

Fall 2023 Course Catalog



LIFELONG LEARNING INSTITUTE

FORWARD TOGETHER



Registration begins August 1, 2023 at 10 a.m.
Register early for best selection.

Learn more and register at www.uwgb.edu/lii



UNIVERSITY of WISCONSIN
GREEN BAY

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No.	Course Title	Time	Start	Subsequent Dates			
1	First English Settlements in America	10 a.m.-12 p.m.	8/14				
2	Lost Lady: The Lady Elgin Tragedy	1-3 p.m.	8/14				
126	Ashes to Ashes, Dust to Dust	10 a.m.-12 p.m.	8/17				
2.5	Health and Care of Birds and How to Attract Them to Your Yard	10 a.m.-12 p.m.	8/21				
3	Let's Learn About Some Common Eye Conditions	1-3 p.m.	8/21				
36	Behind-the-Scenes Story of the Champion Schmitt Brothers	10 a.m.-12 p.m.	8/22				
82	Find Your Own Food Foraging 101	10 a.m.-12 p.m.	8/23				
83	Christmas Trees: A Profession	10 a.m.-12 p.m.	8/23				
84	History of Ireland in Music and Song	10-11:30 a.m.	8/23				
127	More Fun With Beads	10 a.m.-12 p.m.	8/24				
128	West of the Lake Garden Tour	1-3 p.m.	8/24				
172	9-1-1 From Start to Finish	10 a.m.-12 p.m.	8/25				
4	Wisconsin's Reptiles and Amphibians	10 a.m.-12 p.m.	8/28				
5	Tat & Chat	1-3 p.m.	8/28	9/11	9/18	9/25	
37	AmeriCorps Seniors, What's It All About?	10-11:30 a.m.	8/29				
85	Zentangle: Review and New	1-3 p.m.	8/30	9/6	9/13		
129	Feet First	10-11 a.m.	8/31				
173	Bird Migration at Woodland Dunes	10 a.m.-12 p.m.	9/1				

38	MahJongg For Beginners	1-3 p.m.	9/5	9/12	9/19	9/26		
86	American Railroads in World War II	10 a.m.-12 p.m.	9/6	9/13	9/27			
87	Beginning Line Dancing	10 a.m.-12 p.m.	9/6	9/13	9/27			
88	Lifelong Learning Choir	3:30-5 p.m.	9/6	12/6				
130	Recorders in Concert - Italian Style	10 a.m.-12 p.m.	9/7					
131	Group Piano	1-2:30 p.m.	9/7	9/14	9/21	9/28		
132	Tour of Belgian Heritage Center	1-3 p.m.	9/7					
174	The Taxing Story of America: Evolution of Taxes in the Land of the Free	10 a.m.-12 p.m.	9/8					
175	Biking is Fun at Any Age	10 a.m.-12 p.m.	9/8	9/15	9/22	9/29	10/6	10/13
176	Mastering the Art of Downsizing: Selling Your Home and Transitioning to a New Lifestyle	10 a.m.-12 p.m.	9/8					
177	Introduction To Watercolor	9:30 a.m. -12 p.m.	9/8	9/22				
6	Cherney Maribel Caves and New Hope Cave Session A	10 a.m.-12 p.m.	9/11					
7	Walking on the Wildside	10 a.m.-12 p.m.	9/11	9/18	9/25	10/2		
8	It's a Mystery to Me	12:30-2:30 p.m.	9/11	10/2	11/6	12/11		
9	Cherney Maribel Caves and New Hope Cave Session B	1-3 p.m.	9/11					
10	Taming Plants: Science and History of Plant Domestication	1-3 p.m.	9/11					
39	Gardener's Delight Tour	10 a.m.-12 p.m.	9/12					
40	Sustainability and Solar Energy	10-11:30 a.m.	9/12					
41	Try America's Fastest-Growing Sport, Pickleball!	1-3 p.m.	9/12					

42	Continuing Issues	1-3 p.m.	9/12	9/26 12/5	10/10 12/19	10/24	11/7	11/21
43	Update on the U.S. and Wisconsin Supreme Courts	1-3 p.m.	9/12	9/19				
89	Appreciating Poetry	10 a.m.-12 p.m.	9/13					
90	Packers History: Truth vs Myth	10-11 a.m.	9/13					
91	Getting Happy: Insights From the Science of Positive Psychology	1-3 p.m.	9/13					
133	Introduction to Norwegian Genealogy	10 a.m.-12 p.m.	9/14					
134	Dance Makes Music	10 a.m.-12 p.m.	9/14					
135	Spread the Word, About Cheese That Is!	10 a.m.-12 p.m.	9/14					
136	Authentic 1850s Windmill Tour Session A	1-3 p.m.	9/14					
137	Silarian Vineyards History and Tour	1-3 p.m.	9/14					
138	What Does an Adult Literacy Tutor Do?	1-3 p.m.	9/14					
139	Barkhausen Waterfowl Preserve	9-11 a.m.	9/14					
178	Take a Tour Through the Eyes of the Automobile at The Automobile Gallery & Event Center	10 a.m.-12 p.m.	9/15					
179	New Germany: Germany after the Russian Invasion of Ukraine	10 a.m.-12 p.m.	9/15					
180	Memory Tips and Tricks	1-3 p.m.	9/15					
11	Alpaca Ranch Tour Session A	10 a.m.-12 p.m.	9/18					
12	Strength and Balance for Seniors	10 a.m.-12 p.m.	9/18					

Registration Reminder

New members please visit www.uwgb.edu/lli to register.
Current members will be emailed a registration link.

13	Legal Issues in Retirement	10 a.m.-12 p.m.	9/18	9/25					
14	Design Tech Intro (Cad, 3D Printing & Laser cutting)	10 a.m.-12 p.m.	9/18						
15	Gentle Yoga	1-2 p.m.	9/18	9/25	10/2	10/9	10/16	10/23	
16	Slow Vinyassa Flow Yoga	2:30-3:30 p.m.	9/18	9/25	10/2	10/9	10/16	10/23	
44	Tour Krueger International (KI) 100% Employee Owned	10 a.m.-12 p.m.	9/19						
45	Authentic 1850s Windmill Tour Session B	10 a.m.-12 p.m.	9/19						
46	Monarch Butterflies	10 a.m.-12 p.m.	9/19						
47	Tour Lakeside Foods Processing Plant	1-3 p.m.	9/19						
48	Fall Leaves: Zentangle Style	1-3 p.m.	9/19						
92	How the Earth Came to be and Us on It	10 a.m.-12 p.m.	9/20	9/27	10/4	10/11			
140	Ukraine - Europe's 21st Century War	10 a.m.-12 p.m.	9/21						
141	The Chicken Farmer Who Saved D-Day	10 a.m.-12 p.m.	9/21						
142	Green Bay Men's Basketball: 4 Years for the Next 40 Years of Your Life	10 a.m.-12 p.m.	9/21						
143	Anticoagulation (Blood Thinners): What, Why and How?	10 a.m.-12 p.m.	9/21						
144	U.P. Stories	10 a.m.-12 p.m.	9/21	10/12	11/16	12/21			
145	Books and You	1-2:30 p.m.	9/21	10/19	11/16	12/14			
146	Walking in the Shadow of History - The Great Green Bay Fire of 1880	1-3 p.m.	9/21						
147	Poppy Bouquet: Acrylic Painting on Canvas	3-5 p.m.	9/21						
181	Kids Teaching Art to Adults	10 a.m. - 1 p.m.	9/22						

182	From Altered States to Altered Traits: Take a Deep Dive into Building a Contemplative Practice	10 a.m.-12 p.m.	9/22	9/29
17	Outlaw Cowboys and Rogue Samurai: Spaghetti Westerns and Samurai Films	1-3 p.m.	9/25	10/2
49	Alpaca Ranch Tour Session B	10 a.m.-12 p.m.	9/26	
50	Golden Age of Brown County Enterprise	10 a.m.-12 p.m.	9/26	
51	Federal Indian Law History	10 a.m.-12 p.m.	9/26	
52	Smartphone Device Workshop for Apple I-Phones	10 a.m.-12 p.m.	9/26	
53	Influence of Photography on Civil War Medicine	1-2:30 p.m.	9/26	
54	Smartphone Device Workshop for Android I-Phones	1-3 p.m.	9/26	
93	Exceptional Equestrians	10 a.m.-12 p.m.	9/27	
94	Creating a Safe Home Environment	1-3 p.m.	9/27	
95	Elon Musk, Space X, and the Artemis Moon Mission & Mars	1-3 p.m.	9/27	10/4
148	Spycraft: Spies, Counter-Intelligence, and Subterfuge.	10 a.m.-12 p.m.	9/28	
149	Divine Feminine: The Female Aspect of God	1-3 p.m.	9/28	
150	Stalag USA WWII POW Camps	1-3 p.m.	9/28	10/5
151	Connect with Curative Connections	1-3 p.m.	9/28	
183	Create an Indoor Fairy Garden Session A	2-3:30 p.m.	9/29	
18	Bountiful Harvest	10:00 a.m.-1:00 p.m.	10/2	
55	Cremation: A Hot Topic	10 a.m.-12 p.m.	10/3	10/10 10/17
56	Learn to Play Chess	10 a.m.-12 p.m.	10/3	10/10 10/17

57	Spies Public Library Tour	10-11:30 a.m.	10/3					
58	Travelogue: Egypt <i>canceled</i>	1-3 p.m.	10/3					
59	History & Mystery in Medieval Italy	1-3 p.m.	10/3					
96	Con Artists of Ancient Greece and Rome	10 a.m.-12 p.m.	10/4					
97	Food Is Medicine: Optimize Your Brain Health	10 a.m.-12 p.m.	10/4					
98	Schroeder's Flowers Tour	10 a.m.-12 p.m.	10/4					
99	Intermediate Line Dancing	10 a.m.-12 p.m.	10/4	10/11	10/18	10/25	11/1	
100	7 Step Chair Caning	1-3 p.m.	10/4	10/11	10/18	10/25	11/1	11/8
101	Writing Your Memoirs	1-3 p.m.	10/4	10/11	10/18	10/25	11/1	11/8
102	Goats Tackle Invasive Species	8-9:30 a.m.	10/4					
152	Get On The Ball	10 a.m.-12 p.m.	10/5					
153	Hamilton Wood Type and Printing Museum	10 a.m.-12 p.m.	10/5					
154	Beginning Spanish	10 a.m.-12 p.m.	10/5	10/12	10/19	11/2	11/9	11/16
155	Advanced Spanish	12:15 p.m. - 2:15 p.m.	10/5	10/12	10/19	11/2	11/9	11/16
156	Piano Ensemble	1-2:30 p.m.	10/5	10/12	10/19	10/26		
157	Historical Tour of Franciscan Sisters Motherhouse	1-3 p.m.	10/5					

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.

184	Louise Erdrich Novels	10 a.m.-12 p.m.	10/6	10/20	11/3	11/17
19	Women Shaping Music: Classical to Blues, Jazz and Country	10 a.m.-12 p.m.	10/9			
20	Normal Vs Not Normal Aging	10-11:30 a.m.	10/9			
21	Formation and Focus of the Four Gospels	1-3 p.m.	10/9	10/16	10/23	
60	Secret Service	10 a.m.-12 p.m.	10/10			
61	Colorful Confusion - Camouflage in Wildlife	10 a.m.-12 p.m.	10/10			
103	Volunteering With Critters at Bay Beach Wildlife Sanctuary	1:30 - 3:30 p.m.	10/11			
104	Climate Change and Energy Policy	10 a.m.-12 p.m.	10/11			
105	Green Bay Packers Art Collection	10 a.m.-12 p.m.	10/11			
106	Tiger Sanctuary	1-3 p.m.	10/11			
107	Vintage of Ada	1-3 p.m.	10/11			
158	Felted Slippers	1:30 - 3 p.m.	10/12	10/19	10/26	11/2
159	Benefits of Thrifting: Good for You and the Sponsoring Organization	10 a.m.-12 p.m.	10/12			
160	Financial Crimes Awareness & Prevention	10-11:30 a.m.	10/12			
161	Beginning Knitting	12-1:30 p.m.	10/12	10/19	10/26	11/2
185	STEM Innovation Center at UW-Green Bay	10 a.m.-12 p.m.	10/13			
186	Life's Journey of Gratitude, Grit and Grace	10 a.m.-12 p.m.	10/13			
22	Cruising the Pacific Northwest with Norm and Wendy	10 a.m.-12 p.m.	10/16			
23	Upcycling: It's Not a Trend	10 a.m.-12 p.m.	10/16			

24	Laser Cut Coasters	10 a.m.-12 p.m.	10/16	10/23
25	Lester Bentley: Sign Painter to World Renowned Artist- A Two Rivers Notable	1-3 p.m.	10/16	
62	NAVIGATING MEDICARE: Open Enrollment Period (OEP) 2024	1:00-2:30 p.m.	10/17	
63	Prostate Health: How Important Is It	10 a.m.-12 p.m.	10/17	
64	Prescription Drug Prices (2023 Update)	10 a.m.-12 p.m.	10/17	
65	Capturing History In Postcards	1-3 p.m.	10/17	
108	Guided Walk in Baird Creek: Ecology and History Session A	10 a.m.-12 p.m.	10/18	
109	Researching Your Irish Ancestry and the History Behind It	10 a.m.-12 p.m.	10/18	
110	Moved by the Spirit: Theosophy, Abstraction and Modern Art	10 a.m.-12 p.m.	10/18	
111	Famous Poems of Love and Loss	10 a.m.-12 p.m.	10/18	
112	Guided Walk in Baird Creek: Ecology and History Session B	1-3 p.m.	10/18	
162	Local Flavor: How to make pasties	10 a.m.-1 p.m.	10/19	
163	My Quilt Making Journey	10 a.m.-12 p.m.	10/19	
164	Table Settings Inspired by Art	1-3 p.m.	10/19	
165	Create an Indoor Fairy Garden Session B	2-3:30 p.m.	10/19	
187	Pop Up Books for All Ages	10 a.m.-12 p.m.	10/20	
26	Stamp Along	1-3 p.m.	10/23	
66	Sanimax - The Invisible Industry	10 a.m.-12 p.m.	10/24	
67	Learn to Play Backgammon	10 a.m.-12 p.m.	10/24	10/31

68	Pakal: The Royal Tomb of the Great Maya King	10-11:30 a.m.	10/24	
69	Midwest Trivia	1-3 p.m.	10/24	
70	Make Your Own Journal	1-3 p.m.	10/24	11/7
113	Green Armoire: 'Tis the Season to Decorate	10 a.m.-12 p.m.	10/25	
114	Evolution of Football Equipment	10-11 a.m.	10/25	
115	Needle Felting a Pincushion	1-3 p.m.	10/25	11/1
166	Alzheimer's Disease: A Personal Perspective	10 a.m.-12 p.m.	10/26	
167	How Jesus Became God	1-3 p.m.	10/26	
188	I've Always Wanted to Write a Book (Part 2)	10 a.m.-12 p.m.	10/27	
189	Exploring Wisconsin Geology Using GIS Mapping	10 a.m.-12 p.m.	10/27	
27	Home Staging - Dressed to Sell	10 a.m.-12 p.m.	10/30	
28	Total Solar Eclipse of April 8, 2024	1-3 p.m.	10/30	
71	How to Choose a Paint Color	10 a.m.-12 p.m.	10/31	
72	Geologic Expedition to South China	1-3 p.m.	10/31	
116	Tour Syble Hopp School	10 a.m.-12 p.m.	11/1	
117	Advance Directives: Who Will Be Your Voice?	10 a.m.-12 p.m.	11/1	
118	Decorating 101, Pillows, Throws & Rugs	10 a.m.-12 p.m.	11/1	
119	Your Mediation Process	10-11:30 a.m.	11/1	
120	Beginning Quilting	9:00 a.m.-12:00 p.m.	11/1	11/8 11/15

168	Art of Calligraphy	10 a.m.-12 p.m.	11/2	11/9	11/16
190	Functions of a Medical Examiner's Office	1-3 p.m.	11/3		
191	Art of Thrift Store Shopping	9:00 a.m. - 12:00 p.m.	11/3		
29	Astronomy and History of the Western Calendar	10 a.m.-12 p.m.	11/6		
30	Simply Dreamy Danish Puff	10 a.m.-12 p.m.	11/6		
31	Laser-etched LED Light Stand	10 a.m.-12 p.m.	11/6	11/13	
32	Dirt, Sticks & Bricks 3.0	1-3 p.m.	11/6		
73	Book as Art / Art as Book	10 a.m.-12 p.m.	11/7	11/14	
74	Learn to Play Cribbage	10 a.m.-12 p.m.	11/7	11/14	
75	Zen and the Gift of Aging	10-11:30 a.m..	11/7	11/14	11/21
76	Afterlife and Demonology: Development in the Judeo-Christian Tradition	10 a.m.-12 p.m.	11/7	11/10	
121	Advanced Line Dancing	10 a.m.-12 p.m.	11/8	11/15	11/29
122	Chickadee-dee-dee, Chickadee-dee-dee	10-11:30 a.m.	11/8		
192	Winter is Coming! Plant/Animal Winter Adaptations and Outside Hike	10 a.m.-12 p.m.	11/10		
193	Fun With Aromatherapy	1-3 p.m.	11/10		
33	Mandala Art	10 a.m.-12 p.m.	11/13		
77	Community Identity in the Old Testament: In-groups vs. Out-groups in Ezra, Ruth, and Jonah	10-11:30 a.m.	11/14	11/17	
123	Ireland and Its Poets	10 a.m.-12 p.m.	11/15		
124	Snug Under the Snow: Hibernation and Torpor	1-3 p.m.	11/15		

169	Music to My Ears	1:00-2:30 p.m.	11/16	
194	Make and Take: Plant Based Traditional Soap Making	10 a.m.-12 p.m.	11/17	
34	Compress & Shock Foundation CPR and AED Training	10 a.m.-12 p.m.	11/27	
78	3Z Zentangle Christmas Trees	1-3 p.m.	11/28	
125	Welsh Literature: A Brief Introduction	1-2:15 p.m.	11/29	
170	Christmas 3-D Paper Creations	1-3 p.m.	11/30	12/7
195	Building the Panama Canal	1-2:30 p.m.	12/1	
196	Herbal Recipes for Optimum Health	1-3 p.m.	12/1	
79	Holiday Tunes From Around the World	10 a.m.-12 p.m.	12/5	
80	Manitowoc County Joint Dispatch Tour	10 a.m.-12 p.m.	12/5	
171	Aquatic Exotic Species	10 a.m.-12 p.m.	12/7	
35	Holiday Treats	10 a.m.-12 p.m.	12/11	
81	Nearest Neighbors: Untangling Grief, Depression, Anxiety, and Trauma	10 a.m.-12 p.m.	12/12	

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Monday

1 First English Settlements in America (N)

Class Type: Classroom
Location: Manitowoc
Classroom: Manitowoc F170
Presenter: Paul Timm
Dates: 8/14
Time: 10 a.m.-12 p.m.
Limit: 30

During the 16th and 17th centuries, Spain, France, England and other European countries were all in competition to settle the newly founded Americas. This class examines early English colonization, and how their first three settlements at Roanoke, Jamestown, and Plymouth were connected to each other. It also addresses some of the myths about the early history of America, including John Smith and Pocahontas.

2 Lost Lady: The Lady Elgin Tragedy (R)

Class Type: Classroom
Location: Manitowoc
Classroom: Manitowoc F170
Presenter: Paul Timm
Dates: 8/14
Time: 1-3 p.m.
Limit: 30

Lost Lady: The Lady Elgin Tragedy tells the background story of the politics, history, and legacy and what led to the worst disaster to ever occur on the Great Lakes. Two key characters of the 1860 story are passengers 10-year-old Mary Fahey and her friend Willie Barry, the son of Captain Garrett Barry, commander of the Irish militia. The book, authored by Paul Timm under the name of Paul Hollander, was released in 2018 and made headlines throughout Wisconsin.

2.5 Health and Care of Birds and How to Attract Them to Your Yard (R)

Class Type: Classroom
Location: Manitowoc
Classroom: Manitowoc F170
Presenter: Lee Hansen
Dates: 8/21
Time: 10 a.m.-12 p.m.
Limit: 25

Local business owner, Lee Hansen with Seeds N Beans, will share his knowledge about the

difference 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.

3 Let's Learn About Some Common Eye Conditions (N)

Class Type: Classroom
Location: Green Bay
Classroom: RH 220
Presenter: Dr Kunal Patel
Dates: 8/21
Time: 1-3 p.m.
Limit: 50

We will discuss the basics of Cataracts, Presbyopia, Dry Eye, Glaucoma and Macular Degeneration. Basics of the disease and how these conditions can affect vision will also be covered. We will also discuss helpful tips on how to monitor your vision at home.

4 Wisconsin's Reptiles and Amphibians (N)

Class Type: Classroom
Location: Marinette
Classroom: Marinette Campus M107
Presenter: Anne Bartels
Dates: 8/28
Time: 10 a.m.-12 p.m.
Limit: 25

Learn about the reptile and amphibian species of Wisconsin and their habitats, characteristics and threats to their survival.

5 Tat & Chat (C)

Class Type: Classroom
Location: Green Bay
Classroom: RH 230
Presenter: Nona Litzelman
Dates: 8/28 9/11 9/18 9/25
Time: 1-3 p.m.
Limit: 20

Bring an unfinished tatting project and get together to "tat up loose threads." This course is for those who have already mastered the basics of shuttle tatting. A few new patterns will be introduced for those who would like some extra tatting fun.

6 Cherney Maribel Caves and New Hope Cave Session A (R)

Class Type: Outdoor

Location: Maribel

Classroom: Maribel Caves

Presenter: Andy Krahn and Mike Sobush

Dates: 9/11

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

Limit: 20

Fee: \$5, payable on day of class

Take a two-hour walking tour of the Maribel Caves, visiting the caves in the park, the artesian spring and the inside of New Hope Cave. Learn the history of the Maribel Caves Hotel and view the ruins from the park. Hiking shoes (caves can be muddy), an umbrella and a raincoat may be needed depending on the weather. Register for Session A or B. A \$5 fee is due the day of the class.

7 Walking on the Wildside (R)

Class Type: Outdoor

Location: Green Bay

Classroom: Itinerary will be emailed to the roster

Presenter: Sue Schuette

Dates: 9/11 9/18 9/25 10/02

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

Limit: 25

Enjoy the outdoors with other LLI members while hiking different trails in Brown County. We will meet each week at a designated trail. Hikes will be about one hour in length. In the first week we will meet at UW-Green Bay Communiversity Park on the Bay of Green Bay. The itinerary for each hike will be emailed in advance to the roster.

8 It's a Mystery to Me (R)

Class Type: Classroom

Location: Green Bay

Classroom: Green Bay ADRC Room 143

Presenter: Fred Delie

Dates: 9/11 10/02 11/06 12/11

Time: 12:30-2:30 p.m.

Limit: 12

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 about the book they read and why they like or dislike it.

9 Cherney Maribel Caves and New Hope Cave Session B (R)

Class Type: Outdoor

Location: Maribel

Classroom: Maribel Caves

Presenter: Andy Krahn and Mike Sobush

Dates: 9/11

Time: 1-3 p.m.

Limit: 20

Fee: \$5, payable on day of class

Take a two-hour walking tour of the Maribel Caves, visiting the caves in the park, the artesian spring and the inside of New Hope Cave. Learn the history of the Maribel Caves Hotel and view the ruins from the park. Hiking shoes (caves can be muddy), an umbrella and a raincoat may be needed depending on the weather. Register for Session A or B. A \$5 fee is due the day of the class.

10 Taming Plants: Science and History of Plant Domestication (N)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Vicki Medland

Dates: 9/11

Time: 1-3 p.m.

Limit: 50

Fee: \$2, payable at registration for course supplies

This course will cover the history and biology of plant domestication starting with early humans saving and planting wild plants, early hybridization in the 1930's through the 1960's green revolution, and the latest technologies of injecting genes from unrelated organisms into plant cells to create novel organisms, using examples and demonstrations including example plants and sourdough bread made from ancient and modern grains. A \$2 fee is due at registration to cover supplies for bread.

11 Alpaca Ranch Tour Session A (R)

Class Type: Outdoor,Tour

Location: Two Rivers

Classroom: LondonDairy Alpacas

Presenter: Kevin Stoer & Laura Prellwitz

Dates: 9/18

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

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

Limit: 50**Fee:** \$7, payable on day of class

Hands-on, educational, interactive tour with opportunities to meet, pet and feed one or more of our 50+ alpacas on a fourth generation farm. Learn about the unique qualities of alpaca fiber, their history in the Americas, husbandry and role in agritourism in NE Wisconsin. Sign up for Session A or B, but not both. A \$7 fee is due at class.

12 Strength and Balance for Seniors (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 220**Presenter:** Nick Baudhuin**Dates:** 9/18**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.

13 Legal Issues in Retirement (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 230**Presenter:** Matt Geimer, Mary Rose Orcutt & Bob Geimer**Dates:** 9/18 9/25**Time:** 10 a.m.-12 p.m.**Limit:** 50

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

14 Design Tech Intro (Cad, 3D Printing & Laser cutting) (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** STEM Innovation Center at UW-Green Bay**Presenter:** Dennis Rockhill**Dates:** 9/18**Time:** 10 a.m.-12 p.m.**Limit:** 12**Fee:** \$10, payable at registration for course supplies

Dip your toes into digital fabrication. We'll show you how to create digital files using a simple CAD application and output a name tag to a 3D printer and/or 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.

15 Gentle Yoga (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Allouez Village Hall**Presenter:** Ginny Lee Sisco**Dates:** 9/18 9/25 10/02 10/09 10/16 10/23**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.

16 Slow Vinyasa Flow Yoga (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Allouez Village Hall**Presenter:** Ginny Lee Sisco**Dates:** 9/18 9/25 10/02 10/09 10/16 10/23**Time:** 2:30-3:30 p.m.**Limit:** 25

Ginny will lead you through a slow-paced practice of mindfulness, stretches, yoga poses and movements coordinated with the breath on the floor and standing. You will need to bring a yoga mat and water bottle and wear comfortable non-binding clothes or yoga apparel. If you'd like to

bring props (block, towel, blanket, bolster etc.) to enhance your practice feel free, but they are not required. Ginny often incorporates mantra, seed sounds, visualization and meditation into her yoga sessions and each includes a 5-10 minute Savasana (final resting pose) for total relaxation. This class is good for beginners and any yogi interested in a less intense, quiet, meditative, and restorative practice.

17 Outlaw Cowboys and Rogue Samurai: Spaghetti Westerns and Samurai Films (N)

Class Type: Classroom
Location: Green Bay
Classroom: RH 220
Presenter: Zack Kruse, PhD
Dates: 9/25 10/02
Time: 1-3 p.m.
Limit: 50

The history of both western and the samurai film is one of ongoing cultural exchange. Filmmakers in America, Italy and Japan exchanged not just a mutual admiration, but borrowed heavily from one another, so much so that several of the most famous westerns are, in fact, direct adaptations of Japanese samurai films...several films inspired by American Westerns. Over two sessions, this course will consider the exchange of motifs and themes from Hollywood to Japan to Italy and back again, taking a close look at four examples: A Fistful of Dollars, Yohimbo, Requiem for a Gringo and Harakiri.

18 Bountiful Harvest (R)

Class Type: Classroom
Location: Manitowoc
Classroom: Roadside Cucina
Presenter: Diana Beschta
Dates: 10/02
Time: 10:00 a.m.-1:00 p.m.
Limit: 12
Fee: \$10, payable at registration for course supplies

Come Hungry! In her latest class, Chef Diana will feature cooking with varieties of squash. We will learn how to process and store squash for the winter and recipes to make for a cozy fall day. Along with other veggies and herbs, we will cook with squash as the main ingredient in different soups and sauces. Come ready to chop and assist

in making this harvest fare for a delicious lunch. Please bring an apron and a hair tie for long hair. We will spend most of our time outdoors. Dress accordingly. A \$10 fee for supplies and lunch is due at the time of registration.

19 Women Shaping Music: Classical to Blues, Jazz and Country (N)

Class Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Janet Hathaway, PhD
Dates: 10/09
Time: 10 a.m.-12 p.m.
Limit: 100

From blues and jazz to country and pop through classical, women have had a significant presence in shaping musical culture in the 20th century. This presentation will look at how in classical music, women have gained traction as artists in areas where they previously encountered limits. The presentation will also highlight individuals who blazed trails in various areas of music beyond classical and consider the persistence of the question of "women's music."

20 Normal Vs Not Normal Aging (R)

Class Type: Classroom
Location: Green Bay
Classroom: RH 220
Presenter: Sheri Fairman
Dates: 10/09
Time: 10-11:30 a.m.
Limit: 50

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

21 Formation and Focus of the Four Gospels (N)

Class Type: Classroom
Location: Green Bay
Classroom: RH 230

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

Presenter: Sister Elise Cholewinski

Dates: 10/09 10/16 10/23

Time: 1-3 p.m.

Limit: 30

We will study the sources of the four gospels of the New Testament and learn about the focus of each of the gospels. We will also learn about ancient manuscripts that give evidence for the events in the life of Christ. Participants are encouraged to bring a Bible to class.

22 Cruising the Pacific Northwest with Norm and Wendy (N)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Norman & Wendy Schroeder

Dates: 10/16

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

Limit: 50

See the sights in scenic Victoria and Vancouver BC, the San Juan Islands, Puget Sound and Seattle. We will briefly discuss the geologic formation of this region, the indigenous people, early explorers and the immigrants who settled there. We will show many pictures taken on the water and on land from two boating trips made to this area, using the same format as our previous presentations.

23 Upcycling: It's Not a Trend (R)

Class Type: Classroom

Location: Marinette

Classroom: Fuller Center for Housing/River Cities Reuse Store

Presenter: Ellen Grabian

Dates: 10/16

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

Limit: 25

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

24 Laser Cut Coasters (R)

Class Type: Classroom

Location: Green Bay

Classroom: STEM Innovation Center at UW-Green Bay

Presenter: Dennis Rockhill

Dates: 10/16 10/23

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

Limit: 10

Fee: \$25, payable at registration for course supplies

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. 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 your creativity.

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

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Jeanne Mease

Dates: 10/16

Time: 1-3 p.m.

Limit: 30

Lester W. Bentley was born in Two Rivers in 1908. From young on he painted local scenes and people. As his talent for painting was recognized, his work went on to include Curly Lambeau and President Dwight D. Eisenhower. Paintings appear in museums worldwide, yet many know little to nothing about this local artist. Come learn to appreciate his artwork and hear about his colorful life from people who knew him first hand.

26 Stamp Along (N)

Class Type: Classroom

Location: Manitowoc

Classroom: Manitowoc F170

Presenter: Carolee Crabb

Dates: 10/23

Time: 1-3 p.m.

Limit: 24

Fee: \$10, payable at registration for course supplies

Beginner to advanced stampers, join Carolee, an independent "Stampin' Up!" demonstrator, to make five hand-stamped greeting cards. Never stamped before? No problem! With the introductory demonstration and the written directions with each card, you can do this! Choose from a variety of cards--Seasonal, Fall, Birthday, Thinking of You, or Sympathy. No need to bring anything. Everything will be supplied. A \$10 fee is payable at registration.

27 Home Staging - Dressed to Sell (R)

Class Type: Classroom
Location: Green Bay
Classroom: RH 230
Presenter: Vickie Linssen
Dates: 10/30
Time: 10 a.m.-12 p.m.
Limit: 50

Staged homes sell faster and for more money. Home staging can be the best way to get top dollar by highlighting your home's strengths, downplay its weaknesses and appeal to the greatest number of buyers. Home staging is about getting a property sold for top dollar.

28 Total Solar Eclipse of April 8, 2024 (R)

Class Type: Classroom
Location: Marinette
Classroom: Marinette Campus M107
Presenter: Gary Dallman
Dates: 10/30
Time: 1-3 p.m.
Limit: 50

Many of us witnessed the last solar eclipse in America on August 21, 2017. You have now lived enough to start planning for the next total eclipse on April 8, 2024. This class will provide you with the path and timing of this unique event and also teach the fundamentals of the movements of the sun, moon and earth that create the phenomena.

29 Astronomy and History of the Western Calendar (R)

Class Type: Recorded ahead of time
Location: Green Bay
Classroom: Class Will Be Sent As Video Link to Participants
Presenter: Gary Dallman
Dates: 11/06
Time: 10 a.m.-12 p.m.
Limit: 1000

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

30 Simply Dreamy Danish Puff (R)

Class Type: Classroom
Location: Green Bay
Classroom: First Presbyterian Green Bay
Presenter: Terry Smith & Sue Schuette
Dates: 11/06
Time: 10 a.m.-12 p.m.
Limit: 16
Fee: \$5, payable at registration for course supplies

In this hands-on class, we will create a buttery, kringle-like almond pastry popular in Wisconsin with this simple method. The taste and presentation will rival something a professional pastry chef spent hours creating. We will sample this warm delight while sharing some easy baking tips and tricks. A materials fee of \$5 is due at the time of registration.

31 Laser-etched LED Light Stand (N)

Class Type: Classroom
Location: Green Bay
Classroom: STEM Innovation Center at UW-Green Bay
Presenter: Dennis Rockhill
Dates: 11/06 11/13
Time: 10 a.m.-12 p.m.
Limit: 12
Fee: \$25, payable at registration for course supplies

Imagine the delight on your visitors' faces when you switch on your personalized laser-etch LED light stand - then change the colors! You'll create the design using simple CAD software, we'll etch it on a laser cutter, then build the stand. It's not as hard as it sounds! Beginners are welcome!

32 Dirt, Sticks & Bricks 3.0 (C)

Class Type: Classroom
Location: Green Bay
Classroom: Mauthe Center
Presenter: Garritt R. Bader
Dates: 11/06
Time: 1-3 p.m.
Limit: 150

Back by popular demand! See that even newer building? Wondering what else has changed in the past year? Local real estate developer Garritt Bader will once again provide insight on his current and future projects as well as those of other developers and how they're changing the face of Green Bay.

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

33 Mandala Art (N)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 230**Presenter:** Dawn Seubert**Dates:** 11/13**Time:** 10 a.m.-12 p.m.**Limit:** 10**Fee:** \$10, payable at registration for course supplies

Learn about the origin and the benefits of Mandala painting. Enjoy creating your own Mandala design on a Christmas ornament. The instructor will provide all needed supplies and each student will take home their Mandala tools to continue creating when they leave this class.

34 Compress & Shock Foundation CPR and AED Training (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Allouez Village Hall**Presenter:** Dr. Bob Zemple**Dates:** 11/27**Time:** 10 a.m.-12 p.m.**Limit:** 25

The Compress and Shock Foundation is dedicated to teaching the life skills of quality chest compressions and AED use to the public, completely free of charge. We have created a 60 minute compression only CPR and AED class that covers these skills and breaks down common barriers to intervention. We empower the public to intervene as bystanders, thereby improving out-of-hospital cardiac arrest survival.

35 Holiday Treats (N)**Class Type:** Classroom**Location:** Green Bay**Classroom:** First Presbyterian Green Bay**Presenter:** Sue Schuette, Terry Smith & Jeanne Shaffer**Dates:** 12/11**Time:** 10 a.m.-12 p.m.**Limit:** 16**Fee:** \$10, payable at registration for course supplies

Learn to make and enjoy eating some holiday treats - Cashew Crunch candy, and Rosettes and Pizzelle cookies. A materials fee of \$10 is due at registration.

Tuesday**36 Behind-the-Scenes Story of the Champion Schmitt Brothers (N)****Class Type:** Classroom**Location:** Two Rivers**Classroom:** Washington House Museum Two Rivers**Presenter:** PT Rivers**Dates:** 8/22**Time:** 10 a.m.-12 p.m.**Limit:** 50

In 1951, the Schmitt Brothers quartet from Two Rivers, Wisconsin, electrified audiences with their sublime harmonies, winning an international barbershop contest on the first try and skyrocketing to the big time. Soon they were singing on Ed Sullivan, Arthur Godfrey and Lawrence Welk. For 35 years, they "traveled along, singing a song" at top venues such as Madison Square Garden and Carnegie Hall. Author of "The Schmitt Brothers," PT Rivers, along with a panel of the quartet's family members, will reveal the behind-the-scenes story of the foursome who put their hometown on the map and describe how the magic of their singing still resonates with audiences today.

37 AmeriCorps Seniors, What's It All About? (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 230**Presenter:** Leanne Baeten & Nancy Pfankuch**Dates:** 8/29**Time:** 10-11:30 a.m.**Limit:** 50

The introduction of 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.

38 MahJongg For Beginners (N)

Class Type: Classroom

Location: Sheboygan

Classroom: Sheboygan Campus RM 3105

Presenter: Lori Bryne

Dates: 9/05 9/12 9/19 9/26

Time: 1-3 p.m.

Limit: 12

Learn to play the very popular game of MahJongg. This game, played with colorful tiles, was developed in China in the mid 19th century. Although there are numerous variations worldwide; we will stick to the current American game as coordinated by the National MahJongg League. Rules and sets will be provided for use in class. Come learn to play and join in a popular fun game.

39 Gardener's Delight Tour (R)

Class Type: Outdoor,Tour

Location: Green Bay

Classroom: Green Bay Botanical Gardens

Presenter: Docent Volunteer

Dates: 9/12

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

Limit: 40

Fee: \$15, payable on the day of class

Explore an array of different gardens while a knowledgeable guide shares unique features and stories of the garden's history, including a tour of the new children's section which opened this spring. The tour will take up to two hours and will be a 1.5 mile walk. A fee of \$15 is due on the day of class. If you are a Botanical Garden member and registered, please let the Botanical Garden staff know and there will be no charge.

40 Sustainability and Solar Energy (R)

Class Type: Classroom,Tour

Location: Green Bay

Classroom: RH 220

Presenter: Sister Rose Jochmann

Dates: 9/12

Time: 10-11:30 a.m.

Limit: 35

Learn how the Sisters of St. Francis of the Holy Cross (Bay Settlement Franciscans) have been living sustainably and hear about the solar

photovoltaic system installed on their property. Sister Rose will share their reasons for going solar, the installation process, and their current solar production. Jesse Michalski from Eland Electric will also join us to answer questions. Following the 1.5 hour presentation, members are invited to tour the solar site. Be aware that the half-hour tour will involve considerable walking over uneven ground.

41 Try America's Fastest-Growing Sport, Pickleball! (R)

Class Type: Outdoor

Location: Green Bay

Classroom: Kiwanis Park, Allouez

Presenter: Sue Bodilly

Dates: 9/12

Time: 1-3 p.m.

Limit: 24

Pickleball is a cross between tennis, badminton and ping pong. Its simplicity and reduced court-size makes it the paddle sport for everyone, young and old. Learn the rules, scoring and strategy from experienced instructors. Course will require a liability waiver. Bring water and tennis shoes. All other equipment is provided. This will be held at Kiwanis Park, Allouez.

42 Continuing Issues (C)

Class Type: Classroom

Location: Green Bay

Classroom: RH 230

Presenter: Steve Jansen

Dates: 9/12 9/26 10/10 10/24 11/7 11/21 12/5 12/19

Time: 1-3 p.m.

Limit: 50

Lively discussion of international, national, state and local issues meeting biweekly. A variety of opinions is valued and encouraged. 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.

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

Class Type: Classroom
Location: Green Bay
Classroom: RH 220
Presenter: Dan Spielmann
Dates: 9/12 9/19
Time: 1-3 p.m.
Limit: 50

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

44 Tour Krueger International (KI) 100% Employee Owned (R)

Class Type: Tour
Location: Green Bay
Classroom: Krueger International
Presenter: John Kersten
Dates: 9/19
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. Parking is in the back lot. Enter the reception area in the front of the building next to the railroad tracks.

45 Authentic 1850s Windmill Tour Session B (R)

Class Type: Tour
Location: Little Chute
Classroom: Little Chute Windmill
Presenter: Volunteers
Dates: 9/19
Time: 10 a.m.-12 p.m.
Limit: 16
Fee: \$6, payable on day of class

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

46 Monarch Butterflies (N)

Class Type: Classroom
Location: Marinette
Classroom: Marinette Campus M107
Presenter: Paul Schroeder
Dates: 9/19
Time: 10 a.m.-12 p.m.
Limit: 25

Learn about the Monarch's multi-generational migration, Monarch life cycles, Monarch predators and how to raise Monarchs.

47 Tour Lakeside Foods Processing Plant (N)

Class Type: Tour
Location: Manitowoc
Classroom: Lakeside Foods
Presenter: Robert Klein
Dates: 9/19
Time: 1-3 p.m.
Limit: 25

Tour the Manitowoc downtown processing plant and watch the fall vegetables being brought in, washed, cleaned and processed. Lakeside Foods has been around since 1887. It is a family owned company with the corporate headquarters in Manitowoc. Walking shoes are required.

48 Fall Leaves: Zentangle Style (N)

Class Type: Classroom
Location: Marinette
Classroom: Marinette Campus M107
Presenter: Linda Berry
Dates: 9/19
Time: 1-3 p.m.
Limit: 10

Let's bring the colors of fall, rich oranges, deep reds, and lush yellows, into our lives by creating wonderful Zentangle leaves. We will experiment with watercolor pencils and paints and try some new Zentangle patterns but still use some of our favorites. No prior Zentangling necessary.

49 Alpaca Ranch Tour Session B (R)

Class Type: Outdoor,Tour
Location: Two Rivers
Classroom: LondonDairy Alpacas
Presenter: Kevin Stoer & Laura Prellwitz
Dates: 9/26
Time: 10 a.m.-12 p.m.
Limit: 50
Fee: \$7, payable on day of class

Hands-on, educational, interactive tour with opportunities to meet, pet and feed one or more of our 50+ alpacas on a fourth generation farm. Learn about the unique qualities of alpaca fiber, their history in the Americas, husbandry and role in agritourism in NE Wisconsin. Sign up for Session A or B, but not both. A \$7 fee is due at class.

50 Golden Age of Brown County Enterprise (N)

Class Type: Classroom
Location: Green Bay
Classroom: TBD
Presenter: Phil Hauck
Dates: 9/26
Time: 10 a.m.-12 p.m.
Limit: 150

Stories of five companies that impacted their industries nationally, and grew by thousands of employees 25 years ago: AMS, Fort Howard, KI, Schneider and Schreiber...and others. Explaining how their CEO's were driven, the strategies used, and the effectiveness of their teams. Discussing the role of innovation in success.

51 Federal Indian Law History (N)

Class Type: Classroom
Location: Green Bay
Classroom: RH 220
Presenter: Dave Raasch
Dates: 9/26
Time: 10 a.m.-12 p.m.
Limit: 50

This course is an introductory history of how federal Indian law has developed in the United States, from the arrival of Columbus through the current era of tribal self-determination. It uses a beautifully illustrated documentary video that the instructor helped produce. It covers several historical events, such as the Royal Proclamation of 1763, treaties with the Indians, Marshall Cases (Marshall Trilogy), Wounded Knee, Indian Reorganization Act, the Felix Cohen Handbook (the bible of Federal Indian Law, and Indian civil rights. In addition to these events, the video presents a brief overview of the early times, the removal of Indians from their homelands, Indian reservations, assimilation policies, Indian self-determination, Indian children, and Indian gaming.

52 Smartphone Device Workshop for Apple iPhones (R)

Class Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: UScellular Staff
Dates: 9/26
Time: 10 a.m.-12 p.m.
Limit: 100

This class is for LLI members who have Apple iPhones. It will help answer those questions you are afraid to ask. You will learn new things to make your smartphone more user friendly along with an open forum to ask questions.

53 Influence of Photography on Civil War Medicine (N)

Class Type: Classroom
Location: Green Bay
Classroom: RH 220
Presenter: Gordon E Dammann
Dates: 9/26
Time: 1-2:30 p.m.
Limit: 30

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One of the pioneers of medical imagery was Dr. Reed Bontecou. He was responsible for having many war images photographed. Many of the images were published in the Medical and Surgical History of the War of Rebellion and was recognized worldwide.

54 Smartphone Device Workshop for Android iPhones (R)

Class Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: UScellular Staff
Dates: 9/26
Time: 1-3 p.m.
Limit: 100

This class is for LLI members who have an Android iPhone. It will help answer those questions you are afraid to ask. You will learn new things to make your smartphone more user friendly along with an open forum to ask questions.

55 Cremation: A Hot Topic (C)

Class Type: Classroom, Tour
Location: Green Bay
Classroom: RH 230 First Two Weeks, Malcore Funeral Home Third Week
Presenter: Dan Malcore
Dates: 10/03 10/10 10/17
Time: 10 a.m.-12 p.m.
Limit: 50

A 50 year licensed funeral director discusses cremation and all its dynamics in a light hearted interactive format that everyone will feel comfortable with. Two weeks of instruction with third week tour of the crematory. The third week class will meet at Malcore Funeral Home, 701 N Baird Street, Green Bay 54302. All questions are welcome.

56 Learn to Play Chess (R)

Class Type: Classroom
Location: Green Bay
Classroom: Gnome Games Green Bay East Mason St
Presenter: Pat Fuge/Gnome Games Staff
Dates: 10/03 10/10 10/17
Time: 10 a.m.-12 p.m.
Limit: 20

Chess is one of the oldest classic two-player strategic board games in the world. It has been part of the world of game culture since the sixth century. It is played on a sixty-four-square board with sixteen pieces, each with a unique set of moves that are used to capture your opponent's pieces, forcing a "checkmate." During the three class sessions, you will learn how each of the pieces move and how to capture opponent's pieces, experiencing the basics of the game. This class will be held at Gnome Games Green Bay East (E. Mason).

57 Spies Public Library Tour (N)

Class Type: Tour
Location: Menominee
Classroom: Spies Public Library
Presenter: Blair Nelson & Abigail Hoijer
Dates: 10/03
Time: 10-11:30 a.m.
Limit: 15

We will give a history based tour of Spies Public Library, talk about what the library offers to our community, and finish with Q and A.

58 Travelogue: Egypt (R)

Class Type: Classroom
Location: Green Bay
Classroom: RH 230
Presenter: Theresa Charapata
Dates: 10/03
Time: 1-3 p.m.
Limit: 50

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

59 History & Mystery in Medieval Italy (R)

Class Type: Classroom
Location: Green Bay
Classroom: RH 220
Presenter: H.G. Watts
Dates: 10/03
Time: 1-3 p.m.
Limit: 40

Millions know of St. Francis, but few realize a Roman noblewoman shares his crypt in Assisi...and

was the only female at his deathbed. What may have bonded the two is at the heart of H.G. Watts' historical novel, "Blood of the Seven Suns." The author will share some surprising sights and insights gathered on her many trips to Italy.

60 Secret Service (R)

Class Type: Classroom
Location: Green Bay
Classroom: RH 220
Presenter: Mike Murphy
Dates: 10/10
Time: 10 a.m.-12 p.m.
Limit: 50

A brief introduction to the curious history and complex operation of the tight-lipped federal agency charged with protecting the President. This class will focus mainly on the variety of "invisible" ways the President is protected but will also include some discussion of the failures and major challenges the agency has dealt with in recent years, including sex and drinking scandals and the constant threat of new technology.

61 Colorful Confusion - Camouflage in Wildlife (N)

Class Type: Classroom
Location: Marinette
Classroom: Marinette Campus M107
Presenter: Anne Bartels
Dates: 10/10
Time: 10 a.m.-12 p.m.
Limit: 25

Learn about different types of camouflage employed by wildlife and how it helps them survive in their habitats.

62 NAVIGATING MEDICARE: Open Enrollment Period (OEP) 2024 (N)

Class Type: Classroom
Location: Green Bay
Classroom: Green Bay ADRC
Presenter: TBD - Medicare SHIP Volunteers
Dates: 10/17
Time: 1-2:30 p.m.
Limit: 25

Join us to learn about changes and options coming for 2024 Medicare OEP, including the changes

implemented from the Inflation Reduction Act 2022. Up to date information about plan and coverage changes, demonstration of the online Medicare Plan Finder tool and other online resources available will be shared in class.

63 Prostate Health: How Important Is It (N)

Class Type: Classroom
Location: Green Bay
Classroom: RH 220
Presenter: Nicole Alavi-Dunn, M.D.
Dates: 10/17
Time: 10 a.m.-12 p.m.
Limit: 50

As men age, It's common for the prostate to enlarge, which can cause any number of urinary concerns that can be disruptive. During this presentation, we'll talk about what the prostate is, why it is important, how it changes with age, conditions associated with it and treatment options.

64 Prescription Drug Prices (2023 Update) (R)

Class Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Brian Barkow, PharmD
Dates: 10/17
Time: 10 a.m.-12 p.m.
Limit: 150

This two hour presentation will review how the pharmaceutical drug pricing system works, the different entities involved, and give you resources so you are able to "play the game" to reduce your costs on prescription medications.

65 Capturing History In Postcards (N)

Class Type: Classroom,Tour
Location: Green Bay
Classroom: RH 230
Presenter: Chuck Golueke Dennis Jacobs
Dates: 10/17
Time: 1-3 p.m.
Limit: 50

Sending postcards became popular at the start of the twentieth century. Real Photo Postcards Cards allowed people to send images of themselves and

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surroundings to family and friends. Join us as we explore real photo cards of Brown County.

66 Sanimax - The Invisible Industry (R)

Class Type: Classroom

Location: Green Bay

Classroom: Christie Theater

Presenter: Donn Johnson

Dates: 10/24

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

Limit: 150

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

67 Learn to Play Backgammon (R)

Class Type: Classroom

Location: Green Bay

Classroom: Gnome Games Green Bay East Mason St

Presenter: Pat Fuge/Gnome Games Staff

Dates: 10/24 10/31

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

Limit: 20

Backgammon is one of the oldest board games known. It is a two-player game where playing pieces are moved according to the roll of dice. A player wins by removing all of his or her pieces from the board before his/her opponent. This is an introductory course where the rules will be taught and is ideal for new players. This class will be held at Gnome Games Green Bay East (E. Mason St.).

68 Pakal: The Royal Tomb of the Great Maya King (N)

Class Type: Classroom

Location: Green Bay

Classroom: RH 230

Presenter: Bill Dean

Dates: 10/24

Time: 10-11:30 a.m.

Limit: 50

This course will offer a brief overview of Pakal, the great Maya king. Events leading to the 1947 discovery and 1952 opening of Pakal's royal tomb will be discussed. The presenter's personal

experience of entering the actual tomb in December of 2012 will also be shared.

69 Midwest Trivia (N)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Sue Johnson

Dates: 10/24

Time: 1-3 p.m.

Limit: 35

How much do you know about the Midwest states? Do you know where the Spam Museum is? Are you aware there is a Barbed Wire Museum? What famous people were born in Wisconsin? These and other interesting facts will be shared along with testing your knowledge through a fun game of Midwest Jeopardy.

70 Make Your Own Journal (N)

Class Type: Classroom

Location: Marinette

Classroom: Marinette Campus M107

Presenter: Linda Berry

Dates: 10/24 11/07

Time: 1-3 p.m.

Limit: 10

Do you like to write, draw, doodle, paint ... or a combination of them all? In this class, I will show you how to create your own journals to fit your personal interests using a variety of papers and designs to "make it your own"! A great way to start if you're not sure what direction you want to go.

71 How to Choose a Paint Color (R)

Class Type: Classroom

Location: Green Bay

Classroom: RH 230

Presenter: Vickie Linssen

Dates: 10/31

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

Limit: 50

With the vast array of color choices available, it can be hard to know where to begin. You want to make sure you're not only choosing the right colors, but also colors that will coordinate from room-to-room, or from interior to exterior. The good news is that there are many easy resources available to help you create your palette with confidence.

72 Geologic Expedition to South China (N)

Class Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: John Luczaj
Dates: 10/31
Time: 1-3 p.m.
Limit: 200

Join Prof. John Luczaj for an overview of his 2023 research expedition to south China where he and a team of colleagues and students are studying Triassic age carbonate platforms to discover how they were transformed from limestone to dolomite in Earth's ancient past.

73 Book as Art / Art as Book (N)

Class Type: Classroom
Location: Green Bay
Classroom: RH 220
Presenter: Carol Emmons
Dates: 11/07 11/14
Time: 10 a.m.-12 p.m.
Limit: 35

This course will explore the relationship of art and books in multiple ways. We'll first consider the visual presentation of information in various eras and cultures (a bit of book history), then look at art that features books (books as subject matter). Finally, we'll survey artists' books (one-of-a-kind art that borrows book formats).

74 Learn to Play Cribbage (R)

Class Type: Classroom
Location: Green Bay
Classroom: Gnome Games Green Bay East Mason St
Presenter: Pat Fuge/Gnome Games Staff
Dates: 11/07 11/14
Time: 10 a.m.-12 p.m.
Limit: 20

Cribbage, as a two-handed card game, has been entertaining players since the seventeenth century. It is one of the most popular card games in the English-speaking world. Cribbage affords players the anticipation of the luck of the deal and ample opportunity to exercise their skills in discarding while using the board for scoring instead of pencil

and paper. You will learn the basics of play, scoring and two or three-player cribbage while enjoying a morning of pegging out with the Gnomes. This class will be held at Gnome Games Green Bay East (E. Mason St.).

75 Zen and the Gift of Aging (R)

Class Type: Classroom
Location: Green Bay
Classroom: RH 230
Presenter: Pam Parins
Dates: 11/07 11/14 11/21
Time: 10-11:30 a.m.
Limit: 35

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

The first session will be an introduction and the establishments of mindfulness. The second session will explore loving kindness, meditation and gratefulness. The third session will conclude with the five remembrances.

76 Afterlife and Demonology: Development in the Judeo-Christian Tradition (N)

Class Type: Classroom
Location: Green Bay
Classroom: Mauthe Center
Presenter: Julie Black Harder
Dates: 11/07 11/10
Time: 10 a.m.-12 p.m.
Limit: 150

Most of today's Christians believe in an afterlife of heaven or hell; some believe in the existence of the Devil. However, both of those beliefs were absent in

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early Judaism. We can trace their development by reading ancient texts, both biblical and extra-biblical.

The presenter holds a Masters Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College.

77 Community Identity in the Old Testament: In-groups vs. Out-groups in Ezra, Ruth, and Jonah (N)

Class Type: Classroom

Location: Green Bay

Classroom: Mauthe Center

Presenter: Julie Black Harder

Dates: 11/14 11/17

Time: 10-11:30 a.m.

Limit: 50

Much of the Old Testament demonstrates a xenophobic attitude; the Lord's people are narrowly defined. However, as in much of the Bible, there are contrasting voices on this issue. We will study one very exclusivistic text, Ezra, and contrast it with two texts with a more inclusive outlook, Ruth and Jonah. This ancient discussion is still relevant, as the US grapples with issues such as immigration and America First.

The presenter holds a Masters Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College.

78 3Z Zentangle Christmas Trees (N)

Class Type: Classroom

Location: Marinette

Classroom: Marinette Campus M107

Presenter: Linda Berry

Dates: 11/28

Time: 1-3 p.m.

Limit: 10

Using the Zentangle 3Z tiles, we will create a three dimensional tree to use for your holiday decor. Fun and quick to make with a variety of Zentangle patterns. Be careful ... they may turn into a forest!

79 Holiday Tunes From Around the World (N)

Class Type: Classroom

Location: Green Bay

Classroom: Mauthe Center

Presenter: Recorders By The Bay

Dates: 12/05

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

Limit: 150

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

80 Manitowoc County Joint Dispatch Tour (R)

Class Type: Classroom,Tour

Location: Manitowoc

Classroom: Manitowoc County Dispatch Center, 1024 S 9th Street, Manitowoc, WI

Presenter: Angela Obry

Dates: 12/05

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

Limit: 20

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

81 Nearest Neighbors: Untangling Grief, Depression, Anxiety, and Trauma (R)

Class Type: Zoom

Location: Zoom

Classroom: Zoom

Presenter: Elizabeth DenDekker, MSW, LCSW Bereavement Facilitator

Dates: 12/12

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

Limit: 50

Grief is a natural, healthy, and 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 recognize when grief becomes a mental health concern and what to do next.

Wednesday

82 Find Your Own Food Foraging 101 (N)

Class Type: Classroom, Outdoor

Location: New London

Classroom: Mosquito Hill Nature Center

Presenter: Jessica Miller

Dates: 8/23

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

Limit: 50

Fee: \$5, payable on day of class

What do dandelions, stinging nettles, garlic mustard, plantain and lambs quarters all have in common? We can harvest them for food and medicinal purposes! Spring, summer, and fall are a wonderful time in Wisconsin for gathering nature's bounty of wild plants and fungi to fill your refrigerator or pantry, add a few accompaniments to a market purchased meal, craft a first aid ointment for bug bites, or just get into the out-of-doors and learn a new skill. We'll discuss the do's and don'ts of harvesting plants and what vegetation to forage based on the seasons, as well as their uses and benefits.

83 Christmas Trees: A Profession (R)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Jeff Aissen

Dates: 8/23

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

Limit: 50

This course will guide you through the endless variable activities involved in Christmas Tree Farming. From dinner table planning, to planting, caring, and selling, the jobs are constantly changing.

84 History of Ireland in Music and Song (N)

Class Type: Classroom

Location: Green Bay

Classroom: Mauthe Center

Presenter: Mike Murphy

Dates: 8/23

Time: 10-11:30 a.m.

Limit: 150

Featuring live traditional Irish music by Green Bay's Celtic Consort band (harp, fiddle, flute, guitar, bodhran and vocals), this informative and entertaining class presents a pictorial and musical overview of some famous turning points in Ireland's long struggle to retain its distinctive Celtic culture and free itself from England's oppressive rule.

85 Zentangle: Review and New (R)

Class Type: Classroom

Location: Green Bay

Classroom: RH 230

Presenter: Elizabeth Carlson

Dates: 8/30 9/06 9/13

Time: 1-3 p.m.

Limit: 12

Fee: \$4, payable at registration for course supplies

New patterns, new tiles! Review previous techniques and learn new patterns, try angles and round out the last class. Fee includes 10 artist tiles. Roster members should bring ultra fine line black sharpies, graphite pencils, tortillions and color pencils to class.

86 American Railroads in World War II (N)

Class Type: Tour

Location: Green Bay

Classroom: National Railroad Museum

Presenter: Justin Lambrecht

Dates: 9/06 9/13 9/27

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

Limit: 100

Fee: \$10, payable on day of class

Come join us at the National Railroad Museum where we will investigate American railroad services building up to World War II, the civilian home front and decline of railway passenger services, and railway military operations abroad. Along with insightful presentations in each of our classes, we also get to explore actual trains of WWII displayed in our Lenfestey Center!

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87 Beginning Line Dancing (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Calvary Lutheran Church**Presenter:** Jim Huss**Dates:** 9/06 9/13 9/27**Time:** 10 a.m.-12 p.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 Intermediate Line Dancing. Experienced dancers are welcome to join as visual guides to assist beginners.

88 Lifelong Learning Choir (C)**Class Type:** Classroom**Location:** Green Bay**Classroom:** First United Congregational Church Chapel**Presenter:** Rhonda Knoespel & Teresa Schroepfer**Dates:** Starts on 9/06**Time:** 3:30-5 p.m.**Limit:** 50

If you enjoy singing please join the Lifelong Learning Choir. We will start rehearsal in early September and practice on Wednesdays from 3:30-5:00 at First United Congregational church in their chapel. We will perform for our holiday party in December and are hoping to sing in a few nursing homes as we did prior to Covid. Our director is Rhonda Knoespel and our accompanist is Teresa Schroepfer. This course will not count toward your limit of 15.

89 Appreciating Poetry (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 220**Presenter:** Mike Murphy & Cheryl Murphy, Harpist**Dates:** 9/13**Time:** 10 a.m.-12 p.m.**Limit:** 50

This lighthearted course is intended to help you better understand and appreciate poetry - particularly the characteristics that distinguish good poems from lousy ones. A wide variety of short popular poems will be discussed, with a specific focus on the clever techniques the poet has used to make us laugh or cry or reflect more deeply on our lives.

90 Packers History: Truth vs Myth (N)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Packers Hall of Fame**Presenter:** Brent Hensel**Dates:** 9/13**Time:** 10-11 a.m.**Limit:** 45**Fee:** \$20, payable on day of class

With over a century of history, the Packers legacy is steeped in mythology. How do we separate fact from legend and lore? Let's let Packers Hall of Fame's curator, Brent Hensel, set the record straight. Hall of Fame admission is included in the course fee. The course will be hosted at the Packers Hall of Fame in the Lambeau Field Atrium. The course fee of \$20 is to be paid directly to the Packers Hall of Fame.

91 Getting Happy: Insights From the Science of Positive Psychology (N)**Class Type:** Classroom**Location:** Sheboygan**Classroom:** Sheboygan Campus RM 3105**Presenter:** Julie Konik**Dates:** 9/13**Time:** 1-3 p.m.**Limit:** 25

How can we be happier? Positive psychology provides research-based answers to that question. We will include several hands-on activities, as well as a visit from a licensed therapy dog.

THANK YOU

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

92 How the Earth Came to be and Us on it (N)

Class Type: Classroom

Location: Marinette

Classroom: Marinette Campus M107

Presenter: Daniel Winger

Dates: 9/20 9/27 10/04 10/11

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

Limit: 12

1. Earth formation: Why Jupiter did not “swallow” the Earth.
2. Whether life came from space or deep ocean volcanic smokers.
3. How life changed the Earth, or what Earth would have been without life.
4. How will the Earth end?

93 Exceptional Equestrians (R)

Class Type: Tour

Location: Green Bay

Classroom: Exceptional Equestrians

Presenter: Aaron Geitner

Dates: 9/27

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

Limit: 15

Witness the healing power of horses through hippotherapy. Learn how equine hippotherapy strengthens and nurtures individuals of all ages. It helps improve their self esteem and aids in their achievement of functional skills. The class will learn about the facility and its programs and tour the pediatric center and the sensory trail. Walking shoes are required.

94 Creating a Safe Home Environment (N)

Class Type: Classroom

Location: Sheboygan

Classroom: Sheboygan Campus RM 3105

Presenter: Cheryl Kruschke , EdD, MS, RN, CNE

Dates: 9/27

Time: 1-3 p.m.

Limit: 24

Falls in and around the home result in thousands of injuries and deaths each year. This is one of the primary causes for individuals to need care outside the home. In this class we will focus on safety in

the home especially as we age. We will discuss steps you can take to remain safe and secure while enjoying your retirement years.

95 Elon Musk, Space X, and the Artemis Moon Mission & Mars (N)

Class Type: Classroom

Location: Green Bay

Classroom: TBD

Presenter: Ken Haugen

Dates: 9/27 10/04

Time: 1-3 p.m.

Limit: 150

This is an update of the mission statement of Elon Musk and his quest to colonize Mars.

96 Con Artists of Ancient Greece and Rome (N)

Class Type: Classroom

Location: Green Bay

Classroom: Christie Theater

Presenter: Greg Aldrete

Dates: 10/04

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

Limit: 150

Gangsters, criminals, and con artists are some of the most popular figures in movies and entertainment today and are often envisioned as a modern phenomenon. However, they also existed in the ancient Greek and Roman worlds. This lecture will introduce you to some examples, including Alexander Abonoteichus, a religious charlatan; Zenothemis, an insurance fraudster; Percennius, a claque leader and mutineer; and Bulla Felix, a bandit chief.

97 Food Is Medicine: Optimize Your Brain Health (R)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: LaReina Tipping, MSW, CAPSW

Dates: 10/04

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

Limit: 50

Our brain's constant supply of fuel comes from the foods we eat. Emerging research from the fields of

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neuroscience and nutrition shows that by changing what you eat, you can improve your mental and emotional well-being. You can stabilize your moods and improve your focus. You can even make your brain grow. Join us to learn how food affects the structure and function of your brain.

98 Schroeder's Flowers Tour (N)

Class Type: Tour

Location: Green Bay

Classroom: Schroeder's Flowers

Presenter: Brian Schroeder

Dates: 10/04

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

Limit: 10

Have you always wanted to get an inside look at how flowers are grown in a nursery, or watched one of those beautiful floral displays created, or have your questions answered by a professional on how to put your garden 'to bed'? If this is the case then this is the class for you!

99 Intermediate Line Dancing (R)

Class Type: Classroom

Location: Green Bay

Classroom: Calvary Lutheran Church

Presenter: Jim Huss

Dates: 10/04 10/11 10/18 10/25 11/01

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

Limit: 50

Intermediate Line Dancing is appropriate for those who already understand beginning line dance terminology and will feel comfortable combining steps in new and challenging ways after a short review and demonstration of steps. Studies show that line dancing helps memory, balance and coordination. It's an enjoyable form of moderate exercise and you don't need to have a partner.

100 7 Step Chair Caning (R)

Class Type: Classroom

Location: Green Bay

Classroom: RH 230

Presenter: Bill Seleen

Dates: 10/04 10/11 10/18 10/25 11/01 11/08

Time: 1-3 p.m.

Limit: 8

Students will learn the 7 Step 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.

101 Writing Your Memoirs (R)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Lou Ann Norsetter

Dates: 10/04 10/11 10/18 10/25 11/01 11/08

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, 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.

102 Goats Tackle Invasive Species (R)

Class Type: Classroom, Outdoor

Location: Kaukauna

Classroom: 1000 Islands Environmental Center

Presenter: Debra Nowak

Dates: 10/04

Time: 8-9:30 a.m.

Limit: 40

Fee: \$3, payable on day of class

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

103 Volunteering With Critters at Bay Beach Wildlife Sanctuary (R)

Class Type: Classroom

Location: Green Bay

Classroom: Bay Beach Wildlife Sanctuary

Presenter: Lori Bankson & Amy Harris

Dates: 10/11

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

Limit: 60

A live presentation with Bay Beach Wildlife Sanctuary Staff and animals about how volunteers make a difference to the animals - and how you can become a part of that team! Learn about our rehabilitation program, captive program, history and mission!

104 Climate Change and Energy Policy (R)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Mike Kraft

Dates: 10/11

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

Limit: 50

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

105 Green Bay Packers Art Collection (R)

Class Type: Tour

Location: Green Bay

Classroom: Packers Hall of Fame

Presenter: Justine Kaempfer

Dates: 10/11

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

Limit: 30

Fee: \$20, payable on day of class

The Green Bay Packers collection displays nearly 150 pieces of art throughout the Premium Level Suites and hallways of historic Lambeau Field. The

collection was created by twenty artists, many with Wisconsin ties, who worked with their media of choice, from sketches to photographs, mixed media to oil on canvas, assemblage and more to create one-of-a-kind pieces that pay homage to the Green Bay Packers and the community that has always supported this historic franchise. The Green Bay Packers Hall of Fame presents a guided tour opportunity to spend the morning exploring a portion of this collection. Information on parking and building entry will be provided once registered. The tour fee of \$20 is to be paid directly to the Packers Hall of Fame.

106 Tiger Sanctuary (N)

Class Type: Zoom

Classroom: Zoom

Presenter: Katie Cannon

Dates: 10/11

Time: 1-3 p.m.

Limit: 250

The tiger population in the wild is about 4200 tigers. In the U.S. there are between 5000 and 10,000 tigers residing in the hands of private owners, zoos and the entertainment industry. The North Carolina Tiger Rescue is home to 54 tigers and other rescue animals. We will see and hear about their rescue and care.

107 Vintage of Ada (R)

Class Type: Classroom

Location: Elkhart Lake

Classroom: Vintage of Ada

Presenter: Susan Puls

Dates: 10/11

Time: 1-3 p.m.

Limit: 24

Join Susan Puls at her lovely country vintage shop in Ada to learn all about the difference between "vintage" and "antique," how to determine the worth of a piece in the "hot" vintage market, and all things "Pyrex." Susan owns a charming shop specializing in retro, cottage and repurposed furniture, kitchen, and garden goods for us to browse.

108 Guided Walk in Baird Creek: Ecology and History Session A (R)

Class Type: Outdoor
Location: Green Bay
Classroom: Baird Creek
Presenter: Charles Frisk
Dates: 10/18
Time: 10 a.m.-12 p.m.
Limit: 30

See the natural beauty of one of Green Bay's gems with a guided walk in nature. This area has been a long-standing preserve for local wildlife. Learn more about it for future generations to protect and enjoy. Session A will be walking on hills, inclines and dirt paths so if you have a walking stick, bring it along. This is the more challenging tour of the two offerings.

109 Researching Your Irish Ancestry and the History Behind It (C)

Class Type: Classroom
Location: Green Bay
Classroom: RH 230
Presenter: Dave Miller
Dates: 10/18
Time: 10 a.m.-12 p.m.
Limit: 20

Researching your Irish Ancestry after the Covid lockdown and the records that are now available on both sides of the pond. Also, the story of one significant individual who made a sizeable impact on Irish history.

110 Moved by the Spirit: Theosophy, Abstraction and Modern Art (N)

Class Type: Zoom
Classroom: Zoom
Presenter: Sam E. Watson III PhD
Dates: 10/18
Time: 10 a.m.-12 p.m.
Limit: 100

Five years ago, most of the world was shocked to discover that the inventor of modern abstract art was not one of the famous male artists of the early twentieth century, but instead an unassuming Swedish woman named Hilma af Klint who painted hundreds of abstract works that had never been exhibited publicly. This talk will focus on the

paintings of af Klint and others who were guided by their spiritual beliefs to explore the language of abstraction and to paint unseen worlds.

111 Famous Poems of Love and Loss (R)

Class Type: Classroom
Location: Green Bay
Classroom: RH 220
Presenter: Mike and Cheryl Murphy
Dates: 10/18
Time: 10 a.m.-12 p.m.
Limit: 50

This course will discuss a variety of poems focused on love and the loss of loved ones. The poems will be discussed in the context of the lives and times of the authors - including Emily Dickinson, Robert Frost, e.e. cummings, and Dylan Thomas - and range from Medieval love songs and Shakespearian sonnets to memorable soliloquies and touching graveside elegies.

112 Guided Walk in Baird Creek: Ecology and History Session B (R)

Class Type: Outdoor
Location: Green Bay
Classroom: Baird Creek
Presenter: Charles Frisk
Dates: 10/18
Time: 1-3 p.m.
Limit: 30

See the natural beauty of one of Green Bay's gems with a guided walk in nature. This area has been a long-standing preserve for local wildlife. Learn more about it for future generations to protect and enjoy. Session B will be walking on a paved walk way and less challenging than Session A. This Session can accommodate walkers of any ability, including walkers and wheelchairs (you need to provide the pusher).

113 Green Armoire: 'Tis the Season to Decorate (R)

Class Type: Classroom
Location: Green Bay
Classroom: RH 230
Presenter: Mary Lindemann
Dates: 10/25
Time: 10 a.m.-12 p.m.
Limit: 25
Fee: \$10, payable at registration for course supplies

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

114 Evolution of Football Equipment (N)

Class Type: Classroom

Location: Green Bay

Classroom: Packers Hall of Fame

Presenter: Brent Hensel

Dates: 10/25

Time: 10-11 a.m.

Limit: 45

Fee: \$20, payable on day of class

Meet with the Packers Hall of Fame's curator to learn about the history of football equipment. From the leatherhead helmets of yesteryear to the incredible technology of today, gain an understanding of how it all evolved to make the game safer and has advanced to allow players to play more comfortably and freely. Hall of Fame admission is included in the course fee. The course will be hosted at Packers Hall of Fame in the Lambeau Field Atrium. The course fee of \$20 is to be paid directly to the Packers Hall of Fame.

115 Needle Felting a Pincushion (R)

Class Type: Classroom

Location: Green Bay

Classroom: TBD

Presenter: Gretchen Berg

Dates: 10/25 11/01

Time: 1-3 p.m.

Limit: 10

Fee: \$15, payable at registration for course supplies

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.

116 Tour Syble Hopp School (R)

Class Type: Tour

Location: Green Bay

Classroom: Syble Hopp School

Presenter: Abbie Schmidt

Dates: 11/01

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

Limit: 30

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

117 Advance Directives: Who Will Be Your Voice? (R)

Class Type: Zoom

Location: Zoom

Classroom: Zoom

Presenter: Maureen Leahy, Chief Clinical Officer

Dates: 11/01

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

Limit: 50

You always have a voice in your own health care decisions, but what happens if you are no longer able to make your own medical decisions due to illness or mental incapacity? Who will be your voice? Have you had "the conversation" with your family and friends? Will your wishes be heard? Learn about the benefits of completing an advance directive and become familiar with advance directive forms and documents.

118 Decorating 101, Pillows, Throws & Rugs (N)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 220**Presenter:** Vickie Linssen**Dates:** 11/01**Time:** 10 a.m.-12 p.m.**Limit:** 50

Pillows, throws, and rugs are a lovely way to add some eye candy to a room. Not only are these functional, but they add those finishing touches that help complete the overall appearance of the room. With a few tips and how-tos your room can go from basic to amazing.

119 Your Mediation Process (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 230**Presenter:** Brian Nelson**Dates:** 11/01**Time:** 10-11:30 a.m.**Limit:** 50

A brief introduction related to the Mediation Center and its role in the Brown County area community will be presented and followed by the five-step mediation process that trained volunteers follow to resolve conflict involving tenant/property owner, small claims, and family cases involving minor children. The presentation will conclude with a role play by two of the center's volunteer mediators utilizing the mediation process to settle a dispute.

120 Beginning Quilting (N)**Class Type:** Classroom**Location:** Sheboygan**Classroom:** Sheboygan Campus RM 3105**Presenter:** Lori Roelse**Dates:** 11/01 11/08 11/15**Time:** 9:00 a.m.-12:00 p.m.**Limit:** 6

Would you like to learn to make a quilt? We will learn fabric selection, rotary cutting, piecing, quilting, and binding. By the end of session 3, you will know all of the steps in the process of making a quilt and will have a completed table runner. There may be some work that needs to be completed at home between sessions in order to be ready for the next steps.

Supplies needed:

- A sewing machine you know how to operate
- 2 bobbins
- scissors
- seam ripper
- stick pins
- 3 coordinating woven, cotton fabrics:
(Please avoid black and navy.)
 - Fabric A: 1/4 yard
 - Fabric B: 1/4 yard
 - Fabric C: 1 1/2 yards
- Cotton or all-purpose thread to match your fabric

121 Advanced Line Dancing (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Calvary Lutheran Church**Presenter:** Jim Huss**Dates:** 11/08 11/15 11/29**Time:** 10 a.m.-12 p.m.**Limit:** 50

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

122 Chickadee-dee-dee, Chickadee-dee-dee (N)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 220**Presenter:** Jan LaSota**Dates:** 11/08**Time:** 10-11:30 a.m.**Limit:** 50

Do you enjoy watching these curious bundles of energy? Come learn interesting facts about our bold and friendly black-capped chickadees.

123 Ireland and Its Poets (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 220**Presenter:** Mike Murphy & Cheryl Murphy, Harpist**Dates:** 11/15**Time:** 10 a.m.-12 p.m.**Limit:** 50

Ireland is world-famous for its many great writers. This course will discuss some of the most famous Irish poems in the context of the colorful lives and turbulent times of the poets who wrote them. Some of the poems will be accompanied by Irish harp music.

124 Snug Under the Snow: Hibernation and Torpor (N)

Class Type: Classroom, Outdoor

Location: New London

Classroom: Mosquito Hill Nature Center

Presenter: Mike Hibbard

Dates: 11/15

Time: 1-3 p.m.

Limit: 25

Fee: \$6, payable at registration for course supplies

What happens to animals when the days get shorter and the snow starts to fly? Many head for warmer climates. Others get ready for winter by putting on a thick coat of fur. Some animals head underground for a long winter's nap. Sleeping all winter takes preparation and animals that hibernate begin preparing for it in the fall. Naturalist Mike Hibbard will discuss the survival phenomenon of hibernation and torpor among Wisconsin wildlife followed by a brief outdoor hike.

125 Welsh Literature: A Brief Introduction (N)

Class Type: Zoom

Location: Green Bay

Classroom: RH 220

Presenter: Rebecca Nesvet

Dates: 11/29

Time: 1-2:15 p.m.

Limit: 50

Learn about the rich literary history of Wales, one of the component nations of the United Kingdom. The course covers three moments in Welsh literature: the ancient Welsh (Brittonic) poet Aneurin, whose poetry is older than Beowulf, the 20th century political poet Idris Davies, and the 21st century short story writer Leonora Brito, whose historical fiction remembers Cardiff's vibrant, diverse "Tiger Bay" community. Brief readings will be provided in advance for free.

Thursday

126 Ashes to Ashes, Dust to Dust (R)

Class Type: Tour

Location: Manitowoc

Classroom: Harrigan Parkside Funeral Home

Presenter: Andrew Harrigan, Funeral Director

Dates: 8/17

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

Limit: 30

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

127 More Fun With Beads (R)

Class Type: Classroom

Location: Green Bay

Classroom: NEW Beads & Jewelry

Presenter: Jo Brinkley Chaudoir

Dates: 8/24

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

Limit: 10

Fee: \$40, payable on day of class

Using a vintage style chain, leather and large hole gemstones, create a beautiful wide cuff style bracelet with a sliding clasp.

128 West of the Lake Garden Tour (R)

Class Type: Outdoor

Location: Manitowoc

Classroom: West of the Lake Gardens

Presenter: West of the Lake Garden Staff

Dates: 8/24

Time: 1-3 p.m.

Limit: 25

West of the Lake Gardens is a mixture of beautiful perennials and annuals overlooking Lake Michigan. There are six acres on the estate of John and Ruth West, featuring a rose garden, Japanese sunken garden and formal gardens. Enjoy this delightful tour given by the staff of this well cared for garden. Dress for the weather (ie umbrella, rain coat, garden shoes, etc.)

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

129 Feet First (R)**Class Type:** Zoom**Classroom:** Zoom**Presenter:** Lt Shauna Walesh, Life Safety Educator/
PIO John Fritz, ADRC**Dates:** 8/31**Time:** 10-11 a.m.**Limit:** 30

32 falls per day are reported in Brown County by EMS and our Green Bay hospitals and emergency departments. It is our #1 reported trauma injury. We can help you reduce your risk. Learn about common risk factors, simple tips and community resources to help you or your loved one minimize your risk of a fall and serious injury.

130 Recorders in Concert - Italian Style (N)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Mauthe Center**Presenter:** Recorders by the Bay**Dates:** 9/07**Time:** 10 a.m.-12 p.m.**Limit:** 150

Recorders by the Bay will be sharing a program of Italian music. The selections were composed during many centuries, including Medieval/Renaissance music through 19th and 20th century tunes. Early woodwind instruments used during the performance will be described and demonstrated. You'll hear Italian music new to you and will also recognize many pieces.

131 Group Piano (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Jeff's Music**Presenter:** Heidi Lueck**Dates:** 9/07 9/14 9/21 9/28**Time:** 1-2:30 p.m.**Limit:** 10

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

area music stores or online.

132 Tour of Belgian Heritage Center (R)**Class Type:** Tour**Location:** Brussels**Classroom:** Belgian Heritage Center**Presenter:** Barb Englebert Chisholm, Historian**Dates:** 9/07**Time:** 1-3 p.m.**Limit:** 30

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.

133 Introduction to Norwegian Genealogy (N)**Class Type:** Zoom**Location:** Zoom**Classroom:** Zoom**Presenter:** Dana Kelly**Dates:** 9/14**Time:** 10 a.m.-12 p.m.**Limit:** 200

During this session we will discuss Norwegian naming traditions and some of the peculiarities of researching your Norwegian ancestry, including the importance of farms and the Norwegian Lutheran church.

134 Dance Makes Music (N)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Christie Theater**Presenter:** Michael Alexander, PhD**Dates:** 9/14**Time:** 10 a.m.-12 p.m.**Limit:** 100

We often think about how music influences dance, but often dance also influences music. The Weidner

Philharmonic will perform a concert on September 30th that celebrates this phenomenon. Learn how the waltz inspired Maurice Ravel to compose La Valse as a protest piece after WWI. Consider how Motown could influence a piece written for orchestra: how life as a rancher in Argentina led to a ballet and then a wild piece of dance music; and how recent composers Roberto Sierra and Gabriela Lena Frank have considered dance as a muse for their unique and powerful music. Be ready to dance (or at least think about how it influences music)!

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

Class Type: Classroom
Location: Green Bay
Classroom: RH 230
Presenter: Mary Lindemann
Dates: 9/14
Time: 10 a.m.-12 p.m.
Limit: 25

Learn the origin of the iconic Midwest snack, Cheese Spread! Gain insight into the art of cheese. Learn how a local Wisconsin company, Pine River Pre-Pack, crafts their award-winning cheese spreads and markets them across the country. Cheese spread is not just for crackers anymore. Liven up any recipe and learn how "to spread beyond the cracker." Best of all, enjoy samples of a variety of flavors.

136 Authentic 1850s Windmill Tour Session A (R)

Class Type: Tour
Location: Little Chute
Classroom: Little Chute Windmill
Presenter: Volunteers
Dates: 9/14
Time: 1-3 p.m.
Limit: 16
Fee: \$6, payable on day of class

Be amazed! Experience history and discover how Little Chute came to be through immigration in the mid 1800s. Learn how technology harnessed wind power to benefit the lives of the Dutch by visiting a fully functioning authentic 1850s windmill that grinds grain into flour. Explore the Dutch artifacts found in the museum and even search out

genealogy to find out if you are a descendent of an original founding citizen of Little Chute. A course fee of \$6 is due on day of class. Please register for Session A or B, not both.

137 Silarian Vineyards History and Tour (R)

Class Type: Tour
Location: Reedsville
Classroom: Silarian Vineyards
Presenter: Jeremy and Brenda Haese
Dates: 9/14
Time: 1-3 p.m.
Limit: 30

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

138 What Does an Adult Literacy Tutor Do? (N)

Class Type: Classroom
Location: Green Bay
Classroom: RH 230
Presenter: Mary Cook & Tom Youngell
Dates: 9/14
Time: 1-3 p.m.
Limit: 50

Current tutors will share their experience working with second language learners at Literacy Green Bay. The class will also focus on the training, support and volunteer opportunities available at Literacy Green Bay.

139 Barkhausen Waterfowl Preserve (R)

Class Type: Outdoor
Location: Green Bay
Classroom: Barkhausen Waterfowl Preserve
Presenter: Jason Petrella
Dates: 9/14
Time: 9-11 a.m.
Limit: 15
Fee: \$5, payable on day of class

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

This will be a walking tour of the Barkhausen Waterfowl Preserve. We will be looking for ducks, geese, hawks and other waterfowl as they migrate south. The staff will talk about the various species, identification, bird habitat and migration. A fee of \$5 is due at class. Walking shoes are required.

140 Ukraine - Europe's 21st Century War (N)

Class Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Bob Srenaski
Dates: 9/21
Time: 10 a.m.-12 p.m.
Limit: 150

Militaries, militias, mercenaries, mass destruction, money, misery and death. The 21st Century's version of the 20th Century's WWI?

141 The Chicken Farmer Who Saved D-Day (N)

Class Type: Zoom
Location: Zoom
Classroom: Zoom
Presenter: James S. Pula
Dates: 9/21
Time: 10 a.m.-12 p.m.
Limit: 200

By all estimates, the Allied invasion of Europe during World War II was going to be a very difficult and costly affair. Approaching a fortified coastline that was heavily manned by trained soldiers with the latest military equipment would require not only courage and a great deal of luck, but also extensive foresight and planning based on reliable information that could only be gathered through various forms of intelligence and counterintelligence activities. As odd as it may seem, the most important player in this game of espionage and counterespionage was a former chicken farmer with no previous training in the arts of subterfuge but a very vivid imagination. This illustrated presentation will tell the story of this remarkable man and his essential contributions to the Allied victory.

142 Green Bay Men's Basketball: 4 Years for the Next 40 Years of Your Life (N)

Class Type: Classroom
Location: Green Bay
Classroom: Kress Center Green Bay Campus
Presenter: Sundance Wicks, Head Coach, Men's Basketball
Dates: 9/21
Time: 10 a.m.-12 p.m.
Limit: 50

New men's basketball coach, Sundance Wicks, will lead a presentation discussing his personal coaching philosophy, the team's core cultural values and the team's accountability code. Coach Wicks will also take a deep dive into the ever-evolving landscape of college athletics in regard to scheduling opponents, name image and likeness (NIL) and the transfer portal. The presentation will then be followed by a quick Q&A with some of the Phoenix men's basketball players as well as a brief on-court demonstration of some of the skills and drills used in their practices.

143 Anticoagulation (Blood Thinners): What, Why and How? (N)

Class Type: Classroom
Location: Green Bay
Classroom: TBD
Presenter: Brian Barkow, PharmD
Dates: 9/21
Time: 10 a.m.-12 p.m.
Limit: 150

This two hour presentation will review the clinical reasons for utilizing anticoagulants (blood thinners), along with how the different medications function, what the newer agents are, and why one would be preferred over another.

144 U.P. Stories (R)

Class Type: Zoom
Location: Zoom
Classroom: Zoom
Presenter: Diane Shepard & Linda Berry
Dates: 9/21 10/12 11/16 12/21
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.

145 Books and You (R)

Class Type: Zoom

Location: Zoom

Classroom: Zoom

Presenter: Terri Gulyas

Dates: 9/21 10/19 11/16 12/14

Time: 1-2:30 p.m.

Limit: 15

Explore various genres, themes, or authors. Members are invited to discuss a book of their own choosing within the assigned topic.

9/21: book related to travel

10/19: book related to a president, vice-president, first lady, cabinet member, or supreme court justice

11/16: book set in India

12/14: book from the Hogarth Shakespeare series (Shakespeare rewritten by well-known contemporary authors)

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

Class Type: Tour

Location: Green Bay

Classroom: Green Bay - The meeting site will be emailed to the roster.

Presenter: David Siegel

Dates: 9/21

Time: 1-3 p.m.

Limit: 15

The Great Green Bay Fire of September 20, 1880, destroyed more buildings than any other fire in the city's entire history. The flames burned 100 buildings, including sixty homes, a church, a few businesses, and some outbuildings. Local historical author and firefighter David Siegel will provide a guided walking tour that follows the path of the fire, about 1.2 miles one-way, taking one hour, visiting the origin site, significant firefighting locations, destroyed building sites, and five extant buildings that were directly threatened by the flames in 1880. This guided tour will vividly describe the experiences of the Green Bay citizens and firefighters on that fateful day. Please dress appropriately for the weather. The meeting site will be emailed to the roster.

147 Poppy Bouquet: Acrylic Painting on Canvas (N)

Class Type: Classroom

Location: Green Bay

Classroom: Plantzilla

Presenter: Candelaria Zapata & Troy Therrien, BFA

Dates: 9/21

Time: 3-5 p.m.

Limit: 20

Fee: \$25, payable at registration for course supplies

Paint your own beautiful poppy bouquet on a 16x20 canvas. Step by step instructions guided by studio artists Candelaria Zapata and Troy Therrien, BFA from UWGB. All materials needed are included in class cost. Class will be held at Plantzilla, Green Bay.

148 Spycraft: Spies, Counter-Intelligence, and Subterfuge. (N)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Brian Danzinger

Dates: 9/28

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

Limit: 50

Explore the history of spies dating back to Sun Tzu's Art of War and how they influenced some of history's most defining moments. Enjoy a hands-on approach to their techniques as well as a look at the tools of the trade. The class will then examine a modernized look at spycraft and how information gathering and counter-intelligence has shaped cyber warfare, privacy/security, monitoring technology, and even how products and services are marketed to the general public. Finally, see how some basic understanding of intelligence gathering can help protect you from being a target of "unwanted" eyes to your personal information.

149 Divine Feminine: The Female Aspect of God (N)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Christie Theater**Presenter:** Benjamin W. Cruz-Urbe**Dates:** 9/28**Time:** 1-3 p.m.**Limit:** 150

Most Christian denominations declare that God has no gender. Yet, all insist that the only proper way to refer to God is by the pronouns he, him and his. The reality is that God can be correctly referred to using the pronouns she and her. The Bible does support that a female aspect to God exists, that God the Mother is equal to God the Father. This course will examine the concept of equality for the Divine Feminine in Christian theology.

150 Stalag USA WWII POW Camps (R)**Class Type:** Classroom**Location:** Marinette**Classroom:** Marinette Campus M107**Presenter:** Bob Cook**Dates:** 9/28 10/05**Time:** 1-3 p.m.**Limit:** 50

During World War II the United States was home to over 400,000 German and Italian POWs. There were even some in the State of Wisconsin. We will look at the places they were kept, the conditions of those camps, and how they lived, played, and worked.

151 Connect with Curative Connections (R)**Class Type:** Tour**Location:** Green Bay**Classroom:** Curative Connections**Presenter:** Kari Moody**Dates:** 9/28**Time:** 1-3 p.m.**Limit:** 25

Join us for a tour of Curative Connection's 13 programs, which include training and employment services, dementia and healthy aging services, home and community services, adult day services, specialized transportation services, and brain rehabilitation services. Each program allows members opportunities to build skills, have a better

quality of life, a more independent way of living, and an enriching opportunity to grow.

152 Get On The Ball (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Allouez Village Hall**Presenter:** Antonia Nelson**Dates:** 10/05**Time:** 10 a.m.-12 p.m.**Limit:** 20

Learn how you can reduce pain, stiffness, incontinence and much more with gentle and simple techniques using a ball. It's like having a therapist in your pocket and it's you. Antonia has 40 years experience in the field of Health and Wellness, related to massage, myofascial release therapy, craniosacral therapy, energy healing and more, and will share in the class with you.

153 Hamilton Wood Type and Printing Museum (R)**Class Type:** Tour**Location:** Two Rivers**Classroom:** Hamilton Wood Type and Printing Museum**Presenter:** Jim Moran, Master Printer & Collections Officer**Dates:** 10/05**Time:** 10 a.m.-12 p.m.**Limit:** 25**Fee:** \$5, payable on day of class

Hamilton Manufacturing was America's largest and longest surviving wood type maker for the printing industry. You will be given a tour of over 40,000 sq ft of printing history, seeing the process, machines, presses and product. A \$5.00 admission fee is due on the day of class.

154 Beginning Spanish (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 220**Presenter:** Margarita Johnson**Dates:** 10/05 10/12 10/19 11/02 11/09 11/16**Time:** 10 a.m.-12 p.m.**Limit:** 20

This course is for those new to Spanish and anyone who wants to brush up on the basics: pronunciation,

greetings, numbers, colors, simple sentences, etc. Lessons will be supplemented by Internet resources and practiced through pair and group activities, short conversations, games and assignments. Information regarding textbook and supplies will be emailed to rostered members in September.

155 Advanced Spanish (R)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Margarita Johnson

Dates: 10/05 10/12 10/19 11/02 11/09 11/16

Time: 12:15-2:15 p.m.

Limit: 20

This class is for those who have taken Beginning Spanish and who would like to build on what they have learned in previous Spanish classes. We will begin with a review of the basics and then focus on improving conversational skills while practicing new vocabulary and sentence structures. The content varies each semester depending on the needs and interests of the members of the class. Information regarding textbook and supplies will be emailed to rostered members in September.

156 Piano Ensemble (R)

Class Type: Classroom

Location: Green Bay

Classroom: Jeff's Music

Presenter: Heidi Lueck

Dates: 10/05 10/12 10/19 10/26

Time: 1-2:30 p.m.

Limit: 10

This course is geared toward beginners with some experience with reading music. However, early intermediate musicians will be given more challenging ensemble parts when available. The focus will be on the enjoyment of group playing. The class will use Alfred's Duet Book 1B (ISBN 0-7390-1376-9), which everyone should have on first day of class. This book can be purchased through area music stores or online.

157 Historical Tour of Franciscan Sisters Motherhouse (R)

Class Type: Outdoor,Tour

Location: Manitowoc

Classroom: Franciscan Sisters Motherhouse
Manitowoc

Presenter: Sister Caritas

Dates: 10/05

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. Walking up and down stairs will be required.

158 Felted Slippers (N)

Class Type: Classroom

Location: Green Bay

Classroom: RH 230

Presenter: MaryLu Sachs & Della Mudry

Dates: 10/12 10/19 10/26 11/02

Time: 1:30 - 3 p.m.

Limit: 8

Fee: \$8, payable at registration for course supplies

Felted Slippers are knit with size US 13 needles so they are rather large. When washed in hot water, they shrink to the size you need and form to your foot. They are knit as one piece with an extra sole added. The pattern is by Fiber Trends, Felt Clogs by Bev Galeskas. It can be purchased on Ravelry or the first day of class. SUPPLIES: 1) 500-580 yards of worsted weight, 100% wool yarn. This is VERY important due to felting. Any super wash wool or blend will not felt. 2) US size 13", 24" and 16" circular needles. You will also need a spare circular needle in a smaller size. 3) Tapestry needle to weave in ends. Participants must know how to knit, purl, cast-on and bind-off.

159 Benefits of Thrifting: Good for You and the Sponsoring Organization (R)**Class Type:** Tour**Location:** Sheboygan Falls**Classroom:** Richardson Hospice Resale Store**Presenter:** Ruth Weigel**Dates:** 10/12**Time:** 10 a.m.-12 p.m.**Limit:** 20

Richardson Hospice Resale Store is in Sheboygan County and serves the Sharon S. Richardson Community Hospice mission. Through purchases and donations, the resale store funds patient care to those in need, as well as outreach and education programs. In addition to providing a great place to shop, the Richardson Hospice Resale Store offers a truly meaningful volunteer experience! Store manager, Ruth Weigel, will provide participants with a tour, speak about the benefits of thrifting and allow some time to shop!

160 Financial Crimes Awareness & Prevention (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** Christie Theater**Presenter:** Wayne Resch - Branch Manager, UW Credit Union - UWGB Campus Steve Reeder - Loss Prevention Manager - UW Credit Union**Dates:** 10/12**Time:** 10-11:30 a.m.**Limit:** 100

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.

161 Beginning Knitting (N)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 230**Presenter:** MaryLu Sachs & Della Mudry**Dates:** 10/12 10/19 10/26 11/02**Time:** 12-1:30 p.m.**Limit:** 8

Come and learn the fundamentals of knitting. You will learn to cast on, knit, purl, bind off, make simple stitch patterns and weave in ends. This 4

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

162 Local Flavor: How to make pasties (R)**Class Type:** Classroom**Location:** Menominee**Classroom:** First Methodist Church, Menominee MI**Presenter:** Jane Yaeger & Dawn Thoune**Dates:** 10/19**Time:** 10 a.m.-1 p.m.**Limit:** 12**Fee:** \$12, payable at registration for course supplies

Learn how to make wonderful pasties (meat hand pies) from scratch—roll the dough, make the filling and crimp the pie edge. Take home to bake. We will be able to sample our wares, as well.

163 My Quilt Making Journey (R)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 230**Presenter:** Barb Hunt**Dates:** 10/19**Time:** 10 a.m.-12 p.m.**Limit:** 25

Forty years of quilting adventures, stories, meeting interesting people along the way and growing as a quilter. Pack your bags as we view significant pieces of Barb's work that mark her journey.

164 Table Settings Inspired by Art (R)**Class Type:** Classroom**Location:** Manitowoc**Classroom:** Rahr-West Museum**Presenter:** Diana Bolander, Assistant Director/ Curator**Dates:** 10/19**Time:** 1-3 p.m.**Limit:** 25

Join Diana Bolander, curator at the Rahr-West Museum, for an overview and tour of the Table Settings Exhibit, a highly popular event in which an art piece inspires creative table setting displays. Next, on a guided tour, learn the history of and view the art collection in the historic 1880s Vilas-Rahr Mansion.

165 Create an Indoor Fairy Garden Session B (R)

Class Type: Classroom
Location: Green Bay
Classroom: Plantzilla
Presenter: Candelaria Zapata
Dates: 10/19
Time: 2-3:30 p.m.
Limit: 12
Fee: \$30, payable at registration for course supplies

Create your own living fairy garden with guidance from plant guru Candelaria Zapata. A course fee of \$30 is due at registration for the following: 8" glass planter, a fairy, three succulent or air plants, decorative rocks, moss, sand, and dried flowers.

166 Alzheimer's Disease: A Personal Perspective (N)

Class Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Abbey Sutherland, Asst. AD and Head Volleyball Coach Rob Sutherland
Dates: 10/26
Time: 10 a.m.-12 p.m.
Limit: 150

The question isn't if you'll be affected (not get) Alzheimer's Disease, but when. Alzheimer's is a devastating disease that completely changes the person you love. It puts a ton of stress on caregivers, it's difficult to diagnose, and there isn't enough support for the people who are affected by it. In fact, Alzheimer's has a 100% death rate. What can we do to help move the needle on this? It's essential to share stories to connect one another in order to work to find solutions. A panel will discuss this.

167 How Jesus Became God (N)

Class Type: Classroom
Location: Green Bay
Classroom: Christie Theater
Presenter: Benjamin W. Cruz-Urbe
Dates: 10/26
Time: 1-3 p.m.
Limit: 150

In the beginning, the followers of Jesus of Nazareth believed him to be just an important man. Three

centuries later the Christian church declared him God. This course will explore how the belief about Jesus and his relationship with God changed over time.

168 Art of Calligraphy (R)

Class Type: Classroom
Location: Green Bay
Classroom: RH 230
Presenter: Kay Barlament
Dates: 11/02 11/09 11/16
Time: 10 a.m.-12 p.m.
Limit: 12

Calligraphy is described by the Greeks as 'beautiful writing'. This three week course will get you started on creating your own artwork. Basic strokes of the chancery style will be taught, but other styles will also be presented. Members are to bring their own calligraphy pen(s) with them to class.

169 Music to My Ears (R)

Class Type: Tour
Location: Manitowoc
Classroom: Franciscan Center for Music Education
Presenter: Sister Carol Ann Gambsky & Sandra Eithun
Dates: 11/16
Time: 1:00-2:30 p.m.
Limit: 25

Tour the state-of-the-art Franciscan Center for Music Education in Manitowoc. Learn to play handbells from the talented composer/arranger Sandra Eithun. Be ready to be amazed when you hear yourself making beautiful music in just one hour.

170 Christmas 3-D Paper Creations (R)

Class Type: Classroom
Location: Green Bay
Classroom: RH 230
Presenter: Jim Huss
Dates: 11/30 12/07
Time: 1-3 p.m.
Limit: 10

Participants will use origami folding techniques to construct a 3-D 16 point star ornament. Simple score, fold and paste techniques will be utilized to also create a 3-D paper snowflake, bird and triskele ornament.

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

171 Aquatic Exotic Species (N)**Class Type:** Classroom**Location:** Marinette**Classroom:** Marinette Campus M107**Presenter:** Anne Bartels**Dates:** 12/07**Time:** 10 a.m.-12 p.m.**Limit:** 25

Learn about several prominent invasive species in Wisconsin and what is being done to help control their spread.

Friday**172 9-1-1 From Start to Finish (N)****Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 220**Presenter:** Deputy Bryanne Gawlik**Dates:** 8/25**Time:** 10 a.m.-12 p.m.**Limit:** 50

A presentation by Brown County Deputy Bryanne Gawlik, on the start to finish approach of calling for assistance from police, fire, or medical professionals. What you need to know on local updates on public safety, scams, as well as simple self-defense tips and tricks.

173 Bird Migration at Woodland Dunes (R)**Class Type:** Outdoor**Location:** Two Rivers**Classroom:** Woodland Dunes**Presenter:** Jessica Johnsrud and Jim Knickelbine**Dates:** 9/01**Time:** 10 a.m.-12 p.m.**Limit:** 20

Join us for an enjoyable morning of bird watching at Woodland Dunes Nature Center and Preserve in Two Rivers. Learn about the history of the preserve and why it is an important stopover site for migrating birds. Observe birds at the feeders and in their natural habitat on a guided walk. Dress for the weather and bring binoculars (some available to borrow).

174 The Taxing Story of America: Evolution of Taxes in the Land of the Free (N)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 220**Presenter:** Zhouli Axelton, Ph.D**Dates:** 9/08**Time:** 10 a.m.-12 p.m.**Limit:** 50

This class will explore the historical evolution of taxes in the United States. We will go through major historical events and trends that have shaped the U.S. tax system, including the role of taxation in financing governmental spending, promoting economic growth, and addressing social inequalities. We will also discuss the ideological issues surrounding taxation and ongoing challenges for tax policy in the modern era.

175 Biking is Fun at Any Age (R)**Class Type:** Outdoor**Location:** Green Bay**Classroom:** Itinerary will be emailed to the roster**Presenter:** Del Tills**Dates:** 9/08 9/15 9/22 9/29 10/06 10/13**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.

176 Mastering the Art of Downsizing: Selling Your Home and Transitioning to a New Lifestyle (N)**Class Type:** Classroom**Location:** Green Bay**Classroom:** RH 230**Presenter:** Julie Artus**Dates:** 9/08**Time:** 10 a.m.-12 p.m.**Limit:** 30

Learn how to downsize your home and transition to a new lifestyle with confidence. This comprehensive course covers assessing your current home, pricing, and listing your home for sale, finding a new home,

managing the transition, and embracing your new life style. Gain practical guidance and expert tips to successfully navigate the downsizing process and enjoy the benefits of a simpler life style.

177 Introduction To Watercolor (R)

Class Type: Classroom

Location: Marinette

Classroom: Marinette Campus, Fine Arts Building

Presenter: Jim LaMalfa, Associate Professor

Dates: 9/08 9/22

Time: 9:30 a.m. -12 p.m.

Limit: 20

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

178 Take a Tour Through the Eyes of the Automobile at The Automobile Gallery & Event Center (R)

Class Type: Tour

Location: Green Bay

Classroom: The Automobile Gallery & Event Center

Presenter: Darrel Burnett

Dates: 9/15

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

Limit: 50

Fee: \$8, payable on day of class

Executive Director Darrel Burnett will put you in the 'driver's seat' as you take a fast-paced, story-filled fun trip through more than a century of exclusive automobiles at The Automobile Gallery & Event Center. Experience the role the automobile has played in our history in the U.S. and around the world.

179 New Germany: Germany after the Russian Invasion of Ukraine (R)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Clifton Ganyard PhD

Dates: 9/15

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

Limit: 50

This course will consider the impact that Russia's invasion of Ukraine has had on Germany in such areas as politics and economics as well as the invasion's significance in the history of the three nations.

180 Memory Tips and Tricks (N)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Professor Paul Johnson

Dates: 9/15

Time: 1-3 p.m.

Limit: 40

Join for a description of what memory is, how it works and how to more easily remember things that are important to you. There will be lecture, videos and some hands on interactive activities as well as Q & A time.

181 Kids Teaching Art to Adults (C)

Class Type: Classroom,Tour

Location: Green Bay

Classroom: Boys and Girls Club Green Bay (Oneida Street)

Presenter: Craig Knitt

Dates: 9/22

Time: 10 a.m. - 1 p.m.

Limit: 30

Come to an art lesson taught by kids from the Boys and Girls Club. Thanks to the Wallace Foundation's Youth Arts Initiative, they are now skilled and confident artists calling themselves the Count on Me Academy and teaching adults what they have learned. These skilled youth artists will lead course participants though a hands-on art lesson with support from Creative Arts Specialist, Craig Knitt. All material will be provided for this

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

fun and engaging art making lesson. A tour of the Nagel Clubhouse at 311 S. Oneida St. will follow the art lesson, where you will see how the Count on Me Academy and other Club programs are implemented.

182 From Altered States to Altered Traits: Take a Deep Dive into Building a Contemplative Practice (C)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: David J. Ferguson, MD

Dates: 9/22 9/29

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

Limit: 25

In this course, we will take a deep dive into exploring techniques and practices that you can start using right away to better manage life's stressors. You'll gain a deeper understanding of how to build a contemplative practice built on tapping regenerative emotions like courage, empathy and joy. This information builds on a previous offering "From the Heart," but no prior experience is required and everyone is welcome.

183 Create an Indoor Fairy Garden Session A (R)

Class Type: Classroom

Location: Green Bay

Classroom: Plantzilla

Presenter: Candelaria Zapata

Dates: 9/29

Time: 2-3:30 p.m.

Limit: 12

Fee: \$30, payable at registration for course supplies

Create your own living fairy garden with guidance from plant guru Candelaria Zapata. A course fee of \$30 is due at registration for the following: 8" glass planter, a fairy, three succulent or air plants, decorative rocks, moss, sand, and dried flowers.

184 Louise Erdrich Novels (N)

Class Type: Zoom

Classroom: Zoom

Presenter: Sid Bremer, Ph.D.

Dates: 10/06 10/20 11/03 11/17

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

Limit: 25

After introducing ourselves and Ojibwe-German-American Louise Erdrich, we'll start with a short-story preview of her Upper Midwest homeland. Meeting every other Friday, we'll then discuss two novels offered in a 2014 LLI class, her award winning Tracks (1989) and The Last Report on the Miracles at Little No Horse (2001-which includes family trees, also useful for Tracks), then finish with her latest novel, The Sentence (2021, with a COVID/George Floyd Minneapolis backdrop). Our emphasis on group discussion will be particularly valuable for LLI's who read the novels - available at The Lion's Mouth and Barnes and Noble, new or used on internet sites like betterworldbooks.com, as e-books, and at the Brown County and UW-Green Bay libraries.

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

Class Type: Tour

Location: Green Bay

Classroom: STEM Innovation Center at UW-Green Bay

Presenter: Judy Knudsen

Dates: 10/13

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

Limit: 50

Here is an opportunity to learn about the STEM Center on the UWGB campus. This building serves as the home of the 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.

186 Life's Journey of Gratitude, Grit and Grace (R)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Shari Liesch

Dates: 10/13

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

Limit: 40

Along life's journey there are many twists and turns, ups and downs, highs and lows. We are each on our own pathway. Our experiences and interpretations impact decisions along the way. Join as we explore life skills of gratitude, grit and grace as they are interwoven in our own story. This session will use writing, discussion, and the RES model (receptive, expressive

and symbolic) of poetry therapy as we reflect on our own life's journey. Please bring paper and writing utensils as we explore gratitude, grit and grace.

187 Pop Up Books for All Ages (N)

Class Type: Classroom

Location: Sheboygan

Classroom: Sheboygan Campus RM 3105

Presenter: Barbara Lemmens & Jeanne Pfeiffer

Dates: 10/20

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

Limit: 25

Just because it looks like a children's book doesn't mean it is not for everyone, yes even adults. Join us as we explore the artistry of pop up books, simple to complex. We will have many examples to share, and we will make a simple example that can be used in card or book making!

188 I've Always Wanted to Write a Book (Part 2) (C)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Patti J Fiala

Dates: 10/27

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

Limit: 50

Part 1 (Spring 2023) showed you where to start; what decisions needed to be made; how long it takes; is it expensive? Part 2 dives into publishing your book. You should have written or begun to write your book after Part 1. Now, what to do I do with it?. How do I publish? Where do I publish? Do I need an agent? Should I self-publish or look for a publisher?

189 Exploring Wisconsin Geology Using GIS Mapping (N)

Class Type: Classroom

Location: Green Bay

Classroom: RH 230

Presenter: Jeff DuMez

Dates: 10/27

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

Limit: 50

This course will show you how to access and interact with an online GIS map revealing Wisconsin's fascinating past and present geology. The instructor

will use the map to tell stories of the state's famous glacial landforms in amazing detail using new datasets derived from LIDAR technology. The map also includes thousands of geologic locations, many of which have attached descriptions, sketches or photos that you can explore on your own upon completion of this course. A similar course was last provided in 2020, though this will discuss many different geological sites of interest in Wisconsin.

190 Functions of a Medical Examiner's Office (R)

Class Type: Classroom

Location: Green Bay

Classroom: TBD

Presenter: Petra Schwab & Dr. Elizabeth Douglas

Dates: 11/03

Time: 1-3 p.m.

Limit: 100

The Brown County Office of the Medical Examiner is an independent, forensic-pathologist led office for the first time in the county's history. In this course you will learn why this is a milestone event, and why the standard of forensic medical care can vary wildly by jurisdiction. You will also learn what the standard of forensic medical care is in a jurisdiction with an accredited office.

191 Art of Thrift Store Shopping (R)

Class Type: Classroom

Location: Manitowoc

Classroom: St. Vincent de Paul Manitowoc

Presenter: Mary Lindemann

Dates: 11/03

Time: 9 a.m.-12 p.m.

Limit: 15

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 fun spring outfits and ideas for garden/outside decor.

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

192 Winter is Coming! Plant/Animal Winter Adaptations and Outside Hike (N)

Class Type: Classroom, Outdoor

Location: Chilton

Classroom: Ledgeview Nature Center

Presenter: Maria Thomson

Dates: 11/10

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

Limit: 40

Fee: \$5, payable on day of class

Learn about the science behind winter adaptations in Wisconsin's plants and animals from a naturalist at Ledgeview Nature Center. Discover the process of acclimation in native plants, and the biology behind the animals as they have adapted to the harsh conditions of our northern climate. After the classroom, get ready to hike outside and see in action what you just learned. Dress accordingly for the weather for the hike.

193 Fun With Aromatherapy (R)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Katie Brewer

Dates: 11/10

Time: 1-3 p.m.

Limit: 15

Fee: \$4, payable at registration for course supplies

Learn about the science behind aromatherapy, then explore various scents and create a unique blend to take home. Certified independent aromatherapist, Katie Brewer, will put you to the test in 'guess the scent' and guide you through an exploration of the wild world of aromatherapy.

194 Make and Take: Plant Based Traditional Soap Making (N)

Class Type: Classroom

Location: Chilton

Classroom: Ledgeview Nature Center

Presenter: Maria Thomson

Dates: 11/17

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

Limit: 24

Fee: \$15, payable at registration for course supplies

No melt and pour here! Learn the traditional soap making method so you can craft safe, plant-based bars for your family and friends. This class will cover all the equipment you need, options for ingredients,

and the process for soap making. You will be guided in making your own soap bars during this hands-on workshop and take home three different bars.

195 Building the Panama Canal (N)

Class Type: Classroom

Location: Green Bay

Classroom: Christie Theater

Presenter: Gary Dallman

Dates: 12/01

Time: 1-2:30 p.m.

Limit: 150

The building of the Panama Canal is arguably the greatest engineering accomplishment of human history. This class attempts to present the highlights of the challenging yet amazing story of its creation.

196 Herbal Recipes for Optimum Health (N)

Class Type: Classroom

Location: Green Bay

Classroom: RH 220

Presenter: Katie Brewer

Dates: 12/01

Time: 1-3 p.m.

Limit: 15

Fee: \$4, payable at registration for course supplies

Learn about the ancient art of herbalism and how you can make natural tonics and remedies that are safe, effective and easy to use. You will be introduced to several herbs with applications for digestion, sleep, pain, and overall systemic health and then make an herbal vinegar to take home.

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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 Tuesday, August 1 at 10 a.m. and is first come, first serve. Register early for best selection.

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.

**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.

