

Together, We Learn



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



Registration begins December 6, 2021. Register early for best selection.

Details and registration at www.uwgb.edu/lli

Find Inside

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



UNIVERSITY of WISCONSIN
GREEN BAY

Join Us at Lifelong Learning Institute

The Lifelong Learning Institute (LLI) is a member-led program sponsored by the University of Wisconsin-Green Bay's Division of Continuing Education and Community Engagement for adults interested in learning and community. LLI offers courses in a wide range of topics each semester in a variety of formats and lengths. Instructors share their passions with lots of opportunities for questions, comments and discussion. No tests, no papers and no credits. Just learning for the joy and community of it.

Spring Semester Fee: \$75

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



Register Early for Best Selection

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

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



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.



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.



With over 175 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, December 6 at 10 a.m.**
Existing LLI members — look for an LLI email containing your personal registration link. Please email lli@uwgb.edu if your email address has changed.
- ✓ You may register for up to 15 courses during the initial registration period. Only register for the number of classes you are able to attend, as a place will be reserved in your name.
- ✓ If a course 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:** On January 4, registered members will receive an email with a list of classes with openings. Members are able to add more classes by emailing the Coordinator. Coordinators' contact info is listed in the catalog along with the course detail. If there is not a Coordinator listed, please email the LLI office at lli@uwgb.edu. For Zoom classes, also email the LLI office.

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

Existing Member Registration

You will receive an email on the morning of Monday, December 6 when registration opens. This email will contain your personal registration link. Your registration account is based on your email address. **IMPORTANT!** If you have changed your email address since the last time you registered, please contact the LLI Office prior to registering at lli@uwgb.edu to update it in the system.

New Member Registration

Please register online at www.uwgb.edu/lli, click on "Catalog/Register" on the left side of the page and select the "Register Now" button. You will receive an email 2-3 days after registering that will contain your payment link. Your registration is not complete until we receive your payment.

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



Class Add-on and/or Class Absence

Online Zoom Classes:

Please email lli@uwgb.edu with any changes.

In-Person Classes:

Please email the Coordinators as listed in the Course Description section of the catalog.



Refund Policy

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



Contacting LLI

The LLI office is located in the David A. Cofrin Library, CL 109. Please email us with questions.

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



Tuition Assistance

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

Donate to LLI

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

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

License Plate # _____ *(required for registration)*

[illegible]

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

1	Safeguarding Our Communities (Canceled)
2	Brief History of the Byzantine Empire
3	Drugs in Brown County - Are Your Grandchildren at Risk?
4	It's a Mystery to Me
5	Finding Your Happy Place When the World Is On Fire
6	AmeriCorps Seniors, What's it all about?
7	Safeguarding Our Communities (Canceled)
8	Legal Issues in Retirement
9	Living With the Skin You're In
10	The Walleye and Musky Fisheries of Green Bay
11	1960's: A Living History
12	10 Tips for Arranging Furniture
13	Israel/Palestine Today
14	Gentle Yoga
15	Mystics of the Middle Ages
16	Tatted Flowers

17	Slow Vinyassa Flow Yoga
18	Geological Wonders of the Earth
19	Strength and Balance for Seniors
20	RV Life: "I Love It"
21	Safeguarding Our Communities
22	Women in World War II - Women's Air Force Support (WASP)
23	Healthy Living for your Brain & Body canceled
24	Simply Scrumptious Scones
25	Winter Tree Identification
26	Let's Talk Turkeys
27	Vegetable Gardening Tips
28	Know Your Movie Classics! A Second Look...
29	ASPIRO: Creating Opportunities for Individuals with Disabilities
30	Glass Fusion Jewelry - Session A
31	Robber Barons
32	From the Heart: Techniques for Reducing Stress & Building Resilience

33	Glass Fusion Jewelry - Session B
34	Wild Flowers of Wisconsin
35	Celebrate Spring Bounty with Chef Diana
36	Popular Songs of the Gershwin Brothers
37	Wild Edibles in Wisconsin
38	Understanding and Interpreting Aquifers and Water Quality
39	Uninvited Guests: Arthropods In Your House
40	BEER: Brewing and Packaging Beer with Stillmank Brewing Company
41	Continuing Issues
42	Volcanoes and Their Human Impact
43	Vision Board: 2022 and You!
44	Design for 3D Printing and Laser Cutting
45	You Have Something Beautiful to Share: Let's Talk
46	7 Step Chair Caning
47	Needle Felting a Pincushion
48	Make a Hanging Lamp
49	Your Bicycle and You (Canceled)
50	Zentangle Hearts

51	How Record Water Levels Impact Great Lakes Coastal Wetland Birds and Anurans
52	Upcycling: It's Not A Trend
53	Laser Cut Art Coasters
54	Low Carbohydrate Approach for Treating Diabetes
55	Under the Trench Coat
56	Decorating Outdoor Living Spaces
57	Digital Camera: Techniques for Web and Print
58	Sap to Syrup
59	Sugar Bush - Making Maple Syrup
60	Woodturning: How to Get Started
61	ESP Evaluation & Development
62	Birds of Prey in NE WI
63	Geocaching Adventure Lab
64	Manitowoc County Joint Dispatch Tour
65	Using Local, State, and Federal Laws to Protect the Waters of Northeast Wisconsin
66	Pastel Drawing
67	Re-districting and the Need to End Gerrymandering
68	Pollinators + Pollination + Plants = Life

Registration Prep Form

Lifelong Learning Institute Catalog

69	Literary Cafes/Legendary Cafes: American Writers in Paris (continued)
70	Mixed Media Exploration
71	Wild About Waterfowl
72	Life of the Bay: The Connection of First Nations to Land & Water
73	Tour of Manitowoc's Sabbatical Brewing Company
74	Living Well with Jin Shin Jyutsu
75	Guided Walk in Baird Creek: Ecology and History
76	Behind the Scenes Look at the Weidner
77	Authentic 1850's Windmill Tour - B
78	Antarctica By Way of South Georgia
79	Zentangle in Black and White
80	Sharon S. Richardson Community Hospice Tour
81	Brewing and Sensory Analysis(tasting) A Primer
82	Health and Care of Birds and How to Attract Them to Your Yard
83	Group Piano
84	Zentangle! What is it?
85	PetSkull Brewing Company Tour
86	Any Last Words?

87	Snowshoe Walk at Woodland Dunes Nature Center
88	Snowshoe Walk at Woodland Dunes Nature Center
89	Writing Your Memoirs
90	Identifying the Drugs that are Affecting You, Your Family, and Your Community (Canceled)
91	Starting Your Genealogy & Getting Around the Brick Wall!
92	Your Homes Worth/Prepping for Sale
93	How Record Water Levels Impact Great Lakes Coastal Wetland Birds and Anurans
94	Of Toads and Cars: The Wind in the Willows
95	Mosquito Hill Lowland Snowshoe Hike
96	Zentangle 2.0
97	Beginning Line Dancing
98	Investigation and development of Drug Cases
99	Piano Ensemble
100	Painting With Encaustics (colored beeswax)
101	Sacred Mud: Native American Pottery Traditions
102	Shipwrecks of the Great Lakes
103	Basic Line Dancing
104	Zentangle 2.0

105	Searching Your Irish Genealogy From This Side of the Pond
106	Time to play Pinball and Video Games
107	Real Vietnam War
108	Tour Krueger International (KI): 100% Employee Owned
109	Cremation: A Hot Topic
110	Ukrainian Eggs
111	Social Isolation & The Adult Homeless Population; with Tour of St. John's Homeless Shelter
112	Elon Musk Chapter 2: Mission to Mars
113	Shipwrecks of the Great Lakes
114	Zentangles 2.0
115	Advanced Line Dancing
116	Climate Change and Energy Policy
117	Quilts of Western India
118	Climate Change and Energy Policy - Zoom
119	ESP Evaluation & Development
120	Financial Crimes Awareness & Prevention
121	Painting with Punch and Purpose
122	Woodlawn Cemetery Residents

123	A Survey of the Menominee, First Nation of What is Now Wisconsin
124	Botanical Gardens - Gardener's Delight Tour
125	Walking in the Shadow of History - Green Bay Fire of 1880 - Session B
126	U.P Stories (Book Club)
127	Books and You
128	Stand-Up Comedy: DIY at Any Age
129	Nearest Neighbors: Untangling Grief, Depression, Anxiety, and Trauma
130	Beginning Knitting: Two-Cable Hat
131	Knit a 'Top-Down' Sweater
132	Five Money Questions for Women
133	Leadership Through the Eyes of A Conductor
134	Real Vietnam War
135	The Menominee River: Past Practices, Current Conditions, Future Challenges
136	ADRC: Your Partner Through Life's Changes
137	Growing a Productive Vegetable/Herb Garden in Wisconsin
138	The DaVinci Diaries
139	Exercise as Medicine
140	Historic Homes of Manitowoc's Movers and Shakers in the Early 1900's

141	With Wings Like Eagles - The Battle of Britain
142	Health Benefits of Olive Oil and Balsamic Vinegar
143	Rise and Fall of Labor Unions in the U.S.
144	Spreading the Word, About Cheese Spread That Is!
145	Think Spring: Colorful Flower Pots
146	Power of Meaning-Making: Transforming Pain into Purpose
147	Dangers of the 21st Century World Population Bomb
148	Understanding the Basics: Social Security and Medicare
149	Biking Northeast Wisconsin
150	Protecting Our Water Resources: Planning for the Future
151	Understanding the Basics: Social Security and Medicare
152	Who was Jesus of Nazareth: Facts, Myths, & Misconceptions
153	Art of Calligraphy
154	Apostle Islands: Jewels of Lake Superior
155	Those Thrilling Days of Yesteryear: A Look At the Golden Age of Radio
156	Why Not Knot? Hand Embroidery
157	Authentic 1850's Windmill Tour - A
158	Green Armoire

159	America's National Debt Problem
160	Early History of the Green Bay Fire Department
161	Family of Jesus of Nazareth: Facts, Myths, & Misconceptions
162	Home Modifications to Keep You in Your Home Safer & Longer
163	Historical Tour of Franciscan Sisters Motherhouse in Manitowoc
164	Theatre with Readers: Very Fun to See and Do
165	Walking in the Shadow of History- Green Bay Fire of 1880 - Session A
166	Visit the Fibers & Textiles Studio at NWTC Artisan Center
167	Tour of Belgian Heritage Center
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169	Astronomy: A Basic Overview for Beginner Stargazers
170	Guess Who's Coming to Dinner?
171	Green Bay Fisheries with a Focus on Northern Pike
172	D.I.Y. Stress Reduction
173	Is it Torture? Human Dignity and Solitary Confinement in American Prisons.
174	Nocturnal Animals of Wisconsin
175	Yoga Basics
176	Basic Weather: Mid-Latitude Cyclones

177	Learn About Scams and Identity Theft
178	Wisconsin's Best Kept Geological Secret: The Niagara Escarpment
179	Acknowledging Wisconsin's First Nations People and Lands
180	Life Transitions: Crisis and Opportunity
181	UW-Green Bay Viking House
182	Emergency Preparedness for Families
183	STEM Innovation Center at UW-Green Bay
184	Happiness, Hope and Healing
185	Functional Fitness, Exercise and NKT
186	Ethics and Biases in Artificial Intelligence
187	Water Conservation & Pollution Prevention
188	World's Greatest Churches Part 2

189	Art of Thrift Store Shopping
190	The Way We Do Death - Part 2
191	Ending the Dropout Crisis
192	Tour of Italy, Venice, Florence, Pisa and the Ancient Roman City of Pompeii
193	Biking is Fun at Any Age
194	Monarch Butterfly Spring Migration
195	Racewalking for Lifetime Fitness
196	Fun with Aromatherapy
197	Creating Your Own Herbal Remedies
198	Holy Land Holy Smoke

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.

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No.	Title	Time	Start	Subsequent Dates					
38	Understanding and Interpreting Aquifers and Water Quality	1-3 p.m.	1/4						
39	Uninvited Guests: Arthropods In Your House	10 a.m.-12 p.m.	1/11						
82	Health and Care of Birds and How to Attract Them to Your Yard	10 a.m.-12 p.m.	1/12						
169	Astronomy: A Basic Overview for Beginner Stargazers	10 a.m.-12 p.m.	1/14						
170	Guess Who’s Coming to Dinner?	10 a.m.-12 p.m.	1/14	1/28 6/17	2/18 7/15	3/18	4/15	5/20	
✕	Safeguarding Our Communities	11:45 a.m.-1 p.m.	1/17	(Canceled)					
40	BEER: Brewing and Packaging Beer with Stillmank Brewing Company	1-2:30 p.m.	1/18	Date Changed to 2/15					
41	Continuing Issues	1-3 p.m.	1/18	2/1 4/12	2/15 4/26	3/1	3/15	3/29	
42	Volcanoes and Their Human Impact	1-3 p.m.	1/18						
43	Vision Board: 2022 and You!	1-3 p.m.	1/18	Date Changed 3/29					
83	Group Piano	10-11:30 a.m.	1/19	1/26	2/2	2/9			
84	Zentangle! What is it?	1-3 p.m.	1/19						
126	U.P Stories (Book Club)	10 a.m.-12 p.m.	1/20	2/17	3/17	4/21			
127	Books and You	1-3 p.m.	1/20	2/17	3/17	4/21	5/19		
128	Stand-Up Comedy: DIY at Any Age	1-3 p.m.	1/20						
2	Brief History of the Byzantine Empire	10 a.m.-12 p.m.	1/24						

44	Design for 3D Printing and Laser Cutting	10 a.m.-12 p.m.	1/25	2/1				
45	You Have Something Beautiful to Share: Let's Talk	10-10:45 a.m.	1/25					
46	7 Step Chair Caning	1-3 p.m.	1/25	2/1	2/8	2/15	2/22	
85	PetSkull Brewing Company Tour	10 a.m.-12 p.m.	1/26					
86	Any Last Words?	1-3 p.m.	1/26					
129	Nearest Neighbors: Untangling Grief, Depression, Anxiety, and Trauma	10 a.m.-12 p.m.	1/27					
171	Green Bay Fisheries with a Focus on Northern Pike	10 a.m.-12 p.m.	1/28					
47	Needle Felting a Pincushion	1-3 p.m.	2/1	2/8				
87	Snowshoe Walk at Woodland Dunes Nature Center	10 a.m.-12 p.m.	2/2					
88	Snowshoe Walk at Woodland Dunes Nature Center	1-3 p.m.	2/2					
89	Writing Your Memoirs	1-3 p.m.	2/2	2/9	2/16	2/23	3/2	3/9
131	Knit a 'Top-Down' Sweater	1:30-3 p.m.	2/3	2/10	2/17	3/3		
132	Five Money Questions for Women	10-11 a.m.	2/3	2/10	2/17	2/24		

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

130	Beginning Knitting: Two-Cable Hat	12-1:30 p.m.	2/3	2/10	2/17	3/3
172	D.I.Y. Stress Reduction	10 a.m.-12 p.m.	2/4	Date Changed 4/1		
173	Is it Torture? Human Dignity and Solitary Confinement in American Prisons	10 a.m.-12 p.m.	2/4			
3	Drugs in Brown County - Are Your Grandchildren at Risk?	10 a.m.-12 p.m.	2/7	Date Changed to 2/21		
4	It's a Mystery to Me	1-3 p.m.	2/7	3/7	4/4	5/2 6/6
48	Make a Hanging Lamp	10 a.m.-12 p.m.	2/8	2/15		
49	Your Bicycle and You	10 a.m.-12 p.m.	2/8	2/10	canceled	
50	Zentangle Hearts	1-3 p.m.	2/8			
51	How Record Water Levels Impact Great Lakes Coastal Wetland Birds and Anurans	9:30-11 a.m.	2/8			
90	Identifying the Drugs that are Affecting You, Your Family, and Your Community	10 a.m.-12 p.m.	2/9	canceled		
91	Starting Your Genealogy & Getting Around the Brick Wall!	11 a.m.-12:30 p.m.	2/9			
92	Your Homes Worth/Prepping for Sale	1-3 p.m.	2/9			
93	How Record Water Levels Impact Great Lakes Coastal Wetland Birds and Anurans	9:30-11 a.m.	2/9			
133	Leadership Through the Eyes of A Conductor	1-3 p.m.	2/10	Date Changed to 2/17		
174	Nocturnal Animals of Wisconsin	10 a.m.-12 p.m.	2/11			
175	Yoga Basics	1-2 p.m.	2/11	2/18	2/25	
5	Finding Your Happy Place When the World Is On Fire	10 a.m.-12 p.m.	2/14	2/21		
6	AmeriCorps Seniors, What's it all about?	10-11:30 a.m.	2/14			

X	Safeguarding Our Communities	11:45 a.m.- 1 p.m.	2/14	(Cancelled)		
94	Of Toads and Cars: The Wind in the Willows	10-11:45 a.m.	2/16	2/23	first date canceled	
95	Mosquito Hill Lowland Snowshoe Hike	1-3 p.m.	2/16			
96	Zentangle 2.0	1-3 p.m.	2/16			
97	Beginning Line Dancing	9:30-11:30 a.m.	2/16	2/23		
134	Real Vietnam War	10 a.m.-12 p.m.	2/17			
176	Basic Weather: Mid-Latitude Cyclones	10 a.m.-12 p.m.	2/18			
177	Learn About Scams and Identity Theft	10 a.m.-12 p.m.	2/18			
8	Legal Issues in Retirement	1-3 p.m.	2/21	2/28		
9	Living With the Skin You're In	1-3 p.m.	2/21			
52	Upcycling: It's Not A Trend	10 a.m.-12 p.m.	2/22			
53	Laser Cut Art Coasters	10 a.m.-12 p.m.	2/22	3/1		
98	Investigation and development of Drug Cases	10 a.m.-12 p.m.	2/23			
99	Piano Ensemble	10-11:30 a.m.	2/23	3/2	3/9	3/16
100	Painting With Encaustics (colored beeswax)	12-3 p.m.	2/23			

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.

101	Sacred Mud: Native American Pottery Traditions	1-3 p.m.	2/23						
135	The Menominee River: Past Practices, Current Conditions, Future Challenges	10 a.m.-12 p.m.	2/24						
178	Wisconsin's Best Kept Geological Secret: The Niagara Escarpment	1:30-3 p.m.	2/25	3/11					
179	Acknowledging Wisconsin's First Nations People and Lands	9-10:30 a.m.	2/25						
10	The Walleye and Musky Fisheries of Green Bay	10 a.m.-12 p.m.	2/28						
54	Low Carbohydrate Approach for Treating Diabetes	1-3 p.m.	3/1						
102	Shipwrecks of the Great Lakes	10 a.m.-12 p.m.	3/2						
103	Basic Line Dancing	9:30-11:30 a.m.	3/2	3/9	3/16	3/23	3/30	4/6	
136	ADRC: Your Partner Through Life's Changes	10 a.m.-12 p.m.	3/3						
137	Growing a Productive Vegetable/Herb Garden in Wisconsin	10 a.m.-12 p.m.	3/3						
180	Life Transitions: Crisis and Opportunity	10 a.m.-12 p.m.	3/4						
181	UW-Green Bay Viking House	1-3 p.m.	3/4						
11	1960's: A Living History	9 a.m.-12 p.m.	3/7	3/9	3/11				
12	10 Tips for Arranging Furniture	10 a.m.-12 p.m.	3/7						
13	Israel/Palestine Today	10 a.m.-12 p.m.	3/7	3/14					
14	Gentle Yoga	1-2 p.m.	3/7	3/14	3/21	3/28	4/11	4/18	
15	Mystics of the Middle Ages	1-3 p.m.	3/7	3/14	3/21				
16	Tatted Flowers	1-3 p.m.	3/7	3/14	3/21	3/28			

17	Slow Vinyassa Flow Yoga	2:30-3:30 p.m.	3/7	3/14	3/21	3/28	4/11	4/18
55	Under the Trench Coat	10 a.m.-12 p.m.	3/8					
56	Decorating Outdoor Living Spaces	10 a.m.-12 p.m.	3/8					
57	Digital Camera: Techniques for Web and Print	1-3 p.m.	3/8	3/15	3/22			
104	Zentangle 2.0	1-3 p.m.	3/9					
138	The DaVinci Diaries	10 a.m.-12 p.m.	3/10					
139	Exercise as Medicine	10-11:30 a.m.	3/10					
140	Historic Homes of Manitowoc's Movers and Shakers in the Early 1900's	1-3 p.m.	3/10					
141	With Wings Like Eagles - The Battle of Britain	1-3 p.m.	3/10	3/17	3/24			
182	Emergency Preparedness for Families	10 a.m.-12 p.m.	3/11					
183	STEM Innovation Center at UW-Green Bay	10-11:30 a.m.	3/11					
18	Geological Wonders of the Earth	10 a.m.-12 p.m.	3/14	3/21				
58	Sap to Syrup	10 a.m.-12 p.m.	3/15					
105	Searching Your Irish Genealogy From This Side of the Pond	11 a.m.-12:30 p.m.	3/16					
106	Time to play Pinball and Video Games	1-3 p.m.	3/16					
142	Health Benefits of Olive Oil and Balsamic Vinegar	10 a.m.-12 p.m.	3/17					
184	Happiness, Hope and Healing	10-11:30 a.m.	3/18					
19	Strength and Balance for Seniors	10 a.m.-12 p.m.	3/21					

59	Sugar Bush - Making Maple Syrup	10 a.m.-12 p.m.	3/22		
60	Woodturning: How to Get Started	10 a.m.-12 p.m.	3/22		
61	ESP Evaluation & Development	1-3 p.m.	3/22		
107	Real Vietnam War	10 a.m.-12 p.m.	3/23		
108	Tour Krueger International (KI): 100% Employee Owned	10 a.m.-12 p.m.	3/23		
143	Rise and Fall of Labor Unions in the U.S.	10 a.m.-12 p.m.	3/24		
144	Spreading the Word, About Cheese Spread That Is!	10 a.m.-12 p.m.	3/24		
145	Think Spring: Colorful Flower Pots	10 a.m.-12 p.m.	3/24		
186	Ethics and Biases in Artificial Intelligence	10 a.m.-12 p.m.	3/25		
187	Water Conservation & Pollution Prevention	10 a.m.-12 p.m.	3/25		
20	RV Life: "I Love It"	10 a.m.-12 p.m.	3/28		
21	Safeguarding Our Communities	11:45 a.m.- 1 p.m.	3/28		
22	Women in World War II - Women's Air Force Support (WASP)	1-3 p.m.	3/28		
23	Healthy Living for your Brain & Body canceled	1:30-3:30 p.m.	3/28		
62	Birds of Prey in NE WI	1:30-3:30 pm	3/29		
109	Cremation: A Hot Topic	10 a.m.-12 p.m.	3/30	4/6	4/13
110	Ukrainian Eggs	10 a.m.-12 p.m.	3/30		
146	Power of Meaning-Making: Transforming Pain into Purpose	10 a.m.-12 p.m.	3/31		

188	World's Greatest Churches Part 2	10 a.m.-12:15 p.m.	4/22	4/29
24	Simply Scrumptious Scones	10 a.m.-12 p.m.	4/4	
25	Winter Tree Identification	10 a.m.-12 p.m.	4/4	
63	Geocaching Adventure Lab	10 -11:30 a.m.	4/5	
64	Manitowoc County Joint Dispatch Tour	10 a.m.-12 p.m.	4/5	
65	Using Local, State, and Federal Laws to Protect the Waters of Northeast Wisconsin	1-3 p.m.	4/5	
111	Social Isolation & The Adult Homeless Population; with Tour of St. John's Homeless Shelter	10-11:30 a.m.	4/6	
112	Elon Musk Chapter 2: Mission to Mars	1-3 p.m.	4/6	
113	Shipwrecks of the Great Lakes	Video link sent by 8 a.m.	4/6	
150	Protecting Our Water Resources: Planning for the Future	9-11 a.m.	4/7	4/14
147	Dangers of the 21st Century World Population Bomb	10 a.m.-12 p.m.	4/7	
148	Understanding the Basics: Social Security and Medicare	1-2:30 p.m.	4/7	
149	Biking Northeast Wisconsin	1-3 p.m.	4/7	
189	Art of Thrift Store Shopping	9 a.m.-12 p.m.	4/8	
26	Let's Talk Turkeys	10 a.m.-12 p.m.	4/11	
27	Vegetable Gardening Tips	10 a.m.-12 p.m.	4/11	
28	Know Your Movie Classics! A Second Look...	1-3 p.m.	4/11	4/18
66	Pastel Drawing	10 a.m.-12 p.m.	4/12	Date Change: TBD

115	Advanced Line Dancing	9:30-11:30 a.m.	4/13	4/20	4/27
114	Zentangles 2.0	1-3 p.m.	4/13		
151	Understanding the Basics: Social Security and Medicare	10-11:30 a.m.	4/14		
152	Who was Jesus of Nazareth: Facts, Myths, & Misconceptions	1-3 p.m.	4/14		
190	The Way We Do Death - Part 2	10 a.m.-12 p.m.	4/15		
191	Ending the Dropout Crisis	10 a.m.-12 p.m.	4/15		
192	Tour of Italy, Venice, Florence, Pisa and the Ancient Roman City of Pompeii	1-3 p.m.	4/15		
67	Re-districting and the Need to End Gerrymandering	10 a.m.-12 p.m.	4/19		
68	Pollinators + Pollination + Plants = Life	10 a.m.-12 p.m.	4/19	4/26	
116	Climate Change and Energy Policy	10 a.m.-12 p.m.	4/20		
153	Art of Calligraphy	10 a.m.-12 p.m.	4/21	4/28	5/5 5/12
154	Apostle Islands: Jewels of Lake Superior	1-2:30 p.m.	4/21		
155	Those Thrilling Days of Yesteryear: A Look At the Golden Age of Radio	1-3 p.m.	4/21		
156	Why Not Knot? Hand Embroidery	1-3 p.m.	4/21	4/28	5/5 5/12
193	Biking is Fun at Any Age	10 a.m.-12 p.m.	4/22	4/29	5/6 5/13 5/20 5/27
194	Monarch Butterfly Spring Migration	1-3 p.m.	4/22		
29	ASPIRO: Creating Opportunities for Individuals with Disabilities	1-3 p.m.	4/25		
69	Literary Cafes/Legendary Cafes: American Writers in Paris (continued)	10 a.m.-12 p.m.	4/26		

70	Mixed Media Exploration	1-3 p.m.	4/26				
117	Quilts of Western India	10-11:15 a.m.	4/27				
157	Authentic 1850's Windmill Tour - Session A	1-3 p.m.	4/28				
158	Green Armoire	1-3 p.m.	4/28				
30	Glass Fusion Jewelry - Session A	10 a.m.-12 p.m.	5/2	5/9			
31	Robber Barons	10 a.m.-12 p.m.	5/2	5/9	5/16	5/23	
32	From the Heart: Techniques for Reducing Stress & Building Resilience	10-11:30 a.m.	5/2				
33	Glass Fusion Jewelry - Session B	1-3 p.m.	5/2	5/9			
71	Wild About Waterfowl	10 a.m.-12 p.m.	5/3				
72	Life of the Bay: The Connection of First Nations to Land & Water	10-11 a.m.	5/3				
73	Tour of Manitowoc's Sabbatical Brewing Company	1-3 p.m.	5/3				
159	America's National Debt Problem	10 a.m.-12 p.m.	5/5				
160	Early History of the Green Bay Fire Department	1-3 p.m.	5/5				
161	Family of Jesus of Nazareth: Facts, Myths, & Misconceptions	1-3 p.m.	5/5				
34	Wild Flowers of Wisconsin	10 a.m.-12 p.m.	5/9				
74	Living Well with Jin Shin Jyutsu	10 a.m.-12 p.m.	5/10				
75	Guided Walk in Baird Creek: Ecology and History	10 a.m.-12 p.m.	5/10				
76	Behind the Scenes Look at the Weidner	1-3 p.m.	5/10				

121	Painting with Punch and Purpose	9:30 a.m.-12 p.m.	5/11	
118	Climate Change and Energy Policy - Zoom	10 a.m.-12 p.m.	5/11	
119	ESP Evaluation & Development	10 a.m.-12 p.m.	5/11	
120	Financial Crimes Awareness & Prevention	1-2:30 p.m.	5/11	
162	Home Modifications to Keep You in Your Home Safer & Longer	10-11 a.m.	5/12	
195	Racewalking for Lifetime Fitness	9:30 a.m.-12 p.m.	5/13	5/20
196	Fun with Aromatherapy	1-3 p.m.	5/13	
35	Celebrate Spring Bounty with Chef Diana	10 a.m.-1 p.m.	5/16	
36	Popular Songs of the Gershwin Brothers	Video link sent by 8 a.m.	5/16	
77	Authentic 1850's Windmill Tour - Session B	10 a.m.-12 p.m.	5/17	
78	Antarctica By Way of South Georgia	10 a.m.-12 p.m.	5/17	
79	Zentangle in Black and White	1-3 p.m.	5/17	
122	Woodlawn Cemetery Residents	10 a.m.-12 p.m.	5/18	
123	A Survey of the Menominee, First Nation of What is Now Wisconsin	1-3 p.m.	5/18	
163	Historical Tour of Franciscan Sisters Motherhouse in Manitowoc	1-3 p.m.	5/19	
198	Holy Land Holy Smoke	Video link sent by 8 a.m.	5/20	
164	Theatre with Readers: Very Fun to See and Do	10 a.m.-12 p.m.	5/20	
197	Creating Your Own Herbal Remedies	1-3 p.m.	5/20	

80	Sharon S. Richardson Community Hospice Tour	10 a.m.-12 p.m.	5/24
124	Botanical Gardens - Gardener's Delight Tour	10 a.m.-12 p.m.	5/25
165	Walking in the Shadow of History - Green Bay Fire of 1880 - Session A	10 a.m.-12 p.m.	5/26
166	Visit the Fibers & Textiles Studio at NWTC Artisan Center	10 a.m.-12 p.m.	5/26
125	Walking in the Shadow of History - Green Bay Fire of 1880 - Session B	10 a.m.-12 p.m.	6/1
167	Tour of Belgian Heritage Center	1-3 p.m.	6/2
37	Wild Edibles in Wisconsin	10 a.m.-12 p.m.	6/6
81	Brewing and Sensory Analysis (tasting) A Primer	10 a.m.-12 p.m.	6/7
168	Spoon Bending 101	10 a.m.-11 a.m.	6/9

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 Safeguarding Our Communities (N)~~

Class Type: Classroom

Location: Marinette Campus

Classroom: M107

Presenter: Paula Gruszynski

Coordinator: Anneliese Waggoner

Coordinator Email: akwaggoner41@gmail.com

Dates: 1/17

Time: 11:45 a.m.-1 p.m. **Limit:** 30

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

2 Brief History of the Byzantine Empire (N)

Class Type: **Changed to Recording**

Dates: ~~1/24~~ **Changed to 1/27**

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

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Al Wysocki, Narcotics Investigator

Coordinator: Bob Cook

Coordinator Email: rcook9@att.net

Dates: ~~2/7~~ **Changed to 2/21**

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

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

4 It's a Mystery to Me (R)

Class Type: Live Online (Zoom)

Presenter: Fred Delie

Dates: 2/7 3/7 4/4 5/2 6/6

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

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

**Best mystery books
of 2021, according to
Publishers Weekly.**



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

Class Type: Live Online (Zoom)

Presenter: Lucy A. Arendt, Ph.D.

Dates: 2/14 2/21

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

What do humor, stress, climate change, disasters, COVID-19 and conflict have in common? Join Dr. Lucy Arendt for these sessions to find out!

6 AmeriCorps Seniors, What's it all about? (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Leanne Baeten

Coordinator: Bob Cook

Coordinator Email: rcook42@att.net

Dates: 2/14

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

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

~~7 Safeguarding Our Communities (N)~~

Class Type: Classroom

Location: Marinette Campus

Classroom: M107

Presenter: Paula Gruszynski

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 2/14

Time: 11:45 a.m.-1 p.m. **Limit:** 32

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

8 Legal Issues in Retirement (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Matthew Geimer

Coordinator: Kris Lewins

Coordinator Email: klewins1225@gmail.com

Dates: 2/21 2/28

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

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

9 Living With the Skin You're In (N)

Class Type: Live Online (Zoom)

Presenter: Diane Gullbrand, MSN, FNP-BC, CWON

Dates: 2/21

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

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

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

Class Type: ZOOM

Presenter: Michael Donofrio

Dates: 2/28

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

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

11 1960's: A Living History (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Daniel Goron

Coordinator: Anneileise Waggoner

Coordinator Email: akwaggoner41@gmail.com

Dates: 3/7 3/9 3/11

Time: 9 a.m.-12 p.m. **Limit:** 20

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

12 10 Tips for Arranging Furniture (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Vickie Linssen

Coordinator: Connie Korger

Coordinator Email: connie.korger@att.net

Dates: 3/7

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

When it comes to the design of your home, there are many things to consider. From focal points and accent walls, to traffic flow and personal style, it can be overwhelming. Vickie Linssen will share tips on how to arrange furniture so you can create a room that feels cohesive.

13 Israel/Palestine Today (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: Christie Theater in University Union

Presenter: Jerry Rodesch

Coordinator: Sue Johnson

Coordinator Email: smjohnson718@gmail.com

Dates: 3/7 3/14

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

A little more than a century ago began a costly struggle between two peoples to possess the same land. The spectacular success of the state of

Israel has not broken the often violent resistance of Palestinians to the Zionist movement. The first session of the course will survey the historical background and the second will focus on the current situation at the time of the class.

14 Gentle Yoga (R)

Class Type: Classroom

Location: Green Bay

Classroom: Allouez Village Hall

Presenter: Ginny Lee Siscoe

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 3/7 3/14 3/21 3/28 4/11 4/18

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

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

15 Mystics of the Middle Ages (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Sister Elise Cholewinski

Coordinator: Pati Wiegand

Coordinator Email: pati_927@yahoo.com

Dates: 3/7 3/14 3/21

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

We will explore the meaning of being a mystic. Then we will look at the teachings of some of the great mystics of the Middle Ages. Finally, we study the influence that they have had on modern spirituality.

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

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

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

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

18 Geological Wonders of the Earth (N)**Class Type:** Classroom**Location:** Green Bay Campus**Classroom:** RH230**Presenter:** Gary Dallman**Coordinator:** Karen Dallman**Coordinator Email:** kdallman@new.rr.com**Dates:** 3/14 3/21**Time:** 10 a.m.-12 p.m. **Limit:** 50

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

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

This course will include education on the principles of strength training, muscular anatomy and the anatomy and physiology of the three sensory systems that play a role in our ability to maintain balance. The course will cover the reasons strength and balance issues arise as we age. Participants will also learn the benefits of strengthening and strategies to improve balance.

20 RV Life: “I Love It” (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH230
Presenter: Ken Braband
Coordinator: Mary Braband
Coordinator Email: mbraband5@gmail.com
Dates: 3/28
Time: 10 a.m.-12 p.m. **Limit:** 30

Are you considering joining the rapidly growing lifestyle of RV ownership and wondering where to start? There’s a lot to learn and many decisions to make. In this fun and informative class, Mary and Ken will describe types of recreational vehicles on the market, how to decide which one is right for you, buying tips, and how to get the most out of your RV after the purchase, including helpful “do’s” and “don’ts” about RV travel.

21 Safeguarding Our Communities (N)

Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Paula Gruszynski
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 3/28
Time: 11:45 a.m.-1 p.m. **Limit:** 32

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



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

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

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

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Robert Cook
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 3/28
Time: 1-3 p.m. **Limit:** 50

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

23 Healthy Living for your Brain & Body (N)

Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Allyson Jones
Coordinator: Contact the LLI Office to Volunteer
Coordinator Email: lli@uwgb.edu
Dates: 3/28
Time: 1:30-3:30 p.m. **Limit:** 50

An educational program in conjunction with the Alzheimer’s Association. For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. We will use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

24 Simply Scrumptious Scones (R)

Class Type: Classroom

Location: Green Bay

Classroom: First Presbyterian Church

Presenter: Terry Smith

Coordinator: Gloria Gaie

Coordinator Email: ggaie@sbcglobal.net

Dates: 4/4

Time: 10 a.m.-12 p.m. **Limit:** 16

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

25 Winter Tree Identification (N)

Class Type: Outdoor

Location: Sheboygan

Classroom: Ellwood H. May Environmental Park

Presenter: Samantha Lammers, Ellwood H. May Environmental Park Director

Coordinator: Liz Koehler

Coordinator Email: lizkoehler@gmail.com

Dates: 4/4

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

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

26 Let's Talk Turkeys (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: Mauthe Center

Presenter: Jeffrey Pritzl

Coordinator: Jim Hinckley

Coordinator Email: hinkqtrhorse@earthlink.net

Dates: 4/11

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

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

27 Vegetable Gardening Tips (N)

Class Type: Outdoor

Location: Green Bay Campus

Classroom: Weidner Center

Presenter: Sue Schuette

Coordinator: Bob Cook

Coordinator Email: rcook9@att.net

Dates: 4/11

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

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: David Coury Ph.D.

Coordinator: Jim Hinckley

Coordinator Email: hinkqtrhorse@earthlink.net

Dates: 4/11 4/18

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

Ever wonder why certain films are considered classics? What makes "Citizen Kane" a great film? Or "Casablanca?" This course will offer another look at classic American and international films and offer historical context, analysis and a discussion about what makes them great.

29 ASPIRO: Creating Opportunities for Individuals with Disabilities (R)

Class Type: Tour

Location: Green Bay

Classroom: Aspiro

Presenter: Nicole Hoffmann

Coordinator: Karen Lacey

Coordinator Email: laceyk@uwgb.edu

Dates: 4/25

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

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

30 Glass Fusion Jewelry - Session A (R)

Class Type: Classroom

Location: Green Bay

Classroom: Festival Foods Community Room

Presenter: John Hathaway

Coordinator: Mary Schuster

Coordinator Email: maryschuster2@att.net

Dates: 5/2 5/9

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

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

31 Robber Barons (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Robert Cook

Coordinator: Pati Wiegand

Coordinator Email: pati_927@yahoo.com

Dates: 5/2 5/9 5/16 5/23

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

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: David J. Ferguson, MD

Coordinator: Karen Dallman

Coordinator Email: kdallman@new.rr.com

Dates: 5/2

Time: 10-11:30 a.m. **Limit:** 25

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

33 Glass Fusion Jewelry - Session B (R)

Class Type: Classroom

Location: Green Bay

Classroom: Festival Foods Community Room

Presenter: John Hathaway

Coordinator: Jan LaSota

Coordinator Email: bjasota@gmail.com

Dates: 5/2 5/9

Time: 1-3 p.m. **Limit:** 12

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

34 Wild Flowers of Wisconsin (N)

Class Type: Outdoor

Location: Sheboygan

Classroom: Ellwood H. May Environmental Park

Presenter: Samantha Lammers, Ellwood H. May Environmental Park Director

Coordinator: Liz Koehler

Coordinator Email: lizkoehler@gmail.com

Dates: 5/9

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

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

35 Celebrate Spring Bounty with Chef Diana (N)

Class Type: Classroom

Location: Manitowoc

Classroom: Roadside Cucina and Cannery in Manitowoc

Presenter: Diana Beschta

Coordinator: Jean Rausch

Coordinator Email: jrausch0712@gmail.com

Dates: 5/16

Time: 10 a.m.-1 p.m. **Limit:** 12

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

36 Popular Songs of the Gershwin Brothers (N)

Class Type: Video Recording

Presenter: Terence O'Grady, PhD

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 5/16

Time: Video link sent by 8 a.m. **Limit:** Unlimited

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

37 Wild Edibles in Wisconsin (N)

Class Type: Outdoor

Location: Sheboygan

Classroom: Ellwood H. May Environmental Park in Sheboygan

Presenter: Samantha Lammers, Ellwood H. May Environmental Park Director

Coordinator: Liz Koehler

Coordinator Email: lizkoehler@gmail.com

Dates: 6/6

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

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

Tuesday

38 Understanding and Interpreting Aquifers and Water Quality (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH250

Presenter: John Luczaj

Coordinator: Karen Dallman

Coordinator Email: kdallman@new.rr.com

Dates: 1/4

Time: 1-3 p.m. **Limit:** 150

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

39 Uninvited Guests: Arthropods In Your House (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH250

Presenter: Michael Draney

Coordinator: Karen Dallman

Coordinator Email: kdallman@new.rr.com

Dates: 1/11

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

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

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

Class Type: Tour

Location: Green Bay

Classroom: Stillmank Brewing Company

Presenter: Brad Stillmank

Coordinator: Nancy Whitfield

Coordinator Email: 2atpeaceful@netnet.net

Dates: 1/18 **Changed to 2/15**

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

Learn the ins and outs of raw material selection, brewing process and packaging techniques in making craft beer in Northeast Wisconsin, and learn to taste the product. The class will be presented by brewer and owner Brad Stillmank in their production facility. A \$10 tasting fee will be collected at the brewery at the time of the class.

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

41 Continuing Issues (R)**Class Type:** Classroom**Location:** Green Bay Campus**Classroom:** RH220**Presenter:** Steve Jansen**Coordinator:** Mike DeGrand**Coordinator Email:** mdegrand@new.rr.com**Dates:** 1/18 2/1 2/15 3/1 3/15 3/29
4/12 4/26**Time:** 1-3 p.m. **Limit:** 50

Discussion of international, national, state and local issues. A variety of opinions is valued. Class members will respect the other member's opinions and not condemn. Members are asked to email suggested topics of discussion four days prior to each class at: sjansen9@new.rr.com.

42 Volcanoes and Their Human Impact (N)**Class Type:** Classroom**Location:** Green Bay Campus**Classroom:** RH250**Presenter:** Shawn J. Malone**Coordinator:** Karen Dallman**Coordinator Email:** kdallman@new.rr.com**Dates:** 1/18**Time:** 1-3 p.m. **Limit:** 250

Participants will explore the interactions between volcanic activity and human societies over a range of spatial and temporal scales. We will learn about the basic geologic processes related to volcanoes, placing them in a scientific context. Then, participants will explore how these processes impact humanity through means as diverse as lava flows, ash fall, tsunamis and global climatic change.

43 Vision Board: 2022 and You! (N)**Class Type:** Classroom**Location:** Marinette Campus**Classroom:** M107**Presenter:** Linda Berry**Coordinator:** Contact the LLI Office to Volunteer**Coordinator Email:** lli@uwgb.edu**Dates:** ~~1/18~~ **Date Changed 3/29****Time:** 1-3 p.m. **Limit:** 12

A new year, a new beginning, and here is a creative way to make sure you are doing what makes you happy! Vision Boards are a way to open yourself up to a new and inspiring journey.

44 Design for 3D Printing and Laser Cutting (N)**Class Type:** Classroom**Location:** Green Bay**Classroom:** STEM Innovation Center**Presenter:** Dennis Rockhill**Coordinator:** Sue Rocheleau**Coordinator Email:** sueroch@yahoo.com**Dates:** 1/25 2/1**Time:** 10 a.m.-12 p.m. **Limit:** 10

Dip your toes into digital fabrication. We'll show you how to create digital files to output to a 3D printer and a laser cutter. It's fun and easier than you think! We'll supply the computers, the software and all fabrication materials. You'll need to bring your creativity. A course fee of \$15 is due at time of registration.

**Stay Connected!**

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

Check us out at www.uwgb.edu/lli
and [like us on Facebook!](#)

45 You Have Something Beautiful to Share: Let's Talk (N)

Class Type: Live Online (Zoom)

Presenter: Barb Michaels

Dates: 1/25

Time: 10-10:45 a.m. **Limit:** 25

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

46 7 Step Chair Caning (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Bill Seleen

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 1/25 2/1 2/8 2/15 2/22

Time: 1-3 p.m. **Limit:** 8

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

47 Needle Felting a Pincushion (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH315

Presenter: Gretchen Berg

Coordinator: Gloria Gaie

Coordinator Email: ggaie@sbcglobal.net

Dates: 2/1 2/8

Time: 1-3 p.m. **Limit:** 8

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

48 Make a Hanging Lamp (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: STEM Innovation Center

Presenter: Dennis Rockhill

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 2/8 2/15

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

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

~~49 Your Bicycle and You (N)~~

Class Type: Classroom

Location: Marinette Campus

Classroom: M107

Presenter: John Haines

Coordinator: Eileen Beyer

Coordinator Email: eileenbeyer@uwrr.com

Dates: 2/8 2/10

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

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

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

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

51 How Record Water Levels Impact Great Lakes Coastal Wetland Birds and Anurans (N)**Class Type:** Classroom**Location:** Green Bay Campus**Classroom:** RH220**Presenter:** Erin Giese**Coordinator:** Vickie Keigley**Coordinator Email:** vakeigley@gmail.com**Dates:** 2/8**Time:** 9:30-11 a.m. **Limit:** 50

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

**bi-o-ta****noun: biota**

the flora and fauna of a region
also microbiota

MERRIAM-WEBSTER

52 Upcycling: It's Not A Trend (N)**Class Type:** Classroom**Location:** Marinette Campus**Classroom:** M107**Presenter:** Ellen Grabian/ReUse Store Manager**Coordinator:** Eileen Beyer**Coordinator Email:** eileenbeyer@new.rr.com**Dates:** 2/22**Time:** 10 a.m.-12 p.m. **Limit:** 24

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

53 Laser Cut Art Coasters (N)**Class Type:** Classroom**Location:** Green Bay Campus**Classroom:** STEM Innovation Center**Presenter:** Dennis Rockhill**Coordinator:** Bob Cook**Coordinator Email:** rcook9@att.net**Dates:** 2/22 3/1**Time:** 10 a.m.-12 p.m. **Limit:** 10

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

54 Low Carbohydrate Approach for Treating Diabetes (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Sherri Szczepanski, APNP

Coordinator: James A Hinckley

Coordinator Email: hinkqtrhorse@earthlink.net

Dates: 3/1

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

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



November is National Diabetes Month, an annual event to boost awareness about the risk factors, symptoms, and types of diabetes. If you've been recently diagnosed with either Type 1 or Type 2, or if you are considered pre-diabetic, check out the resources of the [American Diabetes Association®](https://www.diabetes.org/).

55 Under the Trench Coat (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Colleen Belongea

Coordinator: Mary Cook

Coordinator Email: mjcook42@att.net

Dates: 3/8

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

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

56 Decorating Outdoor Living Spaces (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Vickie Linssen

Coordinator: Ed Smith

Coordinator Email: edsmith000@sbcglobal.net

Dates: 3/8

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

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

57 Digital Camera: Techniques for Web and Print (N)**Class Type:** Classroom**Location:** Manitowoc Campus**Classroom:** F170**Presenter:** Sr. Mariella Erdmann**Coordinator:** Sue Johnson**Coordinator Email:** smjohnson718@gmail.com**Dates:** 3/8 3/15 3/22**Time:** 1-3 p.m. **Limit:** 25

Learn about the different types of digital cameras and their settings. You will learn the basics of good picture taking using the elements and principles of design, important editing tools found in Photoshop or the free program GIMP and the difference between quality pictures for the web vs. those for print.

58 Sap to Syrup (R)**Class Type:** Outdoor**Location:** Appleton**Classroom:** Bubolz Nature Preserve**Presenter:** Erica Bukouricz**Coordinator:** Contact the LLI Office to Volunteer**Coordinator Email:** lli@uwgb.edu**Dates:** 3/15**Time:** 10 a.m.-12 p.m. **Limit:** 30

Enjoy the sweetness of spring with the magic of maple syrup season at the Bubolz Nature Preserve in Appleton. Participants will learn the history and process of making maple syrup from the sugar bush to the sugar shack. If the sap is running, we will tap a maple tree and enjoy ice cream topped with maple syrup. A \$5 fee is due on day of class.

59 Sugar Bush - Making Maple Syrup (N)**Class Type:** Outdoor**Location:** Kaukauna**Classroom:** 1000 Islands Environmental Center**Presenter:** Debra Nowak**Coordinator:** Sue Johnson**Coordinator Email:** smjohnson718@gmail.com**Dates:** 3/22**Time:** 10 a.m.-12 p.m. **Limit:** 20

Learn the science, history and art of making maple syrup at 1000 Islands Environmental Center in Kaukauna. Participants will get to see and take part in the entire process from identifying maple trees to tasting the sweet end result. A \$2 fee is due on day of class.

60 Woodturning: How to Get Started (N)**Class Type:** Classroom**Location:** Marinette Campus**Classroom:** M107**Presenter:** Ronald Cuyler**Coordinator:** Linda J Berry**Coordinator Email:** ljberry23@gmail.com**Dates:** 3/22**Time:** 10 a.m.-12 p.m. **Limit:** 12

If you have been thinking about woodturning as a new hobby, then this is the class for you! We will go over all the basics, from safety to the equipment and tools you will need. This class is for those who are just curious to learn more, to those who have started and need more help.

61 ESP Evaluation & Development (R)**Class Type:** Live Online (Zoom)**Presenter:** Deb Klein**Dates:** 3/22**Time:** 1-3 p.m. **Limit:** 10

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

62 Birds of Prey in NE WI (R)

Class Type: Classroom

Location: Green Bay

Classroom: Wildlife Sanctuary

Presenter: Lori Bankson

Coordinator: Vickie Keigley

Coordinator Email: vakeigley@gmail.com

Dates: 3/29

Time: 1:30-3:30 p.m. **Limit:** 50

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

63 Geocaching Adventure Lab (N)

Class Type: Live Online (Zoom)

Presenter: Ray Osinski

Dates: 4/5

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

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

64 Manitowoc County Joint Dispatch Tour (R)

Class Type: Tour

Location: Manitowoc

Classroom: Manitowoc County Joint Dispatch Center

Presenter: Angela Obry, Dispatch Supervisor

Coordinator: Ellen Framness

Coordinator Email: ellenf@framnett.net

Dates: 4/5

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

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Dean Hoegger, Executive Director of Clean Water Action Council of Northeast Wisconsin

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 4/5

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

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

66 Pastel Drawing (N)

Class Type: Classroom

Location: Marinette Campus

Classroom: Theatre on the Bay Fine Arts Building-Art Studio

Presenter: Jim Lamalfa, Associate Professor Emeritus

Coordinator: Mary Gajeski

Coordinator Email: Tiz2wiz@gmail.com

Dates: 4/12 **Date Change:** TBD

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

Explore the medium of pastel drawing. Your instructor will show examples of this art form and discuss the techniques of drawing with pastels. Participants should bring pastels and drawing paper.

67 Re-districting and the Need to End Gerrymandering (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Dan Theno

Coordinator: Theresa Reiter

Coordinator Email: treiter06@gmail.com

Dates: 4/19

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

This course will explore the process of re-districting state legislative and congressional districts and the issues raised when partisan gerrymandering is inserted in the process.

68 Pollinators + Pollination + Plants = Life (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Annette Weissbach

Coordinator: Pati Wiegand

Coordinator Email: pati_927@yahoo.com

Dates: 4/19 4/26

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

The synergy between pollinators, pollination and native plants is vitally important to our survival. In the first session you'll see how we impact pollinators with our landscape decisions and the great variety of pollinators among us. The second session will showcase our beautiful local native plants and garden designs that include natives in

your landscape. "As gardeners and stewards of our land, we have never been so empowered to help save biodiversity from extinction." Douglas Tallamy, "Bringing Nature Home."



Dr. Douglas Tallamy is a New York Times best-selling author and naturalist. An entomologist and professor at the Department of Entomology and Wildlife Ecology at the University of Delaware, he encourages home owners to "re-wild" their garden. [Learn more](#) about his ideas.

69 Literary Cafes/Legendary Cafes: American Writers in Paris (continued) (C)

Class Type: Live Online (Zoom)

Presenter: David Collins, PhD

Dates: 4/26

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

Walk with Dave Collins (Professor of English, Emeritus) as he makes his way from the Deux Magots in St. Germain-des Pres to the Dome in Montparnasse in Paris with stories set in the legendary cafes where American writers from the twenties to the present have found inspiration — and sometimes trouble.

70 Mixed Media Exploration (N)

Class Type: Classroom

Location: Marinette Campus

Classroom: M107

Presenter: Linda Berry

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 4/26

Time: 1-3 p.m. **Limit:** 10

Come for a "play date" with watercolor and acrylic paint. Learn fun ways to create texture to use in your art journals, cards or to expand your own art practice. You are only limited by your imagination!

71 Wild About Waterfowl (R)

Class Type: Outdoor

Location: Green Bay

Classroom: Barkhausen Waterfowl Preserve

Presenter: Brown County Parks-Barkhausen Waterfowl Preserve

Coordinator: Sue Johnson

Coordinator Email: smjohnson718@gmail.com

Dates: 5/3

Time: 10 a.m.-12 p.m. **Limit:** 15

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Stephanie Dodge

Coordinator: Jan LaSota

Coordinator Email: bjlasota@gmail.com

Dates: 5/3

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

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



Jin Shin Jyutsu® physio-philosophy is an art of harmonizing the life energy in the body. Born of innate wisdom and passed down from generation to generation by word of mouth, the Art had fallen into relative obscurity when it was dramatically revived in the early 1900's by Master Jiro Murai in Japan.

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

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

Class Type: Tour

Location: Manitowoc

Classroom: Sabbatical Brewing Company

Presenter: Will Schneider

Coordinator: Liz Koehler

Coordinator Email: lizkoehler@gmail.com

Dates: 5/3

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

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

74 Living Well with Jin Shin Jyutsu (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Gail Okray

Coordinator: Kathy Bergner

Coordinator Email: kmbergner29@gmail.com

Dates: 5/10

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

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

75 Guided Walk in Baird Creek: Ecology and History (R)

Class Type: Outdoor

Location: Green Bay

Classroom: Baird Creek Parkway at Christa McAuliffe Park

Presenter: Charles Frisk

Coordinator: Mary Schuster

Coordinator Email: maryschuster2@att.net

Dates: 5/10

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

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

76 Behind the Scenes Look at the Weidner (R)

Class Type: Tour

Location: Green Bay Campus

Classroom: Weidner Center

Presenter: Stephanie Maufort

Coordinator: Kathy Bergner

Coordinator Email: kmbergner29@gmail.com

Dates: 5/10

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

Have you ever wondered what actually goes on behind the scenes at the Weidner Center on the UW-Green Bay campus? Are you aware that there are actually four areas used for performances? If you wonder and have questions, then come and join the Weidner staff as they share insights and provide you with a tour of the main stage and dressing rooms as well as the other performing areas in the building. An elevator is available to get from floor to floor, but there still will be some walking. Please park in the Weidner lots and enter through the main entry.

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

Class Type: Tour

Location: Little Chute

Classroom: Little Chute Windmill

Presenter: Volunteers

Coordinator: Mary Gajeski

Coordinator Email: Tiz2wiz@gmail.com

Dates: 5/17

Time: 10 a.m.-12 p.m. **Limit:** 16

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

78 Antarctica By Way of South Georgia (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: ~~RH220~~ **Mauthe Center**

Presenter: Terry McGrew

Coordinator: Jan LaSota

Coordinator Email: bjlasota@gmail.com

Dates: 5/17

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

Photography travelogue of journeying to these two fascinating destinations.

79 Zentangle in Black and White (N)

Class Type: Classroom

Location: Marinette Campus

Classroom: M107

Presenter: Linda Berry, CZT

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 5/17

Time: 1-3 p.m. **Limit:** 12

Create relaxing patterns through zentangling using both a black and a white pen on an interesting inked tile. You can use this as a single tile or create more for a series. No art experience necessary.

80 Sharon S. Richardson Community Hospice Tour (N)

Class Type: Tour

Location: Sheboygan Falls

Classroom: Sharon S. Richardson Community Hospice

Presenter: Luann Travis

Coordinator: Jeanne Pfeiffer

Coordinator Email: jpfeiffer53@att.net

Dates: 5/24

Time: 10 a.m.-12 p.m. **Limit:** 15

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

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

Class Type: Classroom

Location: Menominee

Classroom: Three Bridge Brewing in Menominee

Presenter: Kristoffer Rusch

Coordinator: Diane Shepard

Coordinator Email: book3ly@hotmail.com

Dates: 6/7

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

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

Wednesday

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

Class Type: Classroom

Location: Manitowoc Campus

Classroom: F170

Presenter: Lee Hansen

Coordinator: Liz Koehler

Coordinator Email: lizkoehler@gmail.com

Dates: 1/12

Time: 10 a.m.-12 p.m. **Limit:** 32

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

83 Group Piano (R)

Class Type: Classroom

Location: Green Bay

Classroom: Jeff's Piano Sales and Service

Presenter: Heidi Lueck

Coordinator: Sue Rocheleau

Coordinator Email: sueroch@yahoo.com

Dates: 1/19 1/26 2/2 2/9

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

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

84 Zentangle! What is it? (R)**Class Type:** Classroom**Location:** Green Bay Campus**Classroom:** RH220**Presenter:** Elizabeth Carlson, CZT**Coordinator:** Vickie Keigley**Coordinator Email:** vakeigley@gmail.com**Dates:** 1/19**Time:** 1-3 p.m. **Limit:** 8

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

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

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

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

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

87 Snowshoe Walk at Woodland Dunes Nature Center – Session A (R)**Class Type:** Outdoor**Location:** Two Rivers**Classroom:** Woodland Dunes Nature Center**Presenter:** Jessica Johnsrud**Coordinator:** Jane Hertel**Coordinator Email:** herteljm@gmail.com**Dates:** 2/2**Time:** 10 a.m.-12 p.m. **Limit:** 9

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

88 Snowshoe Walk at Woodland Dunes Nature Center – Session B (R)**Class Type:** Outdoor**Location:** Two Rivers**Classroom:** Woodland Dunes Nature Center**Presenter:** Jessica Johnsrud**Coordinator:** Jane Hertel**Coordinator Email:** herteljm@gmail.com**Dates:** 2/2**Time:** 1-3 p.m. **Limit:** 9

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

89 Writing Your Memoirs (R)

Class Type: Live Online (Zoom)

Presenter: Lou Ann Norsetter

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

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

This ongoing class continues to be a favorite for both new and seasoned writers. Each class session focuses on different features in "life writing" to engage all levels of writing. Opportunities include sharing your 1-2 page memoir in small and large groups, coaching from other writers, easy exercises to help writers get started and even some suggestions for publishing. We have many returning memoirists but love to hear from new writers too. Consider this class even if you haven't started a life story yet. This class will be held using Zoom on Feb. 2, 9, 23 and Mar. 2. We will meet in-person on Feb. 16 and Mar. 9.

~~90 Identifying the Drugs that are Affecting You, Your Family, and Your Community (N)~~

Class Type: Classroom

Location: Manitowoc Campus

Classroom: F170

Presenter: Lieutenant David Remiker

Coordinator: Contact the LLI Office Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 2/9

Time: 10 a.m.-12 p.m. **Limit:** 32

Join Lieutenant David Remiker from the Manitowoc County Metro Drug Unit to learn how to recognize the drugs that are affecting your life and your community by knowing the habits of drug users, the effects on the users, and the paraphernalia used with each drug.

91 Starting Your Genealogy & Getting Around the Brick Wall! (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: David Miller

Coordinator: Wes Carvenough

Coordinator Email: wcarvenough@new.rr.com

Dates: 2/9

Time: 11 a.m.-12:30 p.m. **Limit:** 50

Have you just started working on your family history and don't know where to start? Or are you running up against a brick wall in your research? With the advancements in technology, there are lots of new avenues, and you don't even have to leave your home. This class will show you how to start and some ways to find information on your family history and where to look.

92 Your Home's Worth/Prepping for Sale (N)

Class Type: Classroom

Location: Manitowoc Campus

Classroom: F170

Presenter: Connie Conrad

Coordinator: Sue Johnson

Coordinator Email: smjohnson718@gmail.com

Dates: 2/9

Time: 1-3 p.m. **Limit:** 32

This class will cover the following: 1. Explanation of Comparative Market Analysis (CMA); 2. Steps to take before listing your property for sale; 3. Information about Listing Agreements; and 4. Tips for how to market your property.

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

Class Type: Live Online (Zoom)

Presenter: Erin Giese

Dates: 2/9

Time: 9:30-11 a.m. **Limit:** 200

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

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

94 Of Toads and Cars: The Wind in the Willows (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Dr. Rebecca Nesvet

Coordinator: Karen Dallman

Coordinator Email: kdallman@new.rr.com

Dates: ~~2/16~~ 2/23 **first date canceled**

Time: 10-11:45 a.m. **Limit:** 50

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

95 Mosquito Hill Lowland Snowshoe Hike (N)

Class Type: Outdoor

Location: New London

Classroom: Mosquito Hill Nature Center

Presenter: Adam Brandt

Coordinator: Vickie Keigley

Coordinator Email: vakeigley@gmail.com

Dates: 2/16

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

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

96 Zentangle 2.0 - Session A (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Elizabeth Carlson, CZT

Coordinator: Sue Rocheleau

Coordinator Email: sueroch@yahoo.com

Dates: 2/16

Time: 1-3 p.m. **Limit:** 8

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

97 Beginning Line Dancing (R)

Class Type: Classroom

Location: Green Bay

Classroom: Calvary Lutheran Church

Presenter: Jim Huss

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 2/16 2/23

Time: 9:30-11:30 a.m. **Limit:** 50

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

98 Investigation and Development of Drug Cases (N)

Class Type: Classroom

Location: Manitowoc Campus

Classroom: F170

Presenter: Lieutenant David Remiker

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 2/23

Time: 10 a.m.-12 p.m. **Limit:** 32

Join Lieutenant David Remiker from the Manitowoc County Sheriff's Department to learn how drug cases are investigated and developed.

99 Piano Ensemble (R)

Class Type: Classroom

Location: Green Bay

Classroom: Jeff's Piano Sales and Service

Presenter: Heidi Lueck

Coordinator: Mary Cook

Coordinator Email: mjcook42@att.net

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

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

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

100 Painting With Encaustics (Colored Beeswax) (R)

Class Type: Classroom

Location: Green Bay

Classroom: Suamico Community Center

Presenter: Deb O'Harrow

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 2/23

Time: 12-3 p.m. **Limit:** 8

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

101 Sacred Mud: Native American Pottery Traditions (N)

Class Type: Live Online (Zoom)

Presenter: Samuel Watson III, Ph.D.

Dates: 2/23

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

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



pre-con-tact

adjective: precontact

of or relating to the period
before contact of an indigenous
people with an outside culture

MERRIAM-WEBSTER

102 Shipwrecks of the Great Lakes (N)

Class Type: Classroom

Location: Manitowoc

Classroom: Wisconsin Maritime Museum

Presenter: Cathy Green

Coordinator: Faye Malek

Coordinator Email: faye.malek4901@gmail.com

Dates: 3/2

Time: 10 a.m.-12 p.m. **Limit:** 40

The Great Lakes have a rich maritime heritage which can be explored through the study of shipwrecks. Join underwater archaeologist and Wisconsin Maritime Museum Executive Director Cathy Green as she dives into the stories and study of these underwater museums. Cathy is adding new material to this previously delivered presentation.

103 Basic Line Dancing (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Calvary Lutheran Church**Presenter:** Jim Huss**Coordinator:** Mary Gajeski**Coordinator Email:** Tiz2wiz@gmail.com**Dates:** 3/2 3/9 3/16 3/23 3/30 4/6**Time:** 9:30-11:30 a.m. **Limit:** 50

Basic Line Dancing is appropriate for those who already understand beginning line dance terminology and will feel comfortable combining steps in new and challenging ways after a short review and demonstration of steps. Studies show that line dancing helps memory, balance, coordination and fitness. It is an enjoyable form of exercise, and you don't need a partner. This recording will allow you to practice the line dancing steps in the comfort of your home.

104 Zentangle 2.0 – Session B (N)**Class Type:** Classroom**Location:** Green Bay Campus**Classroom:** RH220**Presenter:** Elizabeth Carlson, CZT**Coordinator:** Theresa Reiter**Coordinator Email:** treiter06@gmail.com**Dates:** 3/9**Time:** 1-3 p.m. **Limit:** 8

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

105 Searching Your Irish Genealogy From This Side of the Pond (R)**Class Type:** Live Online (Zoom)**Presenter:** David Miller**Dates:** 3/16**Time:** 11 a.m.-12:30 p.m. **Limit:** 50

Many libraries and archives in Ireland have recently reopened, although there may still be restrictions as a result of the pandemic. But you can still research online records both here and on the other side of the pond. This is especially important if you are planning to make a genealogy trip in the future to Ireland.

106 Time to play Pinball and Video Games (N)**Class Type:** Tour**Location:** Algoma**Classroom:** Wagalagaland Arcade**Presenter:** Andy Van Schyndle**Coordinator:** Sue Johnson**Coordinator Email:** smjohnson718@gmail.com**Dates:** 3/16**Time:** 1-3 p.m. **Limit:** 25

Join the fun of visiting Wagalagaland, a pinball and video game arcade in Algoma. Wagalagaland has more than 25 machines ready for you to play: Jurassic Park, Flash Gordon, Dracula, Space Invaders, Centipede and many, many more. Learn about all of the different games from the owner and collector Andy VanSchyndle and spend the rest of the time playing the games.

Knowledge Never Retires!

A gift certificate toward an LLI Annual Membership is a wonderful gift for anyone who is retired or semi-retired — or who has free time to attend classes on some weekdays.

Lifelong Learning, just for the joy of it.

107 Real Vietnam War (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Ron W. Hoffman
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 3/23
Time: 10 a.m.-12 p.m. **Limit:** 50

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

108 Tour Krueger International (KI): 100% Employee Owned (R)

Class Type: Tour
Location: Green Bay
Classroom: Krueger International
Presenter: John Kersten
Coordinator: Vickie Keigley
Coordinator Email: vakeigley@gmail.com
Dates: 3/23
Time: 10 a.m.-12 p.m. **Limit:** 30

This tour of the KI flagship operation in Green Bay will include operations, metal fabrication, robotic welding, chrome plating, painting, assembly and distribution. KI, a contract furniture company, manufactures innovative furniture and moveable wall system solutions for educational, university, business and government markets. Participants MUST wear long pants and closed toe shoes. Safety glasses will be provided on-site. No photography is allowed. This tour will require walking for the entire duration of the tour. Participants are REQUIRED to be COVID-19 vaccinated and may need to provide proof of vaccination to enter the building. Enter the reception area in the front of the building next to the railroad tracks.

109 Cremation: A Hot Topic (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Dan Malcore
Coordinator: Gary Lewins
Coordinator Email: gllewins@gmail.com
Dates: 3/30 4/6 4/13
Time: 10 a.m.-12 p.m. **Limit:** 40

A 50 year licensed funeral director discusses cremation and all its dynamics in a light-hearted, interactive format that everyone will feel comfortable with. Two weeks of instruction with third week tour of the cremation. All questions are welcome.

110 Ukrainian Eggs (N)

Class Type: Classroom
Location: Marinette Campus
Classroom: M107
Presenter: Amanda Winnicki
Coordinator: Linda J Berry
Coordinator Email: ljberry23@gmail.com
Dates: 3/30
Time: 10 a.m.-12 p.m. **Limit:** 12

Learn the history and tradition of beautiful Ukrainian Eggs. This class will be hands-on, giving participants the opportunity to learn about the traditional wax-resistant egg-dyeing technique.

111 Social Isolation & The Adult Homeless Population with Tour of St. John's Homeless Shelter (R)

Class Type: Tour
Location: Green Bay
Classroom: Micah Center
Presenter: Dr. Alexia Wood
Coordinator: Anneliese Waggoner
Coordinator Email: akwaggoner41@gmail.com
Dates: 4/6
Time: 10-11:30 a.m. **Limit:** 25

Dr. Alexia Wood, Executive Director of St. John's Homeless Shelter, gives an overview of the shelter's role in the Green Bay community. She will examine the pervasive effects of the social isolation experienced by many homeless adults and outline

an innovative housing model that challenges the established practices of homelessness prevention. The class will meet at the Micah Center, 612 Stuart St., Green Bay. Students will then walk from the Micah Center to the shelter (about 0.3 miles) after the initial presentation.

112 Elon Musk Chapter 2: Mission to Mars (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Ken Haugen
Coordinator: Stu Hoar
Coordinator Email: stuhoar@msn.com
Dates: 4/6
Time: 1-3 p.m. **Limit:** 150

Elon Musk plans to land humans on the planet Mars by the year 2026. Space X is working on an interplanetary transport system called Starship ITS that is a reusable transport system.

113 Shipwrecks of the Great Lakes (R)

Class Type: Video Recording
Presenter: Cathy Green
Dates: 4/6
Time: Video link sent by 8 a.m. **Limit:** Unlimited

This class is a recording of the shipwrecks class presented in person on March 2, 2022. The Great Lakes have a rich maritime heritage which can be explored through the study of shipwrecks. Join underwater archaeologist and Wisconsin Maritime Museum Executive Director Cathy Green as she dives into the stories and study of these underwater museums.

114 Zentangles 2.0 - Session C (N)

Class Type: Classroom
Location: Green Bay Campus
Classroom: RH220
Presenter: Elizabeth Carlson, CZT
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 4/13
Time: 1-3 p.m. **Limit:** 8

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

115 Advanced Line Dancing (R)

Class Type: Classroom
Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Huss
Coordinator: Sue Johnson
Coordinator Email: smjohnson718@gmail.com
Dates: 4/13 4/20 4/27
Time: 9:30-11:30 a.m. **Limit:** 50

This class is intended for those who feel confident about their knowledge of terminology used in Beginner and Basic Line Dance classes. Steps will still be demonstrated and practiced, but songs will tend to be faster and involve multiple turns and combinations of steps.

116 Climate Change and Energy Policy (R)

Class Type: Classroom
Location: Green Bay Campus
Classroom: Mauthe Center
Presenter: Mike Kraft
Coordinator: Pati Wiegand
Coordinator Email: pati_927@yahoo.com
Dates: 4/20
Time: 10 a.m.-12 p.m. **Limit:** 150

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

117 Quilts of Western India (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Barb Hunt

Coordinator: Jan LaSota

Coordinator Email: bjlasota@gmail.com

Dates: 4/27

Time: 10-11:15 a.m. **Limit:** 20

Every culture creates beauty. They weave beliefs, traditions and daily life into their quilts. A brief history of India's vital role in English and American fiber and quilt making will provide a foundation as selective quilts from Western India are viewed.

118 Climate Change and Energy Policy - Zoom (R)

Class Type: Live Online (Zoom)

Presenter: Mike Kraft

Dates: 5/11

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

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

119 ESP Evaluation & Development (R)

Class Type: Live Online (Zoom)

Presenter: Deb Klein

Dates: 5/11

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

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

120 Financial Crimes Awareness & Prevention (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: Christie Theater in University Union

Presenter: Wayne Resch, Branch Manager, UW-Green Bay Credit Union

Coordinator: Pati Wiegand

Coordinator Email: pati_927@yahoo.com

Dates: 5/11

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

Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme. This course will help provide awareness, resources and prevention strategies to better protect yourself.

121 Painting with Punch and Purpose (N)

Class Type: Classroom

Location: Manitowoc

Classroom: Rahr-West Museum in Manitowoc

Presenter: Bonnita Budysz

Coordinator: Jean Rausch

Coordinator Email: jrausch0712@gmail.com

Dates: 5/11

Time: 9:30 a.m.-12 p.m. **Limit:** 25

Inspired by Bonnita and Robert's ongoing Wisconsin Water Dance project, which is a 15 year project in the early stages of its unfolding and the Geo Rutherford exhibit at the Rahr West Museum, Bonnita will take you through the exciting process of painting with passion. Dynamic design and bravura color will be the focus of her pastel demonstration. Art Kits will be available for you as painting partners. All levels are welcome to this hands-on, interactive, creative time together. You are invited after class to view the Geo Rutherford exhibit with Bonnita and share your preservation perspectives. A materials fee of \$10 is due at time of registration.

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

122 Woodlawn Cemetery Residents (N)

Class Type: Outdoor

Location: Green Bay

Classroom: Woodlawn Cemetery

Presenter: Christine Dunbar

Coordinator: Karen Lacey

Coordinator Email: laceyk@uwgb.edu

Dates: 5/18

Time: 10 a.m.-12 p.m. **Limit:** 40

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

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

Class Type: Classroom

Location: Marinette Campus

Classroom: will advise

Presenter: Jim Lamalfa, Associate Professor Emeritus

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 5/18

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

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

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

Class Type: Tour

Location: Green Bay

Classroom: Green Bay Botanical Gardens

Presenter: Jessica Martin

Coordinator: Jan LaSota

Coordinator Email: bjlasota@gmail.com

Dates: 5/25

Time: 10 a.m.-12 p.m. **Limit:** 40

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

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

Class Type: Outdoor

Location: Green Bay

Classroom: Downtown Green Bay; location to be emailed to roster

Presenter: David Seigel

Coordinator: Kris Lewins

Coordinator Email: klewins1225@gmail.com

Dates: 6/1

Time: 10 a.m.-12 p.m. **Limit:** 15

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

Thursday

126 U.P Stories (Book Club) (R)

Class Type: Live Online (Zoom)

Presenter: Diane Shepard

Dates: 1/20 2/17 3/17 4/21

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

Help us explore the history, myth and mystery of the Upper Peninsula of Michigan. We will read four books over four months and talk about what we have read.

127 Books and You (R)

Class Type: Live Online (Zoom)

Presenter: Rebecca Johnson

Dates: 1/20 2/17 3/17 4/21 5/19

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

Explore various genres in writing or a specific theme or author. Members are invited to discuss a book of their own choosing within the assigned topic. For the January meeting, select a biography or memoir.

128 Stand-Up Comedy: DIY at Any Age (N)

Class Type: Live Online (Zoom)

Presenter: Mary Gallagher

Dates: 1/20

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

Come for a fun afternoon to learn the basics of stand-up comedy by Mary Gallagher, UW-Green Bay alumna who recently made her national television debut on "The Late Show with Stephen Colbert." Mary will be bringing along two other comedians, both in their eighties, to perform and discuss how stand-up comedy enhances one's life.

129 Nearest Neighbors: Untangling Grief, Depression, Anxiety, and Trauma (N)

Class Type: Live Online (Zoom)

Presenter: Elizabeth DenDekker, MSW, LCSW
Bereavement Specialist

Dates: 1/27

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

Grief is natural, healthy and a healing process. But when does grieving become a mental health concern? Learn about the different types of grief, neighboring syndromes and ways to untangle it all. Attendees will come away with a greater understanding of grief, how to assess for complications and what to do next.

130 Beginning Knitting: Two-Cable Hat (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: MaryLu Sachs

Coordinator: Pati Wiegand

Coordinator Email: pati_927@yahoo.com

Dates: 2/3 2/10 2/17 3/3

Time: 12-1:30 p.m. **Limit:** 8

Participants will learn to knit in the round using a circular needle and double-pointed needles, cables, decrease and weaving in the ends. Supplies needed: 200 yards of worsted weight yarn (solid color and not novelty yarn); size 8US 16" circular needle; size 8US double-pointed needles; cable needle; tapestry needle.

131 Knit a 'Top-Down' Sweater (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: MaryLu Sachs

Coordinator: Theresa Reiter

Coordinator Email: treiter06@gmail.com

Dates: 2/3 2/10 2/17 3/3

Time: 1:30-3 p.m. **Limit:** 8

Participants will make a child-size pullover sweater (it goes faster than an adult sweater), beginning at the top, without seams. SUPPLY LIST: Washable worsted weight yarn (Cascade Yarns 220 Superwash); Size 2 sweater: 2 skeins, 440 yds; Size 4 sweater: 3 skeins, 660 yds; Size 6 or 8 sweater: 4 skeins, 880 yds; US 7 (4.5 mm) 16" and 24" Circular Needle; US 7 (4.5 mm) Double-pointed Needles; Yarn Needle; 5 Stitch Markers; waste yarn.

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

132 Five Money Questions for Women (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Kyle Lukowitz

Coordinator: Nancy Whitfield

Coordinator Email: 2atpeaceful@netnet.net

Dates: 2/3 2/10 2/17 2/24

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

Women face unique financial circumstances. A strong financial strategy is vital. Ensure your financial strategy fits your lifestyle and needs. During this presentation, we explore five critical money questions for women.

133 Leadership Through the Eyes of A Conductor (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Michael Alexander, Chancellor, UW-Green Bay

Coordinator: James A Hinckley

Coordinator Email: hinkqtrhorse@earthlink.net

Dates: ~~2/10~~ **Date Changed 2/17**

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

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

134 Real Vietnam War (R)

Class Type: Live Online (Zoom)

Presenter: Ron W. Hoffman

Dates: 2/17

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

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

135 The Menominee River: Past Practices, Current Conditions, Future Challenges (N)

Class Type: Classroom

Location: Marinette Campus

Classroom: Marinette Fieldhouse F-108

Presenter: Keith D. West, PhD. Associate Professor, Geoscience

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 2/24

Time: 10 a.m.-12 p.m. **Limit:** 32

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

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

Class Type: Live Online (Zoom)

Presenter: Barb Michaels

Dates: 3/3

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

The ADRC is the independent unbiased resource supporting and empowering seniors and adults with disabilities and their caregivers. Learn how the ADRC can help you get the most out of your life whether you are looking for ways to stay active or dealing with the challenges of a chronic health condition, aging, disability, or caring for someone who is. Experience helpful tips when caring for a loved one and how to prevent falls.

137 Growing a Productive Vegetable/Herb Garden in Wisconsin (N)

Class Type: Classroom

Location: Manitowoc Campus

Classroom: F170

Presenter: Conor Benham

Coordinator: Liz Koehler

Coordinator Email: lizkoehler@gmail.com

Dates: 3/3

Time: 10 a.m.-12 p.m. **Limit:** 24

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

138 The DaVinci Diaries (N)

Class Type: Classroom

Location: Marinette Campus

Classroom: will advise

Presenter: Jim Lamalfa, Associate Professor Emeritus

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 3/10

Time: 10 a.m.-12 p.m. **Limit:** 15

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

139 Exercise as Medicine (N)

Class Type: Live Online (Zoom)

Presenter: David J. Ferguson, MD

Dates: 3/10

Time: 10-11:30 a.m. **Limit:** 25

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

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

Class Type: Classroom

Location: Manitowoc Public Library

Presenter: Marge Jehle

Coordinator: Faye Malek

Coordinator Email: faye.malek4901@gmail.com

Dates: 3/10

Time: 1-3 p.m. **Limit:** 24

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

141 Like Eagles - The Battle of Britain (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: Christie Theater in University Union

Presenter: Robert Cook

Coordinator: Pati Wiegand

Coordinator Email: pati_927@yahoo.com

Dates: 3/10 3/17 3/24

Time: 1-3 p.m. **Limit:** 150

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

142 Health Benefits of Olive Oil and Balsamic Vinegar (R)

Class Type: Classroom

Location: Manitowoc Campus

Classroom: F170

Presenter: Rick Couron

Coordinator: Liz Koehler

Coordinator Email: lizkoehler@gmail.com

Dates: 3/17

Time: 10 a.m.-12 p.m. **Limit:** 24

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

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

Class Type: Classroom

Location: Green Bay

Classroom: RH220

Presenter: Dan Spielmann

Coordinator: Jim Huss

Coordinator Email: Jhuss2@new.rr.com

Dates: 3/24

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

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

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

Class Type: Classroom

Location: Manitowoc Campus

Classroom: F170

Presenter: Mary Lindemann

Coordinator: Jean Rausch

Coordinator Email: jrausch0712@gmail.com

Dates: 3/24

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

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

145 Think Spring: Colorful Flower Pots (N)

Class Type: Classroom

Location: Marinette Campus

Classroom: M107

Presenter: Kathy Warner

Coordinator: Linda Berry

Coordinator Email: ljberry23@gmail.com

Dates: 3/24

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

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



de-cou-page

noun: decoupage

the art of decorating surfaces by applying cutouts (as of paper) and then coating with usually several layers of finish (such as lacquer or varnish)

MERRIAM-WEBSTER

146 Power of Meaning-Making: Transforming Pain into Purpose (N)

Class Type: Live Online (Zoom)

Presenter: Elizabeth DenDekker, MSW, LCSW
Bereavement Specialist

Dates: 3/31

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

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: Mauthe Center

Presenter: Bob Srenaski

Coordinator: Pati Wiegand

Coordinator Email: pati_927@yahoo.com

Dates: 4/7

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

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: ADRC Staff

Coordinator: Jim Huss

Coordinator Email: Jhuss2@new.rr.com

Dates: 4/7

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

Learn about Social Security benefits - determining when to start collecting benefits, how to sign up,

online tools and an overview of the different types of benefits. Learn about Medicare - an overview of Medicare basics. Learn about Medicare options, common terms and the online tools available.

149 Biking Northeast Wisconsin (R)

Class Type: Live Online (Zoom)

Presenter: Lou Ann Norsetter

Dates: 4/7

Time: 1-3 p.m. **Limit:** 150

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

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

Class Type: Tour

Location: Green Bay

Classroom: NEW Water

Presenter: Erin Collar

Coordinator: Jim Huss

Coordinator Email: Jhuss2@new.rr.com

Dates: 4/7 4/14

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

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

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

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

Class Type: Live Online (Zoom)

Presenter: ADRC Staff

Dates: 4/14

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

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: Mauthe Center

Presenter: Benjamin W. Cruz-Uribe

Coordinator: Ed Smith

Coordinator Email: edsmith000@sbcglobal.net

Dates: 4/14

Time: 1-3 p.m. **Limit:** 150

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

153 Art of Calligraphy (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Kay Barlament

Coordinator: Pati Wiegand

Coordinator Email: pati_927@yahoo.com

Dates: 4/21 4/28 5/5 5/12

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

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

154 Apostle Islands: Jewels of Lake Superior (N)

Class Type: Live Online (Zoom)

Presenter: Ken Braband

Dates: 4/21

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

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Michael Leannah

Coordinator: Pati Wiegand

Coordinator Email: pati_927@yahoo.com

Dates: 4/21

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

From 1930 through 1960, America and the world got much of their news and entertainment from the radio. Join us for a “look and a listen” back to that wonderful era. We’ll analyze and enjoy snippets from comedies, police dramas, westerns, thrillers and more. Participants will come away with an understanding of what radio once meant to us, and how its effects still linger in the world today.

156 Why Not Knot? Hand Embroidery (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH315

Presenter: Tracy Reeb

Coordinator: Mary Cook

Coordinator Email: mjcook9@att.net

Dates: 4/21 4/28 5/5 5/12

Time: 1-3 p.m. **Limit:** 20

Learn 12 hand embroidery knots that will add texture to your embroidery. They are all fun, and you'll find it easy to add them to your stitching projects. A materials fee of \$10 (for pattern and directions) is due at the time of registration. Students will need to purchase additional supplies for the project (fabric, DMC floss, and embroidery needles).

157 Authentic 1850's Windmill Tour - Session A (R)

Class Type: Tour

Location: Little Chute

Classroom: Little Chute Windmill

Presenter: Volunteers

Coordinator: Nancy Whitfield

Coordinator Email: 2atpeaceful@netnet.net

Dates: 4/28

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

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

158 Green Armoire (R)

Class Type: Classroom

Location: Manitowoc Campus

Classroom: F170

Presenter: Mary Lindemann

Coordinator: Jean Rausch

Coordinator Email: jrausch0712@gmail.com

Dates: 4/28

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

Don't throw it away, repurpose it! Mary will share her 41 years of thrift store shopping experience to give participants a different perspective on "stuff." Join her to learn unique ways to create inexpensive outfits, jewelry and home decor. Hear tips from this traveling salesperson on how to pack for a trip, either business or pleasure. A course fee of \$10 for a scarf and supplies to make a necklace is due at time of registration.

159 America's National Debt Problem (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: Mauthe Center

Presenter: Bob Srenaski

Coordinator: Ed Smith

Coordinator Email: edsmith000@sbcglobal.net

Dates: 5/5

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

America's national debt in 2021 was five times higher than in 2000. How did that happen and what can be done about it?

Thank You

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

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

160 Early History of the Green Bay Fire Department (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: David Seigel

Coordinator: Pati Wiegand

Coordinator Email: pati_927@yahoo.com

Dates: 5/5

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

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: Mauthe Center

Presenter: Benjamin W. Cruz-Urbe

Coordinator: Mary Braband

Coordinator Email: mbraband5@gmail.com

Dates: 5/5

Time: 1-3 p.m. **Limit:** 150

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Amy Plagenz

Coordinator: Jan LaSota

Coordinator Email: bjlasota@gmail.com

Dates: 5/12

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

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

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

Class Type: Tour

Location: Manitowoc

Classroom: Motherhouse of the Franciscan Sisters of Christian Charity in Manitowoc

Presenter: Sister Caritas

Coordinator: Faye Malek

Coordinator Email: faye.malek4901@gmail.com

Dates: 5/19

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

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

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

Class Type: Classroom

Location: Marinette Campus

Classroom: M107

Presenter: River Cities Readers

Coordinator: Diane Shepard

Coordinator Email: book3ly@hotmail.com

Dates: 5/20

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

Fun presentation with an established readers theatre group from the area. A mix of childrens lit, adult comedy and patriotic pieces. You might want to participate too!

165 Walking in the Shadow of History-Green Bay Fire of 1880 - Session A (R)

Class Type: Outdoor

Location: Green Bay

Classroom: Downtown Green Bay

Presenter: David Seigel

Coordinator: Vickie Keigley

Coordinator Email: vakeigley@gmail.com

Dates: 5/26

Time: 10 a.m.-12 p.m. **Limit:** 15

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

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

Class Type: Classroom

Location: Green Bay

Classroom: NWTC Artisan & Business Center

Presenter: Carrie Dorski (Artisan Center Faculty)

Coordinator: Jan Lasota

Coordinator Email: bjasota@gmail.com

Dates: 5/26

Time: 10 a.m.-12 p.m. **Limit:** 15

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

167 Tour of Belgian Heritage Center (R)

Class Type: Tour

Location: Green Bay

Classroom: Belgian Heritage Center

Presenter: Barbara Englebert Chisholm

Coordinator: Jan LaSota

Coordinator Email: bjasota@gmail.com

Dates: 6/2

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

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

168 Spoon Bending 101 (N)

Class Type: Classroom

Location: Manitowoc Campus

Classroom: F170

Presenter: Deb Klein

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 6/9

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

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

Friday

169 Astronomy: A Basic Overview for Beginner Stargazers (N)

Class Type: Classroom

Location: Marinette Campus

Classroom: M107

Presenter: Anne Bartels, Information & Education Specialist

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 1/14

Time: 10 a.m.-12 p.m. **Limit:** 32

Learn about the history of astronomy, constellation myths and the “stuff” in space. A computer program is used to simulate the night sky as we discuss constellations, star myths, deep space objects and more. A monthly “sky map” and other informational handouts are provided.

170 Guess Who’s Coming to Dinner? (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Ken and Marilyn Rabideau

Coordinator: Marilyn Rabideau

Coordinator Email: mrabideau@centurytel.net

Dates: 1/14 1/28 2/18 3/18 4/15 5/20 6/17 7/15

Time: 10 a.m.-12 p.m. **Limit:** 32

Make new friends but keep the old; one is silver, but the other is gold. Friends, food and fun will be featured when we take turns hosting a small group (about 8) in our home for a potluck supper once a month on Friday evenings at 5:30 p.m. First session meets in Rose Hall 220 at 10 a.m.. Small groups may adjust dinner dates as needed.

171 Green Bay Fisheries with a Focus on Northern Pike (N)

Class Type: **Changed to Zoom**

Presenter: Tammie Paoli

Dates: 1/28

Time: 10 a.m.-12 p.m. **Limit:** 32

Hear from a Fisheries Biologist with the DNR, starting with a broad overview of Green Bay fisheries and issues such as invasive species, threats to habitat and a brief description of the status of several gamefish species, including trends in harvest. Then we’ll focus on Green Bay northern pike life history, spawning migrations and the importance of wetlands to pike.

172 D.I.Y. Stress Reduction (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Sabina Becker PhD

Coordinator: Bob Cook

Coordinator Email: rcook9@att.net

Dates: 2/4 **Date Changed 4/1**

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

We can’t always stop stressful situations from happening, but we can control how we respond to them in constructive ways. This class will combine brief instructor presentations with structured group activities giving students opportunity to practice the stress reduction techniques presented. Videos combining music and imagery will be included to enhance the relaxation experience. Please bring a pen and a pad of paper to class.

173 Is it Torture? Human Dignity and Solitary Confinement in American Prisons (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Derek Jeffreys, PhD

Coordinator: Karen Lacey

Coordinator Email: laceyk@uwgb.edu

Dates: 2/4

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

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

174 Nocturnal Animals of Wisconsin (N)

Class Type: Classroom

Location: Marinette Campus

Classroom: M107

Presenter: Anne Bartels, Information & Education Specialist

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 2/11

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

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

175 Yoga Basics (R)

Class Type: Live Online (Zoom)

Presenter: Mary Hall

Dates: 2/11 2/18 2/25

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

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

176 Basic Weather: Mid-Latitude Cyclones (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Norman Schroeder

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 2/18

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

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

177 Learn About Scams and Identity Theft (N)

Class Type: Classroom

Location: Manitowoc Campus

Classroom: F170

Presenter: Paul Krock, Crime Prevention Sergeant

Coordinator: Liz Koehler

Coordinator Email: lizkoehler@gmail.com

Dates: 2/18

Time: 10 a.m.-12 p.m. **Limit:** 32

Scams and identity theft are two of the fastest growing and most serious economic crimes in the United States. This is true for both financial institutions and persons who lose money or whose

identifying information has been illegally used. They are also costing our country billions of dollars a year in money that will leave our economy and never return. Sergeant Paul Krock estimates that citizens in Manitowoc City receive hundreds of scam attempts each day through emails, letters, text messages and phone calls. As the Crime Prevention Sergeant, Sgt. Krock deals with these cases and will provide an up-to-date presentation on scams and how to protect yourself from those attempting to fraudulently obtain your money or personal information.

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

Class Type: Live Online (Zoom)

Presenter: Eric W. Fowle, AICP

Dates: 2/25 3/11

Time: 1:30-3 p.m. **Limit:** 50

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

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

Class Type: Live Online (Zoom)

Presenter: David Voelker, PhD

Dates: 2/25

Time: 9-10:30 a.m. **Limit:** 150

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

180 Life Transitions: Crisis and Opportunity (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Sabina Becker PhD

Coordinator: Karen Dallman

Coordinator Email: kdallman@new.rr.com

Dates: 3/4

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

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

181 UW-Green Bay Viking House (R)

Class Type: Live Online (Zoom)

Presenter: Prof. Heidi Sherman

Dates: 3/4

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

Did you know that UW-Green Bay is the only college in the world with a replica of a Viking House? In 2017, Viking reenactors Owen and Elspeth Christianson donated the house to the campus based on their long collaboration with Heidi Sherman, PhD. Dr. Sherman brought her students to "Viking Camp" at the Christianson's for several years. Dr. Sherman will talk about the house, the work of the Christianson's and how it is used by students and community members.

182 Emergency Preparedness for Families (N)

Class Type: Classroom

Location: Marinette Campus

Classroom: M107

Presenter: Slade Berry

Coordinator: Linda Berry

Coordinator Email: ljberry23@gmail.com

Dates: 3/11

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

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

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

Class Type: Tour

Location: Green Bay Campus

Classroom: STEM Innovation Center

Presenter: Judy Knudsen

Coordinator: Mary Gajeski

Coordinator Email: Tiz2wiz@gmail.com

Dates: 3/11

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

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

184 Happiness, Hope and Healing (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Shari Liesch, APNP, CDE

Coordinator: Theresa Reiter

Coordinator Email: treiter06@gmail.com

Dates: 3/18

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

Humans are wired for survival and humor, and hope plays an important role. Our daily behaviors,

thoughts and resilient thinking impact our perceptions of happiness. When we are hopeful, we maintain positive expectations toward our goals, even when facing obstacles. This discussion will include a review of happiness, hope and the impact on healing and health.

185 Functional Fitness, Exercise and NKT (N)

Class Type: Classroom

Location: Marinette Campus

Classroom: M107

Presenter: Debbie Corey

Coordinator: Diane Shepard

Coordinator Email: book3ly@hotmail.com

Dates: 3/18

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

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

186 Ethics and Biases in Artificial Intelligence (N)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Gaurav Bansal, PhD

Coordinator: Jim Hinckley

Coordinator Email: hinkqtrhorse@earthlink.net

Dates: 3/25

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

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

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

187 Water Conservation & Pollution Prevention (N)

Class Type: Classroom

Location: Marinette Campus

Classroom: M107

Presenter: Anne Bartels, Information & Education Specialist

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 3/25

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

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

188 World's Greatest Churches Part 2 (C)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Dean Cherry

Coordinator: Karen Dallman

Coordinator Email: kdallman@new.rr.com

Dates: 4/22 4/29

Time: 10 a.m.-12:15 p.m. **Limit:** 50

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

189 Art of Thrift Store Shopping (R)

Class Type: Tour

Location: Manitowoc

Classroom: St. Vincent De Paul in Manitowoc

Presenter: Mary Lindemann

Coordinator: Jean Rausch

Coordinator Email: jrausch0712@gmail.com

Dates: 4/8

Time: 9 a.m.-12 p.m. **Limit:** 13

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Illene Cupit

Coordinator: Kris Lewins

Coordinator Email: klewins1225@gmail.com

Dates: 4/15

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

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

191 Ending the Dropout Crisis (N)

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

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

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

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

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

193 Biking is Fun at Any Age (R)

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

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

194 Monarch Butterfly Spring Migration (N)

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

In this class, we'll learn about the stages from egg to butterfly, north monarch migration, planting for monarchs, fall migration and the importance of milkweed. Charlene will give milkweed seeds to participants.

195 Racewalking for Lifetime Fitness (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH220

Presenter: Michael L. Draney

Coordinator: Sue Johnson

Coordinator Email: smjohnson718@gmail.com

Dates: 5/13 5/20

Time: 9:30 a.m.-12 p.m. **Limit:** 25

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

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

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Katie Brewer

Coordinator: Contact the LLI Office to Volunteer

Coordinator Email: lli@uwgb.edu

Dates: 5/13

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

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

197 Creating Your Own Herbal Remedies (R)

Class Type: Classroom

Location: Green Bay Campus

Classroom: RH230

Presenter: Katie Brewer

Coordinator: Pati Wiegand

Coordinator Email: pati_927@yahoo.com

Dates: 5/20

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

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

198 Holy Land Holy Smoke (R)

Class Type: Video Recording

Presenter: Dr. Richard J. Stevens, Ph.D.

Dates: 5/20

Time: Video link sent by 8 a.m. **Limit:** Unlimited

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

Community Locations

1000 Island Environmental Center
1000 Beaulieu Ct., Kaukauna

Allouez Village Hall
1900 Libal St., Green Bay

ASPIRO
1673 Dousman St., Green Bay

Barkhausen Waterfowl Preserve
2024 Lakeview Dr., Suamico

Bay Beach Wildlife Sanctuary
1660 East Shore Dr., Green Bay

Belgian Heritage Center
1255 Cty. Rd. DK, Brussels

Bubolz Nature Preserve
4815 N Lynndale Dr., Appleton

Calvary Lutheran Church
1301 S. Ridge Rd., Green Bay

Christa McAuliffe Park
3100 Sitka St., Green Bay

Ellwood H. May Environmental Park
3615 Mueller Road, Sheboygan, WI

First Presbyterian Church
200 Ashland Ave., Green Bay

Green Bay Botanical Gardens
2600 Larsen Rd., Green Bay

Jeff's Piano Sales and Service
1674 E Mason St., Green Bay

Krueger International
1330 Bellevue St., Green Bay

Little Chute Windmill
130 West Main St., Little Chute

Manitowoc County Joint Dispatch Center
1024 S 9th St., Manitowoc

Micah Center
612 Stuart St., Green Bay

Mosquito Hill Nature Center
N3880 Rogers Rd., New London

NEW Water
2231 N. Quincy St., Green Bay

NWTC Artisan and Business Center
1417 Cedar St., Green Bay

PetSkull Brewing Company
1015 Buffalo St., Manitowoc

Rahr-West Art Museum
610 N 8th St., Manitowoc

Roadside Cucina and Cannery
5218 South 10th St., Manitowoc

Sabbatical Brewing Company
835 S 29th St., Manitowoc

Sisters of St. Francis of the Holy Cross
3110 Nicolet Dr., Green Bay

Sharon S. Richardson Community Hospice
W2850 WI-28, Sheboygan Falls

St. Vincent de Paul - Manitowoc
911 Chicago St., Manitowoc

Stillmark Brewing Company
215 N. Henry St., Green Bay

Suamico Community Center 12781 Velp Ave., Green Bay
Three Bridge Brewing 2221 13th St., Menominee
Waglalagaland Arcade 117 Steele St., Algoma
Wisconsin Maritime Museum 75 Maritime Dr., Manitowoc
Woodland Dunes Nature Center 3000 Hawthorne Ave., Two Rivers
Woodlawn Cemetery 1542 Webster Ave., Green Bay

Manitowoc Public Library
707 Quay Street, Manitowoc, WI, 54220

UW-Green Bay Campuses

Christie Theatre, UW-Green Bay 2420 Nicolet Dr., Green Bay
Mauthe Center, UW-Green Bay 2418 Leon Bond Dr., Green Bay
Rose Hall (RH), UW-Green Bay 2420 Nicolet Dr., Green Bay
STEM Innovation Center, UW-Green Bay 2420 Nicolet Dr., Green Bay
Weidner Center, UW-Green Bay 2420 Nicolet Dr., Green Bay
Manitowoc Campus, UW-Green Bay Room F170 Founders Hall 705 Viebahn St., Manitowoc
Marinette Campus, UW-Green Bay, Room M107 Main Building 750 W. Bay Shore St., Marinette
Marinette Campus, UW-Green Bay Art Studio-Theatre on the Bay Fine Arts Bldg., 750 W. Bay Shore St., Marinette
Marinette Campus, UW-Green Bay, Marinette Fieldhouse F-108 750 W. Bay Shore St., Marinette
Sheboygan Campus, UW-Green Bay Room 3105 Main Building One University Dr., Sheboygan

Lifelong Learning Institute is a Vital Part of the Community

LLI will follow UW-Green Bay COVID guidelines that are in place. All LLI members must follow these guidelines in regards to masking and/or social distancing. Your Lifelong Learning Institute is a non-profit organization, and we need our members to help us to ensure we can continue to exist.

Please support us!

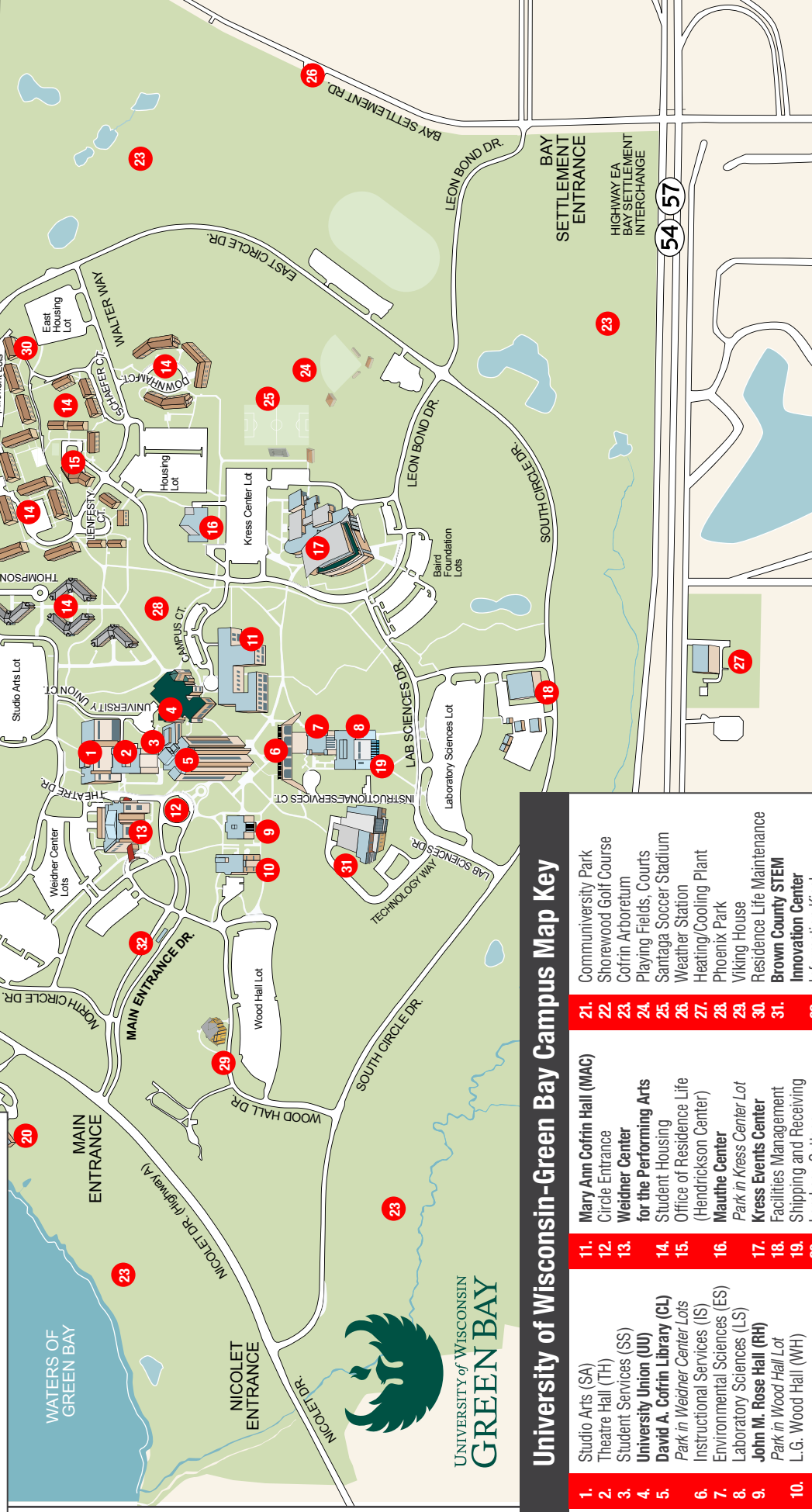
Campus Information

Lifelong Learning Office: 920-465-2356
University Information Center: 920-465-2400
Directory Assistance: 920-465-2000

PARKING DETAILS:

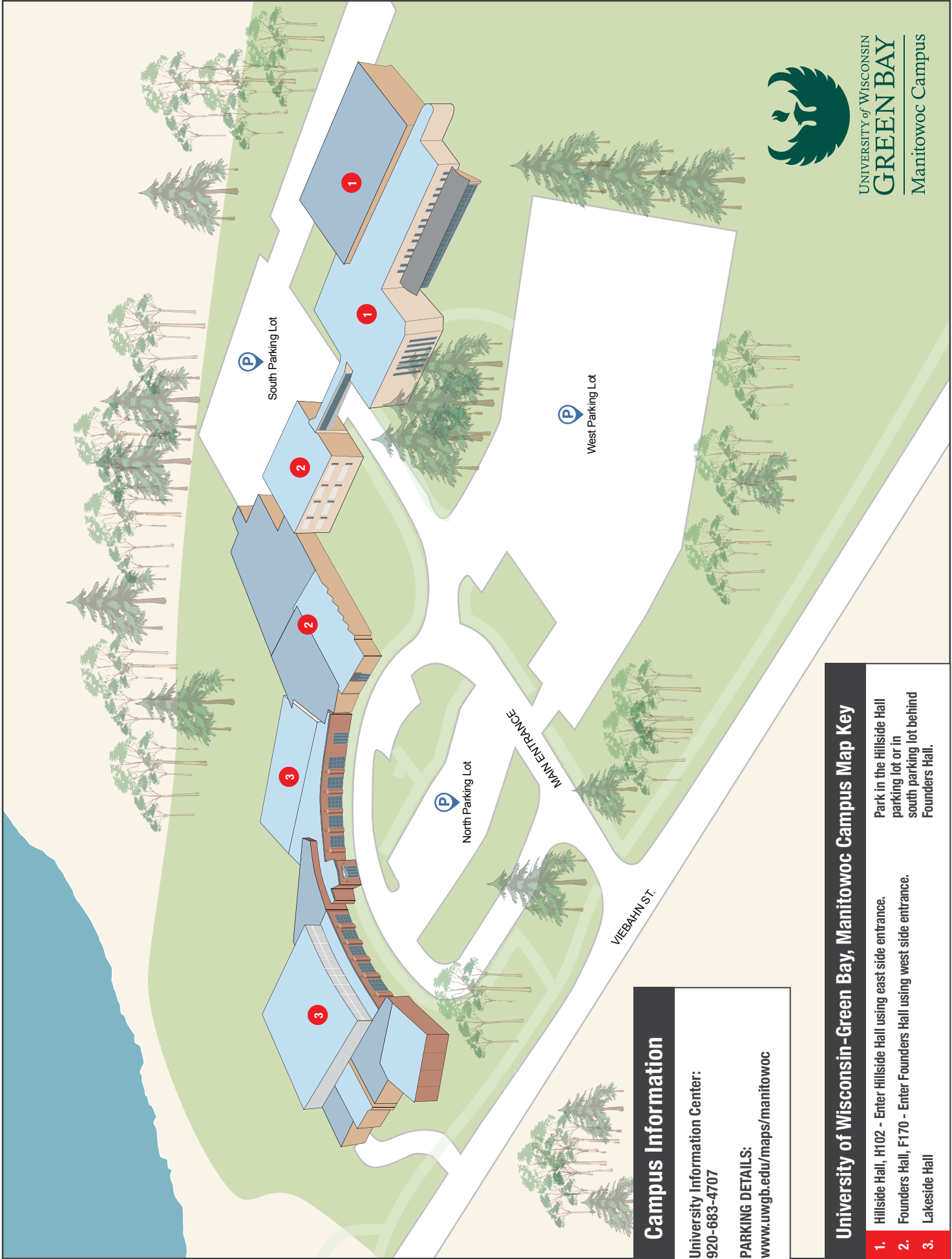
LLI Office must have your license plate number on file.
Park in parking stalls only with your license plate facing out towards row. Do not park on Campus Court or any other area besides the main parking lots or you will be ticketed and required to pay fine.

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



University of Wisconsin-Green Bay Campus Map Key

1. Studio Arts (SA)	11. Mary Ann Coffin Hall (MAC) Circle Entrance	21. Community Park
2. Theatre Hall (TH)	12. Weidner Center for the Performing Arts	22. Shorewood Golf Course
3. Student Services (SS)	13. University Union (UU)	23. Coffin Arboretum
4. David A. Coffin Library (CL)	14. Student Housing	24. Playing Fields, Courts
5. Park in Weidner Center Lots	15. Office of Residence Life (Hendrickson Center)	25. Santauga Soccer Stadium
6. Instructional Services (IS)	16. Mauth Center	26. Weather Station
7. Environmental Sciences (ES)	17. Park in Kress Center Lot	27. Heating/Cooling Plant
8. Laboratory Sciences (LS)	18. Kress Events Center	28. Phoenix Park
9. John M. Rose Hall (RH) Park in Wood Hall Lot	19. Facilities Management	29. Viking House
10. L.G. Wood Hall (WH)	20. Shipping and Receiving	30. Residence Life Maintenance
		31. Brown County STEM Innovation Kiosk
		32. Information Kiosk



Campus Information

University Information Center:
920-683-4707

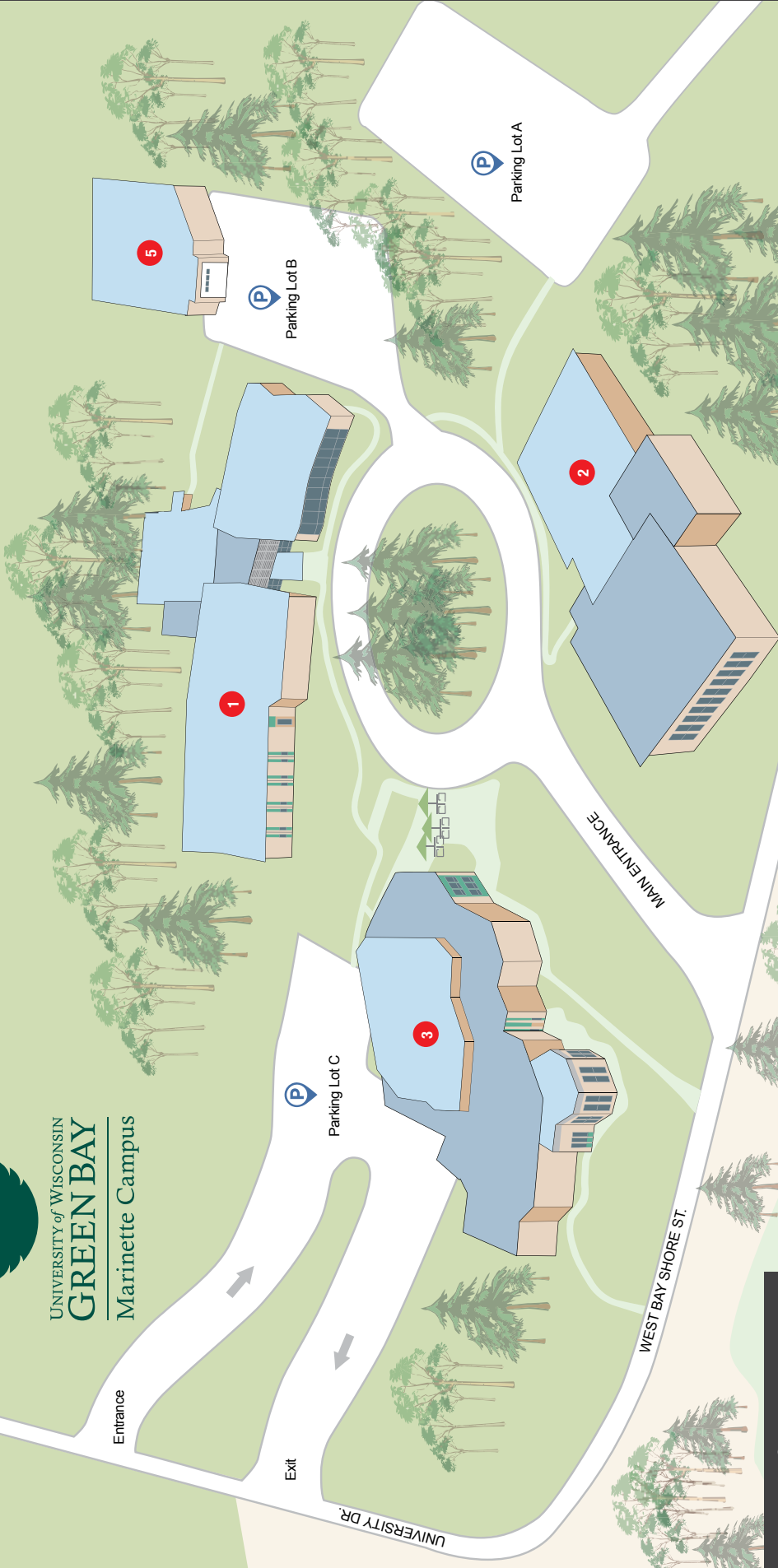
PARKING DETAILS:
www.uwgb.edu/maps/manitowoc

University of Wisconsin-Green Bay, Manitowoc Campus Map Key

- | | | |
|----|---|---|
| 1. | Hillside Hall, H102 - Enter Hillside Hall using east side entrance. | Park in the Hillside Hall parking lot or in south parking lot behind Founders Hall. |
| 2. | Founders Hall, F170 - Enter Founders Hall using west side entrance. | |
| 3. | Lakeside Hall | |



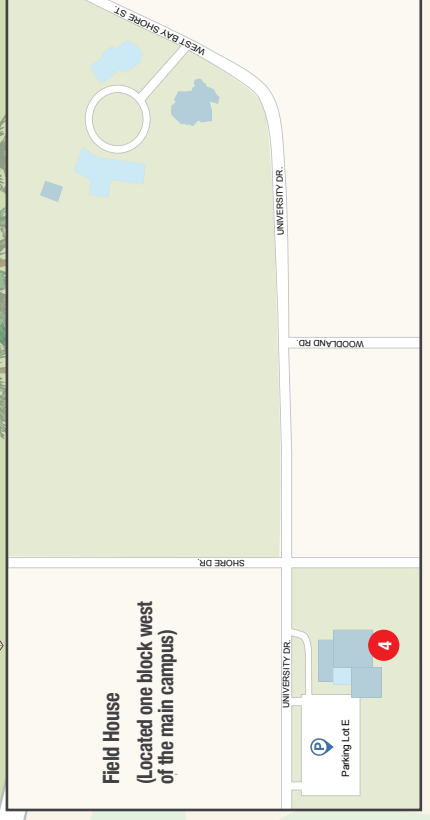
UNIVERSITY OF WISCONSIN
GREEN BAY
Marinette Campus



Campus Information

University Information Center:
715-735-4300

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



University of Wisconsin-Green Bay, Marinette Campus Map Key

- | | | | |
|----|---|----|---|
| 1. | Main Building
Most LLI classes held here | 4. | Field House
(Located one block west of the main campus) |
| 2. | Library Technology Building | 5. | Maintenance Building
(Includes Facilities Management, Maintenance Staff) |
| 3. | Fine Arts Building | | |

Campus Information

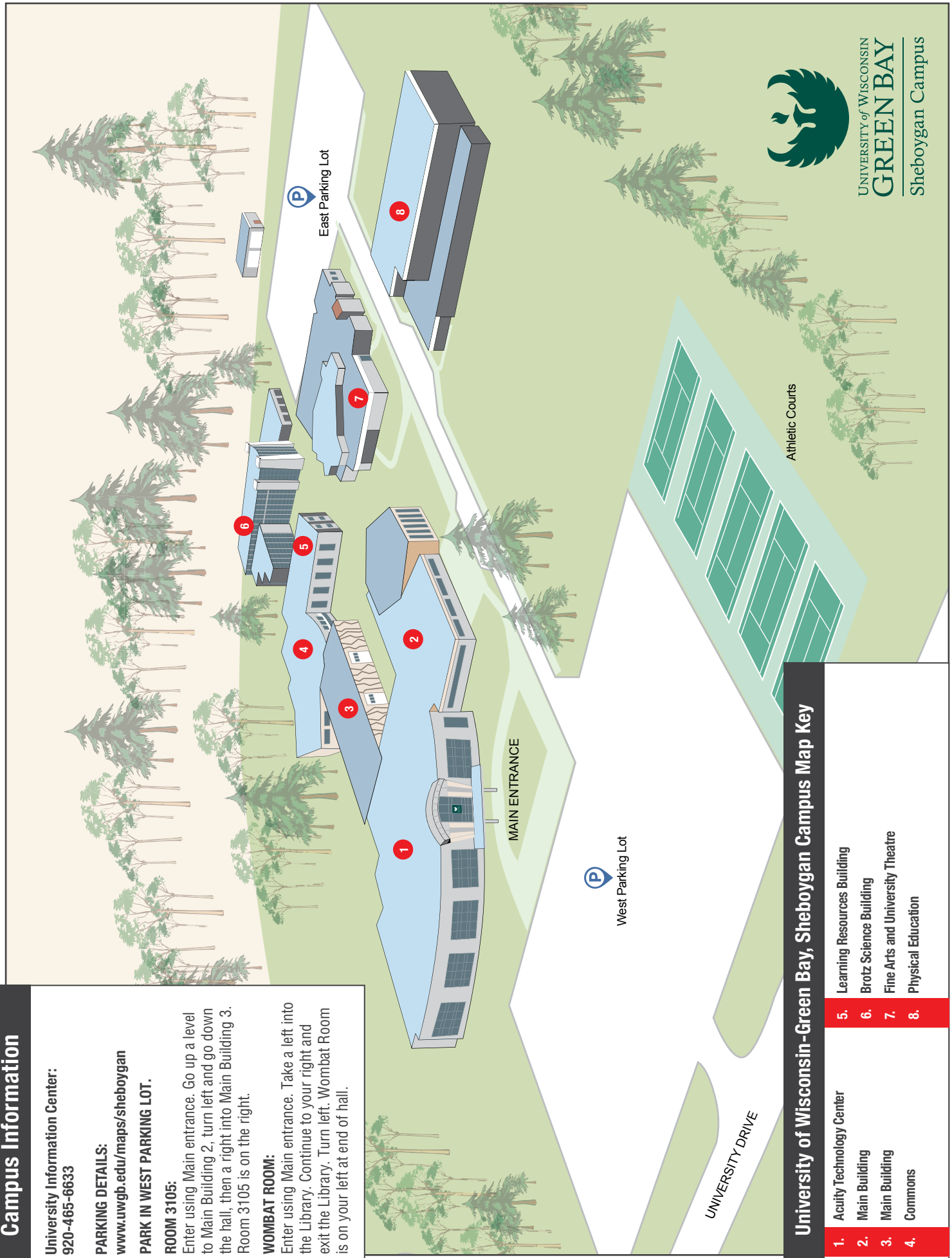
University Information Center:
920-465-6633

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 | 5. | Learning Resources Building |
| 2. | Main Building | 6. | Brotz Science Building |
| 3. | Main Building | 7. | Fine Arts and University Theatre |
| 4. | Commons | 8. | Physical Education |



UNIVERSITY of WISCONSIN
GREEN BAY

University of Wisconsin-Green Bay
Lifelong Learning Institute 2475
2420 Nicolet Drive
Green Bay, WI 54311-7001

Quick Links!

Registration begins on Monday, December 6 at 10 a.m. and is now first come, first serve, so register early for best selection.

[See Registration Checklist.](#)

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

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

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

Contacting LLI:

The LLI office is now located in the Cofrin Library CL 109
Office hours are Monday-Thursday, 9 a.m. to 2 p.m.

The best way to contact us is by emailing lli@uwgb.edu.
You can also call us at 920-465-2356.

