’s “Kindred” (N)
Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Dan Kallgren
Coordinator: Sue Pike
Dates: 9/9  9/23  9/30  10/7
Time: 10 a.m.-12 p.m.  Limit: 25
In this course, we will read and discuss Octavia Butler’s brilliant and spellbinding novel “Kindred” and what it can tell us about the enslaved experience. Participants will need to acquire the book.

192 Exploring Enslavement through Science Fiction: Octavia Butler’s “Kindred” (N)
Class Type: Live Online (Zoom)
Presenter: Dan Kallgren
Dates: 9/9  9/23  9/30  10/7
Time: 10 a.m.-12 p.m.  Limit: 100
LLI members are welcome to join the in-person class via Zoom as we read and discuss Octavia Butler’s brilliant and spellbinding novel “Kindred” and what it can tell us about the enslaved experience. Participants will need to acquire the book.

193 Math Doesn’t Look Like It Did When I Was in School (N)
Class Type: Classroom
Location: Sheboygan Campus
Classroom: Main Building 3105
Presenter: Lori Roelse
Coordinator: Jeanne Pfeiffer
Dates: 9/9
Time: 10 a.m.-12 p.m.  Limit: 24
The ways children are taught to do math have changed from years ago when we were in school. Learn about the changes, why things are different, how children are developing their understanding and what you can do when you are asked to help with homework.

194 Monarch Migration and Tagging (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Charlene Breitlow
Coordinator: Nancy Whitfield
Dates: 9/9
Time: 1-3 p.m.  Limit: 30
Monarchs travel 2,500 miles to overwinter in the mountains in central Mexico. Tagging helps scientists research the mysterious way monarchs find their way home. There will be a demonstration of tagging if a monarch is available. A package of milkweed seeds will also be given to participants.

195 Von Stiehl Winery Tour (N)
Class Type: Tour
Location: Algoma
Classroom: Von Stiehl Winery
Presenter: Patti Seidl
Coordinator: Sue Johnson
Dates: 9/9
Time: 1-3 p.m.  Limit: 15
Von Stiehl Winery is the oldest licensed winery in Wisconsin. It was established in 1967 by Dr. Charles Stiehl. Tour the winery where you will get to experience the underground cellars, see the bottling line and production facility and then partake in some wine tasting. You can stay and enjoy a glass of wine outside and listen to music if the weather is nice or in the lounge upstairs. Walking up a few stairs is required. A fee of $11 is required on the day of class.
196 Visit the Fused Glass Studio at NWTC Artisan Center (N)

Class Type: Classroom  
Location: Green Bay  
Classroom: NWTC Artisan Center  
Presenter: Carrie Dorski & Anne Stenseth  
Coordinator: Karen Dallman  
Dates: 9/16  
Time: 10 a.m.-12 p.m.  
Limit: 15  

Each semester the NWTC Artisan and Business Center will spotlight one of their art studios with a demonstration and “make and take” activity. For fall 2022, the featured studio is the Fused Glass Studio. Register to learn more! A materials fee of $10 is due at registration.

197 Sailing, A Sport for All Seasons (R)

Class Type: Classroom, Outdoor  
Location: Menominee, MI  
Classroom: Menominee, MI Marina Boater’s Lounge  
Presenter: Tom Kuber  
Coordinator: Eileen Beyer  
Dates: 9/19  
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.

198 Explore Point Beach State Forest, Session A (N)

Class Type: Outdoor  
Location: Two Rivers  
Classroom: Point Beach State Park  
Presenter: Thomas D’Alessio, M.Div. & Jocelyn Boor, Ph.D.  
Coordinator: Mary Gajeski  
Dates: 9/23  
Time: 10 a.m.-12 p.m.  
Limit: 14  

In two hours we will scratch the surface of what makes Point Beach State Forest in Two Rivers a hidden gem as a natural area in Wisconsin. Enjoy a brief introduction in the Nature Center located in the lodge, a beautiful timber-frame building, and continue with two guided hikes of about one hour/one mile each. First, explore the unique ridges and swales topography, preserved only at Point Beach and on the Door peninsula at the Ridges Nature Preserve, while walking back 2,000 years through successive shorelines of ancient Lake Nippising. Second, hike to the current shoreline of Lake Michigan to explore the topography, plants and animals that call this harsh and delicate environment their home. The hike concludes back at the Nature Center. Participants are invited to bring a picnic lunch, which can be enjoyed in the Nature Center at noon along with participants from the morning class, Session A. Dress for the weather and pack your favorite bug repellent just in case! No Point Beach State Forest day pass is needed for this class. Full directions will be given to attendees a week prior to the event. Please sign up for only Session A or Session B, not both.
200 The Beatles, Then, Now and Forever (N)
Class Type: Classroom
Location: Sheboygan Campus
Classroom: Main Building 3105
Presenter: Michael Leannah & Willa Leannah
Coordinator: Jeanne Pfeiffer
Dates: 9/23
Time: 1-3 p.m.  Limit: 24
From their own generational perspectives, father and daughter Michael and Willa Leannah examine the lasting impact the Beatles have had on our culture. Using a variety of audio and video clips, they show just how influential and wonderful the music of the Beatles was and continues to be.

201 iRest Introduction to Guided Meditation (N)
Class Type: Live Online (Zoom)
Presenter: Mary Hall
Dates: 9/30  10/7  10/14  10/21
Time: 12-1 p.m.  Limit: 100
Integrative Restoration (iRest) is a guided form of mindfulness meditation that allows you to understand how to respond to rather than react to emotions and thoughts. The integrative piece addresses concerns that you may be experiencing such as stress, anxiety, insomnia or pain. The restorative segment allows you to uncover attributes that you already have: joy, peace, well-being and a sense of connection to yourself and to those close to you. The class will start with very gentle movement and then you will transition to a comfortable position (lying or seated) where you will be guided through the iRest meditation practice. iRest is simple and accessible to everyone, and you can't do it wrong!

202 Monarch Butterfly Biology and Conservation (R)
Class Type: Live Online (Zoom)
Presenter: Karen Oberhauser-UW-Madison
Dates: 9/30
Time: 1-3 p.m.  Limit: 100
Monarch butterfly populations have been declining over the last 20 years. It is important to move beyond documenting this decline and toward responding to the challenge posed by monarch conservation and insect conservation in general. Karen will describe the amazing biology of migratory monarchs, how citizens and scientists are documenting monarch numbers across their migratory cycle, and what the Arboretum and other individuals and organizations are doing and can do to preserve this charismatic insect for generations to come.

203 Louise Erdrich Novels (N)
Class Type: Live Online (Zoom)
Presenter: Sid Bremer
Dates: 10/7  10/21  11/4  11/18
Time: 10 a.m.-12 p.m.  Limit: 25
After introducing ourselves and Ojibwe-German-American Louise Erdrich, we'll start with a short-story preview of her Upper Midwest homeland. Meeting every other Friday, we'll discuss her award-winning novel "Tracks" (1989) and "The Last Report on the Miracles at Little No Horse" (2001, including family trees), then finish with her latest novel "The Sentence" (2021, with a COVID/George Floyd Minneapolis backdrop). Our emphasis on group discussion will be particularly valuable for LLI members who read the novels, which are available at The Lion's Mouth, Barnes & Noble as new, or used e-books on internet sites like betterworldbooks.com, and at both the Brown County and UW-Green Bay libraries.

204 Create an Indoor Fairy Garden (N)
Class Type: Classroom
Location: Green Bay
Classroom: Plantzilla
Presenter: Candelaria Zapata
Coordinator: Katie Brewer
Dates: 10/7
Time: 1-3 p.m.  Limit: 12
Create your own living fairy garden with guidance from plant guru Candelaria Zapata. A course fee of $30 is due at registration for the following: 8” glass planter, a fairy, three succulent or air plants, decorative rocks, moss, sand and dried flowers.
Friday Courses

205 Songs and Fingerplays for Your Grandchildren (R)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Jan LaSota
Coordinator: Mary Mueller
Dates: 10/14
Time: 10 a.m.-12 p.m.  Limit: 25
Learn piggyback songs (new words for familiar tunes) and fingerplays/poems for each month of the year to use with your preschool to lower elementary-aged grandchildren. Participants will leave with more than 100 fun songs and poems. Be prepared to join the group in singing and enjoying many catchy tunes.

206 Skulduggery (N)
Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Anne Bartels, Information & Education Specialist
Coordinator: Mary Gajeski
Dates: 10/14
Time: 1-3 p.m.  Limit: 20
Got skulls? Participants are introduced to an array of wildlife skulls (mostly mammalian) and discuss skull adaptations, especially those relating to food habits and teeth types. An activity helps relate skull adaptations to food habits (herbivore, omnivore, carnivore), and participants are introduced to the concept of using an identification key.

207 Art of Thrift Store Shopping (R)
Class Type: Tour
Location: Manitowoc
Classroom: St. Vincent De Paul in Manitowoc
Presenter: Mary Lindemann
Coordinator: Jean Rausch
Dates: 10/14
Time: 9 a.m.-12 p.m.  Limit: 13
Find out firsthand why the second-hand market is predicted to hit $80 billion by 2029! Join Mary Lindemann, thrift store enthusiast, on a tour of one of her favorite second-hand stores, the Society of St. Vincent De Paul in Manitowoc. Learn about the inner workings of this worldwide organization, from their donation sorting process to their food pantry. Mary will take you on a unique shopping spree through the retail store, offering tips and tricks to create unique outfits, fun home decor and even holiday gift ideas.

208 Tour of the Automobile Gallery (R)
Class Type: Tour
Location: Green Bay
Classroom: The Automobile Gallery
Presenter: Megan Lehmann
Coordinator: Wes Carvenough
Dates: 10/21
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.

209 The Power of Words: An Introduction to Poetry Therapy (N)
Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Shari Liesch, APNP, CDE
Coordinator: Mary Gajeski
Dates: 10/21
Time: 10 a.m.-12 p.m.  Limit: 50
Words have power! Poetry/bibliotherapy dates back to 400 BC when Egyptians used writing as a tool to explore feelings, heal and recover. Reading, writing, exploring and sharing poetry are therapeutic. Poetry engages our senses. It helps us identify feelings - both known feelings and those that may be hidden or not yet realized. Join us as we explore the power of poetry therapy through the twenty-first-century lens. In this session, we will take a historical look at poetry and experience several types of poetry (RES, PONGO, sensory poems and more). Participants will be led in both individual and group activities.
210 Information and Misinformation: How Personalized Web Becomes a Web of Lies (C)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH 250
Presenter: Gaurav Bansal, Ph.D.
Coordinator: Jim Hinckley
Dates: 10/21
Time: 10 a.m.-12 p.m.  Limit: 100

This presentation will continue our discussion on how artificial intelligence (AI) drives personalization and controls how we perceive truth and lies.

211 Creative Cookie Decorating for Halloween (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Karen Treml
Coordinator: Katie Brewer
Dates: 10/21
Time: 1-3 p.m.   Limit: 12

Do you want to learn about the art of cookie decorating to make beautiful cookies any time of the year? This class is an introduction to the basic art of cookie decorating using royal icing. Each participant will leave with a half dozen Halloween cookies and will practice the art of flooding, applying a wet-on-wet cookie decorating technique, and airbrushing cookies. Lots of cookie and icing recipes and tips will be shared. A $3 materials fee is due at registration.

212 Before You Take A Stitch (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Jan LaSota & Barb Hunt
Coordinator: Karen Dallman
Dates: 10/28
Time: 10 a.m.-12 p.m.  Limit: 15

Want to try quilting but you’re overwhelmed with choices you need to make before you even start to sew? Essential supplies? Choosing fabric? Which pattern will work? This course will lead you through making those choices and will also include quilting tips. Time will be set aside for answering your quilting questions.

213 Hospice 101 and Advance Directives (R)

Class Type: Live Online (Zoom)
Presenter: Dr. Amy James & Cathy Mileski, RN, CHPN
Dates: 10/28
Time: 1-3 p.m.   Limit: 100

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.

214 A Health Combo: A) Women’s Health After 60; B) Ethnic Health Snacks (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH 250
Presenter: A) Nana Merabova, MD  B) Sarah Zeeshan, MD
Coordinator: Jim Hinckley
Dates: 10/28
Time: 9:30 a.m. 12 p.m.   Limit: 150

A) Your Golden Age can bring new challenges, like health or the death of loved ones. What are your odds of having metabolic or bone issues, cancer, heart problems or mental decline? Fortunately, there’s a lot you can do to increase your chances of staying mentally and physically healthy as you age. Learn from Prevea Family Medicine Physician, Dr. Nana Merabova, MD.

B) Take your taste buds on a journey to enjoy popular and healthy snacks and treats from Pakistan. During this presentation, Prevea Family Medicine Physician Sarah Zeeshan, MD will educate and show you how to prepare popular items that are enjoyed for multiple occasions. *Note, may contain food allergens.
**Friday Courses**

**215 Wisdom Literature in the Hebrew Bible: Timeless Questions** *(R)*

- **Class Type:** Classroom  
- **Location:** Green Bay Campus  
- **Classroom:** RH220  
- **Presenter:** Julie Black-Harder  
- **Coordinator:** Mary Braband  
- **Dates:** 11/4  11/11  11/18  
- **Time:** 10 a.m.-12 p.m.  
- **Limit:** 30

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 answers that the authors of Proverbs, Ecclesiastes and Job offer and consider how persuasive are their claims. The presenter holds a master’s degree in theology and biblical studies and recommends the New Revised Standard Version of the Bible as the preferred text for the class.

**216 “Dad’s Attic”** *(N)*

- **Class Type:** Classroom  
- **Location:** Sheboygan Campus  
- **Classroom:** Main Building 3105  
- **Presenter:** Michael Leannah & Willa Leannah  
- **Coordinator:** Jeanne Pfeiffer  
- **Dates:** 11/4  
- **Time:** 1-3 p.m.  
- **Limit:** 24

In their podcast “Dad’s Attic,” father and daughter Michael and Willa Leannah take a multigenerational look at the people and events behind the pop culture of the past: music, movies, radio, TV and more. They discuss why the past is still relevant, what we can learn from it and why we’ll never, ever stop loving it.

**217 Putting the FUN in Functional Fitness** *(R)*

- **Class Type:** Classroom  
- **Location:** Marinette Campus  
- **Classroom:** M107  
- **Presenter:** Debbie Corey  
- **Coordinator:** Bob Cook  
- **Dates:** 11/11  
- **Time:** 10 a.m.-12 p.m.  
- **Limit:** 20

Discussion of how exercise and functional training, combined with neurokinetic therapy (NKT) can keep us moving and active, leading to longer independence and quality of life.

**218 Solar Power in the 2020s** *(N)*

- **Class Type:** Classroom  
- **Location:** Sheboygan Campus  
- **Classroom:** Main Building 3105  
- **Presenter:** Sam Leannah  
- **Coordinator:** Jeanne Pfeiffer  
- **Dates:** 11/11  
- **Time:** 1-3 p.m.  
- **Limit:** 24

Americans have been generating electricity from solar panels for nearly 50 years! In that time things have changed a lot. From panels, to batteries, to electric car chargers, this course is an update on the technology, economics and opportunities that solar can bring you today.

**219 From the Heart: Techniques for Reducing Stress and Building Resilience** *(R)*

- **Class Type:** Classroom  
- **Location:** Green Bay Campus  
- **Classroom:** RH230  
- **Presenter:** David J Ferguson, MD  
- **Coordinator:** Kathy Bergner  
- **Dates:** 11/18  
- **Time:** 10 a.m.-12 p.m.  
- **Limit:** 25

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

**220 Passport to Geologic Wonders (N)**

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH220  
**Presenter:** Gary Dallman  
**Coordinator:** Karen Dallman  
**Dates:** 12/2  
**Time:** 1-3 p.m.  
**Limit:** 50

Our passports will take us to three more geologic wonders. The course will focus on the geology of the Greek island of Santorini, Ayers Rock in Australia, and Milford Sound in New Zealand. A few travel stories are included just for fun.

**221 Recorders in Holiday Concert (R)**

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** Mauthe Center  
**Presenter:** Jan LaSota  
**Coordinator:** Vickie Keigley  
**Dates:** 12/9  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

Enjoy holiday music from several centuries. Recorders By The Bay, an instrumental group formed in 1998, will perform a variety of pieces for you, playing on early woodwind and string instruments. Information about the instruments will be shared. You'll certainly recognize many of the musical selections and discover some new-to-you holiday tunes.

**222 Creative Cookie Decorating for the Holidays (N)**

**Class Type:** Classroom  
**Location:** Green Bay Campus  
**Classroom:** RH220  
**Presenter:** Karen Treml  
**Coordinator:** Katie Brewer  
**Dates:** 12/9  
**Time:** 1-3 p.m.  
**Limit:** 12

Do you want to learn about the art of cookie decorating to make beautiful cookies any time of the year? This class is an introduction to the basic art of cookie decorating using royal icing. Each participant will leave with a half dozen of holiday cookies and practice the art of flooding, applying a wet-on-wet cookie decorating technique and airbrushing cookies. Lots of cookie and icing recipes and tips will be shared. A $3 materials fee is due at registration.
## Community Locations

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<thead>
<tr>
<th>Venue Location</th>
<th>Address</th>
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<tr>
<td>ADRC</td>
<td>300 S Adams St., Green Bay</td>
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<tr>
<td>Allouez Village Hall</td>
<td>1900 Libal St., Green Bay</td>
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<tr>
<td>Barkhausen Waterfowl Preserve</td>
<td>2024 Lakeview Dr., Suamico</td>
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<tr>
<td>Bay Beach Wildlife Sanctuary</td>
<td>1660 East Shore Dr., Green Bay</td>
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<tr>
<td>Belgian Heritage Center</td>
<td>1255 Cty. Rd. DK, Brussels</td>
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<tr>
<td>Calvary Lutheran Church</td>
<td>1301 S. Ridge Rd., Green Bay</td>
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<tr>
<td>Charlie Bauer Homestead</td>
<td>1234 Main Street, Suite 12, Green Bay</td>
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<tr>
<td>Cherney Maribel Caves</td>
<td>County Highway R, Maribel</td>
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<tr>
<td>Exceptional Equestrians</td>
<td>1130 Orlando Dr., De Pere</td>
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<tr>
<td>Ellwood H. May Environmental Park</td>
<td>3615 Mueller Road, Sheboygan, WI</td>
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<tr>
<td>Festival Foods</td>
<td>2430 University Ave., Green Bay</td>
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<td>First Presbyterian Church</td>
<td>200 Ashland Ave., Green Bay</td>
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<tr>
<td>First United Methodist Church</td>
<td>601 10th Ave., Menominee, MI</td>
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<tr>
<td>Franciscan Center for Music Education &amp; Performance</td>
<td>6751 Calumet Ave., Manitowoc</td>
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<tr>
<td>Franciscan Sisters of Christian Charity</td>
<td>2409 S Alverno Rd., Manitowoc</td>
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<tr>
<td>Green Bay Botanical Gardens</td>
<td>2600 Larsen Rd., Green Bay</td>
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<tr>
<td>Hamilton Wood Type &amp; Printing Museum</td>
<td>1816 10th St., Two Rivers</td>
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<tr>
<td>Harrigan Parkside Funeral Home</td>
<td>628 N Water St., Manitowoc</td>
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<tr>
<td>Jeff’s Piano Sales and Service</td>
<td>1674 E Mason St., Green Bay</td>
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<tr>
<td>Krueger International</td>
<td>1330 Bellevue St., Green Bay</td>
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<tr>
<td>Lakesides Foods</td>
<td>1601 S 30th St., Manitowoc</td>
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<td>Lambeau Field</td>
<td>1265 Lombardi Ave., Green Bay</td>
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<tr>
<td>Manitowoc County Joint Dispatch Center</td>
<td>1024 S 9th St., Manitowoc</td>
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<tr>
<td>Manitowoc Historical Society</td>
<td>924 Pine Crest Ln., Manitowoc</td>
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<td>Manitowoc Public Library</td>
<td>707 Quay St., Manitowoc</td>
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<td>Menominee Marina Boaters Lounge</td>
<td>1000 1st St., Menominee</td>
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<tr>
<td>Mosquito Hill Nature Center</td>
<td>N3880 Rogers Rd., New London</td>
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<tr>
<td>NWTC Artisan and Business Center</td>
<td>1417 Cedar St., Green Bay</td>
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<tr>
<td>NWTC Marinette</td>
<td>1601 University Dr., Marinette</td>
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<tr>
<td>Parallel 44 Winery</td>
<td>N2185 Sleepy Hollow Rd., Kewaunee</td>
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<tr>
<td>Plantzilla</td>
<td>1234 Main Street, Suite 12, Green Bay</td>
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<tr>
<td>Point Beach State Park</td>
<td>9400 County Rd O, Two Rivers</td>
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<tr>
<td>Venue Locations</td>
<td>UW-Green Bay Campuses</td>
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</table>
| Rahr-West Art Museum  
610 N 8th St., Manitowoc | Christie Theatre, UW-Green Bay  
2420 Nicolet Dr., Green Bay |
| Roadside Cucina and Cannery  
5218 South 10th St., Manitowoc | Kress Events Center  
2420 Nicolet Dr., Green Bay |
| Seroogy's Chocolate  
144 N Wisconsin St., De Pere | Mauthe Center, UW-Green Bay  
2418 Leon Bond Dr., Green Bay |
| Shoreline Credit Union  
4400 Calumet Ave., Manitowoc | Richter Museum of Natural History, UW-Green Bay  
2420 Nicolet Dr., Green Bay |
| St. Vincent de Paul - Manitowoc  
911 Chicago St., Manitowoc | Rose Hall (RH), UW-Green Bay  
2420 Nicolet Dr., Green Bay |
| Stillmank Brewing Company  
215 N. Henry St., Green Bay | STEM Innovation Center, UW-Green Bay  
2420 Nicolet Dr., Green Bay |
| Syble Hopp School  
755 Scheuring Rd., De Pere | Manitowoc Campus, UW-Green Bay  
Room F170 Founders Hall  
705 Viebahn St., Manitowoc |
| The Automobile Gallery  
400 S. Adams St., Green Bay | Marinette Campus, UW-Green Bay,  
Room M107 Main Building  
750 W. Bay Shore St., Marinette |
| Von Stiehl Winery  
115 Navarino St.,Algoma | Marinette Campus, UW-Green Bay  
Art Studio-Theatre on the Bay Fine Arts Bldg.,  
750 W. Bay Shore St., Marinette |
| Waseda Farms  
7281 Logerquist Rd., Baileys Harbor | Marinette Campus, UW-Green Bay  
Marinette Fieldhouse F-108  
750 W. Bay Shore St., Marinette |
| West of the Lake Gardens  
915 Memorial Dr., Manitowoc | Sheboygan Campus, UW-Green Bay  
Room 3105 Main Building  
One University Dr., Sheboygan |
| Woodland Dunes Nature Center  
3000 Hawthorne Ave., Two Rivers | |
Option 1: Studio Arts Parking Lot
- Use the Main Entrance on Nicolet Drive
- Take the first left onto North Circle Drive (green dots)
- Park in parking stalls only with your license plate facing out towards row. Do not park on Campus Court or any other area besides the main parking lots or you will be ticketed and required to pay fine.
- Turn left into the Studio Arts parking lot
- Park closest to the campus buildings on the 15-minute parking by LLI Office is at the Circle Entrance.

Option 2: Wood Hall Parking Lot
- Enter Rose Hall and go down one floor
- Walk through Rose Hall towards the Cofrin Library, using the concourse
- In Cofrin Library, turn right, then left
- Go past the LLI Office on the left, The Garden Cafe on the right
- Take a left by The Garden Cafe seating area and use the doors to go outside
- Follow the sidewalk to the University Union
- Enter and go straight through the second set of doors and the Christie Theatre is on the right
University Information Center:
920-683-4707

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

University of Wisconsin-Green Bay, Manitowoc Campus Map Key

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

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

Campus Information

University Information Center:
920-465-6633

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

PARK IN WEST PARKING LOT.

ROOM 3105:
Enter using Main entrance. Go up a level to Main Building 2, turn left and go down the hall, then a right into Main Building 3. Room 3105 is on the right.

WOMBAT ROOM:
Enter using Main entrance. Take a left into the Library. Continue to your right and exit the Library. Turn left. Wombat Room is on your left at end of hall.

University of Wisconsin-Green Bay, Sheboygan Campus Map Key

1. Acuity Technology Center
2. Main Building
3. Main Building
4. Commons
5. Learning Resources Building
6. Bratz Science Building
7. Fine Arts and University Theatre
8. Physical Education

Athletic Courts
Registration begins on Monday, August 1 at 10 a.m. and is now first come, first serve, so register early for best selection. 

See Registration Checklist.

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

Use our handy Registration Worksheet to choose your courses.

**THERE MAY BE WAIT TIMES AS YOU REGISTER. PLEASE BE PATIENT.**

**Contacting LLI**

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