

Together, We Learn



Classes offered outdoors,
online live and online recorded.

Details and registration online at
www.uwgb.edu/lli



Registration begins Monday, November 23, 2020 at 10 a.m. and goes through December 11, 2020, at 4 p.m., at which time registration will be temporarily suspended for the lottery to slot initial class rosters.

Find Inside

How to Register | Class Descriptions | Class Calendar | Worksheet for Class Selection



UNIVERSITY of WISCONSIN
GREEN BAY

Join Us

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.

Membership Fee:

SPECIAL OFFER: \$65 per member for Spring 2021 Semester.



Keeping You Safe

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

The Board of Directors approved the Curriculum Committee's recommendation to only offer Spring 2021 Semester classes outdoors, online live or online recorded. This decision will keep our members and presenters safe and will benefit members by being accessible wherever you may be — engaging at home, visiting the grandchildren or snowbirding elsewhere.



Bonus Classes

Later November and early December, we will offer several bonus classes to existing and former LLI members that you can take for free to experience the online learning environment. Watch for a separate email about these free classes.

Online classes are accessible with any of the following:

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

The Google Chrome web browser works best and can be downloaded for free at www.google.com/chrome

With over **115 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, November 23, at 10 a.m. and goes through December 11, 2020, at 4 p.m., at which time registration will be temporarily suspended for the lottery to slot initial class rosters. Registration will then resume for available classes for the remainder of the semester.
- ✓ You may register for up to 20 courses during the initial registration period.
- ✓ Registration will re-open on December 17 for anyone who wishes to still join LLI or register for any classes not at capacity.
- ✓ We are still using the lottery to slot class rosters. When registering, you must prioritize your selections beginning with "1" as your highest priority. Use each priority once, up to 20 course selections. Please re-check your priority numbers as any errors will be corrected by LLI office staff without notice. The lottery randomizes class selection.
- ✓ Please be sure to click "Submit" at the end of registration. You will know that your registration has been successful because you will receive an email within minutes.
- ✓ You will receive an email with your official class confirmation letter by December 18, which will list all the classes you got in. A letter will no longer be mailed to your home. Be sure LLI emails are not going into your Junk, Trash or Promotional email folders. Your confirmation email will only indicate the first session of each course, so please make a note of remaining dates listed in the catalog or calendar for reference.

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

Existing Member Registration

You will receive an email on the morning of Monday, November 23 when registration opens. This email will contain your personal registration link. Your registration account is based on your email address. IMPORTANT! If you have changed your email address since the last time you registered, please contact the LLI Office prior to registering at lli@uwgb.edu to update it in the system.

New Member Registration

Please register online at www.uwgb.edu/lli, click on "Catalog/Register" on the left side of the page and select the "Register Now" button. The registration process includes selecting your prioritized courses and completing the registration by making payment.

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

Learning Environment

LLI members have been invited to take a look at LLI's online classroom. Orientation will include:

- **Training Sessions:**
Watch your email! New members will receive an email with a link to LLI's online classroom, where you will be given a "tour" and go over things like how to virtually raise your hand and enter a chat message.
- **Learning Tools:**
Video and documentation on how to access the LLI online classroom will be emailed to members and are also available on LLI's website.



Refund Policy

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



Contacting LLI

Although the LLI office is indefinitely closed, please contact Program Specialist Susan Pike and volunteers by email or phone at any time. Email is preferred.

Phone: 920-465-2356 • Email: lli@uwgb.edu



Give LLI a Try!

LLI is offering a membership fee of \$65 for the Spring 2021 Semester only. LLI members who have their registration fee due now will also pay \$65, so that they are on the Fall Semester payment schedule.

No prerequisites. No grades. No tests. No papers.

Registration Worksheet

Use this form as a guide as you register online. 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.

Day	Time	No.	Course Title	Priority
				1
				2
				3
				4
				5
				6
				7
				8
				9
				10
				11
				12
				13
				14
				15
				16
				17
				18
				19
				20

Register by placing a priority number in front of the courses you wish to attend. **Limit of 20 courses.** Rate your most desired course as 1. Use each number (1-20) only once. Refer to the calendar on [pages 8-13](#) and circle courses you wish to attend to help avoid registering for overlapping courses. A registration worksheet is located on [page 3](#) to help you select courses. Failure to follow these guidelines could result in delaying the processing of your registration.

1	It's a Mystery to Me
2	Robert Burns: World-Famous Poet
3	Green Armoire
4	Strength and Balance for Seniors
5	New Strategies for Pain
6	Why Does Your Contractor Charge
7	60s: A Living History
8	Penny Dreadfuls: Victorian Fiction
9	Kayak Essentials
10	Evolutionize Your Brain: Future
11	All Brains Change: Make Them Better
12	Mind, Brain and Personality
13	Polar Water Towers and Water Changes
14	The Everyday Use of Our Brain's Ability
15	Saga of the "Mighty Fitz"
16	Weather Basics Part IV
17	What Happens After the Paychecks Stop
18	The Greatest Story in Sports: Packers
19	Tatting Together: Be There and Be Square
20	Wisconsin Against the Grain
21	Bald Eagles in Northeastern Wisconsin
22	Continuing Issues
23	Sheet Web Spiders: An Amazing Lineage
24	Spread Beyond the Cracker
25	Resiliency During Times of Loss
26	Introductory Genetics
27	Social Ballroom-Waltz Plus!
28	Art and the Body
29	ESP Evaluation and Dev. - Session A
30	Understanding the Role of Comfort Meds

31	Dementia - Communication Strategies
32	Writing Children's Stories
33	What's Happening at the YWCA
34	Experiences in Navigating Diversity
35	Sleeping Through the Ages
36	First Amendment Crash Course
37	Celebrating Sandhill Cranes
38	Biking Northeastern Wisconsin
39	Seeing Through Rocks
40	Russia's Bad Boy Putin
41	Rise and Fall of Labor Unions in the U.S.
42	COVID-19: Where Are We Now?
43	Einstein's Miracle Year, 1905
44	Palliative Care: Living Well with Illness
45	Sex and Gender: Complex Mosaics
46	Ancestral Michigan Basin
47	Group Piano - Session A
48	Introduction to Genealogy
49	Real Vietnam War
50	Monarch Butterfly Biology/Conservation
51	To Supplement or Not to Supplement
52	Writing Your Memoirs
53	Genealogy Research in Chicago
54	Piano Ensemble - Session A
55	Humor, Health, and Happiness Pandemic
56	Orthopedic Care Advancing
57	Changing World of Recycling
58	Sap to Syrup
59	Genetic Genealogy: Family Secrets
60	Group Piano - Session B

61	Researching Irish Records for Family
62	Politics, Government, and Civility
63	Wisdom Revealed through Nature
64	The Early History of the GB Fire Dept.
65	Restoring Islands in the Bay
66	Politics in the Gilded Age (1870-1900)
67	Piano Ensemble - Session B
68	Wild about Waterfowl
69	Advanced Line Dance
70	Sensational Silk
71	Understanding the Basics: Social Security
72	Can They Take Our Home?
73	Cave Tour and Sedimentary Geology
74	Passing It On, or Passing the Buck?
75	Lord of the Rings - Second Age
76	What Makes the Great Lakes so Great
77	Books and You
78	Guided Snowshoe Walk - Session A
79	Guided Snowshoe Walk - Session B
80	Why We Get Mad... and What We Can Do
81	Shipwrecks of the Great Lakes
82	Needlework Open Stitch
83	Take Flight! Discover Bird Watching
84	Beginning Line Dancing
85	Guided Snowshoe Hike at Mosquito Hill
86	From the Holocaust to Civil Rights
87	Life Story: Past, Present and Future
88	Aging and Disability Resource Center

89	Basic Dynamics of Domestic Violence
90	Basic Line Dancing
91	ESP Evaluation and Dev. - Session B
92	Food and Agricultural History
93	Formation of the New Testament Canon
94	Girl Scouts - The Future of Green Bay
95	Moving Towards Zero Waste in NE WI
96	Sometimes It Takes More Than an Iceberg
97	End of Life Care: Advance Directives
98	Crime Stoppers
99	Dangers of the 21st Century World
100	Walking in the Shadow - Session A
101	Walking in the Shadow - Session B
102	From the Heart: Reducing Stress
103	Lakeshore Vermicomposting LLC's Mission
104	How We Do Death and Dying
105	Introduction to Yoga Basics
106	Drugs in Brown County
107	Famous Poets: Dylan Thomas/T.S. Eliot
108	Credit Where Credit Is... What?
109	From Fishing 101 to Tournament Fishing
110	Foodborne Illness - What It is
111	Bay Beach Wildlife Sanctuary
112	Tour: STEM Innovation Center at UWGB
113	Biking is Fun at Any Age
114	Wilderness and Environmentalism
115	Writing the Roller Coasters

Information included in this catalog is accurate and current at the time of publication.

Lifelong Learning Institute reserves the right to make changes to the course schedule. Visit www.uwgb.edu/lli for the most updated course schedule.

Course Title **Course Number**

Arts

Art and the Body28

Crafts

Tatting Together: Be There and Be Square19

Sensational Silk 70

Needlework Open Stitch 82

Culinary

Spread Beyond the Cracker24

Fitness

Strength and Balance for Seniors 4

Social Ballroom-Waltz Plus!27

Biking Northeastern Wisconsin 38

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Basic Line Dancing90

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 UW-Green Bay 112

No.	Title	Time If only listed as 10 a.m., class is a recording.	Start	Subsequent Dates			
1	It's a Mystery to Me	1-2:30 p.m.	1/11	2/1	3/1	4/5	5/3
21	Bald Eagles in Northeastern Wisconsin	8-10 a.m.	1/12				
22	Continuing Issues	1-3 p.m.	1/12	1/26 3/23	2/9 4/6	2/23 4/20	3/9
46	Ancestral Michigan Basin	9:30-11 a.m.	1/13				
47	Group Piano - Session A	10-11:30 a.m.	1/13	1/20	1/27	2/3	
75	Lord of the Rings - Second Age	1-3 p.m.	1/14				
76	What Makes the Great Lakes so Great	10-11:30 a.m.	1/15				
23	Sheet Web Spiders: An Amazing Lineage of Small Animals	10-11:30 a.m.	1/19				
24	Spread Beyond the Cracker	1-2:30 p.m.	1/19				
48	Introduction to Genealogy	10 a.m.-12 p.m.	1/20				
78	Guided Snowshoe Walk - Session A	9:30-11 a.m.	1/21				
77	Books and You	1-3 p.m.	1/21	2/18	3/18	4/15	5/20
79	Guided Snowshoe Walk - Session B	1:30-3 p.m.	1/21				
102	From the Heart: Techniques for Reducing Stress, Building Resilience	1-2 p.m.	1/22				
2	Robert Burns: Scotland's World-Famous Poet	10 a.m. 	1/25				
3	Green Armoire	1-2:30 p.m.	1/25				
25	Resiliency During Times of Loss and Change	10 a.m.-12 p.m.	1/26				
49	Real Vietnam War	10 a.m.-12 p.m.	1/27				
50	Monarch Butterfly Biology and Conservation	1-2:30 p.m.	1/27				
103	Lakeshore Vermicomposting LLC's Mission: Waste Made Wonderful with Worms	10 a.m. 	1/29				
104	How We Do Death and Dying	10 a.m.-12 p.m.	1/29				

26	Introductory Genetics	10 a.m. 	2/2	2/9			
51	To Supplement or Not to Supplement: That is the Question	1-3 p.m.	2/3				
52	Writing Your Memoirs	1-3 p.m.	2/3	2/10 3/10	2/17	2/24	3/3
80	Why We Get Mad...and What We Can Do About It	10-11:30 a.m.	2/4				
82	Needlework Open Stitch	1-2:30 p.m.	2/4	2/11	2/18	2/25	
81	Shipwrecks of the Great Lakes	1-3 p.m.	2/4				
105	Introduction to Yoga Basics	9-10 a.m.	2/5	2/12	2/19	2/26	
4	Strength and Balance for Seniors	10 a.m.-12 p.m.	2/8				
7	60s: A Living History	10 a.m.-12 p.m.	2/8	2/10	2/12		
5	New Strategies for Pain	1-2:30 p.m.	2/8				
6	Why Does Your Contractor Charge So Much?	1-2:30 p.m.	2/8				
53	Genealogy Research in Chicago	10 a.m.-12 p.m.	2/10				
54	Piano Ensemble - Session A	10-11:30 a.m.	2/10	2/17	2/24	3/3	
83	Take Flight! Discover Bird Watching in Brown County	1-2:30 p.m.	2/11				
8	Penny Dreadfuls: Victorian Popular Fiction	9-10:30 a.m.	2/15	2/22			
28	Art and the Body	10 a.m.-12 p.m.	2/16				

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 to register.

Current members will be emailed a registration link.

Course Calendar

27	Social Ballroom-Waltz Plus!	1-2:30 pm	2/16	2/23 3/23	3/2	3/9	3/16
55	Humor, Health, and Happiness in the Midst of a Pandemic.	1-2:30 p.m.	2/17	2/24			
84	Beginning Line Dancing	10 a.m. 	2/18	2/25			
86	From the Holocaust to Civil Rights	10-11:30 a.m.	2/18				
87	Life Story: A Synthesis of Past, Present and Future	11 a.m.- 12:20 p.m.	2/18	2/25			
85	Guided Snowshoe Hike at Mosquito Hill Nature Center	1-3 p.m.	2/18				
88	Aging and Disability Resource Center-Your Partner through Life Changes	1-3 p.m.	2/18				
106	Drugs in Brown County - Are Your Grandchildren at Risk?	10 a.m.-12 p.m.	2/19				
56	Orthopedic Care Advancing with Wearable Technology	10-11:30 a.m.	2/24				
107	Famous Poets: Dylan Thomas and T.S. Eliot	10 a.m. 	2/26				
9	Kayak Essentials	10 a.m.-12 p.m.	3/1				
10	Evolutionize Your Brain: Using What We Know About Our Past to Preserve Our Future	10-11:30 a.m.	3/1				
29	ESP Evaluation and Development - Session A	10 a.m.-12 p.m.	3/2				
30	Understanding the Role of Comfort Meds in Hospice Care	10 a.m.-12 p.m.	3/2				
31	Dementia - Communication Strategies for Success	10 a.m.-12 p.m.	3/2				
57	Changing World of Recycling and Solid Waste	10-11:30 a.m.	3/3				
90	Basic Line Dancing	10 a.m. 	3/4	3/11 4/8	3/18	3/25	4/1
89	Basic Dynamics of Domestic Violence and the Impact on Children	10 a.m.-12 p.m.	3/4				
108	Credit: Where Credit Is... What?	1-2:30 p.m.	3/5				
12	Mind, Brain and Personality	10 a.m. 	3/8	3/10	3/15	3/17	
11	All Brains Change: We Can All Make Them Better	10-11:30 a.m.	3/8				
32	Writing Children's Stories and Getting Them Published	10 a.m.-12 p.m.	3/09				

58	Sap to Syrup	9-11 a.m.	3/10				
59	Genetic Genealogy: Unearthing Family Secrets and Solving Cold Cases	10-11:30 a.m.	3/10				
60	Group Piano - Session B	10-11:30 a.m.	3/10	3/3	3/24	3/31	
91	ESP Evaluation and Development - Session B	1-3 p.m.	3/11				
13	Polar Water Towers and High Latitude Water Changes	10 a.m. 	3/15				
14	The Everyday Use of Our Brain's Ability to be Neuroplastic	10-11:30 a.m.	3/15				
33	What's Happening at the YWCA	10-11 a.m.	3/16				
61	Researching Irish Records for Family Research	10 a.m.-12 p.m.	3/17				
109	From Fishing 101 to Tournament Fishing	1-3 p.m.	3/19				
15	Saga of the "Mighty Fitz"	10 a.m. 	3/22				
34	Experiences in Navigating Diversity, Inclusion and Equity within Green Bay Athletics	10-11:30 a.m.	3/23	3/30			
62	Politics, Government, and Civility: Wisconsin and the Nation	10 a.m.-12 p.m.	3/24				
63	Wisdom Revealed through Nature	10 a.m.-12 p.m.	3/24	3/31 4/28	4/7	4/14	4/21
92	Food and Agricultural History: Growing Heirloom Vegetables	10 a.m.-12 p.m.	3/25				
16	Weather Basics Part IV	10 a.m.-12 p.m.	3/29				
64	The Early History of the Green Bay Fire Department	1-3 p.m.	3/31				
110	Foodborne Illness - What It is and How to Prevent It	10 a.m. 	4/2				
17	What Happens After the Paychecks Stop	10-11 a.m.	4/5	4/12	4/19	4/26	
36	First Amendment Crash Course: What Does Freedom of Religion Mean These Days?	10 a.m. 	4/6				

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 for the most updated course schedule.

Course Calendar

35	Sleeping Through the Ages	1-3 p.m.	4/6				
65	Restoring Islands in the Bay	10-11:30 a.m.	4/7				
67	Piano Ensemble - Session B	10-11:30 a.m.	4/07	4/14	4/21	4/28	
66	Politics in the Gilded Age (1870-1900)	1-3 p.m.	4/7	4/14	4/21		
93	Formation of the New Testament Canon	1-3 p.m.	4/8				
111	Bay Beach Wildlife Sanctuary: Critters, Volunteering and You!	10 a.m. 	4/9				
37	Celebrating Sandhill Cranes	10 a.m.-12 p.m.	4/13				
68	Wild about Waterfowl	9-11 a.m.	4/14				
69	Advanced Line Dance	10 a.m. 	4/14	4/21	4/28		
95	Moving Towards Zero Waste in Northeastern Wisconsin	10 a.m.-12 p.m.	4/15				
94	Girl Scouts - The Future of Green Bay	1-3 p.m.	4/15				
112	Tour: STEM Innovation Center at UW-Green Bay	10-11:30 a.m.	4/16				
18	The Greatest Story in Sports: The History of the Green Bay Packers	10:30 a.m.-12 p.m.	4/19				
38	Biking Northeastern Wisconsin	1-3 p.m.	4/20				
70	Sensational Silk	10 a.m. 	4/21				
96	Sometimes It Takes More Than an Iceberg to Sink a Ship!	10-11:30 a.m.	4/22				
71	Understanding the Basics: Social Security and Medicare	1-3 p.m.	4/22				
114	Wilderness and Environmentalism in Historical Perspective	9:30-11 a.m.	4/23				
113	Biking is Fun at Any Age	10 a.m.-12 p.m.	4/23	4/30 5/28	5/7	5/14	5/21
39	Seeing Through Rocks	10 a.m. 	4/27				
40	Russia's Bad Boy Putin - Punching Above His Weight	10 a.m.-12 p.m.	4/27				
72	Can They Take Our Home?	10 a.m.-12 p.m.	4/28				
98	Crime Stoppers - Making Your Community a Safer Place to Live	10-11:30 a.m.	4/29				

97	End of Life Care: Creating Your Own Advance Directives for Medical Care	1-3 p.m.	4/29	
115	Writing the Roller Coasters: Reshaping Imprints Through Words	10-11:30 a.m.	4/30	
20	Wisconsin Against the Grain	10 a.m.-12 p.m.	5/3	
19	Tatting Together: Be There and Be Square	1-2 p.m.	5/3	5/10 5/17 5/24
41	Rise and Fall of Labor Unions in the US	10-11:30 a.m.	5/4	
42	COVID-19: Where Are We Now?	1-2:30 p.m.	5/4	
99	Dangers of the 21st Century World Population Bomb	10 a.m.-12 p.m.	5/6	
43	Einstein's Miracle Year, 1905	10 a.m. 	5/11	5/18
44	Palliative Care: Living Well with Serious Illness	10 a.m.-12 p.m.	5/11	
73	Cave Tour and Sedimentary Geology	3-5 p.m.	5/13	
74	Passing It On, or Passing the Buck?	10 a.m.-12 p.m.	5/19	
45	Sex and Gender: Complex Mosaics in a Black-and-White World	1-3 p.m.	5/25	
100	Walking in the Shadow of History - The Great Green Bay Fire of 1880 - Session A	10 a.m.-12 p.m.	5/27	
101	Walking in the Shadow of History - The Great Green Bay Fire of 1880 - Session B	10 a.m.-12 p.m.	6/3	


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

1 It's a Mystery to Me (R)

Class Type: Live-Online Classroom 

Presenter: Fred Delie

Dates: 1/11 2/1 3/1 4/5 5/3

Time: 1-2:30 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 liked a particular book or author.

2 Robert Burns: Scotland's World-Famous Poet (R)

Class Type: Recorded 

Presenter: Mike Murphy & Cheryl Murphy, Harpist

Dates: 1/25

Time: 10 a.m. **Limit:** No limit

A brief introduction to the turbulent life, memorable poems and famous songs (including "Auld Lang Syne") of the most famous 18th century poet. Three hundred years after his death, people around the world still celebrate his birthday by eating haggis, drinking Scotch, wearing kilts and reciting poems like "To a Mouse," the source of "the best laid plans of mice and men oft go astray."

Read five great Robert Burns' poems.



3 Green Armoire (R)

Class Type: Live-Online Classroom 

Presenter: Mary Lindemann

Dates: 1/25

Time: 1-2:30 p.m. **Limit:** 50

Don't throw it away! See your "junk" transform into treasure. Mary will help you repurpose, recycle, and reuse the things in your closet. She will share her passion for thrift store shopping and repurposing to create unique, inexpensive outfits and to reimagine your home decor. For an extra bonus, delight in tips on how to pack a carry-on suitcase for business or pleasure from this traveling salesperson.

4 Strength and Balance for Seniors (R)

Class Type: Live-Online Classroom 

Presenter: Nick Baudhuin

Dates: 2/8

Time: 10 a.m.-12 p.m. **Limit:** 200

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.

5 New Strategies for Pain (N)

Class Type: Live-Online Classroom 

Presenter: James Kribs, MD

Dates: 2/8

Time: 1-2:30 p.m. **Limit:** 150

Join Dr. James Kribs, a neuromusculoskeletal and pain physician, to learn about new strategies to alleviate acute and chronic pain. The focus will be on non-opioid treatments to increase function so everyone can enjoy their favorite activities.

6 Why Does Your Contractor Charge So Much? (N)

Class Type: Live-Online Classroom 

Presenter: Bill Kinnard

Dates: 2/8

Time: 1-2:30 p.m. **Limit:** 40

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

(N) - New Course (R) - Repeat (C) - Continuing

7 60s: A Living History (R)

Class Type: Live-Online Classroom 

Presenter: Daniel Goron

Dates: 2/8 2/10 2/12

Time: 10 a.m.-12 p.m. **Limit:** 20

This course is an overview of the turbulent 1960s, including changes in society, politics, music, religion and family. The Vietnam War, the Peace Movement and the Civil Rights Movement will be discussed along with how they may have impacted the class participants. Class participation is encouraged with stories, pictures and artifacts.

8 Penny Dreadfuls: Victorian Popular Fiction (R)

Class Type: Live-Online Classroom 

Presenter: Rebecca Nesvet

Dates: 2/15 2/22

Time: 9-10:30 a.m. **Limit:** 25

An introduction to the most widely circulated form of Victorian popular fiction “penny bloods” and “penny dreadfuls.” Illustrated, sometimes lurid, and originally targeting family audiences, penny fiction changed mass reading habits and outraged middle-class Britons. The lecture will include a look at very rare penny serials published circa 1830-95 from Professor Nesvet’s personal collection, especially by “Sweeney Todd” creator James Malcolm Rymer (1814-84).



[Watch a preview by Professor Nesvet of pernicious trash.](#)

[Read a British Library article about penny dreadfuls.](#)



9 Kayak Essentials (N)

Class Type: Live-Online Classroom 

Presenter: Ken Braband

Dates: 3/1

Time: 10 a.m.-12 p.m. **Limit:** 50

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

10 Evolutionize Your Brain: Using What We Know About Our Past to Preserve Our Future (N)

Class Type: Live-Online Classroom 

Presenter: Daniel Koster, MD.

Dates: 3/1

Time: 10-11:30 a.m. **Limit:** 150

Humans have not changed genetically in the last 10,000 years, but our diets and lifestyles have. Modern brain science has revealed measures that optimize brain health by restoring the ways of our evolutionary past. This understanding simplifies overwhelming and complex life and food choices. Learn to fuel and operate your machine as designed by nature.

11 All Brains Change: We Can All Make Them Better (N)

Class Type: Live-Online Classroom 

Presenter: Rolf Lulloff, MD

Dates: 3/8

Time: 10-11:30 a.m. **Limit:** 150

Come, learn and understand *what* we can do, *why* we should do it, *when* and *where* we do it, and *how* we can do the things that can improve, even maximize how our brains work throughout our lives, even in the face of aging and neurological challenges.

12 Mind, Brain and Personality (R)

Class Type: Recorded 

Presenter: Richard Stevens, PhD

Dates: 3/8 3/10 3/15 3/17

Time: 10 a.m. **Limit:** No limit

This course examines how the human mind is influenced by brain design, human instincts and free will. We will look at the human brain structure and some medical conditions; biological, social and moral influences on human motivations; brain death and human death; left and right brain intellects; and childhood influences on human personality. These will help us understand how humans are different from other animals.

13 Polar Water Towers and High Latitude Water Changes (N)

Class Type: Recorded 


Presenter: Kelly Deuerling

Dates: 3/15

Time: 10 a.m. **Limit:** 150

As temperatures warm globally, the sources, composition and distribution of water in polar regions also changes. This course will focus on the Arctic, discussing the relative importance of changing water sources to local ecosystems.

14 The Everyday Use of Our Brain's Ability to be Neuroplastic (N)

Class Type: Live-Online Classroom 

Presenter: David Donarski, MD

Dates: 3/15

Time: 10-11:30 a.m. **Limit:** 150

Recognizing that most brains weigh only three pounds out of our body's total weight, it must be very special because of its ability to be neuroplastic (definition to be in handout) throughout our entire lifespan.

15 Saga of the "Mighty Fitz" (R)

Class Type: Recorded 


Presenter: Richard Stevens, PhD

Dates: 3/22

Time: 10 a.m. **Limit:** 150

The S.S. Edmund Fitzgerald, called "The Pride of the American Flag," was one of the fastest and largest ore-carrying vessels on the Great Lakes. She held records for largest loads, quickest times and weathered great storms on the "inland seas." She was a young ship at only seventeen years old. However, in November, 1975, she disappeared from radar in one of the most severe storms in the history of Lake Superior, the lake called "Old Treacherous." Our course will tell of the history of the "Mighty Fitz" and the significant role of her sister ship, the S.S. Arthur Anderson. We will also explore aspects of Great Lakes shipping, the Soo locks and the important role of shipbuilding in Sturgeon Bay, WI.

16 Weather Basics Part IV (N)

Class Type: Live-Online Classroom 

Presenter: Norman Schroeder


Dates: 3/29

Time: 10 a.m.-12 p.m. **Limit:** 150

This is a continuation of Weather Basics Parts I, II, III, but it will stand alone. Topics covered include Mid-latitude Weather and Storms; Professional Weather Forecasting; Internet Sources of Weather Forecasts. Additional references will be provided as a handout and a link to a series of YouTube videos that comprise an entire basic meteorological course for those interested in more in-depth learning.

(N) – New Course (R) – Repeat (C) – Continuing

17 What Happens After the Paychecks Stop (N)

Class Type: Live-Online Classroom 

Presenter: Kyle Lukowitz

Dates: 4/5 4/12 4/19 4/26

Time: 10-11 a.m. **Limit:** 150

We'll examine how to budget for retirement expenses and your potential sources of retirement income. We will also identify risks to your retirement income and ways to address them.

Week 1: Foundations of Investing

Week 2: Stocks: The Nuts and Bolts

Week 3: Investor's Tour of Mutual Funds

Week 4: What Happens After the Paychecks Stop

18 The Greatest Story in Sports: The History of the Green Bay Packers (N)

Class Type: Live-Online Classroom 

Presenter: Cliff Christl

Dates: 4/19

Time: 10:30 a.m.-12 p.m. **Limit:** 250

Cliff Christl, The Green Bay Packer's official historian since 2014 and sports writer covering mainly the Packers for over 35 years, will discuss his book on the definitive history of the Packers that is being published in the wake of their 100th anniversary. He has previously presented to LLI in the early years, and those who attended will know how thorough and detailed he is. He will spend an hour discussing the definitive history and entertain questions after the prepared talk.

Watch the Legacy Documentary:
100 Seasons of the Green Bay Packers. Decades range 40 to 90 minutes in length.



19 Tatting Together: Be There and Be Square (C)

Class Type: Live-Online Classroom 

Presenter: Nona Litzelman

Dates: 5/3 5/10 5/17 5/24

Time: 1-2 p.m. **Limit:** 25

This course is for anyone who has already mastered the basics of shuttle tatting. The class will work together on one or more square motifs. Pattern and supply list will be available on the LLI website. Weather permitting, the class will meet outside.

20 Wisconsin Against the Grain (N)

Class Type: Live-Online Classroom 

Presenter: Jerrold Rodesch


Dates: 5/3

Time: 10 a.m.-12 p.m. **Limit:** 150

America's history is much more complicated than the textbook stories allow. What seems inevitable now was often not so. Wisconsin illustrates this: it chose the "other side" in the French and Indian War, the Revolutionary Wars and the War of 1812; dissenters flourished in the Mexican and Civil Wars, in WWI and Vietnam; its socialists and progressives challenged mainstream politics; and its maverick tradition saw Joe McCarthy and Robert LaFollette, Jr., contesting the same US Senate seat (succeeded by Bill Proxmire!)

Tuesday

21 Bald Eagles in Northeastern Wisconsin (N)

Class Type: Outdoors 

Presenter: Debra Nowak

Dates: 1/12

Time: 8-10 a.m. **Limit:** 30

Learn about eagles in northeastern Wisconsin and tour the 1000 Island Environmental Center on the Fox River in Kaukauna. Binoculars and spotting scopes will be available, but everyone is encouraged to bring their own. Participants should dress for the weather, as the entire class will be held outdoors. The Environmental Center is located at 1000 Beaulieu Ct, Kaukauna, WI 54130. A course fee of \$2 will be collected day of class.

[Learn about Eagle Days and understanding Bald Eagles.](#)



22 Continuing Issues (R)

Class Type: Live-Online Classroom 

Presenter: Mark Warpinski & Steve Jansen

Dates: 1/12 1/26 2/9 2/23 3/9 3/23 4/6 4/20

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 member's opinions and not condemn the opinions of others. Roster members are asked to email suggested discussion topics to mark.warpinski@gmail.com 4 days prior to each class.

23 Sheet Web Spiders: An Amazing Lineage of Small Animals (N)

Class Type: Live-Online Classroom 

Presenter: Mike Draney

Dates: 1/19

Time: 10-11:30 a.m. **Limit:** 200

Mike Draney has spent much of his scientific career focused on sheet web spiders, which has been both fascinating and, at times, frustrating. We'll look at these harmless animals that you've been sharing Wisconsin (and your backyard) with, see what makes this lineage of small animals amazing, and see what we don't know about them yet.

24 Spread Beyond the Cracker (N)

Class Type: Live-Online Classroom 

Presenter: Mary Lindemann

Dates: 1/19

Time: 1-2:30 p.m. **Limit:** 50

Learn how cheese spread is made and that it's not just for crackers anymore. Mary will share recipes and appetizer ideas. Then, start your happy hour as she pairs cheese spread flavors with various beverages.

25 Resiliency During Times of Loss and Change (N)

Class Type: Live-Online Classroom 

Presenter: Elizabeth DenDekker, LCSW & Lee Mitchler, MSW

Dates: 1/26

Time: 10 a.m.-12 p.m. **Limit:** 50

Many have experienced drastic changes, and perhaps even loss in the last year. How can we summon the strength to navigate hard times? Resiliency is a framework and skill that can help us move through adversity. This course will explore the basics of building more resiliency and guide participants in the development of the resources needed to cultivate calm when times get tough.

(N) - New Course (R) - Repeat (C) - Continuing

26 Introductory Genetics (R)

Class Type: Recorded 

Presenter: Gary Dallman

Dates: 2/2 2/9

Time: 10 a.m. **Limit:** No limit

How are sex cells different from body cells? What are chromosomes, genes, and DNA? What are recessive and dominant genes? What is the frequency of certain genetic traits and disorders? These topics and more are examined in this introductory course to a foundation field of modern biology.

27 Social Ballroom-Waltz Plus! (R)

Class Type: Live-Online Classroom 

Presenter: Brenda Hartstern & A.J. Reed

Dates: 2/16 2/23 3/2 3/9 3/16 3/23

Time: 1-2:30 p.m. **Limit:** 20

This is a repeat of the Waltz/Foxtrot/Rumba class from Spring 2019. The course will teach three similar styles of dance over six sessions, revolving around the basic box style of romantic dances. The basic step, rotating step, turns and something to up the ante will be covered. The lessons will include Q&A time and individual help. Wear shoes appropriate for the location.

28 Art and the Body (N)

Class Type: Live-Online Classroom 

Presenter: Carol Emmons

Dates: 2/16

Time: 10 a.m.-12 p.m. **Limit:** 30

The human body is the subject of some of the very earliest art, as well as some of the most memorable. This class will look at diverse examples from prehistory to the present that depict and comment on the body in multiple aspects: as an ideal, as a site of ornamentation, as the subject of illness, as symbol and so on. Through discussion, we will explore the many possibilities of the body as subject and object in visual art.

29 ESP Evaluation and Development - Session A (R)

Class Type: Live-Online Classroom 

Presenter: Deb Klein

Dates: 3/2

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? Then come join us online for a light and lively class where you will be tested for various forms of ESP through the use of Zener cards, followed by participation in a short remote-viewing session. The remainder of our time will be dedicated to exploring the terminology of ESP phenomena and learning new ways to develop your intuitive skills. Sign up for Session A or B, not both.

30 Understanding the Role of Comfort Meds in Hospice Care (N)

Class Type: Live-Online Classroom 

Presenter: Penny Tenpas, BSN, CHPN & Carrie Ann Petrie, BSN

Dates: 3/2

Time: 10 a.m.-12 p.m. **Limit:** 50

In a culture where many are concerned about the use of medication at the end of life to provide comfort, separating fact from fiction is an important conversation. The need for pain and symptom management to achieve comfort is very real. Join us as our co-presenters walk through the benefits and limitations of morphine and other medications. They will also share other methods used to provide comfort care.

31 Dementia-Communication Strategies for Success (R)

Class Type: Live-Online Classroom 

Presenter: Sheri Mealy

Dates: 3/2

Time: 10 a.m.-12 p.m. **Limit:** 25

What is the person with dementia trying to communicate through their behavior? Behavioral and psychological symptoms in people with dementia can have many causes including the environment, the caregiver and the individual themselves. Learn about different types of dementia and the symptoms, as well as how to communicate in ways that reduce stress for both the caregiver and person with dementia.

32 Writing Children’s Stories and Getting Them Published (R)

Class Type: Live-Online Classroom 

Presenter: Michael Leannah

Dates: 3/9

Time: 10 a.m.-12 p.m. **Limit:** 25

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

33 What’s Happening at the YWCA (N)

Class Type: Live-Online Classroom 

Presenter: Renita Robinson, Med, MA

Dates: 3/16

Time: 10-11 a.m. **Limit:** 50

Join with Renita Robinson, CEO of the YWCA, to learn of current happenings at this downtown facility. Over the years, many of us have used the YW, but this will bring you up to date on the past, the present and the future of this great organization.

34 Experiences in Navigating Diversity, Inclusion and Equity within Green Bay Athletics (N)

Class Type: Live-Online Classroom 

Presenter: Abbey Sutherland

Dates: 3/23 3/30

Time: 10-11:30 a.m. **Limit:** 150

Session one will be a panel of coaches and administrators representing Green Bay Athletics. Session two will consist of a panel of student-athletes. Both groups will discuss initiatives, intentions, education and experiences in regards to social and racial justice, diversity, inclusion and equity. Coaches, administrators and student-athletes of diverse backgrounds will discuss their personal experiences in relation to these topics.

35 Sleeping Through the Ages (R)

Class Type: Live-Online Classroom 

Presenter: David Donarski, MD

Dates: 4/6

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

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

36 First Amendment Crash Course: What Does Freedom of Religion Mean These Days? (N)

Class Type: Recorded 

Presenter: Mary Lynne Donohue

Dates: 4/6


Time: 10 a.m. **Limit:** No limit

The First Amendment to the US Constitution says that Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof. This course will look at current tensions between these two provisions in the context of recent US Supreme Court cases.

(N) – New Course (R) – Repeat (C) – Continuing

37 Celebrating Sandhill Cranes (N)**Class Type:** Live-Online Classroom **Presenter:** Jeffrey Pritzl**Dates:** 4/13**Time:** 10 a.m.-12 p.m. **Limit:** 150

Aldo Leopold assumed it would be a matter of time before the sandhill crane went the way of the passenger pigeon. Thankfully, this turned out not to be true and the sandhill crane has become a shining example of wildlife population recovery. This lecture will explore their past, and our present and future relationship with them.

38 Biking Northeastern Wisconsin (R)**Class Type:** Live-Online Classroom **Presenter:** Lou Ann Norsetter & Mary Cook**Dates:** 4/20**Time:** 1-3 p.m. **Limit:** 150

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



**Order the free
Travel Wisconsin Official
Biking Guide for the state,
organized by region.**

**39 Seeing Through Rocks (N)****Class Type:** Recorded **Presenter:** Ryan Carrier**Dates:** 4/27**Time:** 10 a.m. **Limit:** No limit

With our measly human eyes, rocks are opaque. However, with some techniques we can see through rocks to better understand how Earth works. In this course, we will explore some of the ways in which the opaque can be made clear.

40 Russia's Bad Boy Putin - Punching Above His Weight (N)**Class Type:** Live-Online Classroom **Presenter:** Bob Srenaski**Dates:** 4/27**Time:** 10 a.m.-12 p.m. **Limit:** 150

Vladimir Putin has become the greatest threat to the Western democracies and the post WWII order. We'll discuss Putin's rise, his apparent motivation, his tactics, his successes and his failures.

41 Rise and Fall of Labor Unions in the US (R)**Class Type:** Live-Online Classroom **Presenter:** Dan Spielmann**Dates:** 5/4**Time:** 10-11:30 a.m. **Limit:** 50

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

42 COVID-19: Where Are We Now? (N)

Class Type: Live-Online Classroom 

Presenter: Professor Brian Merkel

Dates: 5/4

Time: 1-2:30 p.m. **Limit:** No limit

In his second presentation on the science of pandemics, Professor Merkel will discuss the latest developments in our ongoing struggle with COVID-19 and what the future might bring.

Watch Immunologist Brian Merkel's "COVID-19 Why It Matters" video series.



43 Einstein's Miracle Year, 1905 (R)

Class Type: Recorded 


Presenter: Gary Dallman

Dates: 5/11 5/18

Time: 10 a.m. **Limit:** No limit

In 1905, Albert Einstein, a clerk in a Swiss patent office, wrote four papers in a physics review that changed the course of science and history. In elementary terms, this course attempts to explain the science in these papers. Hopefully, you will leave with the illusion of understanding.

44 Palliative Care: Living Well with Serious Illness (N)

Class Type: Live-Online Classroom 

Presenter: Shana Hogue, MSN, FNP-BC & Nicole Dannenberg, MSW

Dates: 5/11

Time: 10 a.m.-12 p.m. **Limit:** 50

When people hear both palliative care and hospice care used interchangeably this can cause confusion. While both provide comfort care and support for individuals and family, there are distinct differences. Join us to learn about the benefits of palliative care in increasing the quality of life for those who live with long-term illness.

45 Sex and Gender: Complex Mosaics in a Black-and-White World (N)

Class Type: Live-Online Classroom 

Presenter: Daniel Meinhardt

Dates: 5/25

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

Awareness of the complex nature of gender is growing. However, few people know that biological sex also comes in more than two forms. This course will cover the basic biology of sex determination and then examine situations that deviate from typical male and female states, including individuals who are born with the outer anatomy of a typical female, only to develop male anatomy spontaneously at puberty.

Thank You

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

(N) - New Course (R) - Repeat (C) - Continuing

Wednesday

46 Ancestral Michigan Basin (N)

Class Type: Live-Online Classroom 

Presenter: John Luczaj

Dates: 1/13

Time: 9:30-11 a.m. **Limit:** 150

The Ancestral Michigan Basin (not the same as Lake Michigan) is a deep bowl-shaped geologic feature in the bedrock beneath the entire Great Lakes region. It is one of many continental sedimentary basins that has recorded millions of years of sea level changes, fossils, petroleum, salt deposits and other interesting rocks. Join UW-Green Bay Geoscience Professor John Luczaj for a tour of how this structure formed, where you can travel to see the rocks, and what economic benefits and geographic controls it has had on the modern Great Lakes system.

47 Group Piano - Session A (R)

Class Type: Live-Online Classroom 

Presenter: Heidi Lueck

Dates: 1/13 1/20 1/27 2/3

Time: 10-11:30 a.m. **Limit:** 10

This course is geared toward beginners with little or no experience. Anyone, regardless of age, musical background or talent can learn in a fun, relaxed and pressure-free environment. Basic note reading, rhythm and efficient practice techniques are taught. The class will use *Alfred's Basic Adult Piano Course Book 1* (ISBN 0882846167), which everyone should have on first day of class. This book can be purchased at Jim's Music, at bookstores or online. You will need to have your laptop, desktop or tablet close to your piano in order to participate in this online class. Sign up for Session A or B but not both.

Learn what you can do to increase the abundance of Monarchs.



48 Introduction to Genealogy (R)

Class Type: Live-Online Classroom 

Presenter: David Miller

Dates: 1/20

Time: 10 a.m.-12 p.m. **Limit:** 100

The first hour will be an introduction to genealogy, i.e. where do you start, how do you start and how do you organize your family charts, using some sites that will allow you to post your family tree online or on paper. The second hour will be a session on proving family stories (or in some cases disproving family stories).

49 Real Vietnam War (R)

Class Type: Live-Online Classroom 

Presenter: Ron W. Hoffman

Dates: 1/27

Time: 10 a.m.-12 p.m. **Limit:** 50

Beginning with the role that Charlie Battery, 1/13, played in the Vietnam War, Ron will share his experiences as a member of this Marine unit. From the time this unit first formed in California until the original members returned home, you will also learn more of the big picture of this terrible war, how it was fought, how the press misinformed people back home and how it was lost.

50 Monarch Butterfly Biology and Conservation (N)

Class Type: Live-Online Classroom 


Presenter: Karen Oberhauser, UW-Madison

Dates: 1/27

Time: 1-2:30 p.m. **Limit:** 150


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.

51 To Supplement or Not to Supplement: That is the Question (N)

Class Type: Live-Online Classroom 
Presenter: Karen Lacey, MS, RDN, FAND
Dates: 2/3
Time: 1-3 p.m. **Limit:** 100


Are you confused about what nutritional supplements are and whether they should be taken? How do you know when they might be beneficial or even harmful? This course will examine these frequently asked questions and provide guidance and resources to help address these important issues regarding nutritional supplementation.

52 Writing Your Memoirs (R)

Class Type: Live-Online Classroom 
Presenter: Lou Ann Norsetter
Dates: 2/3 2/10 2/17 2/24 3/3 3/10
Time: 1-3 p.m. **Limit:** 20


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.

53 Genealogy Research in Chicago (R)

Class Type: Live-Online Classroom 
Presenter: David Miller
Dates: 2/10
Time: 10 a.m.-12 p.m. **Limit:** 100


This class is a chance to see what archives and records may exist in your Chicago research and how to prepare for a research trip before you leave for Chicago.

54 Piano Ensemble - Session A (R)

Class Type: Live-Online Classroom 
Presenter: Heidi Lueck
Dates: 2/10 2/17 2/24 3/3
Time: 10-11:30 a.m. **Limit:** 10


This course is geared toward beginners with some experience reading music. Early intermediate musicians will be given more challenging ensemble parts when available. The class will use *Adult Piano Course Duet Book 1* (ISBN 0739007807) and *Duet Book 2* (ISBN 0-7390-1000-X), which everyone should have on first day of class. These books can be purchased at Jim’s Music, at bookstores or online. You will need to have your laptop, desktop or tablet close to your piano in order to participate in this online class. Sign up for Session A or B but not both.

55 Humor, Health, and Happiness in the Midst of a Pandemic (N)

Class Type: Live-Online Classroom 
Presenter: Lucy A. Arendt, PhD
Dates: 2/17 2/24
Time: 1-2:30 p.m. **Limit:** 150

Dr. Lucy is an expert on both humor and disasters. After years of studying these topics separately, the fates have made it possible to consider them together! During these two sessions, Dr. Lucy will discuss how humor can help us nurture our physical, mental and emotional health and happiness during times of great stress — like a global pandemic.


56 Orthopedic Care Advancing with Wearable Technology (N)

Class Type: Live-Online Classroom 
Presenter: Padraic Obma, MD
Dates: 2/24
Time: 10-11:30 a.m. **Limit:** 150

Join Dr. Padraic Obma, an orthopedic and sports medicine surgeon, to learn about redefining musculoskeletal care with a new wearable technology. He will explain how the technology advances patient care, from initial assessment and conservative treatment through surgery, post-op care and the return to the quality of life patients are striving for.

(N) – New Course (R) – Repeat (C) – Continuing

57 Changing World of Recycling and Solid Waste (R)

Class Type: Live-Online Classroom 


Presenter: Mark Walter

Dates: 3/3

Time: 10-11:30 a.m. **Limit:** 150

This course will discuss the state of recycling in the US and northeastern Wisconsin with a look at how recycling and waste recovery efforts are changing.

58 Sap to Syrup (N)

Class Type: Outdoors 

Presenter: Erica Bukouricz

Dates: 3/10

Time: 9-11 a.m. **Limit:** 30

Enjoy the sweetness of spring with the magic of maple syrup season at the preserve! Participants will learn the history and process of making maple syrup from the sugar bush to the sugar shack. If the sap is running, we will tap a maple tree and enjoy ice cream topped with maple syrup. This class will be held at the Bubbholtz Nature Center, which is located at 4815 N Lynndale Dr, Appleton, WI 54913.

59 Genetic Genealogy: Unearthing Family Secrets and Solving Cold Cases (R)

Class Type: Live-Online Classroom 

Presenter: Beth Mader

Dates: 3/10

Time: 10-11:30 a.m. **Limit:** 50

Nearly 30 million people in the US have taken direct-to-consumer DNA tests like AncestryDNA and 23andMe. Learn how these tests combined with genetic genealogy are solving family mysteries, identifying birth parents and helping law enforcement solve cold cases, often using distant relatives' DNA to point the way.

60 Group Piano - Session B (R)

Class Type: Live-Online Classroom 

Presenter: Heidi Lueck

Dates: 3/10 3/17 3/24 3/31

Time: 10-11:30 a.m. **Limit:** 10

This course is geared toward beginners with little or no experience. Anyone, regardless of age, musical background or talent can learn in a fun, relaxed and pressure-free environment. Basic note reading, rhythm and efficient practice techniques are taught. The class will use *Alfred's Basic Adult Piano Course Book 1* (ISBN 0882846167), which everyone should have on first day of class. This book can be purchased at Jim's Music, at bookstores or online. You will need to have your laptop, desktop or tablet close to your piano in order to participate in this online class. Sign up for Session A or B but not both.

61 Researching Irish Records for Family Research (R)

Class Type: Live-Online Classroom 

Presenter: David Miller

Dates: 3/17

Time: 10 a.m.-12 p.m. **Limit:** 100

This session will discuss how to research Irish records, including where to start and how to prepare for a research trip to Ireland and which archives are important to research. Also, we will look at what researchers need to do before they leave the US and what identification they need before they walk in the door at the archives.



Visit the [Irish Genealogical Society of Wisconsin website](#) for some helpful tips if you're new to Irish genealogy.

62 Politics, Government, and Civility: Wisconsin and the Nation (R)

Class Type: Live-Online Classroom 


Presenter: Michael Kraft

Dates: 3/24

Time: 10 a.m.-12 p.m. **Limit:** 200

This course will explore the role of politics and government in Wisconsin and the nation over the past several years and, in particular, the rise of partisan rancor, incivility and policy gridlock. It reviews many of the state and national trends that have affected relations between the two major parties plus policymaking processes on issues as diverse as energy, environment, health care and tax reform. It also asks what might be done to re-establish bipartisan cooperation and civility in what has often been a highly divisive political process that erodes public confidence in government.

63 Wisdom Revealed through Nature (N)

Class Type: Outdoors 

Presenter: David Kuckuk

Dates: 3/24 3/31 4/7 4/14 4/21 4/28

Time: 10 a.m.-12 p.m. **Limit:** 25

Primitive living skills provide a close connection and understanding of the natural world. Learning some of these skills will provide a much greater appreciation for the wisdom that nature can impart. An outdoor program with hands-on learning of a variety of fascinating topics including primitive living skills, tree identification, tracking and more. This class will be held at the Ellwood H. May Environmental Park, located at 3615 Mueller Rd, Sheboygan, WI 53083.

64 The Early History of the Green Bay Fire Department (R)

Class Type: Live-Online Classroom 

Presenter: David Siegel

Dates: 3/31

Time: 1-3 p.m. **Limit:** 250

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

65 Restoring Islands in the Bay (R)

Class Type: Live-Online Classroom 

Presenter: Mark Walter

Dates: 4/7

Time: 10-11:30 a.m. **Limit:** 150

The Cat Island Chain and Renard Island are two man-made islands that the Port of Green Bay has restored in the last decade. We will explore the history of the two sites, describe their current status and talk about their futures.

66 Politics in the Gilded Age (1870-1900) (N)

Class Type: Live-Online Classroom 

Presenter: Robert Cook

Dates: 4/7 4/14 4/21


Time: 1-3 p.m. **Limit:** 250

If you think politics today are nasty and that we have a divided country, you need this course. Politics in the period following the Civil War was not for sissies. It was a rough and tumble business engaged in venom and lots of money. Join us as we look at this interesting part of our history.

(N) – New Course (R) – Repeat (C) – Continuing

67 Piano Ensemble - Session B (R)**Class Type:** Live-Online Classroom **Presenter:** Heidi Lueck**Dates:** 4/7 4/14 4/21 4/28**Time:** 10-11:30 a.m. **Limit:** 10

This course is geared toward beginners with some experience reading music. Early intermediate musicians will be given more challenging ensemble parts when available. The class will use *Adult Piano Course Duet Book 1* (ISBN 0739007807) and *Duet Book 2* (ISBN 0-7390-1000-X), which everyone should have on first day of class. These books can be purchased at Jim's Music, at bookstores or online. You will need to have your laptop, desktop or tablet close to your piano in order to participate in this online class. Sign up for Session A or B but not both.

68 Wild about Waterfowl (N)**Class Type:** Outdoors **Presenter:** Jason Petrella & Dani Wegner**Dates:** 4/14**Time:** 9-11 a.m. **Limit:** 30

Join staff from Barkhausen Waterfowl Preserve on a hike looking for ducks, geese, and other waterfowl. Staff will talk about the natural history of these birds, help with species identification and explain how the park is managed for migrating and nesting waterfowl.

69 Advanced Line Dance (N)**Class Type:** Recorded **Presenter:** Jim Huss**Dates:** 4/14 4/21 4/28**Time:** 10 a.m. **Limit:** No limit

This class is intended for those who have progressed through Beginner and Basic Line Dancing and feel confident about their knowledge of line dance terminology. Steps will still be explained and demonstrated, but songs will tend to be faster and involve multiple turns and combinations of steps. Each of three classes will feature three new songs that haven't been taught in previous semesters.

70 Sensational Silk (N)**Class Type:** Recorded **Presenter:** Sandy Melroy**Dates:** 4/21**Time:** 10 a.m. **Limit:** No limit

Enjoy a peek into Sandy Melroy's studio and explore the art of painting on silk fabric. She will demonstrate, explain supplies, processes and a variety of techniques for this easy-to-learn art form. Class participants will also be treated to a trunk showing of her collection of wearable and finished silk art.

71 Understanding the Basics: Social Security and Medicare (listed with Thursday courses on [page 32](#))**72 Can They Take Our Home? (N)****Class Type:** Live-Online Classroom **Presenter:** Kevin Davidson, Esq. & Tracy Gibson, Esq.**Dates:** 4/28**Time:** 10 a.m.-12 p.m. **Limit:** 50

An informational discussion about the realities of high long-term care costs, "nursing home spend down," and some legal tools to preserve your family's wealth against losing everything.

73 Cave Tour and Sedimentary Geology (listed with Thursday courses on [page 33](#))**74 Passing It On, or Passing the Buck? (N)****Class Type:** Live-Online Classroom **Presenter:** Kevin Davidson, Esq. & Tracy Gibson, Esq.**Dates:** 5/19**Time:** 10 a.m.-12 p.m. **Limit:** 50

A frank discussion about estate planning, including wills, trusts, probate and what really happens to a family in the era of entitlement.

Thursday

75 Lord of the Rings - Second Age (N)

Class Type: Live-Online Classroom 

Presenter: Benjamin W. Cruz-Uribe

Dates: 1/14

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

Amazon announced they will be producing a TV series on the *Lord of the Rings*, which will cover the Second Age of Middle Earth. This course will go through what was actually written about the Second Age by J.R.R. Tolkien.

76 What Makes the Great Lakes So Great (listed with Friday courses on [page 34](#))

77 Books and You (R)

Class Type: Live-Online Classroom 


Presenter: Rebecca Johnson & Mary Halloin

Dates: 1/21 2/18 3/18 4/15 5/20

Time: 1-3 p.m. **Limit:** 16

We explore various genres in writing such as biography, mystery, history, novel or nonfiction, or specific theme or author. Members are invited to discuss a book of their own choosing within the assigned reading topic. For the January meeting, be prepared to discuss a book by your favorite author.

78 Guided Snowshoe Walk - Session A (N)

Class Type: Outdoors 


Presenter: Jessica Johnsrud

Dates: 1/21

Time: 9:30-11 a.m. **Limit:** 9

Enjoy a guided a snowshoe walk on the trails at Woodland Dunes Nature Center. Snowshoes, instruction and fun provided! The entire program will take place outdoors, so wear warm socks, winter boots and warm clothing. If there is poor weather or no snow, the program will be postponed to Thursday, February 18. Masks are required during the program and if you are sick or have symptoms of illness the day of the program, please stay home and take care of yourself. Register for Session A or B, but not both.

79 Guided Snowshoe Walk - Session B (N)

Class Type: Outdoors 

Presenter: Jessica Johnsrud

Dates: 1/21

Time: 1:30-3 p.m. **Limit:** 9

Enjoy a guided a snowshoe walk on the trails at Woodland Dunes Nature Center. Snowshoes, instruction and fun provided! The entire program will take place outdoors, so wear warm socks, winter boots and warm clothing. If there is poor weather or no snow, the program will be postponed to Thursday, February 18. Masks are required during the program and if you are sick or have symptoms of illness the day of the program, please stay home and take care of yourself. Register for Session A or B, but not both.



[Learn about Woodland Dunes Nature Center.](#)



(N) – New Course (R) – Repeat (C) – Continuing

80 Why We Get Mad... and What We Can Do About It (R)

Class Type: Live-Online Classroom 

Presenter: Ryan C. Martin, PhD

Dates: 2/4

Time: 10-11:30 a.m. **Limit:** 50

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

Watch Professor Martin's TED Talk.



81 Shipwrecks of the Great Lakes (N)

Class Type: Live-Online Classroom 

Presenter: Cathy Green

Dates: 2/4

Time: 1-3 p.m. **Limit:** 100

The Great Lakes have a rich maritime heritage, which can be explored through the study of shipwrecks. Join underwater archaeologist and Wisconsin Maritime Museum Executive Director Cathy Green as she dives into the stories and study of these underwater museums.

82 Needlework Open Stitch (R)

Class Type: Live-Zoom 

Presenter: Karen Wojahn

Dates: 2/4 2/11 2/18 2/25

Time: 1-2:30 p.m. **Limit:** 24

Is there a type of needlework you want to learn? Do you have an embroidery project that you want to complete? One you have always wanted to do or maybe one you started years ago? Join Karen online with any piece of hand embroidery — old or new — to work on. There will be help for you if you need it. Not sure what you want to work on? Join us for the first class and get lots of ideas.

83 Take Flight! Discover Bird Watching in Brown County (N)

Class Type: Live-Online Classroom 


Presenter: Erin Giese

Dates: 2/11

Time: 1-2:30 p.m. **Limit:** 150

Ever wonder how to become involved in birdwatching? Then tune in to explore local birding hotspots in Brown County, Wisconsin, and learn how to become a birdwatcher. Students will also learn about global and local avian diversity, why birds are important and why some bird species are declining.

84 Beginning Line Dancing (R)

Class Type: Recorded 


Presenter: Jim Huss

Dates: 2/18 2/25

Time: 10 a.m. **Limit:** No limit

Beginning Line Dancing is appropriate for those who have never line danced before and those who wish to review and refresh their knowledge of basic steps and terminology before participating in Basic Line Dancing. Experienced dancers are welcome to register for this class as well as help guide and assist others in learning the basic steps.

85 Guided Snowshoe Hike at Mosquito Hill Nature Center (N)

Class Type: Outdoors 

Presenter: Mike Hibbard or Adam Brandt

Dates: 2/18

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

Join us for a naturalist-led snowshoe hike as we explore the property at Mosquito Hill Nature Center located near New London. Bring your own snowshoes and dress for the weather. No experience necessary. Snowshoes are available for those who need them. A fee of \$5.00 will be collected the day of class.

86 From the Holocaust to Civil Rights (R)

Class Type: Live-Online Classroom 

Presenter: Debbie Simon Konkol, Jeanne Simon Weinberg & Chris Simon Halverson

Dates: 2/18

Time: 10-11:30 a.m. **Limit:** 150

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

87 Life Story: A Synthesis of Past, Present and Future (N)

Class Type: Live-Online Classroom 

Presenter: Dr. Dean Von Dras

Dates: 2/18 2/25

Time: 11 a.m.-12:20 p.m. **Limit:** 50

This will be an intergenerational class, with sharing between current UW-Green Bay students and our LLI members. The class orientation will be discussion-based and life-review focused. Addressing the question, "What makes you, you?", each participant will be asked to write about and discuss their life-story, relating key events, processes, and understandings gleaned from their life-long developmental journey.

88 Aging and Disability Resource Center - Your Partner through Life Changes (R)

Class Type: Live-Online Classroom 

Presenter: ADRC Staff: Megan Kolton, Teri Bradford, Barb Michaels

Dates: 2/18

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

The ADRC is the 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.


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.

(N) – New Course (R) – Repeat (C) – Continuing

89 Basic Dynamics of Domestic Violence and the Impact on Children (R)

Class Type: Live-Online Classroom 

Presenter: Michaela Polewski

Dates: 3/4

Time: 10 a.m.-12 p.m. **Limit:** 100

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

90 Basic Line Dancing (R)

Class Type: Recorded 

Presenter: Jim Huss

Dates: 3/4 3/11 3/18 3/25 4/1 4/8

Time: 10 a.m. **Limit:** No limit

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

91 ESP Evaluation and Development, Session B (R)

Class Type: Live-Online Classroom 


Presenter: Deb Klein

Dates: 3/11

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? Then come join us online for a light and lively class where you will be tested for various forms of ESP through the use of Zener cards, followed by participation in a short remote-viewing session. The remainder of our time will be dedicated to exploring the terminology of ESP phenomena and learning new ways to develop your intuitive skills. Sign up for Session A or B, not both.

92 Food and Agricultural History: Growing Heirloom Vegetables (N)

Class Type: Live-Online Classroom 

Presenter: Adam & Dianna Diehl

Dates: 3/25

Time: 10 a.m.-12 p.m. **Limit:** 30

What is an heirloom vegetable? And why are heirloom vegetables important? Heirlooms tie us to the past and those that have gone before us. There is something special about growing and eating the same varieties that were available to your great-grandparents and generations before them. Learn about different heirloom vegetables dating back hundreds of years that you can grow in your own garden today.

93 Formation of the New Testament Canon (N)

Class Type: Live-Online Classroom 

Presenter: Benjamin W. Cruz-Uribe

Dates: 4/8

Time: 1-3 p.m. **Limit:** 200

The New Testament of the Bible contains twenty-seven books. Where did they come from? How were they chosen? Why are only these books and not other old texts in the canon? This course will try to answer these questions and more about the history of the formation of the New Testament canon.

94 Girl Scouts - The Future of Green Bay (R)

Class Type: Live-Online Classroom 

Presenter: Angela Thoune

Dates: 4/15

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

Every day, Girl Scouting helps prepare girls for a lifetime of leadership. You will learn how things have changed to help girls develop their full individual potential; relate to others with increasing understanding, skill and respect; develop values to guide their actions and provide the foundation for sound decision-making; and contribute to the improvement of society through their abilities, leadership skills and cooperation with others. Girl Scouts is the place where future female leaders start their journey.

95 Moving Towards Zero Waste in Northeastern Wisconsin (N)

Class Type: Live-Online Classroom 

Presenter: Dean Hoegger

Dates: 4/15

Time: 10 a.m.-12 p.m. **Limit:** 150

Dean Hoegger, Clean Water Action Council President and one of the cofounders of the former Brown County Zero Waste Coalition, will share examples of communities that are making excellent progress towards a goal of zero waste and the progress here in northeastern WI. The ongoing threat from incineration projects will be discussed and other obstacles to achieving sustainability in the waste stream. Tips for actions one can take at home will include composting and suggestions for urging actions by legislators will be provided.

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

Class Type: Live-Online Classroom 

Presenter: ADRC Medicare Volunteer

Dates: 4/22

Time: 1-3 p.m. **Limit:** 100

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

96 Sometimes It Takes More Than an Iceberg to Sink a Ship! (R)

Class Type: Live-Online Classroom 

Presenter: Michael Troyer & Linda Troyer

Dates: 4/22

Time: 10-11:30 a.m. **Limit:** 100

The sinking of the RMS Titanic in 1912 remains a fascination years later. This course will explore why the largest and safest ship of its time was built, the grand style of its appointments (for some), the uniqueness of its design, the people on her maiden voyage, the images of her before and now, the perfect storm of events, actions, and human behavior that led to her sinking and the unique story of a Green Bay family who sailed on her fateful voyage.

97 End of Life Care: Creating Your Own Advance Directives for Medical Care (R)

Class Type: Live-Online Classroom 

Presenter: Kathy Takahashi

Dates: 4/29

Time: 1-3 p.m. **Limit:** 200

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

98 Crime Stoppers - Making Your Community a Safer Place to Live (R)

Class Type: Live-Online Classroom 

Presenter: Hans Lux Jr

Dates: 4/29

Time: 10-11:30 a.m. **Limit:** 50

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

99 Dangers of the 21st Century World Population Bomb (N)

Class Type: Live-Online Classroom 

Presenter: Bob Srenaski

Dates: 5/6

Time: 10 a.m.-12 p.m. **Limit:** 150

Greater life expectancy and societal dependency of older folks versus fewer young folks due to continuously declining birth rates are the most explosive issues of the 21st century and it's happening now.

(N) – New Course (R) – Repeat (C) – Continuing

73 Cave Tour and Sedimentary Geology (N)

Class Type: Outdoors ☀️
Presenter: Louis Marum
Dates: 5/13
Time: 3-5 p.m. **Limit:** 20

Explore the caves at Ledge View Nature Center and learn about sedimentary geology and bats! Our tour is 1/2 mile long and up and down ladders, walking on uneven surfaces. The Nature Center is located at W2348 Short Rd, Chilton, WI 53014. A fee of \$6 will be collected the day of class.



Learn about the Ledge View Nature Center.



100 Walking in the Shadow of History - The Great Green Bay Fire of 1880 - Session A (N)

Class Type: Outdoors ☀️
Presenter: David Siegel
Dates: 5/27
Time: 10 a.m.-12 p.m. **Limit:** 10

The Great Green Bay Fire of September 20, 1880, destroyed more buildings than any other fire in the city’s entire history. The flames burned 100 buildings, including sixty homes, a church, a few businesses and some out-buildings. Local historian, author and firefighter David Siegel will provide a guided walking tour that follows the path of the fire—about 1.2 miles one-way, taking one hour—visiting the origin site, significant firefighting locations, destroyed building sites and five extant buildings that were directly threatened by the flames in 1880. This guided tour will vividly describe the experiences of the Green Bay citizens

and firefighters that fateful day. Please dress appropriately for the weather. By registering for this class, you agree to follow the guidelines recommended by the CDC and UW-Green Bay (i.e. social distancing, wearing masks, washing hands, etc.) to prevent the spread of the COVID-19 virus. Register for Session A or B, not both.

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

Class Type: Outdoors ☀️
Presenter: David Siegel
Dates: 6/3
Time: 10 a.m.-12 p.m. **Limit:** 10

The Great Green Bay Fire of September 20, 1880, destroyed more buildings than any other fire in the city’s entire history. The flames burned 100 buildings, including sixty homes, a church, a few businesses and some out-buildings. Local historical author and firefighter David Siegel will provide a guided walking tour that follows the path of the fire—about 1.2 miles one-way, taking one hour—visiting the origin site, significant firefighting locations, destroyed building sites and five extant buildings that were directly threatened by the flames in 1880. This guided tour will vividly describe the experiences of the Green Bay citizens and firefighters that fateful day. Please dress appropriately for the weather. By registering for this class, you agree to follow the guidelines recommended by the CDC and UW-Green Bay (i.e. social distancing, wearing masks, washing hands, etc.) to prevent the spread of the COVID-19 virus. Register for Session A or B, not both.

Friday

76 What Makes the Great Lakes So Great (R)

Class Type: Live-Online Classroom 

Presenter: Julia Noordyk

Dates: 1/15

Time: 10 a.m.-12 p.m. **Limit:** 50

The talk will be about the Great Lakes as one of the most treasured resources on Earth. You will learn about the issues facing the Great Lakes and what Sea Grant is doing to help coastal communities overcome these challenges. We will end with a game of trivia to test your knowledge on why the Great Lakes are so great.

102 From the Heart: Techniques for Reducing Stress, Building Resilience (R)

Class Type: Live-Online Classroom 

Presenter: David Ferguson, MD

Dates: 1/22

Time: 1-2 p.m. **Limit:** 25

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.

103 Lakeshore Vermicomposting LLC's Mission: Waste Made Wonderful With Worms (N)

Class Type: Recorded 

Presenter: Bill & Kim Jacobson

Dates: 1/29

Time: 10 a.m. **Limit:** No limit

Learn how composting all of our farm animal manure, paper and cardboard waste, food scraps, and lawn and garden waste and then using worms

to convert it into high value worm castings has made our farm not only become sustainable, but profitable. Worm farming helps reduce the amount of food waste that goes into landfills to help others around the world.

104 How We Do Death and Dying (R)

Class Type: Live-Online Classroom 

Presenter: Illene Cupit

Dates: 1/29

Time: 10 a.m.-12 p.m. **Limit:** 250

All humans (and most likely some animal species) experience the emotional consequences of losing someone they have loved. This universal experience, known as grief, encompasses emotional, physical, psychological and spiritual dimensions. There are many aspects of grief that we all have in common, and yet it is highly individualized in terms of who died, our relationship to the deceased, how the death occurred and the coping strategies that are used to negotiate the grief. This workshop will go beyond stages to fully explore current knowledge and thinking about grief. In addition, we will discuss the remarkable resiliency that most humans have in the face of loss.

105 Introduction to Yoga Basics (N)

Class Type: Live-Online Classroom 

Presenter: Mary Hall


Dates: 2/5 2/12 2/19 2/26

Time: 9-10 a.m. **Limit:** 15

Learn to incorporate yoga basics into your daily routine in this 4-week introductory series to improve your health and wellness. Course topics include gentle movement, breath work, relaxation and meditation. The benefits of a daily yoga practice include increased strength and flexibility as well as decreased stress. All body shapes, sizes and abilities are welcome. No previous experience with yoga required. Please wear comfortable clothing.

(N) – New Course (R) – Repeat (C) – Continuing

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

Class Type: Live-Online Classroom 

Presenter: Brown County Narcotics Investigator

Dates: 2/19

Time: 10 a.m.-12 p.m. **Limit:** 100

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

107 Famous Poets: Dylan Thomas and T.S. Eliot (R)

Class Type: Recorded 

Presenter: Mike Murphy

Dates: 2/26

Time: 10 a.m. **Limit:** No limit

Dylan Thomas was a notorious alcoholic and womanizer during a short wild life. His poems are lyrical celebrations of nature, the joys of childhood and the inexorable cycle of life. T.S. Eliot was a straight-laced, upper class, religious, Harvard-educated poet whose shockingly *modern* poems "The Waste Land" and "The Hollow Men" present a sharp contrast to Thomas's in subject matter, theme and style.

108 Credit: Where Credit Is... What? (R)

Class Type: Live-Online Classroom 

Presenter: Karen Murto-Gill

Dates: 3/5

Time: 1-2:30 p.m. **Limit:** 50

This class will cover the basics of credit card processing from both consumer and merchant/business viewpoints, using money values, debit and credit cards, card associations, fees, discounts, security, terminals versus internet, and the basics of moving money. (No fraud or identity theft will be covered.)

109 From Fishing 101 to Tournament Fishing (N)

Class Type: Live-Online Classroom 

Presenter: Brandon Ruffolo

Dates: 3/19

Time: 1-3 p.m. **Limit:** 75

Join Brandon as he reviews the basics of fishing. He will also share his stories from his experience in the world of tournament fishing!

110 Foodborne Illness - What It is and How to Prevent It (R)

Class Type: Recorded 

Presenter: Betsy Luczaj

Dates: 4/2

Time: 10 a.m. **Limit:** No limit

Have you ever been sick after eating out or after a party? There is a good chance you have had some kind of foodborne illness. This course will go over common bacteria and viruses that can make you sick, as well as how you can prevent these illnesses.

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

Class Type: Recorded 

Presenter: Lori Bankson

Dates: 4/9

Time: 10 a.m. **Limit:** No limit

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

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

Class Type: Live-Online Classroom 


Presenter: Judith Knudsen

Dates: 4/16

Time: 10-11:30 a.m. **Limit:** 50

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

113 Biking is Fun at Any Age (R)

Class Type: Outdoors 

Presenter: Del Tills

Dates: 4/23 4/30 5/7 5/14 5/21 5/28

Time: 10 a.m.-12 p.m. **Limit:** 30

We bike on trails in and out of the area. Rides range from 10-24 miles. Bikers will be responsible for getting their bikes to the trailhead. Multi-speed bikes are recommended and helmets are required. An itinerary with directions for each ride will be posted on the LLI website. A completed Assumption of Risk form must be on file in the LLI office prior to the first day of class. A State Trail Pass will be required for some rides. By registering for this class, you agree to follow the guidelines recommended by the CDC and UW-Green Bay (i.e. social distancing, wearing masks, washing hands, etc.) to prevent the spread of the COVID-19 virus.

114 Wilderness and Environmentalism in Historical Perspective (N)

Class Type: Live-Online Classroom 

Presenter: David Voelker, PhD

Dates: 4/23

Time: 9:30-11 a.m. **Limit:** 75

This single session course will explore the development of the concept and practice of wilderness preservation, the role that wilderness preservation played in the rise of modern environmentalism, and the limitations and problems of the wilderness ideal as a way of understanding the relationship between humans and the living planet.

115 Writing the Roller Coasters: Reshaping Imprints Through Words (N)

Class Type: Live-Online Classroom 

Presenter: Shari Liesch, APNP, CDE

Dates: 4/30

Time: 10-11:30 a.m. **Limit:** 50

Writing is health supportive. From letters, notes, journal entries and poetry, writing is healing. Writing connects with emotions, helps with cognitive processing and reorganizing. With writing, one can rewrite the ending. A new sense of the experience helps one find a new sense of the whole after life's "challenges." This session will explore how writing is health supportive, starting with the Pennebaker Process. It will include RES: Reflective, Expressive and Symbolic exploration of poetry to heal.



Like Us

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!](#)

(N) – New Course (R) – Repeat (C) – Continuing

Your Lifelong Learning Institute Needs You!

We are challenged by an unprecedented situation and have done the best we possibly can to offer an interesting array of classes for the spring. At the same time, we are striving to keep the health and well-being of our members and presenters in mind.

It is our hope that you will continue to support Lifelong Learning Institute by returning this spring to register for classes. Your Lifelong Learning Institute is a non-profit organization, and we need our members to help us to ensure we can continue to exist.

We need you!





UNIVERSITY of WISCONSIN
GREEN BAY

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Green Bay, WI 54311-7001

Quick Links!

**Registration opens November 23
at 10 a.m. and continues through
December 17 at 4 p.m.**

[See Registration Checklist.](#)

**Registration must be
completed online.**

[Use our handy Registration Worksheet
to choose your courses.](#)

Susan Pike Program Specialist and LLI volunteers are happy to help if you have any issues and are available by phone or email.

More information in the Lifelong Learning Institute newsletter.

Contacting LLI:

The LLI office on the UW-Green Bay campus remains closed. Susan continues to work from home, supported by office volunteers and many other LLI members who have stepped forward to help out from their homes.

The best way to contact us is by emailing lli@uwgb.edu.

