



UNIVERSITY OF WISCONSIN

Colleges

NORTHEAST REGION

CONTINUING EDUCATION & PROFESSIONAL DEVELOPMENT

FOND DU LAC | FOX VALLEY | MANITOWOC

TRAVEL OPPORTUNITIES

Hamilton The Musical – SOLD OUT

New York Theater Tour

Boundary Waters Canoe Expedition

Cedarburg Sweets & Treats

Florida Keys

Chicago Architecture Tour

PROFESSIONAL DEVELOPMENT & PERSONAL ENRICHMENT

CUSTOMIZED TRAINING

Learning solutions for your organization

COURSE CATALOG - SPRING 2018



Thank you for taking UW-Colleges Northeast Region Continuing Education courses.

This is a combined Continuing Education (CE) catalog for the Northeast Region which includes the UW-Fond du Lac, UW-Fox Valley, and UW-Manitowoc campuses. Since many of our CE participants live in communities that are located within driving distance of more than one campus, this combined catalog allows our customers more program and event options. If this is your first catalog, feel free to try a new course, join us for an exciting travel opportunity, attend a theater event, or call us with a course recommendation. Registration is easy! Just call or go online!

Suzanne Lawrence, Regional Director - Continuing Education suzanne.lawrence@uwec.edu



UW - FOND DU LAC	UW - FOX VALLEY	UW - MANITOWOC
PAGES 6 - 13	PAGES 14 - 22	PAGES 23 - 30
Continuing Education 400 University Drive Fond du Lac, WI 54935 (920) 929-1155 fdl.uwc.edu/ce	Continuing Education 1478 Midway Rd Menasha, WI 54952 (920) 832-2636 uwfox.uwc.edu/ce	Continuing Education 705 Viebahn St. Manitowoc, WI 54220 (920) 683-4702 Manitowoc.uwc.edu/ce

ONLINE COURSES



Top 5 New Year's Resolutions

Have you made a list of goals and a plan for how to accomplish them? How are you doing with those resolutions? For those goals that require more than willpower, we're here to help teach you the skills you need to succeed.

1. Meet new people
2. Get in shape
3. Manage money better
4. Learn something new
5. Travel more



Browse through our catalog to find classes to help you with all of these resolutions. You will find ideas to help you succeed with every one of them!

Looking for More Class Options?

Can't find what you're looking for in our regular courses? Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. Course lengths vary depending on the topic. You can complete any of these courses entirely from your home or office at any time of the day or night! Fees vary. New sessions begin monthly.

We've listed some popular classes throughout our catalog, but there are many more! Visit the online class website of the Northeast Region campuses for a comprehensive listing of topics offered by each campus.

UW-Fond du Lac <https://uwfondulac.ed4online.com/> -or- <https://www.ed2go.com/uwfdl/>

UW-Fox Valley <https://uwfoxvalley.ed4online.com/> -or- <https://www.ed2go.com/uwfox/>

UW-Manitowoc https://uwmanitowoc.ed4online.com -or- <https://www.ed2go.com/uwman/>



HOW TO REGISTER

Register with the Continuing Education Department at the campus hosting the course(s) you wish to take. Payment is due in full upon registration.

MAIL: Complete the registration form on the last page and mail with payment to the campus listed below.

ONLINE: Visit the campus websites below. You can register online and pay with credit card (Visa, MasterCard, Discover).

<https://ce.uwc.edu/fond-du-lac/catalog>

<https://ce.uwc.edu/menasha/catalog>

<https://ce.uwc.edu/manitowoc/catalog>

IN PERSON: Stop by the campus hosting the course to register in Continuing Education. Office hours vary. Please call ahead.

PHONE: Call the campus hosting the course and register with Continuing Education.

REFUNDS: Full refunds will be made if Continuing Education is contacted one full week prior to the start of the class. **NO REFUNDS** will be given after this date.

UW-Colleges reserves the right to cancel a course due to low enrollment with a full refund given. Some exclusions apply. See course registration page on campus website for specific refund policy.

NOTE: Courses, dates and fees are subject to change.

COURSE CONFIRMATION: Registration confirmation is sent one week prior to class starting. If you do not receive confirmation, please contact us.

UW-Fond du Lac

Continuing Education
400 University Drive
Fond du Lac, WI 54935
(920) 929-1155

fdl.uwc.edu/ce

UW-Fox Valley

Continuing Education
1478 Midway Rd
Menasha, WI 54952
(920) 832-2636

uwfox.uwc.edu/ce

UW-Manitowoc

Continuing Education
705 Viebahn St.
Manitowoc, WI 54220
(920) 683-4702

Manitowoc.uwc.edu/ce

FREQUENTLY ASKED QUESTIONS

How will I know if my class is canceled due to weather?

If the campus is open, we will hold classes. In the event your class session is canceled, we will make every effort to contact students with the contact information provided to us. If a student elects to not attend due to weather, no credit or refund will be given.

I won't be able to attend a course for which I registered. How do I cancel my enrollment?

- If you need to cancel your enrollment, contact the corresponding campus Continuing Education department via phone. If you cancel one week or more ahead of the class start date, a refund will be issued to you. If less than one week notice is given, you will not be eligible to receive a refund.
- Educational Travel Policy: All travel deposits and payments are non-refundable due to mandatory deposits made on your behalf.
- Subject To Change Note: Prices subject to change based on tax and fuel increases. Departure/return dates subject to change based on airline scheduling.

Do I need to purchase a textbook or any supplies for my course?

Textbook and supply information can be found on the Continuing Education registration website within the course description and will be sent via email with the class confirmation about a week prior to the start of your class. Students are responsible for making sure that they have all of the materials for the course prior to the start date. Texts can be purchased at a local book store or through an online venue.

CUSTOMIZED TRAINING

Solutions that work for you!

Improve the performance, productivity, and profitability of your organization with education that is suited for you. Identify your specific needs – we'll help you find the right course, workshop or seminar to meet your goals. Select from existing courses or let us help create one for you. Customized or credit courses can stand alone or lead to a certificate or UW degree.

- Public Speaking and Presentations
- Organizational Communication
- Workplace Communication
- Personal Finance
- Leadership

Contact Continuing Education for more information about customized classes for your work site.

Suzanne Lawrence, Regional Director - Continuing Education
suzanne.lawrence@uwc.edu

REGIONAL TRAVEL OPPORTUNITIES

Cedarburg “Sweets & Treats” Tour

NEW

Enjoy the ambience of Cedarburg, renowned as a small town getaway, and learn the story behind this historic community. Discover many bakeries, candy shops, a winery and a brewery for lots of sweet samples, historic commentary and shopping time on this guided walking tour. Our excursion includes a tour of Cedar Creek Winery with samples, and lunch at the Stilt House with a glass of house sangria or a nonalcoholic beverage. We will sample desserts at Amy’s Confectionary, Boulangerie Du Monde, and Ashley’s Chocolates. We will also include time for shopping at Cedar Creek Settlement and other unique area shops and attractions.

Dates: Thursday, May 3

Time: Departing UW-Fox Valley Campus at 7:45am, and Fond du Lac Park and Ride at 8:35am.

Fee: \$120 includes bus transportation to and from UW-Fox Valley and Fond du Lac, guided tour, lunch, desserts and gratuities. Group size is limited to 48, so register early or be placed on a waiting list.

Group Leader: Suzanne Lawrence, Regional Director of Continuing Education, NE Region.

Boundary Waters Canoe Expedition

The Boundary Waters in northern Minnesota is the largest wilderness area east of the Rocky Mountains and north of the Florida Everglades. The more than 1 million acres contains over 1200 miles of canoe routes and over 2000 individual campsites. Challenge yourself physically and unplug yourself mentally as you spend 6 days paddling this pristine wilderness with 2 guides who combined have completed more than 20 trips in this natural wonderland. Price includes transportation from Manitowoc, all food in the wilderness, and all necessary equipment. Personal gear excluded. Register early, this expedition fills quickly!

Dates: Summer 2019, dates to be determined

Location: Departing UW-Manitowoc

Fee: \$650

Group Leaders: Bruce Peters (retired UW-Manitowoc) and Jared Dalberg, (UW-Manitowoc Associate Professor, Health, Exercise Science and Athletics). Both Bruce and Jared have led various outdoor trips over the past 4 years as co-advisors to the UW-Manitowoc Extreme Outdoors Club.

Register early. Max number of participants allowed: 6.

BIO 298 Special Topics in Biology: Florida Keys!

Biology of the Florida Keys Marine Environment (3 credit hours NS/LS). Open to current college and high school juniors and seniors, as well as community members! This is a snorkel-based course that will introduce participants to the life that inhabits the marine ecosystems of the Florida Keys. Course includes online orientation and introduction, snorkeling, field trips, lab activities, fieldwork and discussions, as well as learning about sea turtle biology.

Location: Offered through UW-Manitowoc. Participants will depart from Milwaukee Airport.

Dates: August 8 - August 14, 2018

For more information about the Florida Keys trip call the Continuing Education Office at the UW-Manitowoc campus at (920) 683-4702.

Chicago’s Original Architecture Tour!

NEW

Be inspired by the captivating, visual art that is Chicago’s legendary architecture, and the exceptional architects who created this ever-changing, dynamic legacy for all to enjoy and admire. This comprehensive tour will navigate through the heart of the city on all three branches of the Chicago River while your professionally-trained architectural guide tells the story of more than 130 years of innovation in design, style and technique and why it is important today. After the tour, we will travel to Rush Street to dine at Giordano’s – Chicago’s Best Pizza since 1974. From there enjoy some free shopping time on the Magnificent Mile before leaving the city.

Date: Thursday, May 31, 2018

Location: Departing UW-Manitowoc campus. Departure time TBA.

Fee: \$129, includes architecture tour, lunch and transportation to and from Chicago.

Group Leader: Suzanne Lawrence, Regional Director of Continuing Education, NE Region.

REGIONAL TRAVEL OPPORTUNITIES

New York City Theatre Tour 2019!

A collaborative trip between UW-Manitowoc, UW-Fond du Lac and UW-Fox Valley. In five adventure-filled days, you and a group of like-minded travelers will experience three outstanding Broadway performances. You'll spend four nights at a conveniently located hotel on Times Square. You'll see many of the city's most popular attractions guided by our trip leaders or you can explore the city on your own! Be a part of this year's exciting adventure in one of America's most vibrant and diverse cities.

The price for the trip includes the following items:

- Coach and air transportation to Milwaukee and New York
- Three plays: two musicals and one non-musical (TBA)
- Four nights at the Marriott Marquis Hotel conveniently located on Times Square
- Group tours of some of New York's many "must see" attractions with Jane Marx
- Optional excursions with your trip leaders (available at an additional cost)
- Plenty of free time to explore

Travel Dates: Wednesday, May 29 - Sunday, June 2, 2019

Location: Departs UW-Manitowoc campus to Mitchell International Airport. Fox Valley residents will depart from UW-Fox Valley.

Fee: To be determined for 2019. The 2018 price is currently \$2199 (this is subject to change based on airfare and other increases to hotel, etc. for 2019).

Group Leader: Susan Rabideau, UW-Fox Valley Associate Professor of Theatre and Communications Arts/Theatre Director; and Bill Stachour (New York City navigator)

Register: To reserve your spot today, please contact Suzanne Lawrence, Regional Continuing Education Director, N.E. Region at (920) 683-4702 or email suzanne.lawrence@uwc.edu. Reserve your spot for \$200 (per person), no later than September 20, 2018 for the 2019 trip!

Hamilton the Musical Theatre Trip



Join us as we travel to Chicago to see Hamilton the Musical on Wednesday, January 24 OR Wednesday, February 28. Matinée show at 1:30 pm. Watch the story of founding father Alexander Hamilton told on stage like you've

never seen before. Combining a historically accurate plot with hip-hop and R&B songs. Hamilton the Musical is fast becoming one of the most innovative productions ever to hit the theater world. Ticket cost includes bus, lunch at a local restaurant, and the show.

Dates: Wednesday, January 24 OR Wednesday, February 28, 2018

Location: Bus will depart the UW-Manitowoc campus at approximately 7:00am returning 7:00pm.

Fee: \$235



Start Preparing Now!

Upcoming Regional ACT Test Dates:

2018: February 10, April 14, June 9, July 14

ACT Prep Online Course Self-Directed

This online ACT Prep course empowers students to prepare for the ACT on their own time. It is a great option for students who want 24/7 access and a more flexible schedule. This course begins with an online pre-test to determine the areas in which to focus your efforts and then gives you up to five months to complete the self-paced course. It finishes up with an online assessment that illustrates how much you have improved.

Fee: \$165. Contact any of the 3 Continuing Education Offices for registration information.

PERSONAL ENRICHMENT

Paint and "Gogh"

If you're looking for a night out, our themed art classes are a fun way to create your very own masterpiece! No experience is necessary, all supplies are included. These treasures will be sure to brighten your walls or make excellent gift ideas. Check out our new themes.

Dates:

SESSION 1: Tuesday, February 6
"White Arabian Horse"

SESSION 2: Tuesday, March 13
"Tulips in a Silver Bucket"

SESSION 3: Tuesday, April 10
Vincent van Gogh's "Starry, Starry Night"

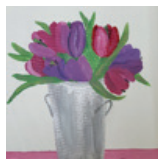
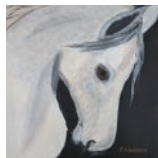
SESSION 4: Tuesday, May 8
"Impressionistic Poppies"

Time: 6:00pm - 8:00pm

Location: Room A121

Fee: \$39 per session

Instructor: Cammie Walters



Painting Technique Classes

NEW

Learn everything you need to know to create pleasing and balanced paintings using acrylic paint. This class series is 3 sessions long. Take them all or come to just one. Different information will be discussed at each session. You will be learning about brushes and practicing specific techniques while creating the featured painting to take home with you at the end of each session.

Dates:

SESSION 1: Monday, February 19
Object Placement, Negative and Positive
Spatial Relationships, Creating Dimension.
"Antique Floral"

SESSION 2: Monday, February 26
Color Theory and Temperature (balance
between warm and cool colors).

"Girl on a Swing"

SESSION 3: Monday, March 5
Blocking and Under-painting: Using Layering
to Achieve Realistic Results.

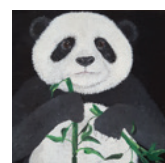
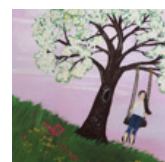
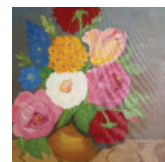
"Panda with Bamboo Shoots"

Time: 6:30pm - 8:30pm

Location: Room A-121

Fee: \$39 per session, \$99 for all 3 sessions

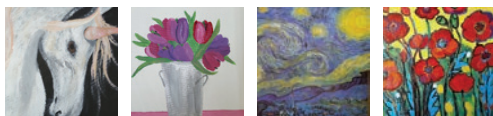
Instructor: Cammie Walters



YOUTH CLASSES

Kids N' Canvas

Spend a fun evening with your friends, or make new ones, as you explore your creative side and paint your own masterpiece to take along with you that evening. No experience is necessary, our talented instructor will guide you step-by-step. Supplies are included.



Dates: SESSION 1: Tuesday, February 6 "Unicorn"

SESSION 2: Tuesday, March 13 "Tulips in a Silver Bucket"

SESSION 3: Tuesday, April 10 Vincent van Gogh's "Starry, Starry Night"

SESSION 4: Tuesday, May 8 "Impressionistic Poppies"

Time: 4:00pm - 5:30pm

Location: Room A121

Fee: \$25 per session

Instructor: Cammie Walters

Acrylic Flow Painting

NEW

What fun you'll have creating beautiful abstract paintings without a paintbrush! You will love the gorgeous flowing colors and cells that form when the paint mixtures are applied to a canvas! Gravity will be your friend! We will explore a different type of flow painting in each session: 1) regular and puddle pouring, 2) dirty pour, 3) flip cup. Price includes canvas and materials for one masterpiece per session. You may sign up for one or more sessions. Additional materials may be purchased from the instructor if you wish to make multiples. Each class is limited to 10 participants. Register early to reserve your spot!

Dates:

SESSION 1: Thursday, April 12, Regular and Puddle Pouring

SESSION 2: Thursday, April 19, Dirty Pour

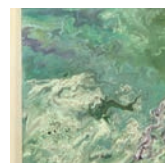
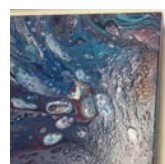
SESSION 3: Thursday, April 26, Flip Cup

Time: 6:00pm - 8:30pm

Location: Room A-121

Fee: \$44 per session, \$117 for all 3 sessions

Instructor: Faye Kemnitz, Art Instructor at Faith Lutheran School, Fond du Lac



PERSONAL ENRICHMENT

Community Ballroom Dance Classes

Join us for one or all of these classes and you'll be dancing like the stars in no time! These classes will be offered in coordination with ENG 281: From Gatsby to L.A. Cool. Continuing Education students will be joining with ENG 281 students for the dance lesson sessions.



Session 1: The Great Gatsby Gala

You have been invited to Jay Gatsby's gala at his estate on West Egg. Your gown or tuxedo is ready. You are all set to go. But wait: what do they dance at these fancy events? The waltz, the fox-trot, and that new dance that everyone is talking about: the tango! Come learn these dances so that you, too, can float over the dance floor at your next sophisticated social event!

Dates: Tuesdays, May 29, June 5, June 12

Time: 7:00pm - 8:30pm

Location: Commons

Fee: \$49

Instructor: Mike Mattek

Session 2: Swinging at the Savoy

Do you need a jolt of energy in the middle of the week? Then take the "A" train to Harlem and the Savoy Ballroom, where they are doing those new, invigorating dances: the Charleston and the Lindy-hop! It don't mean a thing if it ain't got that swing . . . so Hey! Hey! Learn these dances and you, too, will be "the bee's knees" on the dance floor!

Dates: Wednesdays, May 30, June 6, June 13

Time: 7:00pm - 8:30pm

Location: Commons

Fee: \$49

Instructor: Mike Mattek

Session 3: Dancing at the Palladium Ballroom

Please welcome from Havana, Cuba, the Mambo Kings, whose hot Caribbean sounds will have you dancing the Mambo, Cha-Cha, and Merengue! These energetic and fun (yet easy-to-learn) dances will keep you dancing by the pool (or at your local festival) all summer long!

Dates: Thursdays, May 31, June 7, June 14

Time: 7:00pm - 8:30pm

Location: Commons

Fee: \$49

Instructor: Mike Mattek

Beginning Conversational Spanish

NEW

Spanish is one of the most widely spoken languages in the world and the number of Spanish speakers is growing every day. If you are trying to learn Spanish, this course will give you the opportunity to learn basic conversational Spanish. The goal of our program is to teach basic Spanish vocabulary, grammar, literacy, and conversation skills to students with little or no knowledge of the Spanish language. **Fee:** \$140

This course is offered online. You will have 4 weeks to complete the course from the date of your enrollment.

(24 course hours) To register for this class, go to: <https://uwfondulac.ed4online.com/enrichment-course/beginning-conversational-spanish>

Leaps! and College for Kids Summer Camps

Fun, hands-on and active
LEARNING OPPORTUNITIES

JULY 23 - 26, 2018
GRADES 2 - 4

LEAPS!

JULY 16 - 19, 2018
GRADES 5 - 8

College for Kids

for highly motivated and talented students.

See pages 12 - 13 for more information.

Registration now open.

REGISTRATION NOW OPEN

<https://ce.uwc.edu/fond-du-lac/catalog/uw-fdl-youth-programs>

Don't Be Fooled by Your Smart Phone

A smartphone is like a mini computer. In this workshop, learn how to manipulate all those tiny buttons (apps) and make your smartphone your greatest helper. Topics include: Understanding Option Menu, configuring security, settings, setting up email, managing contacts, texting and sending images, editing photos and videos, and more! Class is limited to 20 participants.

Dates: Tuesdays, April 3, 10, 17 and 24

Time: 5:00pm - 6:30pm

Location: Room C243

Fee: \$59

Instructor: Ahilan Sivasamy. Ahilan has been a computer science lecturer at UW-Fox Valley and for UW-Colleges. He is passionate about lifelong learning as well as exploring new technologies to improve our daily lives and our ever changing society.

Passionate About Poetry

Whether your goal is to pursue poetry as a serious practice or a hobby, you will be provided the tools to raise your work to a higher level in this course. Through theory, practice and critique, beginning and seasoned poets alike will strengthen their work like iron forged in fire. Class discussion will include poetic traditions, generating subject matter, and the elimination of writer's block. Be prepared for a head-on dive into the poetic craft!

Dates: Wednesdays, February 28 and March 7, 14, 21, 28

Time: 6:00pm - 8:00pm

Location: Room C241

Fee: \$69

Instructor: Troy Schoultz, UW-Fox Valley Instructor. Troy is a lifelong Wisconsin resident, currently living in Oshkosh. He is a lecturer at the University of Wisconsin-Fox Valley, where he also edits the nationally recognized Fox Cry Review.

Home Decorating

Do you dream about creating picture-perfect rooms, but do not quite know how to achieve them? Do you desire better functioning spaces for your working, playing or living? Do you wish you could express your personal style better? Our Home Decorating course will get you up to speed on what you need to know about decorating with style while staying within your budget. Our course contains all of the basics - including how to figure out what you can spend; how to spend it; and the latest and greatest styles, trends, and technology. **Fee:** \$140

This course is offered online. You will have 4 weeks to complete the course from the date of your enrollment. (24 course hours) To register, go to: <https://uwfondulac.ed4online.com/enrichment-course/home-decorating>

Shake Your Family Tree!

Are you interested in your family history but don't know where to start? In this genealogy workshop you will learn some tools and strategies to start shaking your family tree! We will talk about where to start looking for information, and how to manage the information once you find it, as well as genealogy etiquette and some specialty topics to shake up that family tree. Join us for this informative and interesting journey. We will meet in a computer lab, but you can bring a laptop if you have one, since much of the research is done online. Class is limited to 10 participants.

Dates: Wednesdays, April 4, 11, 18 and 25

Time: 6:00pm - 8:00pm

Location: Room C243

Fee: \$59

Instructor: Rose Marie Lewis, a Laboratory Preparation Technician at UW-Fox Valley for over 26 years, became interested in genealogy at age 13 on a visit to see her grandmother, and again when her son needed to do his family tree for a class project. She enjoys "the hunt" and the people she has met along the way.

Dealing with Difficult People

There are difficult people in all our lives. These people spend their time not doing what we want them to do, or doing things you don't want them to do. This course will help you identify those difficult people, understand why they act that way, and teach you to not be their victim anymore. We will look at the ways to identify and assemble effective communication skills that will allow you to get those difficult people, and focus on strategies for dealing with the most difficult behaviors of the people you can't stand. **Fee:** \$140

Instructor: Erin Fouse, MS/P

This course is offered online. You will have 4 weeks to complete the course from the date of your enrollment. (24 course hours)

To register for this class, go to: <https://uwfondulac.ed4online.com/enrichment-course/dealing-with-difficult-people>

PERSONAL ENRICHMENT

Vegetable Gardening 101

NEW

Vegetable Gardening 101 will cover the basics needed to successfully plan, prepare, maintain, harvest and winterize your own vegetable garden. This class will meet for three hours and will include an opportunity for you to prepare your own garden design.

Date: Tuesday, April 17

Time: 5:30pm - 8:30pm

Location: Room C241

Fee: \$29

Instructor: Ron Haag, Master Gardener

Advanced Vegetable Gardening

NEW

Advanced Vegetable Gardening will go into more depth on improving the soil for better gardens, starting seeds at home for better transplants, managing pests and weeds, utilizing new garden options, and what to look forward to with climate change. Each participant will have an opportunity to test their own garden soil to determine amendment options.

Date: Tuesday, April 24

Time: 5:30pm - 8:30pm

Location: Room C241

Fee: \$29

Instructor: Ron Haag, Master Gardener

The Art of Photographing Nature

NEW

Learn to see nature in a new way! Our "The Art of Photographing Nature" course will focus on teaching our students the art of composing beautiful photographs of nature. We will cover classic concepts of composition including isolating the subject, framing, perspective, color, design, and light and advanced creative options like depth of field, shutter speed, and the use of filters that will create more visual interest in your nature photographs.

Fee: \$140

Instructor: Lindsay St. John

This course is offered online. You will have 4 weeks to complete the course from the date of your enrollment. (24 course hours)

To register for this class, go to: <https://uwfondulac.ed4online.com/enrichment-course/art-photographing-nature>

Hanging Out with My Peeps: Backyard Chickens 101

NEW

Backyard Chickens are becoming a popular piece for folks interested in Sustainable living. Are you ready to join the movement? How do you know if you even want chickens? Come and learn the basics on keeping chickens for egg production. Meet a local egg producer, and get the facts about small flock management, and meet a friendly chicken to get some hands on experience!

Date: Wednesday, March 14

Time: 6:00pm - 8:00pm

Location: Room A127

Fee: \$39

Instructor: Tracy McDermott. Tracy is a local environmental advocate who has had the opportunity to work with many local environmental groups and education organizations. She is the current Executive Director of the Gottfried Prairie & Arboretum as well as Membership Coordinator/Office Administrator for OCUUF in FDL. When not spending time working with non-profits, she and her family enjoy educating folks about the importance of sustainable living and growing food at their hobby farm "Wander Way" in Eldorado, WI.

**Worms Eat My Garbage: Worm Composting 101**

NEW

Love composting but hate putting it "on hold" for winter? Worm farms are a great way to compost all four seasons! Come and learn the history of composting, and how red wigglers became the go-to composting worm. Learn how to build a worm farm of your own, and use the nutrients that it produces to better your garden and house plants. All participants will have the opportunity to take home worms to start your own farm!

Date: Wednesday, April 11

Time: 6:00pm - 7:00pm

Location: Room A127

Fee: \$19

Instructor: Tracy McDermott, Executive Director, Gottfried Prairie & Arboretum

PROFESSIONAL DEVELOPMENT

Lean Six Sigma

NEW

In today's world, Lean is a part of the business environment. Lean Six Sigma attacks inefficiencies, non-value added wastes caused by defects, non value-added flow of information or materials, non-productive time, data storage, stacks of inventory, overproduction and extra processing. With Lean Six Sigma techniques you will have the skills to lead successfully in both service and manufacturing industries. No pre-requisites required!

Dates: April 2 - April 27 **Fee:** \$245 **Instructor:** Scott Follett

This course is offered online. (16 course hours) To register for this class, go to: <http://www.yougotclass.org/courses.cfm/Uwcfondulac/Lean-Six-Sigma>

12 Steps to a Successful Job Search

NEW

Get the job you want quickly and easily and in any economy. In this course, a world-renowned author and career advisor will help you identify the job that is best for your needs. You'll then be given complete step-by-step instructions on how to get that job, regardless of your level of expertise or the state of the economy. You will learn how to build rapport with any interviewer, both verbally and non-verbally, while mastering the six phases of a successful job interview. This motivational course will increase your confidence, help you feel great about yourself, and provide you with the foundation you need to get the job you want.

Dates: Session start dates February 14 or March 14 **Fee:** \$99

Instructor: Todd Bermont

This course is offered online. You will have 6 weeks from the session start date to complete the course. (24 course hours)

To register for this class, go to: <https://www.ed2go.com/uwfdl/online-courses/12-steps-to-successful-job-search?tab=detail>

Certificate in Stress Management

In this certificate program, you'll explore the physiological, social and psychological impacts of stress and study modalities to get stress under control. You'll examine the relationship between stress and health, nutrition, and physical activity, and discover how stress can develop in the workplace. You'll trace both the psychological and physiological effects of stress, and understand how stress affects health and wellbeing. Finally, you'll learn about the different therapies that can help reduce stress, including how healthy living habits –such as exercise and diet – can help counteract the negative impact of stress. (14 course hours)

Dates: Session start dates: February 14 or March 14 **Fee:** \$84

This course is offered online. You will have 6 weeks to complete the course from the session start date.

To register for this class, go to: <https://www.ed2go.com/uwfdl/online-courses/certificate-stress-management?tab=detail>

YOUTH ATHLETICS

Youth Gymnastics

Dates for all classes: Saturdays, April 7, 21, 28 and May 5 (No class on April 14)

Location: PE-145 (Gymnasium)

Instructors for all classes: Karli Hinkley and Alexa Foth

Parent, Infant & Toddlers in Motion

(Ages 1-3 years)

Parents join in on the fun as your child learns about balance, coordination, rhythm and more. Your child will experience music and movement activities, learn how to jump, climb and land safely as your child explores the world around them.

Time: 8:30am - 9:00am

Fee: \$39

Run, Jump and Tumble (Ages 3-4 Years)

Bring your friends and get ready to run, jump and tumble!

This beginner gymnastics program is sure to excite your preschool aged child. With music, exploratory movement and basic gymnastics, this class will offer the opportunity for your child to increase his/her attention span, balance and coordination while meeting new friends and having fun!

Time: 9:10am - 10:00am

Fee: \$49

Tiny Tumblers (Ages 5-6 Years)

Let's get ready to tumble! Does your child like to climb, flip, roll and run? Then this exciting class of basic gymnastics is for you. This program uses gymnastics to teach balance, coordination and flexibility while meeting new friends and having fun! Children will have the opportunity to explore gymnastics equipment and physical activity in creative ways that keep them motivated and excited for more!

Time: 10:10am - 11:25am

Fee: \$59

Youth Gymnastics (Ages 7-12 Years)

Gymnastics is taken a step further in this program. Participants will explore gymnastics equipment while learning intermediate skills and tricks, in addition to gaining strength, balance, flexibility and coordination. Gymnastics is a fantastic way to gain self-esteem and meet new friends. This class gets kids moving, while challenging them to learn the amazing physical capabilities of their bodies! Join us for the fun!

Time: 11:30am - 1:00pm

Fee: \$59

HEALTH & WELLNESS

Strong Women, Strong Bones™ Strength Training

LIFTING WOMEN TO BETTER HEALTH



STRONGWOMEN

Want to get fit? Join this safe, effective, evidence-based strength training program designed by Dr. Miriam Nelson of Tufts University. It helps middle-aged and older women build muscle, strengthen bones, prevent frailty, improve balance and increase overall physical and mental health. Booster Pack option included for returning students that are ready.

Space is limited. Participants are required to obtain and sign proper paperwork before the first class. *(Offered in partnership with FDL County UW-Extension.)*

Dates: Mondays and Wednesdays, January 22 - March 28

Time: 8:00am - 9:00am ~or~ 9:15am - 10:15am

Location: Room A-216

Fee: \$45 per person

Friday Add-on Class: For those enrolled in a M/W class and would like to work out three days per week.

Dates: Fridays, January 26 - March 23 (No class February 23)

Time: 9:15am - 10:15am

Location: Room A-216

Fee: \$18 per person

Instructor: Heather Holland, Certified Strong Women, Strong Bones™ Trainer

Raising Healthy Children

There are real forces in our lives that trigger our bodies into putting on fat. Stresses cause our bodies to act like human fat storage machines. Turning off our FAT switch is the key to weight loss. This course will examine the basic steps in turning off this switch, allowing our bodies to lose weight easily and automatically. Making subtle changes to feeding children and the psychology with which children are approached regarding healthy diet and lifestyle changes can make all the difference in the world. Our Raising Healthy Children class will look at real causes and real solutions for empowering you and your child to help transform your child's body and life.

Fee: \$140

This course is offered online. You have 4 weeks to complete this course from the date of your enrollment.

To enroll in this class, go to: <https://uwfondulac.ed4online.com/enrichment-course/raising-healthy-children>

FINANCIAL PLANNING

Let's Talk Money!

NEW

Maximize Social Security withdrawals, analyze the 4% rule and gauge whether your money will last through retirement, analyze the pros and cons of annuities and learn how to fund long-term care without LTC insurance. Tax law updates are woven into each segment. Four dynamic classes rolled into one robust course.

Dates: Tuesdays, May 1, 8, 15, 22

Time: 6:00pm - 7:30pm

Location: Room UC114

Fee: \$49 one person; \$69 two people, same household, sharing book

Instructor: Taught by a team of professionals from Winch Financial, including President Sam Winch, CPA Donna Mullen, investment analyst Christian Peterson, CMT®, and insurance specialist and advisor Matt Weyers.

Planning for Retirement

NEW

This course has been designed to develop an essential knowledge base on the working principles of building a conservative retirement plan for those facing or already in retirement. In two consecutive classes, we will cover various aspects of retirement planning that will increase your awareness to the overall risks associated with longevity, income, retirement preservation, and pertinent financial decisions. This comprehensive course aims to address the difficult retirement decisions such as Income Planning, Social Security Maximization and the pitfalls to avoid. You will be shown how to minimize risk and volatility in your portfolio and preserve capital by using financial tools to help you better understand risk, taxes, budgeting and estate planning.

Dates: Tuesdays, February 13, 20 -or- Thursdays, April 12, 19

Time: 6:00pm - 8:00pm

Location: Room UC114

Fee: \$39

Instructor: David J. Oldenburg, IAR, LUTCF (CLTC) Certified in Long Term Care. David is an IAR (Investment Advisor Representative) with Horter Investment Management, LLC. In 2007 he opened up an independent office under the name of Oldenburg Financial in Fond du Lac. His passion and inspiration for helping others comes from his son Nathan, a special needs child. That is why he has dedicated his practice to helping his clients provide for and protect those who are most important to them. David provides educational workshops such as retirement income planning, social security, long term care planning (including VA) and special needs.



SUMMER CAMPS

REGISTER BY JULY 7, 2018

College for Kids and Leaps! Summer Camps

Program goals:

- Increase interest and motivation in academics
- Experience stimulating and challenging activities
- Identify and understand natural strengths
- Develop team-building skills through collaboration
- Demonstrate creative problem solving and higher-level thinking skills
- Develop a love of learning and discovery
- Experience campus life at UW-Fond du Lac

Registration:

Register and pay for your camp online at fdl.uwc.edu/ce or by calling (920) 929-1155. Deadline to register is July 7, 2018. College for Kids and Leaps! are programs designed for motivated students who can work both collaboratively and independently. Continuing Education reserves the right to remove students who are disturbing the educational environment of their peers and/or posing a safety hazard to themselves or others. Students sent home will not receive refunds. A completed health form is required for each student who enrolls in a camp. Health forms are available at fdl.uwc.edu/ce. Please complete and mail to: UW-Fond du Lac, ATTN: CE, 400 University Drive, Fond du Lac, WI 54935.

Please note: registration is not complete until health forms and payment are received. Confirmations will be emailed the week before classes start.

Scholarships:

Scholarships are available for students who attend school in the Fond du Lac School District and who are registering for College for Kids. Please call (920) 929-1155 for additional information.

Chaperones:

We are looking for parents willing to be chaperones. Duties range from teacher's aide to helping with breaks. Parents assisting with these duties will receive a reduced registration fee for their child (CFK--\$75 credit, Leaps!-- \$45 credit). If you are interested in being a chaperone, please contact the UW-FDL Continuing Education Office at fdlce@uwc.edu and include your child's name, program name and your contact information **at least two weeks in advance of the start of the camp.**

REGISTRATION NOW OPEN

LEAPS! for students entering grades 2-4

Dates: Monday-Thursday, July 23-26

Time: Session 1: 9:00am - 10:15am

(Break 10:15am - 10:35am)

Session 2: 10:35am - 11:50am

Choose two courses per student to complete a camp. Camp cost is \$89 per student and includes snacks.

Weaving

Get wrapped up in the fascinating art of weaving! Did you know weaving is good brain food? We'll give our hands, eyes, and minds a fun and challenging workout as we create woven artworks with a variety of materials. The possibilities are endless! I guarantee you'll love making the woven trees and circular weaving!

Sculptural Critters

Build your own unique critter using found objects, cardboard, tape, etc. Papier-mâché your sculpture, paint it, and add bling. The focus is on creativity, innovation and playful design solutions. You will be encouraged to take risks and trust your choices. Techniques include basic skills and structural guidance. Bring an art shirt since this will be a very messy class.

Legomania!

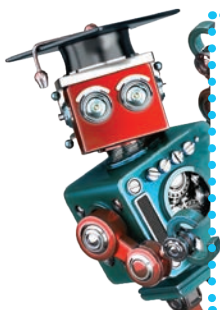
Do you like to work with your hands? Do you like to build? Then Legomania is perfect for you! Use Legos, communication, collaboration, and problem-solving skills to create many different projects. We will build, play games, and have time for free play. Just Le-go and have fun!

Chemistry is Everywhere!

In this hands-on chemistry class, students will perform experiments to help them understand interactions of matter. Students will begin by uncovering clues about chemical reactions that will help them identify if a reaction has taken place. With these clues, students will recognize that chemistry is taking place all around them, all the time! Then they will use their clues to perform reactions such as polymer-forming reactions and acid-base reactions. Put on your scientist goggles and come have some fun!

College for Kids ALL DAY CAMP. Monday - Thursday, July 16-23 **Time:** 9:00am - 3:10pm. Choose ONE all-day camp per student. All-day camps are \$159 per student and include snacks. Lunches are not provided, students should bring a lunch each day.

BrainyBot Lab – Build an Android Android! Start with a re-purposed Android device, add some electronics and mechanical parts... and build the smartest robot yet. You'll learn about robotics, electronics and computer programming as you build a robot to participate in an all new, unique competition on the final day. We will provide the Android device and all the parts needed to build an incredible robot. When the class is over, you can keep the device and robot to further explore its capabilities.





<https://ce.uwc.edu/fond-du-lac/catalog/uw-fdl-youth-programs>

LEAPS! *courses continued ...*

Cooking the Continents - Africa

"Travel" to continents of the world and create (and eat!) some of their countries' well-known dishes while learning about the culture. This rotational class will focus on one continent per summer. The focus this year for Leaps! will be Africa, featuring South Africa, Nigeria, Ghana, Morocco, Congo, and more. Have you had bunny chow? Want to make a fufu or a dodo? Find out more when you take this "trip" to Africa!

Airplanes, Rockets and Parachutes: How Do They Fly?

Do shape and size matter for flight? Look at the method of flight and design of airplanes, small parachutes, balloons, and rockets. Use an engineering process to build some of these flying objects with supplied material and then do actual flight-testing to evaluate the object's design and purpose.

College for Kids

for students entering grades 5-8

Dates: Monday-Thursday, July 16-19

Time: Session 1: 9:00am - 11:50am
Session 2: 12:20pm - 3:10pm

Fee: \$144 per student

Choose TWO courses per student to complete a camp. Camp cost is \$144 per student and includes snacks. Lunches are not provided, students should bring a lunch each day.

Wet and Wild Watercolors

Splish, splash your way into watercolor adventures in this fun filled class. Combine basic drawing techniques with watercolor to create energetic and colorful works of art. We will focus on composition, skill development and choices. Techniques include both traditional and experimental water media approaches. Bring an art shirt since we may get a bit messy at times.

Can You Feel the Rhythm?

In this highly energetic music class, students will sing, play instruments and move to the music. Get ready to make music in some crazy and creative ways. We will get a taste of music theory as we beat the bucket drums and jam with Boomwhackers. Come and create and play instruments that you may have never seen before!

Fun with Physics

Learn about some fascinating topics in physics with hands-on experiments. Come discover how the world works through investigations in forces and motion, buoyancy, optics and sound. Make and take activities included.

College for Kids *courses continued*

Sculpture Mania

Time will be our only enemy when we discover there are so many awesome sculptures to create with wire, plaster wrap, foam board, recycled items, Shrinky Dinks, and even pantyhose! Learn how famous sculptors such as Edgar Degas and Dale Chihuly incorporated balance, rhythm, movement, and color into their work. Using these same principles we will create our own awesome sculptures! Please bring an art shirt!

Bubble, Bubble, Toil, and Trouble - Chemistry and Chemical Reactions

In this hands-on chemistry class, students will perform experiments to help them learn about the nature of matter and reactions it undergoes. Students will learn more about different types of reactions and how they can manipulate and control the reactions of different chemicals. Students will perform numerous other experiments, including experiments to help them understand how chemical reactions are classified, the kinds of reactions that metals tend to go through, the difference between acids and bases and how they interact with each other, and how the energy associated with reactions is put to use when we eat food or set off fireworks. Come learn about the exciting world of chemistry!

Multimedia Art with an Artist

We will delve into portraiture with pencil, learn about Van Gogh while using acrylics, explore surrealism with colored pencils, and study Michelangelo with enamels! Get in touch with your inner artist while working with a professional artist!

Escape, Breakout, Beat the Clock!

Work with a team and on your own to "breakout" in a series of adventures. In this class you will do several versions of escape room activities by solving puzzles, using clues, hints, and strategy to break open a box, escape a room, solve an online mystery, and more! Do you have what it takes to escape?

Lost in the Wilderness!

What would you do if you found yourself lost in the wilderness? Do you know the basic survival skills to keep yourself alive? What is more important? Finding water, food, and shelter or having the right attitude? In this class, we will learn the six critical skills needed for survival. Each session will have hands-on activities and problem-solving tasks that will prepare students for the unthinkable....lost in the wilderness!

HEALTH & WELLNESS

Fit at Fox – Spring Session

This class provides personal attention from a qualified instructor to help you develop and maintain functional strength in a relaxed and enjoyable social setting. We work on balance, nutrition, and flexibility, along with the mainstays of aerobic and resistance training. Making friendly connections and getting support from fellow classmates is also part of this program. Instructor-led class with audience favorite, Thain Jones. Geared toward mature adults, but open to all age levels. Come join the fun!

Classes start the week of January 29, 2018 and run through the week of May 25, 2018 (17 weeks).

Choose a Session:

Monday/Wednesday, 5:00pm - 5:45pm

Tuesday/Thursday, 8:00am - 8:45am

Tuesday/Thursday, 8:45am - 9:30am

Location: Room 1866 Fitness Center

Fee: \$160

Instructor: Thain Jones, a UW Fox Fitness instructor since 1986. Thain has a BS in Physical Education and Biology and is a well-respected and successful high school track/cross country coach.

Fit at Fox – Summer Session

Keep up your fitness and friendships during the summer!

Classes start the week of May 29, 2018 and run through August 24.

Choose a Session:

Monday/Wednesday, 5:00pm - 5:45pm

Tuesday/Thursday, 8:00am - 8:45am

Tuesday/Thursday, 8:45am - 9:30am

Location: Room 1866 Fitness Center

Fee: \$110

Instructor: Thain Jones

Fit at Fox – Punch Cards

Not sure about a 17 week fitness class commitment? Get a punch card! These fitness plans are best for those who need a flexible schedule. Individuals utilizing punch cards will have access to the fitness center anytime the instructor is present (all three sessions available). Choose to take 10 or 25 sessions. This is still an instructor-led class, but on your schedule.

10 Sessions, Fee \$65

25 Sessions, Fee \$145

Location: Room 1866 Fitness Center

Instructor: Thain Jones

Run Your Best Race

Whether it's a 5K or a marathon, make sure you are prepared for your big race! In this class with noted area running guru, Thain Jones, you will learn to maximize your training for success on race day. This class is for any age, any race distance. You will learn about training schedules, shoes, equipment, nutrition, and recovery, among other topics. This class is being taught by someone who has been there, done that, and continues to do it!

Date: Monday, March 12

Time: 6:15pm - 8:15pm

Location: Room 1551

Fee: \$25

Instructor: Thain Jones

Intro to Reiki

Come explore what Reiki is (and is not). This class is designed to discuss a brief synopsis of Reiki and answer questions that participants have surrounding this energetic healing modality. Reiki is becoming more and more mainstream and is utilized in hospitals and wellness centers around the world. Ask the questions you have always wanted to ask. Participants will receive a handout. Please wear comfortable clothing.

Date: Thursday, March 1

Time: 6:00pm - 7:00pm

Location: Room 1346

Fee: \$11

Instructor: Cynthia Graham

Reiki I

Reiki is an easy-to-learn system for relaxation, personal healing, stress relief and more! The Usui system of Reiki is one of the easiest natural healing systems known today. It is also the most effective way to transfer Universal Life Energy. This class teaches basic aspects of Reiki in order to perform hands-on healing with Reiki Ray. The history, principles and ethics of Reiki are discussed and the chakra system is also examined. Students are attuned to Reiki I in a four step process. Students will complete a self-healing session. Join us for this introductory exploration of this powerful energy. Please wear comfortable clothing and bring a mat/blanket and pillow/towel.

Limited to 10 participants.

Date: Thursday, March 29

Time: 5:30pm - 9:30pm

Location: Room 1346

Fee: \$150, Includes class session, manuals and other materials

Instructor: Cynthia Graham

HEALTH & WELLNESS

Beginner Tai Chi Easy

This course consists of both Tai Chi and Qigong movements – a warm up and a cool down, self-massage, breath exercises, and meditation. Participants develop their abilities to focus and concentrate in a deep state of relaxation through breath practices, movement, meditation and self-massage providing simple, effective self-care skills that can be used throughout life and well into the “successful aging” process. Consistently practicing Tai Chi and Qigong can help you manage stress and pain, reduce anxiety, improve sleep, mood, balance, and stamina. Class limit: 20 participants.

Dates: Tuesdays, March 13 - May 1

Time: 4:45pm - 5:45pm **OR** 6:00pm - 7:00pm

Location: Fieldhouse

Fee: \$64

Instructor: Lorrie Formella, owner of Seasons of Life Empowerment, is an Organizational Psychologist with a focus on behavioral psychology. Lorrie is a Certified Teacher of the 200-hour Institute of Integral Qigong and Tai Chi (IIQTC) program and member of the National Qigong Association. Lorrie engages people to become an empowered citizen regarding their health and wellness by providing multiple Qigong and Tai Chi workshops, retreats, and classes.

Tai Chi Level 2

Building on the Tai Chi Easy 5 form, you will learn at least four additional forms. New forms may include stroking the phoenix tail, dancing with the dragon, setting the sun and the moon, open the heart mind gate, and the crane. Additional Qigong warm up movements will also be practiced. We will focus on deepening and strengthening your meditation in motion muscle. Class limit: 20 participants.

Dates: Mondays, March 12 - April 30

Time: 6:00pm - 7:00pm

Location: Fieldhouse

Fee: \$64

Instructor: Lorrie Formella

Understanding Chakra Energies

Chakras are the body's energy centers. Our energy centers (chakras), affect all we experience, including love, happiness, peace, and abundance. In this class, we will learn about the first 11 chakras, how they affect us, what they govern, how to detect blockages, and how to open and balance the energy channels. Dress in loose, comfortable clothing (no jeans) and no jewelry, as this class will be interactive.

Date: Thursday, March 15

Time: 6:00pm - 8:00pm

Location: Room 1352

Fee: \$29

Instructor: Cynthia Graham

Support Your Immune System & Beat the Winter Blues with Essential Oils

Winter in Wisconsin leaves most of us dreaming of summer sunshine and warmer days. While the snow is beautiful, the lack of sunshine can leave us feeling depleted and drained. Winter also means cold and flu season has officially arrived. Everywhere you turn, someone is coughing or sneezing. Have you been wondering how you can beat the winter blues and prevent a case of the “yucks”? Join Sara Schoenecker as she excites your senses with five essential oils known for their immune supporting and uplifting capabilities. In this two-hour workshop we will discuss ways to keep our spirits lifted and our immune system supported during the long winter months. Participants will custom formulate a personal inhaler to take home.

Date: Tuesday, February 20

Time: 5:30pm - 7:30pm

Location: Room 1346

Fee: \$45 includes materials

Instructor: Sara Schoenecker, Certified Aromatherapist, Certified Aromatherapy Teacher and owner of Pneuma, LLC

Glowing Skincare with Essential Oils

Looking for natural ways to achieve radiant skin? Join Sara Schoenecker, CA, CAT1, Owner Pneuma, LLC as she captivates your senses with 5 essential oils everyone should incorporate into their daily skin care routine. In this 2 hour workshop we will discuss how essential oils can be used for facial care to combat some of the most common skin care problems. Participants will learn the proper dilution for facial skin care and formulate a facial serum to take home based on their unique skin type.

Date: Tuesday, March 27

Time: 5:30pm - 7:30pm

Location: Room 1551

Fee: \$40 includes materials

Instructor: Sara Schoenecker

HEALTH & WELLNESS

Essential Oils to Quiet the Mind

Are you looking for natural ways to relieve stress and anxiety? Join instructor Sara Schoenecker, CA, CAT1, Owner Pneuma, LLC as she enchants your senses with five essential oils known for their calming capabilities. In this workshop we will explore how essential oils affect the brain and overall emotional health. Participants will learn about direct inhalation and why it's one of the fastest routes of absorption when it comes to experiencing the benefits of aromatherapy. Participants will formulate a custom personal inhaler blend to take home.

Date: Tuesday, January 30

Time: 5:30pm - 7:30pm

Location: Room 1346

Fee: \$40 includes materials

Instructor: Sara Schoenecker

Relieving Aches & Pains with Essential Oils

Are you looking for natural ways to relieve aches and pains? Join Sara Schoenecker, CA, CAT1, Owner Pneuma, LLC as she tantalizes your senses with five essential oils known for their pain relieving properties. In this workshop participants will learn to about safe topical formulation of essential oils and why topical application is great way to reduce pain and experience the benefits of aromatherapy. Participants will formulate their own roller ball blend geared towards aches and pains to take home. Class fee includes materials and a custom roller ball blend to take home.

Date: Tuesday, February 27

Time: 5:30pm - 7:30pm

Location:

Fee: \$45 includes materials

Instructor: Sara Schoenecker

Mastering the Art of Letting Go

How can we let go of that over which we have no control? Do you find yourself stuck in the past? Are you are living your life according to what everyone else thinks you should be doing? Are you "stuck" in situations that play over and over in your head? Have you become a prisoner of your thoughts? Then this is a workshop you don't want to miss! Join Sara Schoenecker as she guides you through some simple exercises to help you take control of your life and let go of that which no longer serves you. In this workshop we will explore the art of letting go. Participants will leave with tools that they can use time and time again after class.

Date: Tuesday, April 24

Time: 5:30pm - 7:00pm

Location: Room 1346

Fee: \$30 includes materials

Instructor: Sara Schoenecker

Meditation: Attaining Peace and Calm

Research has linked the regular practice of meditation to reduced levels of anxiety and stress. In this class you will learn what meditation is and practice various meditation processes. You will define your intention and set an action plan to get there. As you develop your own meditation program, you will be able to track the benefits for yourself from changes in your reactions, to improvements in your energy and clarity. At the end of this program, you will know what meditation practices work best for you and have an action plan to move forward on your own to attain more peace and calm. Class limit: 15 participants.

Dates: Mondays, May 7, 14, 21, June 4 (no class Memorial Day)

Time: 6:00pm - 7:00pm

Location: Room 1352

Fee: \$69

Instructor: Lorrie Formella, owner of Seasons of Life Empowerment, is an Organizational Psychologist with a focus on behavioral psychology. Lorrie is a Certified Teacher of the 200-hour Institute of Integral Qigong and Tai Chi (IIQTC) program and member of the National Qigong Association. Lorrie engages people to become an empowered citizen regarding their health and wellness by providing multiple Qigong and Tai Chi workshops, retreats, and classes.

Being Mindful in a Fast-Paced World

Mindfulness: what is it and how can you achieve it? We live in a fast-paced world and are always on the go. Often, we find that we go through our day on autopilot moving from one task to the next without awareness of what we are actually doing. Have you ever felt caught up in the chaos of life? Do you catch yourself always thinking about the past or planning for the future? Do you feel overwhelmed while completing your daily activities? Have you ever asked yourself how you can live in the present moment and be more in tune with yourself and your surroundings? Join Sara Schoenecker in this dynamic workshop where we will explore the practice of mindfulness and living in the present moment. Participants will leave with a better understanding of mindfulness and useful tips to incorporate mindfulness in their daily lives.

Date: Tuesday, April 3

Time: 5:30pm - 7:30pm

Location: Room 1346

Fee: \$30

Instructor: Sara Schoenecker

FINANCIAL PLANNING

Retirement Planning Today

NOW is the time to develop your retirement plan! Building a solid future takes: *Financial Education, *Life Planning, *Alignment of Lifestyle Goals with Financial Reality (know when you have enough wealth), and *Building your "nest egg," protecting assets, and creating a solid retirement foundation. Course geared toward new or pre-retirees.

Choose a session:

Thursday Session Dates: Thursdays, February 22, March 1

Time: 6:30pm - 9:30pm

Location: Room 1553

OR

Tuesday Session Dates: Tuesdays, March 6, 13

Time: 6:30pm - 9:30pm

Location: Room 1553

Fee: \$49/person; \$69 two people, same household sharing book

Instructor: Neelam Krishnaney-Davison

Retirement by Design

This class illustrates how you can translate your vision for retirement into tangible goals. You'll learn investment strategies to help design the retirement you want. We'll also discuss how you can add flexibility to your strategy to help you handle unexpected events and how you can keep your strategy on track.

Date: Wednesday, April 4

Time: 6:00pm - 7:00pm

Location: Room 1553

Fee: \$15

Instructor: Kyle D. Lukowitz, Financial Advisor with Edward Jones. Kyle has been with Edward Jones since 2013 and is a 2002 graduate of St. Norbert College with a bachelor's degree in business administration. He is active in business and civic affairs in the Fox Valley.

Foundations of Investing

Whether you are new to investing or need a refresher, this class will help you learn about the importance of developing a strategy, the impact of asset allocation and the influence of inflation on your long term goals. In four weeks, you will gain information about the foundations of investing; mutual funds; basics of investing in stocks; and the outlook and opportunity for the future.

Dates: Wednesdays, February 28, March 7, 14, 21

Time: 6:00pm - 7:00pm

Location: Room 1553

Fee: \$49 for one person; \$69 for two people, same household, sharing a book

Instructor: Kyle D. Lukowitz, Financial Advisor with Edward Jones.

Empowered Solutions for Your Retirement

This class, taught by a team of CPAs, CFPs and licensed investment advisors, is a one stop shop for everything you need to know to plan a successful retirement. This course will benefit you even if you are already retired. From investing to estate planning, this course will teach you how to maximize your 401(k), 403(b), IRA and Roth IRAs.

Dates: Thursdays, March 1, 8, 15, 22

Time: 6:00pm - 7:30pm

Location: Room 1551

Fee: \$49 one person; \$69 two people, same household, sharing book

Instructor: Taught by Winch Financial President Sam Winch, John Hintz, CFA®, M.B.A., and Christina Winch, CFP®.Jones.

Let's Talk Money!

Maximize Social Security withdrawals, analyze the 4% rule and gauge whether your money will last through retirement, analyze the pros and cons of annuities and learn how to fund long term care without LTC insurance. Tax law updates are woven into each segment. Four dynamic classes rolled into one robust course.

Dates: Tuesdays, February 6, 13, 20, 27

Time: 12:00pm - 1:30pm

Location: Room 1352

Fee: \$49 one person; \$69 two people, same household, sharing book

Instructor: Taught by a team of professionals from Winch Financial, including President Sam Winch, CPA Donna Mullen, investment analyst Christian Peterson, CMT® and insurance specialist and advisor Matt Weyers.

Wills and Trusts

Are you prepared to provide for your loved ones at death? This class will make sure your house is in order. We'll focus on types of estate plans and the advantages and disadvantages of each. You'll explore the Washington Will, irrevocable trusts, revocable trusts, and charitable remainder trusts.

Dates: Thursdays, April 5, 12, 19, 26

Time: 6:00pm - 7:30pm

Location: Room 1551

Fee: \$49 one person; \$69 two people, same household, sharing book

Instructor: Winch Financial President Sam Winch, Winch Financial CEO Christina Winch, CFP®, and area attorneys.

FINANCIAL PLANNING

Health Care Today for a Better Tomorrow

How much will my health care costs be? What are my options for Medicare? How do I navigate the Marketplace? What happens to my nest egg if I go into a nursing home? In this ever-changing and costly health care environment, it is important to be able to answer these questions and put yourself in power. This course will help educate you in the areas of health insurance, specifically Medicare, Medicaid, and Long Term Care, as well as health insurance for those not on Medicare. Anyone dealing with these concerns is encouraged to enroll, as well as individuals with parents and loved ones dealing with these issues.

Dates: Tuesdays, March 6, 13, 20, 27

Time: 6:00pm - 8:00pm

Location: Room 1346

Fee: \$49 one person; \$69 two people, same household, sharing printed materials.

Instructor: Leslie Verkuilen, Financial Services Professional, CLTC and Principal of InPower Practice, LLC & Jennifer Drephal, Licensed Insurance Professional and Partner of InPower Practice, LLC. Guest Speakers: Carissa Giebl, Estate Planning Atty. and Max Verkuilen, Licensed Insurance Professional and CLTC.

PERSONAL ENRICHMENT

Needle Felting - Spring Crafts

Discover the joy of a new craft! Learn the basics of needle felting and how to create a 3-D bird and an adorable bunny. All materials will be provided. You will take home your finished projects as well as a foam felting pad and a felting needle. Costs of equipment and supplies are included in the class. If you have a leather glove, such as a golf glove for your non-dominant hand and small scissors, please bring them to class.

Dates: Wednesdays, March 7, 14

Time: 6:00pm - 8:00pm

Location: Room 1551

Fee: \$69 includes materials

Instructor: Kathy Gilmore, retired UW-Fox Valley staff member and crafter extraordinaire



PERSONAL ENRICHMENT

Google!

NEW

What can Google do for you? A lot more than you might think! In this class you will gain a good general understanding of Google Products over the four weeks. We will cover tools for Getting Answers (Besides Search, Maps, Translate & Chrome), Organizing Your Stuff (Photos, Contacts, Calendar & Keep), Working Smarter (Docs, Sheets, Slides and Drive) and of course Entertainment (YouTube, Google Play Music, Movies and TV and Chromecast)!

Dates: Tuesdays, February 6, 13, 20, 27

Time: 6:00pm - 7:30pm

Location: Room 1551

Fee: \$59

Instructor: Ahilan Sivasamy. Ahilan has been a computer science lecturer at UW Fox Valley and for UW Colleges. He is passionate about lifelong learning as well as exploring new technologies to improve our daily lives and our ever changing society.

Stay Connected with Family and Friends Using Social Media

Stay connected with your friends and family using social media platforms such as Facebook, FaceTime, Skype and Instagram. In addition, we will address privacy and security issues while communicating with others over social media. Make sure to bring your smartphone or tablet to class! Class limit: 20 participants.

Dates: Thursdays, March 1, 8, 15, 22

Time: 5:00pm - 6:30pm

Location: Room 1332

Fee: \$59

Instructor: Ahilan Sivasamy.

Don't Be Fooled by Your Smart Phone

A smartphone is like a mini computer. In this workshop, learn how to manipulate all those tiny buttons (apps) and make your smartphone your greatest helper. Topics include: Understanding Option Menu, configuring security, settings, setting up email, managing contacts, texting and sending images, editing photos and videos, and more! Limit: 20 participants.

Dates: Tuesdays, April 3, 10, 17, 24

Time: 5:00pm - 6:30pm

Location: Room H102

Fee: \$59

Instructor: Evelyn Li. Evelyn is an academic technology specialist and computer science lecturer on campus. Her daily tasks require her to work closely with faculty, staff and students on campus or in cyberspace.

PERSONAL ENRICHMENT

8 Steps to Your Perfect Meal



Modeled after his new book, *8 Steps to Your Perfect Meal* (Included with class fee), Chef Ace Champion will walk you through eight culinary principles, with two class sessions that include demonstration cooking – and food sampling. “My vision is not just to inspire those who love cooking to become great cooks, but to inspire those who dislike cooking to discover a new sense of enjoyment.”

Dates: Tuesdays, March 6, 13, 20

Time: 6:00pm - 8:00pm

Location: Room 1229

Fee: \$69

Instructor: Celebrity TV Chef and 10-time award winner Ace Champion, Host of "Cook Like A. Champion TV Show" airs local every Saturday at 12:30 pm on CW 14 & Channel 10.

Cooking Demonstration with Ace Champion

NEW



Chef Champion will not only prepare and teach healthy, delicious food, he will also give you the motivation and mental clarity that will make you a better cook instantly. In this one-night class, Chef Champion will demonstrate techniques and two recipes. You will get to sample the food and go home with the recipes. Come join us!

Date: Tuesday, March 27

Time: 6:00pm - 8:00pm

Location: Room 1229

Fee: \$45

Instructor: Celebrity TV Chef and 10-time award winner Ace Champion, Host of "Cook Like A. Champion TV Show" airs local every Saturday at 12:30 pm on CW 14 & Channel 10.

Easy as Pie!

NEW

Great cooking isn't just about the recipes—it's about techniques. Join us for this fun, hands-on class as you work with other students and learn how to make different pies, including crust from scratch. Once you learn these few easy techniques, you can look forward to sharing your pies with family and friends. It's as easy as pie! Class limit: 10 participants.

Dates: Wednesdays, March 7, 14, 21

Time: 6:00pm - 8:00pm

Location: Room 1040

Fee: \$49

Instructor: Rose Marie Lewis



Shake Your Family Tree!

Are you interested in your family history but don't know where to start? In this genealogy workshop you will learn some tools and strategies to start shaking your family tree! We will talk about where to start looking for information, and how to manage the information once you find it, as well as genealogy etiquette and some specialty topics to shake up that family tree. Join us for this informative and interesting journey. We will meet in a computer lab, but you can bring a laptop if you have one, since much of the research is done online. Class is limited to 10 participants.

Dates: Wednesdays, February 7, 14, 21, 28

Time: 6:00pm - 8:00pm

Location: Room 2819

Fee: \$59

Instructor: Rose Marie Lewis, a Laboratory Preparation Technician at UW-Fox Valley for over 26 years, became interested in genealogy at age 13 on a visit to see her grandmother, and again when her son needed to do his family tree for a class project. She enjoys “the hunt” and the people she has met along the way.

Ballroom Dance – Waltz and Rhumba

In four dynamic and fun-filled weeks, you can get some enjoyable exercise, meet new people and learn to dance! If you have a wedding coming up, this is just in time for wedding season.

It's not just the stars who are dancing – all kinds of people are joining in the fun of ballroom dance!

Dates: Thursdays, April 5, 12, 19, 26

Time: 7:00pm - 8:00pm

Location: City of Menasha Memorial Building at Smith Park, 640 Keyes Street, Menasha

Fee: \$99/couple; **Take both Ballroom Dance classes at a reduced rate of \$175/couple for 8 weeks of classes**

Instructor: Adam Foat



Ballroom Dance – Fox Trot and Eastern Swing

Dates: Thursdays, May 3, 10, 17, 24

Time: 7:00pm - 8:00pm

Location: City of Menasha Memorial Building at Smith Park, 640 Keyes Street, Menasha

Fee: \$99/couple; **Take both Ballroom Dance classes at a reduced rate of \$175/couple for 8 weeks of classes**

Instructor: Adam Foat

How Green is Your Garden? Achieving Sustainability in your own Backyard

NEW

Create a landscape that not only brightens your view and improves your health, but also builds fertile soils, conserves water, and protects biodiversity. In this three-part class, we will cover why and how to apply conservation science in your own backyard. In the first class we will cover the history of conservation ethics to understand the problems with contemporary land use. We will connect residential lawn care and industrial agriculture with pollinator and human health.

The second class delves into landscaping with native plants, combining both beauty and practicality. Topics will include landscape design, site preparation, species selection, sourcing seeds and plants, planting and dispersing seeds, and maintenance including watering, mowing, burning and other organic invasive species control methods. In the third class, we will explore sustainable backyard techniques to grow “real” food. We will learn organic methods that improve soil health and manage pests while promoting biodiversity. Topics will include “lasagna” gardening, companion planting, seed collection, and sourcing plants and seeds. As time allows, we may cover the basics of beekeeping. Case studies will be used throughout this course to illustrate the values of maintaining biodiversity and the benefits of simple living.

Dates: Wednesday, April 4, 11, 18

Time: 6:00pm - 7:30pm

Location: Room 1551

Fee: \$69

Instructor: Shannon Davis-Foust. Shannon is a Land Ethic Leader through the Aldo Leopold Foundation, a former Master Gardener, a mentor for the Wild Ones Fox Valley Area Chapter, and a Wisconsin Master Naturalist, who has taught environmental issues for over 10 years at UW Oshkosh. An avid gardener, wildlife watcher, and beekeeper, Shannon has a Ph.D. in Ecology from UW Milwaukee.

Conversational German

Explore the language, culture, and history of Germany and its people in a relaxed, fun atmosphere. Using a variety of exercises and small group activities, you’ll learn basic German vocabulary and sentence structure. You’ll also practice simple conversational phrases and learn survival tips for travel in a foreign country.

Dates: Thursdays, April 12, 19, 26, May 3, 10, 17

Time: 6:00pm - 7:30pm

Location: Room 1352

Fee: \$99

Instructor: Dr. Roland Baldwin, former UW Manitowoc Dean

Discover Digital Photography

NEW

Introducing the technology that has catapulted the photographic world into the 21st century. You’ll explore a broad overview of the basics of digital photography, including equipment, software, and practical uses. We’ll discuss different types of digital cameras, from phones and tablets to digital SLRs, all of which offer a wide array of photographic options. We’ll also help you decide what type of equipment fits your needs, and you’ll have hands-on exercises so you can explore the areas that interest you. Whether you’re new to photography or a long-time photographer looking to move comfortably into the new world of digital work, this class provides opportunities for putting digital photography to use. **This course is offered online. You will have 6 weeks to complete the course from the date of your enrollment. (24 course hours)**

Dates: Session start dates are January 17, February 14 or March 14

Fee: \$99

Instructor: Beverly Richards Schultz

To register for this class go to <https://www.ed2go.com/uwfox/>

Passionate About Poetry

Whether your goal is to pursue poetry as a serious practice or a hobby, you will be provided the tools to raise your work to a higher level in this course. Through theory, practice and critique, beginning and seasoned poets alike will strengthen their work like iron forged in fire. Class discussion will include poetic traditions, generating subject matter, and the elimination of writer’s block. Be prepared for a head-on dive into the poetic craft!

Dates: Wednesdays, April 4, 11, 18, 25, May 2

Time: 6:00pm - 8:00pm

Location: Room 1352

Fee: \$69

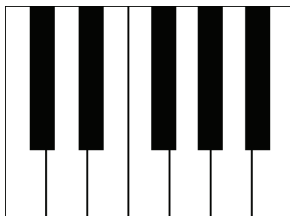
Instructor: Troy Schoultz, UW Fox Valley Instructor. Troy is a lifelong Wisconsin resident, currently living in Oshkosh. He is a lecturer at the University of Wisconsin-Fox Valley, where he also edits the nationally recognized Fox Cry Review.



PERSONAL ENRICHMENT

Beginning Adult Group Piano Lessons

NEW



Have fun and learn some new skills! Enjoy a relaxed, comfortable learning atmosphere and informal class experience while learning to play the piano. This course is designed to provide a concentrated study in beginning piano for the adult with

little or no piano experience. At the conclusion of the course, the student will have learned key signatures, meter signatures, names and values of notes, major and minor scales, melodies hands together, and melodies with primary chords as accompaniment. It is sure to hit an enjoyable note!

Dates: Tuesdays, April 3, 10, 17 and 24

Time: 7:00pm - 9:00pm

Location: Room 1611

Fee: \$159 Includes book which will be distributed at first class and supplemental materials

Instructor: : Lynda Zimmerman is a retired assistant professor of music at UW-Fox Valley. She has a BME from the University of Wisconsin-Eau Claire and an MM in piano performance from Texas A & M University. She was awarded the diploma for the Outstanding Young Woman of America from Wisconsin and Outstanding Young Educator. She is an accompanist for several performing groups and an extensive number of musicals. She has taught this course many times and has always found it to be an exciting and enjoyable experience for everyone involved.

PROFESSIONAL DEVELOPMENT

Social Media Marketing

Social media has created an opportunity for businesses everywhere to promote and grow with just a simple push of a button. Whether you consider yourself a social media novice or a seasoned veteran, this class will give you a solid foundation and understanding of what social media is and how you can use it to grow your business. You'll learn about the most popular social media platforms—Facebook, Twitter, LinkedIn, Pinterest, and Google+—and study secrets for using them to promote your business. And finally, you'll gain techniques for measuring and tracking your social media success. **This course is offered online. You will have 4 weeks to complete the course from the date of your enrollment. (24 course hours)**

Fee: \$140

Instructor: Angela Caban, MHRM

To register for this class go to <https://uwfoxvalley.ed4online.com/>

PROFESSIONAL DEVELOPMENT

Microsoft PowerPoint 2013

Microsoft Office PowerPoint 2013 gives you more ways to create and share dynamic presentations with your audience than ever before. Exciting new audio and visual capabilities help you tell a crisp, cinematic story that's as easy to create as it is powerful to watch. This course will introduce you to the new features in PowerPoint 2013 including the new wide-screen theme, easier view zooming and slide management, inserting and tracking of comments, hyperlinking and creating web pages with PowerPoint. Microsoft PowerPoint 2016 also available.

This course is offered online. You will have 4 weeks to complete the course from the date of your enrollment. (24 course hours)

Fee: \$140

Instructor: Laura Quinn, Ph.D.

To register for this class go to <https://uwfoxvalley.ed4online.com/>

A to Z Grant Writing

A to Z Grant Writing is an invigorating and informative course that will equip you with the skills and tools you need to enter the exciting field of grant writing! You'll learn how to raise needed funds by discovering how and where to look for potential funders who are a good match for your organization. You'll also learn how to network and develop true partnerships with a variety of funders, how to organize a successful grant writing campaign, and how to put together a complete proposal package. This course speaks mainly to nonprofit organizations, schools, religious institutions, and municipalities seeking grants from foundation, corporate, government, and individual donors. It's also an excellent primer for individuals wishing to become grant writing consultants or community grant writing volunteers. Many of this course's elements also easily translate to the for-profit field and to individual artists, and material specifically designed for businesses and individuals is included. No matter who you are or what level of experience you have, you'll find the A to Z of writing and submitting successful proposals here!

This course is offered online. You will have 6 weeks to complete the course from the date of your enrollment. (24 course hours)

Dates: Session start dates are January 17, February 14 or March 14

Fee: \$99

Instructor: Linda Vallejo

To register for this class go to <https://www.ed2go.com/uwfox/>

PROFESSIONAL DEVELOPMENT

Effective Business Writing

Writing is performed every day in the business world but unfortunately, not everyone is good at business writing. Throughout this course, you will discover simple solutions to your business writing dilemmas. Business communication needs to be simple and direct. The same should be true for business writing. Effective Business Writing reviews simple layout ideas, elements of basic sentence structure and common grammar and spelling mistakes. These lessons will explore ways to beat the evil procrastination bug and how to hit business deadlines consistently. You will learn how to craft top notch business letters, emails, reports and speeches and you'll explore strategies for keeping up with changes in technology. If you want to get ahead in today's business world, you have to stand out. A good way to place yourself above the rest is to improve your business writing skills and set the pace within your workplace for effectiveness and excellence. Use some of the skills outlined in this book to improve your business writing and you will boost your job performance. Then who knows what possibilities await you. **This course is offered online. You will have 4 weeks to complete the course from the date of your enrollment. (24 course hours)**

Fee: \$140

To register for this class go to <https://uwfoxvalley.ed4online.com/>

Creating Web Pages

Create and post your very own Web site on the Internet using HTML in this extensive, hands-on, six week workshop. First, you'll learn about the capabilities of the World Wide Web and the fundamentals of web design. Then, with your instructor's patient guidance, you'll plan the content, structure and layout of your Web site, create pages full of neatly formatted text, build links between the pages and to the outside world, and add color, backgrounds, graphics, and tables. You'll also learn critical and timely information on securing the best possible location in search engine listings, and powerful no-cost or low-cost web marketing strategies.

This course is offered online. You will have 4 weeks to complete the course from the date of your enrollment. (24 course hours)

Dates: Session start dates are January 17, February 14 or March 14

Fee: \$99

Instructor: Alan Simpson

To register for this class go to <https://www.ed2go.com/uwfox/>

Wisconsin Indians Today

This course is designed to inform students about Wisconsin Indian tribes, their histories and sovereignty, and to place current and important Wisconsin tribal issues into cultural and historical context. This non-credit class does meet certain DPI standards and requirements to satisfy ACT 31. **This is a four-week course offered completely online.**

This course will also be offered in April 2018

Dates: April 1 - 30

Fee: \$119

Instructor: Renee Gralewicz, UW Fox Professor of Anthropology

YOUTH

SAVE THE DATE!

G.E.M.S. | Girls. Engineering. Math. Science.



A dynamic and educational half-day event filled with interactive workshops and activities geared toward light career-exploration in the engineering, math, and science fields for girls in grades 6-8. Registration is required, through the UW Fox Valley web site. Registration will open in late summer. Girls from all communities are welcome to attend this event!

Dates: Saturday, October 20, 2018

Time: 8:30am - 12:00pm

Location: UW-Fox Valley in Menasha

Fee: \$25

Boy Scout Merit Badge Clinics

Boy Scout Merit Badge Clinics are now being offered at UW-Fox Valley. See our website for more details on the many interesting options available.

Dates and Times: Will vary.

Fee: Will vary.



ADULT THEATER

FINANCIAL PLANNING

Tony and Tina's Wedding

**Back by popular demand!!**

Save the date! Tony and Tina are getting married! Mark your calendars now and make plans to be a guest at Manitowoc's wedding of the year! This one-of-a-kind evening of entertainment — an interactive theater experience — is a celebration you

won't want to miss! Join us for the nuptial celebration of Tony Nunzio and Valentina Vitale in all its tacky and hilarious glory. Your ticket gets you on the inside for the wedding service on the UW-Manitowoc campus followed by a reception where the audience joins the wedding party and their bickering families for a pasta dinner, wedding cake and dancing. Everyone will party with Tony and Tina as we dance the night away. Proceeds will benefit the UW-Manitowoc Foundation, University Theatre and Continuing Education.

Dates: Friday, February 2 or Saturday, February 3

Times: 6:00pm Cocktail Hour (Cash Bar), 7:00pm Wedding Ceremony, 7:30pm Reception.

Location: UW-Manitowoc University Theatre (Lakeside Hall)

Fee: \$50 General **Tickets at:** <https://tinyurl.com/y8gxpnp6>

Let's Talk Money!

Maximize Social Security withdrawals, analyze the 4% rule and gauge whether your money will last through retirement, analyze the pros and cons of annuities and learn how to fund long-term care without LTC insurance. Tax law updates are woven into each segment. Four dynamic classes rolled into one robust course.

Dates: Mondays, April 9, 16, 23, 30

Time: 6:00pm - 7:30pm

Location: Room H102

Fee: \$49 one person; \$69 two people, same household, sharing book

Instructor: Taught by a team of professionals from Winch Financial, including President Sam Winch, CPA Donna Mullen, investment analyst Christian Peterson, CMT®, and insurance specialist and advisor Matt Weyers.

Foundations of Investing

NEW

Whether you are new to investing or need a refresher, this class will help you learn about the importance of developing a strategy, the impact of asset allocation and the influence of inflation on your long term goals. In four weeks, you will gain information about the foundations of investing; mutual funds; basics of investing in stocks; and the outlook and opportunity for the future.

Dates: Wednesdays, April 11, 18, 25, May 2

Time: 6:00pm - 7:00pm

Location: Room H102

Fee: \$49 one person; \$69 two people, same household, sharing book

Instructor: Kyle D. Lukowitz, Financial Advisor with Edward Jones. Kyle has been with Edward Jones since 2013 and is a 2002 graduate of St. Norbert College with a bachelor's degree in business administration. He is active in business and civic affairs in the Fox Valley.

Retirement by Design

NEW

This class illustrates how you can translate your vision for retirement into tangible goals. You'll learn investment strategies to help design the retirement you want. We'll also discuss how you can add flexibility to your strategy to help you handle unexpected events and how you can keep your strategy on track.

Date: Wednesday, May 9

Time: 6:00pm - 7:00pm

Location: Room H102

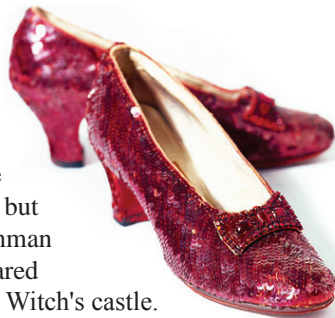
Fee: \$15

Instructor: Kyle D. Lukowitz, Financial Advisor with Edward Jones.

YOUTH THEATER

Wizard of Oz

Children will enjoy this adaptation of the Wizard of Oz, a participation play for children. We meet our heroes in the land of Oz, but the Scarecrow is unstuffed, the Tinman is rusted, the Cowardly Lion is scared and Dorothy has been taken to the Witch's castle. Children of the audience become munchkins who help teach the Lion to roar, rescue Dorothy, call the Good Fairy and learn the power of working together. Show time: Approximately 30 minutes.

**FOR SCHOOL DISTRICTS BY RESERVATION ONLY:**

Wednesday, January 24, 2018

Times: 10:00am and 1:00pm

FOR GENERAL PUBLIC:

Thursday, January 25, 2018

Times: 7:00pm

Location: UW-Manitowoc University Theatre (Lakeside Hall)

Fee: \$5 adults, \$3 children 12 and under. Advance Tickets available at ce.uw.edu/Manitowoc and at Festival Foods. Tickets available at the door one hour prior to showtime.

PERSONAL ENRICHMENT

Paint and "Gogh"

If you're looking for a night out, our themed art classes are a fun way to create your very own masterpiece! No experience is necessary, all supplies are included. These treasures will be sure to brighten your walls or make excellent gift ideas. Check out our new themes below:

Dates:

SESSION 1: Tuesday, February 13
"White Arabian Horse"

SESSION 2: Tuesday, March 20
"Tulips in a Silver Bucket"

SESSION 3: Tuesday, April 17
Vincent van Gogh's "Starry, Starry Night"

SESSION 4: Tuesday, May 15
"Impressionistic Poppies"

Time: 6:00 - 8:00pm

Location: Commons

Fee: \$39 per session

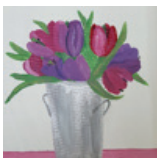
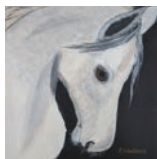
Instructor: Cammie Walters



MEET YOUR INSTRUCTOR

Artist Camille Walters loves teaching adults and children alike through her business, the West Bend Art Center, Framing and Illustration Gallery, at 131 N. 6th Avenue. She teaches group classes and individual

classes, hosts Art Parties for adults and birthday parties for children, and does custom framing and art restoration. In addition to teaching at the West Bend Art Center, Camille teaches throughout southeastern Wisconsin. Camille regularly does commissioned portraits, landscapes, and mural work for her clients. As an Artist she has done more than 1000 paintings in every medium possible and she enjoys painting everything from architecture to dancing cats. Her paintings have found homes all over the United States and abroad. Camille exhibits her work throughout the state of Wisconsin, and does public speaking, painting demonstrations and workshops for a variety of Artist Guilds, clubs, Universities and schools all over Wisconsin. She has a background in Radio Broadcasting and Early Childhood Education. As a child she traveled all over the world and lived overseas in Japan and England. Her family moved forty-two times before landing in West Bend! Camille is happily married and has two terrific sons.



NEW

Shake Your Family Tree!

Are you interested in your family history but don't know where to start? In this genealogy workshop you will learn some tools and strategies to start shaking your family tree! We will talk about where to start looking for information, and how to manage the information once you find it, as well as genealogy etiquette and some specialty topics to shake up that family tree. Join us for this informative and interesting journey. We will meet in a computer lab, but you can bring a laptop if you have one, since much of the research is done online. Class is limited to 10.

Dates: Tuesdays, March 6, 13, 20 and 27

Time: 6:00pm - 8:00pm

Location: Room F139

Fee: \$59

Instructor: Rose Marie Lewis, a Laboratory Preparation Technician at UW-Fox Valley for over 26 years, became interested in genealogy at age 13 on a visit to see her grandmother, and again when her son needed to do his family tree for a class project. She enjoys "the hunt" and the people she has met along the way.

NEW

Let's Play Mah Jongg!

Craks, Bams and Dots, oh my! Learn to play the American version of the ancient Chinese tile game, Mah Jongg. The game is enjoying an increase in popularity, and it takes some time and effort to learn the basic rules of the game. Mah Jongg is a challenging game played with tiles where four players try to make the tiles match up with a hand on a standard Mah Jongg card. Rules are standardized by the National Mah Jongg League so you can play anywhere you can find a group! Participants are encouraged to be available for all sessions, but MUST be available for the first class where the game is introduced. Get your friends together to learn this game for years of enjoyment keeping your brain active and engaged. Limited to 8 people per session.

Session 1: Tuesdays, May 8, 15, 22 and 29

Time: 1:00 - 3:00pm (afternoons)

Session 2: Thursdays, May 10, 17, 24 and 31

Time: 6:00 - 8:00pm (evenings)

Location: Library Room - TBA

Fee: \$49 per session (class fee includes 2018 National Mah Jongg League card)

Instructor: Kathy Palmer, retired UW-Manitowoc CE Director

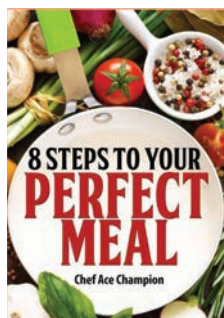


PERSONAL ENRICHMENT

Cook Like A. Champion, with Celebrity TV Chef Ace Champion



8 Steps to Your Perfect Meal



Modeled after his new book, *8 Steps to Your Perfect Meal*, Chef Ace Champion will walk you through eight culinary principles, with two class sessions that include demonstration cooking – and food sampling. “My vision is not just to inspire those who love cooking to become great cooks, but to inspire those who dislike cooking to discover a new sense of enjoyment.”

Dates: Tuesdays, April 10, 17, 24

Time: 6:00 - 8:00pm

Location: Room H102

Fee: \$69, includes *8 Steps to Your Perfect Meal* book

Instructor: Celebrity TV Chef and 10-time award winner Ace Champion, Host of "Cook Like A. Champion TV Show," airs local every Saturday at 12:30 pm on CW 14 & Channel 10. Chef Ace Champion is a native of the great food state of Louisiana and currently resides in De Pere, Wisconsin. He specializes in Cajun/Creole cooking, the style prevalent in New Orleans. His nearly twenty years of culinary experience includes Executive Chef, Event Coordinator, Personal Chef and cooking class instructor. He is a graduate of the Fox Valley Tech (Wis.) Culinary Arts program (accelerated). Chef Champion cooks with a strong passion and makes it his priority to educate himself, so in return he can educate others who struggle with cooking. His unique style of cooking fuses cultures and ingredients to create flavors than can only be created by the hands of a Champion. *"I now understand my purpose in life, and that is to teach the world everything I can about food for the mind, body and soul. Good food, good time, good health – the three 'goods' that good food brings."* – Chef Ace Champion

Cooking Demonstration with Ace Champion



Chef Champion will not only prepare and teach healthy, delicious food, he will also give you the motivation and mental clarity that will make you a better cook instantly. In this one-night class, Chef Champion will demonstrate techniques and two recipes. You will get to sample the food and go home with the recipes. Come join us!

Date: Tuesday, May 1

Time: 6:00pm - 8:00pm

Location: H102

Fee: \$45

Instructor: Celebrity Chef Ace Champion

Beginning Conversational French

This course will teach you how to communicate easily and comfortably with those who speak French. You'll learn practical, common phrases that will make your trip to the many French-speaking regions of the world more pleasant. You'll learn dialogue specific to various settings, and you'll be surprised how easy it can be to speak another language! **This course is offered online. (24 course hours)**

Start Dates: January 17, February 14 or March 14

Fee: \$99

Instructor: Amy Page

To register for this class, go to: <https://www.ed2go.com/uwman/online-courses/conversational-french-beginner>

Travel Photography for the Digital Photographer

Join us and discover this fascinating world through a photographer's eye. This course will address the special needs and techniques digital photographers need to capture scenes from around the world and bring them home. We'll focus on specific tips for digital photographers, and how to use both traditional techniques as well as those unique to digital equipment. **This course is offered online. (24 course hours)**

Start Dates: January 17, February 14 or March 14

Fee: \$99

Instructor: Beverly Richards Schulz

To register for this class, go to: <https://www.ed2go.com/uwman/online-courses/travel-photography-for-the-digital-photographer>

Garden Talk

NEW

Saturday, March 10

Garden Talk. Doors open at 8:30am

9:00am Introductions and Welcome

9:15am -10:30am Gardening Simplified presentation, Kerry Ann Mendez

10:30am -11:00am Break

11:00am -12:15pm The Budget Wise Gardener

Sponsored by the Manitowoc County Master Gardeners and Office of Continuing Education at UW-Manitowoc. **Tickets** available in advance by calling 683-4702 or going online at: <https://ce.uwc.edu/manitowoc/catalog>. Tickets will also be available at the door.

Gardening Simplified: Plants and Design Solutions for Time-Pressed and Maturing Gardeners. Change happens. Job demands, kids, hectic schedules, aging bodies, and changing interests have led to gardens that are not in balance with our lifestyle. Time for some 'editing.' This inspiring lecture provides easy-to-follow right-sizing strategies, recommended no-fuss plant material, and design tips for stunning year-round gardens that will be as close to 'autopilot' as you can get. The lecture is based on my book *The Right-Size Flower Garden*.

The Budget-Wise Gardener: Plant the Best for Less! Money-Saving Tips for Purchasing Plants Plus Cost-Saving Garden Designs. Discover a wealth of ideas for getting the best price and value for exceptional plants. The plant sources and strategies will surprise you! Also covered are striking design concepts for eye-popping, pollinator-friendly landscapes requiring less maintenance and water. And container gardening takes on a whole new spin with these cost-effective, creative ideas! This lecture is based on my newest book, *The Budget-Wise Gardener: With Hundreds of Money-Saving Buying & Design Tips for Planting the Best for Less*.



Kerry Ann Mendez is an award-winning garden educator, author and design consultant based in southern Maine. Since 2015 she has presented over 300 lectures to more than 30,000 gardeners in 17 states and Canada. As an exceptionally popular educator and communicator she has received over 400 five-star reviews from her lecture audiences, which are available for review on the independent national website GreatGardenSpeakers.com. In 2014 she received the Gold Medal award from the Massachusetts Horticultural Society for "Exceptional teaching and writing that increases public enjoyment and appreciation of horticulture." Kerry Ann has been a featured speaker at botanical gardens, arboreta and horticultural societies in 16 states, including the U.S. Botanic Gardens, U.S. National Arboretum, Frederik Meijer Gardens and Sculpture Park, Wave Hill, Chicago Botanic Gardens, Longwood Gardens and many more. She has been a presenter and keynote speaker at Master Gardener conferences in 15 states plus dozens of flower shows including Philadelphia, Chicago, Boston, Connecticut and Rhode Island. In addition, she has been a frequent presenter at nursery and landscaping professional organizations and Green Industry events as well as many leading nurseries and garden centers. Kerry Ann has written three gardening books. Her fourth book, *The Budget-Wise Gardener*, will be released in February 2018. In 2015 Kerry Ann was a Region I representative for the Garden Writers Association of America. In 2016 Kerry Ann started producing international gardening Webinars that have been enjoyed by thousands. For more info visit www.pyours.com

PERSONAL ENRICHMENT

Master Gardener Level 1 Training



The Office of Continuing Education in collaboration with the UW-Extension Master Gardeners present - Level 1 Training. The mission of the Manitowoc County Master Gardener Association is to provide horticulture education, community service and environmental stewardship for our community and affiliation with the University of Wisconsin Extension. Level 1 Training will be hosted in Manitowoc County from April 4 through early October. Course fee includes 36 hours of training, training manual and a 1-year membership at the state and local level. Classes will meet every other Wednesday night from 6:00 pm to 7:30 p.m. at UW-Manitowoc. There will be some variations due to field trips and hands-on training at different gardens. To successfully earn your Master Gardener Volunteer status, participants must complete a minimum of 36-hours of the initial training, pass the final exam and complete a minimum of 24-hours volunteer service by September 30, 2018. Registration materials (application form, volunteer service agreement and background check form) along with the \$175 registration fee, payable to UW-Manitowoc are due to the UW-Manitowoc Continuing Education Office by March 15, 2018.

Dates: April 4 – October 3, 2018

Time: 6:00pm - 7:30pm

Location: UW-Manitowoc (to include various sites for field trips)

Fee: \$175

Instructor: UW-Extension Master Gardeners and area/state content experts

HEALTH & WELLNESS

Sweat: The Fountain of Youth

NEW

The mysterious fountain of youth. Throughout time, mankind has had an endless desire to find an elusive elixir or bath that promises to restore youthful vigor to the few who may find it. More recently, the fountain of youth has shifted from an actual fountain, to attempts to preserve youth through art, cosmetics, and diets. This course will explore the ancient origins and modern expressions of the fountain of youth. We will gain insights on how our understanding of aging is changing. We will discuss the transformational power of sweat and physiological adaptations triggered by exercise. I propose that the fountain of youth has been within us all the while and it is realized in our own sweat. Class 1: Origins of the fountain of youth. We'll look at ancient Greek culture, the European Enlightenment era, the Progressive era, and post-WWII era.

Class 2: Understanding our idea of aging and how we can incorporate exercise into our lives.

Classes 3 & 4: Exploring the transformational power of exercise induced sweat.

Dates: Mondays, February 19, 26, March 5, 12

Time: 6:30pm - 8:00pm

Location: Room H109

Fee: \$59

Instructor: Jared Dalberg, UW-Manitowoc Associate Professor. Jared holds a Master's of Education (M.Ed.) in Health & Physical Education and has been teaching at UW-Manitowoc for 10 years.

Essential Oils to Quiet the Mind

Are you looking for natural ways to relieve stress and anxiety? Join instructor Sara Schoenecker, CA, CAT1, Owner Pneuma, LLC as she enchants your senses with five essential oils known for their calming capabilities. In this workshop we will explore how essential oils affect the brain and overall emotional health. Participants will learn about direct inhalation and why it's one of the fastest routes of absorption when it comes to experiencing the benefits of aromatherapy. Participants will formulate a custom personal inhaler blend to take home.

Date: Thursday, February 15

Time: 5:30pm - 7:30pm

Location: Room H109

Fee: \$40

Instructor: Sara Schoenecker, Certified Aromatherapist, Certified Aromatherapy Teacher and owner of Pneuma, LLC

Debunking Dieting

NEW

At any given time, half of the women in the US are on a diet. The average woman will spend about 30 years of her life "on a diet." The diet industry is selling over \$45 billion of fast fixes, carb cutting, bun burning books, magazines, supplement, and diet products and plans. This course will debunk dieting, we will explore why diets provide temporary results but fail to deliver lasting change. We will also look at our body's metabolism, how the body takes in and uses energy and nutrients. We will also explore personal lifestyle patterns that help or hinder our success.

Class 1: Explore the diet industry, diet claims, diet marketing, and red flag warnings to recognize about diets.

Class 2: Investigate metabolism, body types, calories and nutrients

Class 3: Weight loss is more complex than calories-in and calories-out. We'll dive into how foods and activity elicit changes in the body.

Class 4: Examine personal lifestyle patterns that help or hinder success and how to set realistic goals.

Dates: Mondays, April 2, 9, 16, 23

Time: 6:00pm - 8:00pm

Location: Room H109

Fee: \$59

Instructor: Jared Dalberg, UW-Manitowoc Associate Professor.

Relieving Aches & Pains with Essential Oils

NEW

Are you looking for natural ways to relieve aches and pains? Join Sara Schoenecker, CA, CAT1, Owner Pneuma, LLC as she tantalizes your senses with 5 essential oils known for their pain relieving properties. In this workshop participants will learn to about safe topical formulation of essential oils and why topical application is great way to reduce pain and experience the benefits of aromatherapy. Participants will formulate their own roller ball blend geared towards aches and pains. Class fee includes materials.

Date: Tuesday, March 13

Time: 5:30pm - 7:30pm

Location: Room H109

Fee: \$45

Instructor: Sara Schoenecker

HEALTH & WELLNESS

Support Your Immune System & Beat the Winter Blues with Essential Oils

NEW

Winter in Wisconsin leaves most of us dreaming of summer sunshine and warmer days. While the snow is beautiful, the lack of sunshine can leave us feeling depleted and drained. Winter also means cold and flu season has officially arrived. Everywhere you turn, someone is coughing or sneezing. Have you been wondering how you can beat the winter blues and prevent a case of the “yucks”? Join Sara Schoenecker as she excites your senses with five essential oils known for their immune supporting and uplifting capabilities. In this two-hour workshop we will discuss ways to keep our spirits lifted and our immune system supported during the long winter months. Participants will custom formulate a personal inhaler to take home. Class fee includes materials.

Date: Thursday, March 22

Time: 5:30pm - 7:30pm

Location: Room H109

Fee: \$45

Instructor: Sara Schoenecker

Being Mindful in a Fast-Paced World

NEW

Mindfulness, what is it and how can you achieve it? We live in a fast-paced world and are always on the go. Often, we find that we go through our day on autopilot moving from one task to the next without awareness of what we are actually doing. Have you ever felt caught up in the chaos of life? Do you catch yourself always thinking about the past or planning for the future? Do you feel overwhelmed while completing your daily activities? Have you ever asked yourself how you can live in the present moment and be more in tune with yourself and your surroundings? Join Sara Schoenecker in this dynamic 1.5 hour workshop where we will explore the practice of mindfulness and living in the present moment. Participants will leave with a better understanding of mindfulness and useful tips to incorporate mindfulness in their daily lives.

Date: Tuesday, April 17

Time: 5:30pm - 7:30pm

Location: Room H109

Fee: \$30

Instructor: Sara Schoenecker

Glowing Skincare with Essential Oils

Looking for natural ways to achieve radiant skin? Join Sara Schoenecker, CA, CAT1, Owner Pneuma, LLC as she captivates your senses with 5 essential oils everyone should incorporate into their daily skin care routine. In this 2hr workshop we will discuss how essential oils can be used for facial care to combat some of the most common skin care problems. Participants will learn the proper dilution for facial skin care and formulate a facial serum to take home based on their unique skin type.

Date: Tuesday, April 10

Time: 5:30pm - 7:30pm

Location: Room H109

Fee: \$40

Instructor: Sara Schoenecker

Mastering the Art of Letting Go

NEW

How can we let go of that over which we have no control? Do you find yourself stuck in the past? Are you are living your life according to what everyone else thinks you should be doing? Are you “stuck” in situations that play over and over in your head? Have you become a prisoner of your thoughts? Then this is a workshop you don’t want to miss! Join Sara Schoenecker as she guides you through some simple exercises to help you take control of your life and let go of that which no longer serves you. In this workshop we will explore the art of letting go. Participants will leave with tools that they can use time and time again after class. Class cost includes take home materials.

Date: Thursday, April 26

Time: 5:30pm - 7:00pm

Location: Room H109

Fee: \$30

Instructor: Sara Schoenecker

HEALTH & WELLNESS

Mindfulness Meditation

NEW

What is Mindfulness Meditation? Mindfulness Meditation is a western, non sectarian and research based form of Meditation. It is based on the 2500 year old Buddhist Vipassana or Insight Meditation. If you have always wanted to learn how to meditate, but you feel as though you cannot "shut off your thoughts," this class is for you. You will be able to sit for a 30 minute practice when the class ends. In mindfulness meditation we start becoming aware of our inner and outer experiences. We learn to lovingly embrace whatever experiences we are having in each moment with acceptance, patience and compassion. As humans we already have the ability to pay mindful attention to whatever is going on in the present moment. However, so much of our daily lives happen on autopilot, that we often get lost in our thoughts, emotions and reactive patterns. Through practicing Mindfulness Meditation we start becoming more present to whatever arises in any given moment, and we start to slow down our automatic responses and behavior patterns. This greatly impacts relationship dynamics, as well as decreasing stress, increasing compassion and sustaining a joyful presence in our day to day lives. In this Introduction to Mindfulness Meditation class you will: Learn about the history of Mindfulness Meditation; Benefits of mindfulness meditation; Learn grounding techniques; Learn the beginning "Awareness of Breath" techniques; Practice short Meditation Sessions both Guided and Non-Guided. You will leave the class with a feeling of calm, relaxed focus. You will have the beginning skills to continue practicing on your own or by signing up for future classes to deepen your meditation practice.

Date: Mondays, February 5, 12

Time: 6:00pm - 7:30pm

Location: Room H102

Fee: \$44

Instructor: Nicole Wettemann. Nicole is a Certified Holistic Life Coach and Meditation Teacher. Nicole earned her degree in Psychology in 1991. She is a member of the Global Association of Holistic Psychotherapy and Coaching and has received her Certification in Mindfulness Meditation under the guidance of Jack Kornfield. Nicole helps women be who they need to be to live the life they came here to live. She does this by helping to clear any obstacles that are holding them back from living an authentic life and then liberating them to step fully into their purpose and bringing their dreams and vision to life. Nicole is an avid reader, animal lover and outdoor enthusiast. She loves to ski, kayak, bike and hike. She also loves the freedom and adventure of traveling and seeing our beautiful world in all its colors and immense diversity.



Health and You! – Learning to Be Your Own Advocate

NEW

We all know the typical American diet has too much saturated fat, salt, and sugar, but what essential nutrients are we missing? Illnesses and injuries are unpleasant, but can they also deprive us of essential nutrients? We recommend medications with the best intentions, but can they deplete levels of nutrients essential for health and healing? This class will help provide you with evidence-based care to avoid common nutrient deficiencies that occur with poor diet, poor health, and certain medications.

Fee: \$55

Choose a session ~

Dates: Thursdays, April 26, May 3, 10, 17

Time: 9:00am - 11:00am

Location: University Theatre

or

Dates: Wednesdays, April 25, May 2, 9, 16

Time: 6:00pm - 8:00pm

Location: Room H109

Instructor: Angel Avina. Angel is a Natural Health Consultant with Custom Health Pharmacy in Manitowoc, WI, with extensive knowledge in the areas of Health, Alternative Health, Herbs, Reiki, Herbal Medicine Usage. She is a regular guest/consultant on WOMT 1240's weekly broadcast of "For the Health of It."

YOUTH

Kids N' Canvas

Spend a fun evening with your friends, or make new ones, as you explore your creative side and paint your own masterpiece to take along with you that evening. No experience is necessary, our talented instructor will guide you step-by-step. Supplies are included.

Dates:

SESSION 1: Tuesday, February 13
"Unicorn"

SESSION 2: Tuesday, March 20
"Tulips in a Silver Bucket"

SESSION 3: Tuesday, April 17
Vincent van Gogh's "Starry, Starry Night"

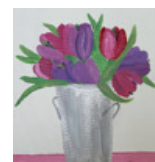
SESSION 4: Tuesday, May 15
"Impressionistic Poppies"

Time: 4:00pm - 5:30pm

Location: Commons

Fee: \$25 per session

Instructor: Cammie Walters



Spanish for the General Workplace

Spanish is the second most widely spoken language in the World. Business continues to expand globally and the ability for employees to communicate in multiple languages has become a necessity for survival in the marketplace. Strengthen your multicultural team and better support your diverse customer base by learning basic Spanish-speaking skills. Spanish for the General Workplace provides pronunciation, basic grammar, and workplace-related vocabulary to help you communicate in Spanish at the typical place of work. Learn greetings and introductions, how to ask for basic information, common phrases, professional titles, and survival vocabulary. Cultural information is also provided to build contextual reference when speaking with native Spanish speakers.

This course is offered online. Fee: \$120

To register for this class, go to: <https://uwmanitowoc.ed4online.com/professional-development-course/sp00-spanish-general-workplace>

Keys to Effective Communication

If you often find yourself at a loss for words or lack confidence in your communication abilities, you'll appreciate this course. With the help of a patient instructor and a supportive community of your fellow students, you'll work step by step through the process of becoming a great conversationalist. You'll learn to use communication to build rapport and create environments of trust, warmth, and respect. Become more confident, create a great first impression, get along well with others, and create more and better personal and professional relationships. **This course is offered online.** (24 course hours)

Fee: \$99

Instructor: Dawn Lianna

To register for this class, go to: <https://www.ed2go.com/uwman/online-courses/keys-to-effective-communication>

Computer Skills for the Workplace

This course is a great introduction to Windows 10 and Office 2016 and is designed to provide the fundamental computer competencies you need to survive and prosper in today's fast-changing workplace. You will learn how to implement the powers of modern office software to work faster and more efficiently. We'll focus on practical application for software most common to the workplace. When you finish this course, you will have learned why employers consider technological literacy so critical to the success of any organization.

This class is offered online, and you will have 6 weeks from the start of the class to complete the course.

Start Dates: January 17, February 14, or March 14

Fee: \$99

Instructor: Dave Paquin

To register for this class, go to: <https://www.ed2go.com/uwman/online-courses/computer-skills-for-the-workplace>

Emotional Intelligence in the Workplace

Emotional intelligence provides a road map for us to know whether we are on the right track in our personal and professional lives. Emotional intelligence is our guide for how we relate to others, and it can determine our success in managing conflict and finding our passion in life and work. This course will provide both an overview of emotional intelligence as well as provide a guide for how to address the issues creating conflict in your personal and professional life and the tools to face those challenges and find success. **This course is offered online,** and you will have 4 weeks to complete this course from the date of your enrollment. **Fee:** \$140

To register for this class, go to: <https://uwmanitowoc.ed4online.com/enrichment-course/emotional-intelligence-workplace>

Ready, Set, Sell!

Sizing up? Sizing down? Selling a family home? Regardless of the reason, if a home sale is in your future, there is a long list of things to consider while you navigate through a difficult and often stressful process of selling a home. Topics covered will include staging, repairs, inspections, appraisals, pricing your home, the listing contract, marketing, preparing for showings and open houses, negotiating offers, title insurance, closing costs and more! Along with the instructor, guest speakers in various fields of expertise will provide ample opportunity to get all of your questions answered.

Dates: Tuesdays, February 6, 13, 20, 27

Time: 6:30pm - 8:30pm

Location: Room H109

Fee: \$59

Instructor: Catherine Egger. Catherine, a full-time Realtor, received her real estate license in 1995 and has helped hundreds of people reach their real estate goals over the past 22 years. She has earned the GRI (Graduate of Realtors Institute), GREEN, and CRS (Certified Residential Specialist) designations. Only 4% of Realtors nationwide earn a CRS designation, which is awarded for a combination of completing course work and volume of sales. Catherine earned a BA degree in International Relations, with a Journalism concentration from the University of Wisconsin – Madison. She has lived across the country and travelled globally before returning to her home town of Manitowoc.

NEW

ALL information MUST be completed for your registration to be processed.

Mail completed form along with payment for selected courses to the corresponding UW campus that is hosting your selected courses.



Select which campus you will attend:



Continuing Education
400 University Drive
Fond du Lac, WI 54935
(920) 929-1155
[fdl.uwc.edu/community/
continuing-ed/online](http://fdl.uwc.edu/community/continuing-ed/online)



Continuing Education
1478 Midway Rd
Menasha, WI 54952
(920) 832-2636
[uwfox.uwc.edu/community/
continuing-education/online-learning](http://uwfox.uwc.edu/community/continuing-education/online-learning)



Continuing Education
705 Viebahn St.
Manitowoc, WI 54220
(920) 683-4702
[Manitowoc.uwc.edu/community/
continuing-ed/online](http://Manitowoc.uwc.edu/community/continuing-ed/online)

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EMAIL

COURSE TITLE	CAMPUS	FEE
FEES ARE DUE WITH REGISTRATION		TOTAL FEES

PAYMENT METHOD: Call the Continuing Education Office of the campus you wish to attend to pay by debit/credit card, or make check payable to the campus you wish to attend (UW-Fond Du Lac, UW-Fox Valley, UW-Manitowoc) and remit with this form to the corresponding address above.

Need another registration form? Feel free to make a copy!



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UW-Manitowoc Theatre Experience



Lovers & Executioners by John Strand

This "startlingly modern" tale marries the best of renaissance verse and swordplay with a contemporary tone. Calling the play "funny, grim, superb" the Washington Post wrote: "Strand's very free adaptation is like the best comedy, wild yet precise. He's dared to translate Montfleury's 17th-century poetry into 20th-century verse, and the language rollicks along from comic anachronism to melancholy aphorism." Keeping certain conventions of the genre, such as the commedia dell'arte-inspired comedy, the play focuses on the very serious questions of justice and revenge. It features a superb leading-actress breeches role and a coup de theatre ending. "Darkly hilarious, brightly poetic and emotionally scary," said Washington City Paper.

Performances: March 9, 10, 16, 17, 18 at the UW-Manitowoc University Theatre.

Rated PG for some colorful language and adult humor.

Tickets at www.manitowoc.uwc.edu/arts/theatre

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Really BIG PRINTS!! - The Workshop



Design, create and hand proof a large scale relief print. We will work on a 30" x 60" x 3/4" wood block to enable the option of participating in Really BIGPRINTS!!

3.0. Participants will work in the newly renovated - "state of the art" printmaking studio at UW-Manitowoc. In addition to traditional carving tools, participants will have access to power-tool options, a laser cutter,

digital-imaging lab, and a wide-format (44") printer. This is a hands-on experience and is intended for those who have had prior experience with relief printing and are ready to "go big." Participants are requested to come with an idea for their design, preferably with a paper sketch or flash drive. Photo materials and digitally-created drawings can also be used. Participants will earn 3 undergraduate credits for ART 247, or may choose the non-credit option. Current tuition rates and special fees apply. <http://manitowoc.uwc.edu/arts/gallery/special-exhibit>

Large Scale Relief Workshop

Dates: Monday - Friday,

June 11 – 22, 2018

Time: 9:00am - 4:00pm

Location: UW-Manitowoc, 705 Viebahn Street, Manitowoc

Room: F171 – Art Department

Fees For Credit: Cost subject to current tuition rate + special course fees of \$60.

Fees for Non-Credit: \$675

Instructor: Berel Lutsky, Professor of Art, UW-Manitowoc.

Berel was born in Buffalo NY and raised in Milwaukee, WI. He earned his BS in studio art with a concentration in printmaking from UW Madison, and his MFA in studio art with a concentration in printmaking and drawing from UW Milwaukee. He has taught at several UW Colleges, Milwaukee Institute of Art and Design, Carroll University in Waukesha, and the Avni Institute in Israel. In addition to his formal education he has worked as a printer at the "Fishy Whale Press" in Milwaukee WI, the Tel Aviv Artist' House Printshop, and has presented workshops and completed residencies at the Jerusalem Print Workshop. His work has been exhibited locally, regionally and nationally and is in public and private collections in Israel, Belgium, Japan and the US. He is currently a Professor of Art at UW-Manitowoc where he teaches drawing, design, photography, printmaking, and painting.

