Celebrating 35 YEARS OF LIFELONG LEARNING

Lifelong Learning Institute Spring 2027 Course Catalog











Become a paid member by November 30 to receive a registration link for December 7.

Supported in part by Rennes Group
Assisted Living, Memory Care, Rehab & Skilled Nursing Services
Est. 1973

Learn more and become a member at www.uwgb.edu/lli

University of Wisconsin Green Bay

About LLI

The Lifelong Learning Institute (LLI) at UW-Green Bay is a vibrant, member-led community for adults who are passionate about learning, connection, and discovery. With hundreds of courses each year and flexible options to participate in person or online, LLI makes it easy to stay curious, engaged, and connected. Today, with more than 900 members, LLI is proud to be the second-largest program of its kind in Wisconsin.



A Program You Can Trust

Founded in 1991, LLI has grown into a trusted, thriving program supported by UW-Green Bay's Division of Continuing Education and Workforce Training. For more than 35 years, it has provided meaningful learning experiences that foster personal enrichment, lifelong curiosity, and strong community connections.



200+
COURSES

35%
OF COURSES AVAILABLE ONLINE

900+
MEMBERS

100%
FUN (NO TESTS OR GRADES!)

Stay Connected & See What's Coming Up

Visit our blog for stories and updates.
blog.uwgb.edu/lli

Follow us on Facebook to join the conversation and stay in the loop.
www.fb.com/uwgb.lli

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Membership & Registration Checklist

1. Become a Member by November 30

You must be a member to register for classes. Become a member by November 30 at www.uwgb.edu/lli.

Spring Membership: $100

You can still become a member after November 30. You will receive your registration link December 7 or later.

If you became a member for the Fall semester, your membership goes through the Spring 2027 semester.

2. Receive Your Registration Time before December 7

You will receive an email with your personalized registration time before registration begins on December 7.

3. Prepare Your Class Selections

Prior to December 7, browse the catalog and pick up to 15 classes to register for. If classes are left after the initial registration, you can add more!

4. Register During Your Assigned Time on December 7

At your personalized registration time on December 7, you will receive a registration link. You will need to register for classes using this link. This email will come from lli@uwgb.edu. No registration link is available on the website.

Be sure to click "Submit" at the end of registration. Upon successful registration you will see a screen with the UW-Green Bay logo or a party-hat symbol.

Watch for a general confirmation email stating that we have received your requests. This email should arrive within 24 hours of registration. Also keep an eye out for an email with instructions on how to add additional classes coming around Labor Day. Check your spam, junk and promotions folders if you do not see an email in your inbox.

5. Mark Confirmed Courses Dates on Your Calendar

Within two weeks of selecting your classes, you will receive a detailed confirmation showing which classes you are registered vs. waitlisted for. Your confirmation email will be the only confirmation or reminder your receive so be sure to write them down.

Registration Details

- Membership and class registration must be completed online. If you are unable to do so, please contact the LLI office at least two weeks prior to registration.
- If a course is full, you have the option to join the waitlist. Waitlisted courses do not count towards your 15 course limit. Please note that you may not know you are waitlisted for a course until you receive your confirmation email.

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

Become a member and learn more at www.uwgb.edu/lli

Have questions? Call (920) 465-2356

REGISTRATION PROCESS





Refund Policy

Lifelong Learning Institute (LLI) does not issue refunds if a member chooses to cancel a course. Please keep this in mind when registering. Failure to pay course fees at least two weeks prior to the class start date will result in removal from the course.

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

Contacting LLI

The LLI office is located in Student Services, SS 1600.

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

Tuition Assistance

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

Donate to LLI

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

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

COURSE CATEGORIES

Arts

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Art Boot Camp 161
Art of Calligraphy 97
Dollar Bill Origami Heart 140
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Drawing for the Intimidated 85
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300 S Adams St
Green Bay, WI 54301

Allouez Village Hall
1900 Libal St
Allouez, WI 54301

Baird Creek
Session A:
Baird Creek Lower Parking Lot
324 Baird Creek Rd
Green Bay, WI 54311

Session B:
Christa McAuliffe Park - Parking Lot
3100 Sitka St
Green Bay, WI 54311

Barkhausen Waterfowl Preserve
2024 Lakeview Dr
Suamico, WI 54173

Bay Beach Wildlife Sanctuary
1660 East Shore Dr
Green Bay, WI 54302

Beyer Home and Carriage Museum
915 Park Ave
Oconto, WI 54153

Bodega Bay Farm
3316 Gass Lake Rd
Manitowoc, WI 54220

Boys & Girls Club of Greater Green Bay – Lutsey Clubhouse
1451 University Ave
Green Bay, WI 54302

Bubolz Nature Preserve
4815 N Lynndale Dr
Appleton, WI 54913

Calvary Lutheran Church
1301 S Ridge Rd
Green Bay, WI 54304

Charles A. Grignon Mansion
1313 Augustine St
Kaukauna, WI 54130

Christie Theatre
UW-Green Bay Campus
2420 Nicolet Dr
Green Bay, WI 54311
Located on the first floor of the University Union

Christopher Farm & Garden
W580 Garton Road
Sheboygan, WI 53083

Curative Connections East
2900 Curry Ln
Green Bay, WI 54311

Curative Connections West - Yesteryear Village
1538 Western Ave
Green Bay, WI 54303

Dudley Birder Hall
St. Norbert College
400 Grant St
DePere, WI 54115

Evergreen Theater
1806 Bond St.
Green Bay, WI 54303

Exceptional Equestrians
1130 Orlando Dr
De Pere, WI 54115

First Presbyterian Church Green Bay
200 S Ashland Ave
Green Bay, WI 54303

Franciscan Sisters Motherhouse
2409 Alverno Rd
Manitowoc, WI 54220

Green Bay Botanical Gardens
2600 Larsen Rd
Green Bay, WI 54303

Hartman's Towne & Country Greenhouse
2021 Nagle Ave
Manitowoc, WI 54220

Hazelwood Historic House
1008 S Monroe Ave
Green Bay, WI 54301

Inthewoods Sugar Bush Farm
1040 South Union Rd
Manitowoc, WI 54220

Kahnekano·lú Cultural Center
760 Airport Dr
Oneida, WI 54155

Kress Events Center
UW-Green Bay Campus
2358 Leon Bond Dr
Green Bay, WI 54311

Krueger International (KI)
1330 Bellevue Street
Green Bay, WI 54302

Lakeside Foods
1601 S 30th St
Manitowoc, WI 54220
Detailed meeting place instructions will be sent to roster via email

Little Chute Windmill
130 W Main St
Little Chute, 54140

London Dairy Alpacas
6827 WI-147
Two Rivers, WI 54241

Mauthe Center
UW-Green Bay Campus
2418 Leon Bond Dr
Green Bay, WI 54311

Mosquito Hill Nature Center
N3880 Rogers Rd
New London, WI 54961

Mulva Cultural Center
221 S. Broadway
De Pere, WI 54115

National Railroad Museum
2285 S Broadway
Ashwaubenon, WI 54304

VENUES

Neville Public Museum
210 Museum Place
Green Bay, WI 54303

NEW Beads and Jewelry
2069 Central Ct Ste 44
Green Bay, WI 54311

NLC Energy
6601 County Rd R
Denmark, WI 54208

Options for Independent Living
555 Country Club Road
Green Bay, WI 54307

Paintin' Pottery
520 George St
De Pere, WI 54115

Rennes Health & Rehab Center – Appleton
301 E Florida Ave
Appleton, WI 54911

Rennes Health & Wellness Center – De Pere
200 S 9th St
De Pere, WI 54115

Rennes Health & Rehab Center – Peshtigo East
701 Willow St
Peshtigo, WI 54157

Rennes Health & Rehab Center – Peshtigo West
501 N Lake St
Peshtigo, WI 54157

Rose Hall
UW-Green Bay Campus
2390 Wood Hall Dr
Green Bay, WI 54311

Salvation Army Kroc Center
1315 Lime Kiln Rd
Green Bay

Station 1 Brewing
1745 Riverside Dr
Suamico, 54173

STEM Innovation Center
UW-Green Bay Campus
2019 Technology Way
Green Bay, WI 54311

Still Bend/Schwartz House
3425 Adams St
Two Rivers, WI 54241

The Automobile Gallery & Event Center
400 S Adams St
Green Bay, WI 54301

The Picklr
2610 Holmgren Way
Green Bay, WI 54304

The Promenade
2315 San Luis Place
Green Bay, WI 54304

Union Congregational Church
716 S Madison St.
Green Bay, WI 54301

United Way Fox Cities
1455 Midway Rd.
Menasha, WI 54952

Unity Hospice in DePere
2366 Oak Ridge Circle
De Pere WI 54115

UWGB Manitowoc Campus
705 Viebahn St
Manitowoc, WI 54220

UWGB Marinette Campus
750 W Bay Shore St
Marinette, WI 54143

Wequiock Creek Natural Area
3840 Circle Ridge Rd
Green Bay, WI 54311

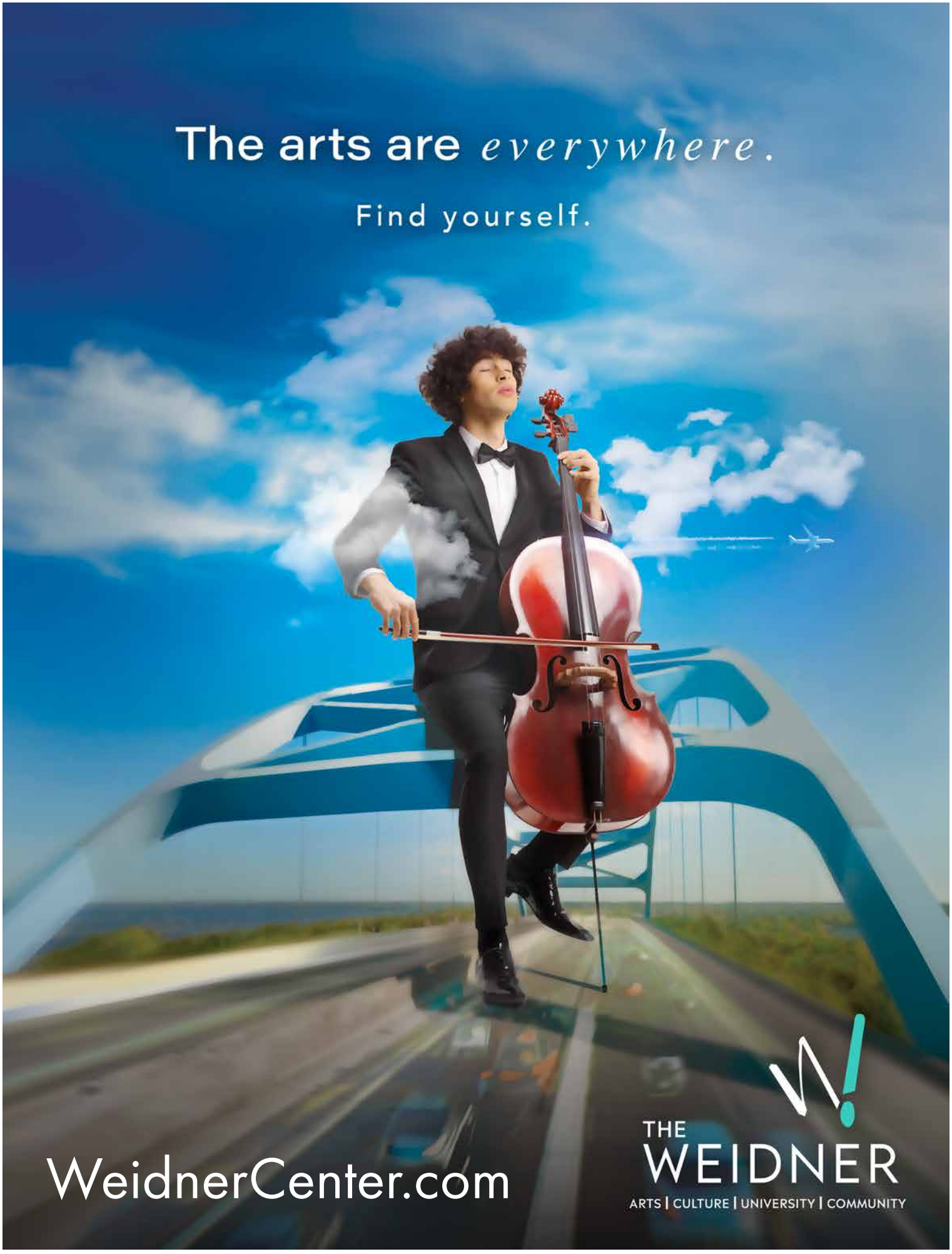
Willow Creek Lanes
2020 Verlin Rd
Green Bay, WI 54311

Woodland Dunes Nature Center & Preserve
3000 Hawthorne Ave
Two Rivers, WI 54241

Are You Receiving LLI's Emails?

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




The arts are *everywhere*.
Find yourself.
WeidnerCenter.com
THE
WEIDNER
ARTS | CULTURE | UNIVERSITY | COMMUNITY

COURSE CALENDAR

No.	Course Title	Time	Start	Subsequent Dates
1	It's a Mystery to Me	1-3:30 p.m.	1/11	2/1 3/1 4/5 5/3
26	Continuing Issues	1-3 p.m.	1/12	1/26 2/9 3/2 3/9 3/23 4/6 4/20
133	Open Knitting	9:30-11:30 a.m.	1/14	2/11 3/11 4/8
185	Guess Who's Coming to Dinner	10 a.m.-12 p.m.	1/15	
27	Two Creeks Buried Forest of Northeastern Wisconsin	10 a.m.-12 p.m.	1/19	
28	Pickleball 101	1-3 p.m.	1/19	1/21
81	The Tax Man Returneth	10 a.m.-12 p.m.	1/20	1/27
82	Why Olympic Weightlifting - Session A	1-2:30 p.m.	1/20	
134	Twilight (Knit Cowl with Beads) by Stephani Camp	1:30-3 p.m.	1/21	1/28 2/4 2/11
135	Great Decisions 227	10 a.m.-12 p.m.	1/21	2/4 2/18 3/4 3/18 4/1 4/15 4/29
136	Tai Chi at the Promenade	11:15 a.m.-12 p.m.	1/21	1/28 2/4 2/11
137	Knitted Cable Hat	12-1:30 p.m.	1/21	1/28 2/4 2/11
138	Is the Book Better Than the Movie?	9 a.m.-12 p.m.	1/21	2/18 3/18 4/15 5/13
2	GLP-1s: The Skinny	10 a.m.-12 p.m.	1/25	
29	Why Olympic Weightlifting - Session B	10-11:30 a.m.	1/26	
83	Lord of the Rings: The Three Elven Rings	1-3 p.m.	1/27	
84	Winter Owl Prowl	6-7:15 p.m.	1/27	

No.	Course Title	Time	Start	Subsequent Dates
139	Big Brothers Big Sisters of Northeast Wisconsin: History and How to Get Involved	10 a.m.-12 p.m.	1/28	
140	Dollar Bill Origami Heart	1-3 p.m.	1/28	
186	STEM Innovation Center Tour at UW-Green Bay	10 a.m.-12 p.m.	1/29	
3	Greek Dynamic Duo and Defeat of Sparta	10 a.m.-12 p.m.	2/1	2/8
4	Gentle Yoga – Mini Series	1-2 p.m.	2/1	2/8 2/15 2/22
5	Vinyasa Flow Yoga – Mini Series	2:30-3:30 p.m.	2/1	2/8 2/15 2/22
30	Cave Paleontology: Descending Through Time	10 a.m.-12 p.m.	2/2	
31	History of the World Through Maps	10 a.m.-12 p.m.	2/2	2/9
32	Understanding Shoulder Replacement: Total & Reverse	1-2:30 p.m.	2/2	
85	Drawing for the Intimidated	10 a.m.-12 p.m.	2/3	2/10 2/17 2/24 3/3
86	History of Costumes Fashion Show	10 a.m.-12 p.m.	2/3	
87	Feet First: Reducing Your Fall Risk	10-11:30 a.m.	2/3	
141	What Is an End-of-Life Doula?	10 a.m.-12 p.m.	2/4	
142	Self Massage for Stress Reduction and Pain Relief	1-2:30 p.m.	2/4	
143	Recorder Lessons (Part 6)	12:30-2 p.m.	2/4	2/18 3/4 3/18 4/1 4/15 4/29 5/13
144	GERD and How to Live with It	1-3 p.m.	2/4	
145	Recorder Lessons (Part 3)	2:30-4 p.m.	2/4	2/18 3/4 3/18 4/1 4/15 4/29 5/13

COURSE CALENDAR

No.	Course Title	Time	Start	Subsequent Dates
187	Biggest Gift in History: The Story of Ray and Joan Kroc and the Kroc Centers	10 a.m.-12 p.m.	2/5	
188	Food, Culture, and Community of Northeast Wisconsin	10 a.m.-12 p.m.	2/5	
6	Beginning Spanish I	10 a.m.-12 p.m.	2/8	2/15 2/22 3/1 3/8 3/15
7	Continuing Spanish	12:15-2:15 p.m.	2/8	2/15 2/22 3/1 3/8 3/15
33	Lasers and Lightsabers - Session A	10 a.m.-12 p.m.	2/9	
34	Community Resiliency	9-10:30 a.m.	2/9	
88	Create Your Own Earrings	10 a.m.-12 p.m.	2/10	
89	NET - A Novel Stress Reduction Method	1-2:30 p.m.	2/10	
90	Door County 400 Million Years Ago: Its Fossils and the Making of the Door Peninsula	1-3 p.m.	2/10	
189	Russo-Ukrainian War, Europe, and the World	10 a.m.-12 p.m.	2/12	
8	The Art of Architecture	10 a.m.-12 p.m.	2/15	2/22
35	Body in Motion: Functional Fitness for Life	10 a.m.-12 p.m.	2/16	
36	Gospel Passion Narratives: Mark vs. Luke vs. Matthew	1-3 p.m.	2/16	2/18 2/23 2/25
37	Grignon Mansion Tour - Session A	1-3 p.m.	2/16	
38	Phantoms of the Forest	1-3 p.m.	2/16	
91	Lust to Shop: From Romanticism to Modernism in a Shoebox	10 a.m.-12 p.m.	2/17	
92	The Human Exploration Bonus: Why Curiosity is a Supervirtue	10 a.m.-12 p.m.	2/17	

COURSE CALENDAR

No.	Course Title	Time	Start	Subsequent Dates
201	The Promenade - What is an Active Adult Community	1-3 p.m.	2/17	
146	Classic 10-Pin Bowling	1:30-3:30 p.m.	2/18	2/25 3/4 3/11 3/18 3/25
147	Seville, Cadiz, and Barcelona: Histories of 3 Spanish Cities	10 a.m.-12 p.m.	2/18	
190	The Powhatans and the English in the Chesapeake Bay	10 a.m.-12 p.m.	2/19	
39	Automobile Insurance Claims in Wisconsin	10 a.m.-12 p.m.	2/23	
40	Tracking the Phantoms	1-3 p.m.	2/23	
93	Picture Perfect: A Snapshot of Photography in Culture	10 a.m.-12 p.m.	2/24	
94	Painting with Encaustics (Colored Beeswax)	12-3 p.m.	2/24	
95	Grignon Mansion Tour - Session B	1-3 p.m.	2/24	
96	Introduction to eBikes with Suamico Bike Company	1-3 p.m.	2/24	
148	FOOD: Science, Culture & Cuisine	1-3 p.m.	2/25	
149	Gospel of Thomas: The Fifth Canonical Gospel	1-3 p.m.	2/25	
9	Lighten Up: Humor, Stress, and the Ups and Downs of Life	10-11:30 a.m.	3/1	3/8
10	Baptism: Its Origin and Development	1-3 p.m.	3/1	3/8 3/15
41	Death Investigation 101	10 a.m.-12 p.m.	3/2	
42	Our Aging and Changing Brains: What is Typical? When to be Concerned?	10 a.m.-12 p.m.	3/2	
203	Nocturnal Animals	10 a.m.-12 p.m.	3/2	

No.	Course Title	Time	Start	Subsequent Dates
97	Art of Calligraphy	10 a.m.-12 p.m.	3/3	3/10 3/17
98	Films in Dialog: “Breathless” and Beyond	10 a.m.-12 p.m.	3/3	3/4 4/7 4/8
99	Diabetes Management: Tools & Tips for a Healthier Life	10-11:30 a.m.	3/3	
150	AI for Consumer Protection	1-2:15 p.m.	3/4	
151	Herb Gardening 101	1-3 p.m.	3/4	
11	Drawing 101	10 a.m.-12 p.m.	3/8	3/15
43	Preventing Chronic Kidney Disease	10 a.m.-12 p.m.	3/9	
44	Sap to Syrup	10-11:30 a.m.	3/9	
45	Poetry - just for the fun of it!	1-3 p.m.	3/9	
100	Are Electric, Hybrids, and Self-Driving Cars Relevant?	10-11:30 a.m.	3/10	
101	Home Solar: It’s Not All Sunshine	1-2:30 p.m.	3/10	
12	Introduction to Shakespeare: The Tempest	1-3 p.m.	3/10	3/17
152	Advocacy for Those Experiencing Homelessness	10 a.m.-12 p.m.	3/11	
46	Early Signs and Symptoms of Alzheimer’s	10 a.m.-12 p.m.	3/16	
47	Kretsch and Allard Maple Syrup and Honey Tour	10 a.m.-12 p.m.	3/16	
48	Volunteer vs Show Me The Money	10-11:30 a.m.	3/16	
49	Democracy in Action: Meet the League	1-3 p.m.	3/16	

No.	Course Title	Time	Start	Subsequent Dates
50	Irish Research from this side of the Pond! The very latest!	1-3 p.m.	3/16	
51	Learn How to Play Sheepshead	1-3 p.m.	3/16	3/18 3/23
52	Acrylic Painting for Beginners	1-4 p.m.	3/16	
13	Streamliner: How Raymond Loewy Designed America as We Know It Today	10 a.m.-12 p.m.	3/17	
14	Writing Your Memoirs – Morning Session	10 a.m.-12 p.m.	3/17	3/24 3/31 4/7 4/14 4/21
15	Writing Your Memoirs – Afternoon Session	1-3 p.m.	3/17	3/24 3/31 4/7 4/14 4/21
153	Guardian Angel: The Lewis and Clark Saga	10 a.m.-12 p.m.	3/18	
154	Renewable Natural Gas Production by NLC Energy	10 a.m.-12 p.m.	3/18	
155	Herbal Recipes for Beautiful Skin	1-3 p.m.	3/18	
156	Lost Lady: The Lady Elgin Tragedy	1-3 p.m.	3/18	
191	Living the Sweet Life	10 a.m.-12 p.m.	3/19	
192	Paintin Pottery	10 a.m.-12 p.m.	3/19	
12	Climate Change and Energy Policy	10 a.m.-12 p.m.	3/22	3/29
13	Dreamers and Doers: AAUW's 100 Years of Women's Advocacy	10 a.m.-12 p.m.	3/22	
53	Creating Flow in Your Home and Life	10 a.m.-12 p.m.	3/23	
54	Exploring What's Possible: Inside the Boys & Girls Club	10 a.m.-12 p.m.	3/23	
55	Exploring the Power of Gratitude, Grit and Grace	10-11:45 a.m.	3/23	

No.	Course Title	Time	Start	Subsequent Dates
202	Wetland Ecology	1-3 p.m.	3/23	
16	Compress and Shock Foundation: CPR and AED Training	10 a.m.-12 p.m.	3/24	
17	Recycling and Solid Waste - Where Does It All Go?	10 a.m.-12 p.m.	3/24	
157	A 'Classic' Tour Through the Eyes of the Automobile at The Automobile Gallery	10 a.m.-12 p.m.	3/25	
158	Kayak Essentials	10 a.m.-12 p.m.	3/25	
159	Understanding the Basics: Social Security & Medicare	10 a.m.-12 p.m.	3/25	
160	Apostles of Jesus of Nazareth: Facts vs Myths	1-3 p.m.	3/25	
193	Still Bend: Frank Lloyd Wright House in Two Rivers - Session A	1:30 p.m.	3/26	
14	What Instruments Belong in an Orchestra	10 a.m.-12 p.m.	3/29	
15	Spiritual Direction	1-3 p.m.	3/29	
56	Gunshot Death Study in Manitowoc County	10 a.m.-12 p.m.	3/30	
57	Pen and Ink Drawing	10 a.m.-12 p.m.	3/30	4/6 4/13 4/20 4/27
58	Downsizing Without Overwhelming the Older Adult	1-3 p.m.	3/30	
18	Personal Emergency Preparedness	1-2:30 p.m.	3/31	
161	Art Boot Camp	1:30-3:30 p.m.	4/1	4/8 4/15 4/22 4/29
162	World in Economic Disarray - Part 2	10 a.m.-12 p.m.	4/1	
163	Fun With Aromatherapy	1-3 p.m.	4/1	

No.	Course Title	Time	Start	Subsequent Dates
16	Who's to Blame? Carthage's Defeat in the 2nd Punic War	10 a.m.-12 p.m.	4/5	4/12
59	Lost to Time	10 a.m.-12 p.m.	4/6	4/13
60	Passenger Rail in the United States - Past, Present and Future	1-3 p.m.	4/6	
19	"Stake" Your Claim in The Garden	10 a.m.-12 p.m.	4/7	
110	Hartman's Towne & Country Greenhouse Tour	10 a.m.-12 p.m.	4/7	
111	Ivanhoe	10-11 a.m.	4/7	
112	Public Health: Past, Present, and Future and How It Impacts You	1-3 p.m.	4/7	
164	Continuum of Care for Seniors - Understanding the Differences Between Care Options	10 a.m.-12 p.m.	4/8	
165	Native Nations of Wisconsin and United States Indian Policy 1776 -1858	10 a.m.-12 p.m.	4/8	
166	Sound and Music: Pythagoras and Beyond	10 a.m.-12 p.m.	4/8	
167	Finding the Gems at PRONI (Public Records of Northern Ireland)	1-3 p.m.	4/8	
168	Swallowing Changes as We Age	1-3 p.m.	4/8	
169	The Honey Bee	1-3 p.m.	4/8	
170	The War of 1812 in Wisconsin	1-3 p.m.	4/8	
17	Gentle Yoga	1-2 p.m.	4/12	4/19 4/26 5/3 5/10 5/17
18	Tat & Chat	1-3 p.m.	4/12	4/19 4/26 5/3
19	Vinyasa Flow Yoga	2:30-3:30 p.m.	4/12	4/19 4/26 5/3 5/10 5/17

No.	Course Title	Time	Start	Subsequent Dates
61	Spirituality at End-of-Life	10 a.m.-12 p.m.	4/13	
62	Wisconsin Wildlife Almanac - A Seasonal Guide to the Flora and Fauna of the Badger State	1-3 p.m.	4/13	
113	End of the Line - What Happened to the Caboose?	10 a.m.-12 p.m.	4/14	
114	Experience the Life of a D-1 Student Athlete	10 a.m.-12 p.m.	4/14	
115	Port of Green Bay - Past, Present, Future	10 a.m.-12 p.m.	4/14	
116	Tabletop Water Fountain	10 a.m.-12 p.m.	4/14	
117	Zentangle Black and White, Blue and Gray, Tan and Brown	1-3 p.m.	4/14	4/21 4/28
171	The Demise of our English Language!	10 a.m.-12 p.m.	4/15	
172	Exceptional Equestrians	1-3 p.m.	4/15	
194	Still Bend: Frank Lloyd Wright House in Two Rivers - Session B	1:30 p.m.	4/16	
20	Lasers and Lightsabers - Session B	10 a.m.-12 p.m.	4/19	
63	Age in Place with Home Care (Care Companions) and Supportive Care Management (Palliative Care)	10 a.m.-12 p.m.	4/20	
64	Tour Krueger International (KI) – 100% Employee Owned	10 a.m.-12 p.m.	4/20	
65	What Makes American Music “American?”	10 a.m.-12 p.m.	4/20	
66	The Power of Volunteering	9-10:30 a.m.	4/20	
118	Design Your Own Laser Cut Cork Coaster	10 a.m.-12 p.m.	4/21	
119	Fox River Locks	10 a.m.-12 p.m.	4/21	4/28

No.	Course Title	Time	Start	Subsequent Dates
120	Bay Beach Wildlife Sanctuary	1-3 p.m.	4/21	
121	War in Ukraine: The Latvian Perspective	1-3 p.m.	4/21	
173	So You Want to Be a Writer: One Man's Journey	10 a.m.-12 p.m.	4/22	
174	United States Navy Nurses on Guam: The Early Days	10 a.m.-12 p.m.	4/22	
195	Biking is Fun at Any Age	10 a.m.-12 p.m.	4/23	4/30 5/7 5/14 5/21 5/28
67	Authentic 1850s Designed Windmill Tour - Session A	10 a.m.-12 p.m.	4/27	
68	What Makes Something Timeless?	1-3 p.m.	4/27	
122	Birds and Poetry	10 a.m.-12 p.m.	4/28	
123	Sailing South From Chilean Fjords to the Bottom of the World	10 a.m.-12 p.m.	4/28	
124	Beginning Punch Needle Rug Hooking	1-4 p.m.	4/28	
175	American Combat Infantry in World War II	10 a.m.-12 p.m.	4/29	
176	Authentic 1850's Designed Windmill Tour - Session B	1-3 p.m.	4/29	
177	Historical Tour of Franciscan Sisters Motherhouse	1-3 p.m.	4/29	
21	D-Day	10 a.m.-12 p.m.	5/3	5/10 5/17 5/24
22	Walking in the Shadow of History - The Great Green Bay Fire of 1880 - Session A	1-3 p.m.	5/3	
69	Guided Walk in Baird Creek: Ecology and History Session A	10 a.m.-12 p.m.	5/4	
70	Bodega Bay Farm and Ottana Lamancha Tour	1-3 p.m.	5/4	

No.	Course Title	Time	Start	Subsequent Dates
71	Guided Walk in Baird Creek: Ecology and History Session B	1-3 p.m.	5/4	
178	Botanical Wonders Garden Tour	10 a.m.-12 p.m.	5/6	
179	The Chai Chronicles	10 a.m.-12 p.m.	5/6	
180	Ice Age Trail Talk and Hike	10 a.m.-2 p.m.	5/6	
181	An Introduction to Tai Chi	1-2:30 p.m.	5/6	5/13 5/20 5/27
182	Lakeside Frozen Vegetables Tour	1-3 p.m.	5/6	
196	Oneida Cultural Center Tour (Session A)	10 a.m.-12 p.m.	5/7	
197	Barkhausen	9-11 a.m.	5/7	
23	Scandalous Minahan Walking Tour	1-3 p.m.	5/10	
24	Walking in the Shadow of History - The Great Green Bay Fire of 1880 - Session B	1-3 p.m.	5/10	
72	Conquest & Siege of Mexico-Tenochtitlan	10 a.m.-12 p.m.	5/11	
73	From Bedpan Commandos to Cadet Nurses: Nurses in WWII	10 a.m.-12 p.m.	5/11	5/18
74	Surviving Stalin: A Family's Journey Through Ukraine's Darkest Years	10 a.m.-12 p.m.	5/11	

Attention Lifelong Learning Institute Members

Information included in this catalog is accurate and current at the time of printing. Lifelong Learning Institute reserves the right to make changes to the course schedule.

No.	Course Title	Time	Start	Subsequent Dates
75	Exploring Artifacts from the Future	1-3 p.m.	5/11	
125	Mary Oliver and Wendell Berry: Two Famous Nature Poets	10 a.m.-12 p.m.	5/12	
126	Creative Cookie Decorating for Spring	1-3 p.m.	5/12	
183	AARP Walk Audit	1-3 p.m.	5/13	5/20
25	An Introduction to the Reiki Experience	1-3 p.m.	5/17	
76	Alpaca Ranch Experience	10 a.m.-12 p.m.	5/18	
77	Decorating Outdoor Living Spaces	10 a.m.-12 p.m.	5/18	

Become a Member

Become a paid member by November 30 to receive a registration link for December 7. If you miss priority registration, you can still join as a member and select classes starting on December 8.

ONLINE COURSE CALENDAR

No.	Course Title	Time	Start	Subsequent Dates
347	UP Stories Book Club - Zoom	10 a.m.-12 p.m.	1/14	2/11 3/11 4/8
310	Two Creeks Buried Forest of Northeastern Wisconsin - Zoom	10 a.m.-12 p.m.	1/19	
332	The Tax Man Returneth - Zoom	10 a.m.-12 p.m.	1/20	1/27
300	GLP-1s: The Skinny - Zoom	10 a.m.-12 p.m.	1/25	
333	Lord of the Rings: The Three Elven Rings - Zoom	1-3 p.m.	1/27	
348	Big Brothers Big Sisters of Northeast Wisconsin: History and How to Get Involved - Zoom	10 a.m.-12 p.m.	1/28	
301	Greek Dynamic Duo and Defeat of Sparta - Zoom	10 a.m.-12 p.m.	2/1	2/8
311	Cave Paleontology: Descending Through Time - Zoom	10 a.m.-12 p.m.	2/2	
312	History of the World Through Maps - Zoom	10 a.m.-12 p.m.	2/2	2/9
313	Understanding Shoulder Replacement: Total & Reverse - Zoom	1-2:30 p.m.	2/2	
334	Feet First: Reducing Your Fall Risk - Zoom	10-11:30 a.m.	2/3	
349	What Is an End-of-Life Doula? - Zoom	10 a.m.-12 p.m.	2/4	
350	Self Massage for Stress Reduction and Pain Relief - Zoom	1-2:30 p.m.	2/4	
351	GERD and How to Live with It - Zoom	1-3 p.m.	2/4	
314	Lasers and Lightsabers - Session A - Zoom	10 a.m.-12 p.m.	2/9	
315	Midway: Turning Point in the Pacific - Zoom	10 a.m.-12 p.m.	2/9	
335	NET - A Novel Stress Reduction Method - Zoom	1-2:30 p.m.	2/10	

No.	Course Title	Time	Start	Subsequent Dates
336	Door County 400 Million Years Ago: Its Fossils and the Making of the Door Peninsula - Zoom	1-3 p.m.	2/10	
372	Russo-Ukrainian War, Europe, and the World - Zoom	10 a.m.-12 p.m.	2/12	
337	The Human Exploration Bonus: Why Curiosity is a Supervirtue - Zoom	10 a.m.-12 p.m.	2/17	
352	Seville, Cadiz, and Barcelona: Histories of 3 Spanish Cities - Zoom	10 a.m.-12 p.m.	2/18	
316	Automobile Insurance Claims in Wisconsin - Zoom	10 a.m.-12 p.m.	2/23	
353	Gospel of Thomas: The Fifth Canonical Gospel - Zoom	1-3 p.m.	2/25	
373	Wisconsin's Best Kept Geological Secret: The Niagara Escarpment - Zoom	1-2:30 p.m.	2/26	
32	Lighten Up: Humor, Stress, and the Ups and Downs of Life - Zoom	10-11:30 a.m.	3/1	3/8
33	Baptism: Its Origin and Development - Zoom	1-3 p.m.	3/1	3/8 3/15
317	Death Investigation 101 - Zoom	10 a.m.-12 p.m.	3/2	
338	Diabetes Management: Tools & Tips for a Healthier Life - Zoom	10-11:30 a.m.	3/3	
354	AI for Consumer Protection - Zoom	1-2:15 p.m.	3/4	
355	Herb Gardening 101 - Zoom	1-3 p.m.	3/4	
318	Preventing Chronic Kidney Disease - Zoom	10 a.m.-12 p.m.	3/9	
319	Poetry - just for the fun of it! - Zoom	1-3 p.m.	3/9	
356	Advocacy for Those Experiencing Homelessness - Zoom	10 a.m.-12 p.m.	3/11	
320	Early Signs and Symptoms of Alzheimer's - Zoom	10 a.m.-12 p.m.	3/16	

ONLINE COURSE CALENDAR

No.	Course Title	Time	Start	Subsequent Dates
321	Democracy in Action: Meet the League - Zoom	1-3 p.m.	3/16	
322	Irish Research from this side of the Pond! The very latest! - Zoom	1-3 p.m.	3/16	
357	Guardian Angel: The Lewis and Clark Saga - Zoom	10 a.m.-12 p.m.	3/18	
358	Lost Lady: The Lady Elgin Tragedy - Zoom	1-3 p.m.	3/18	
34	Climate Change and Energy Policy - Zoom	10 a.m.-12 p.m.	3/22	3/29
339	Recycling and Solid Waste - Where Does It All Go? - Zoom	10 a.m.-12 p.m.	3/24	
359	Kayak Essentials - Zoom	10 a.m.-12 p.m.	3/25	
360	Understanding the Basics: Social Security & Medicare - Zoom	10 a.m.-12 p.m.	3/25	
361	Apostles of Jesus of Nazareth: Facts vs Myths - Zoom	1-3 p.m.	3/25	
305	What Instruments Belong in an Orchestra - Zoom	10 a.m.-12 p.m.	3/29	
36	Spiritual Direction - Zoom	1-3 p.m.	3/29	
323	Gunshot Death Study in Manitowoc County - Zoom	10 a.m.-12 p.m.	3/30	
324	Downsizing Without Overwhelming the Older Adult - Zoom	1-3 p.m.	3/30	
325	Passenger Rail in the United States - Past, Present and Future - Zoom	1-3 p.m.	3/30	
340	Personal Emergency Preparedness - Zoom	1-2:30 p.m.	3/31	
362	World in Economic Disarray - Part 2 - Zoom	10 a.m.-12 p.m.	4/1	
37	Who's to Blame? Carthage's Defeat in the 2nd Punic War - Zoom	10 a.m.-12 p.m.	4/5	4/12

No.	Course Title	Time	Start	Subsequent Dates
326	Lost to Time - Zoom	10 a.m.-12 p.m.	4/6	4/13
341	Ivanhoe - Zoom	10-11 a.m.	4/7	
342	Public Health: Past, Present, and Future and How It Impacts You - Zoom	1-3 p.m.	4/7	
363	Native Nations of Wisconsin and United States Indian Policy 1776 -1858 - Zoom	10 a.m.-12 p.m.	4/8	
364	Finding the Gems at PRONI (Public Records of Northern Ireland) - Zoom	1-3 p.m.	4/8	
365	Swallowing Changes as We Age - Zoom	1-3 p.m.	4/8	
366	The War of 1812 in Wisconsin - Zoom	1-3 p.m.	4/8	
327	Wisconsin Wildlife Almanac - A Seasonal Guide to the Flora and Fauna of the Badger State - Zoom	1-3 p.m.	4/13	
343	Port of Green Bay - Past, Present, Future - Zoom	10 a.m.-12 p.m.	4/14	
344	The Language of Dementia - Zoom	10 a.m.-12 p.m.	4/14	
367	The Demise of our English Language! - Zoom	10 a.m.-12 p.m.	4/15	
328	Age in Place with Home Care (Care Companions) and Supportive Care Management (Palliative Care) - Zoom	10 a.m.-12 p.m.	4/20	
329	What Makes American Music “American?” - Zoom	10 a.m.-12 p.m.	4/20	
368	So You Want to Be a Writer: One Man’s Journey - Zoom	10 a.m.-12 p.m.	4/22	
369	United States Navy Nurses on Guam: The Early Days - Zoom	10 a.m.-12 p.m.	4/22	
345	Sailing South From Chilean Fjords to the Bottom of the World - Zoom	10 a.m.-12 p.m.	4/28	
370	American Combat Infantry in World War II - Zoom	10 a.m.-12 p.m.	4/29	

ONLINE COURSE CALENDAR

No.	Course Title	Time	Start	Subsequent Dates
38	D-Day - Zoom	10 a.m.-12 p.m.	5/3	5/10 5/17 5/24
330	From Bedpan Commandos to Cadet Nurses: Nurses in WWII - Zoom	10 a.m.-12 p.m.	5/11	5/18
331	Surviving Stalin: A Family's Journey Through Ukraine's Darkest Years - Zoom	10 a.m.-12 p.m.	5/11	
371	AARP Walk Audit - Zoom	1-3 p.m.	5/13	5/20
39	An Introduction to the Reiki Experience - Zoom	1-3 p.m.	5/17	
346	WASPS - Zoom	10 a.m.-12 p.m.	5/26	







Monday

1 It's a Mystery to Me

Location: Green Bay
Classroom: Promenade (Woodside's New Building)
Presenter: Fred Delie
Date(s): 1/11, 2/1, 3/1, 4/5, 5/3
Time: 1-3:30 p.m.
Limit: 19

We will discuss the latest mysteries we have read, either as a good work of fiction or nonfiction. Participants will have a few minutes to tell us why they like a particular book or author. Participants will be expected to read a mystery book of their choice before the first meeting to review with the class.

2 GLP-1s: The Skinny *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Connor Roberts, M.D. & Karen Lacey, RDN
Date(s): 1/25
Time: 10 a.m.-12 p.m.
Limit: 150

Do you wonder what all the GLP-1 hype is about? Dr. Connor Roberts will present the facts, uses, cautions and benefits of these medications. A Registered Dietitian Nutritionist will discuss nutritional concerns, and a Certified Personal Trainer will discuss fitness recommendations.

3 Greek Dynamic Duo and Defeat of Sparta *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Patrick Ziesmer
Date(s): 2/1, 2/8
Time: 10 a.m.-12 p.m.
Limit: 30

The partnership of the Thebans Epaminondas and Pelopidas remains one of the many obscure stories tucked away in 4th-century B.C. Greece, between the tumultuous events of the Peloponnesian War and the Macedonian conquests. The story of this Theban "dynamic duo," however, deserves to be told. Together, these two unlikely men would become the architects of Sparta's downfall, the freedom of the Messenian slaves, and Thebes' brief rise as the leading power in Greece.

4 Gentle Yoga – Mini Series

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Date(s): 2/1, 2/8, 2/15, 2/22
Time: 1-2 p.m.
Limit: 25

Gentle Yoga with Ginny Lee is for all levels from beginners to longtime yogis. Gentle stretches, poses, movements and mantras are coordinated with the breath. Chairs provided. Bring your mat and any props you'd like. Wear non-binding comfortable clothing. Ginny offers variations to help accommodate for a person's ability and/or limitations due to injury. Expect a slow pace and relaxing experience.

5 Vinyasa Flow Yoga – Mini Series

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Date(s): 2/1, 2/8, 2/15, 2/22
Time: 2:30-3:30 p.m.
Limit: 25

Vinyasa Flow Yoga--More challenging than Gentle Yoga, Vinyasa Flow Yoga includes seated stretches, sun salutations, standing poses and mantra coordinated with the breath. Bring your mat and any props you'd like. Wear non-binding comfortable clothing. Ginny Lee offers variations to help accommodate for a person's ability and/or limitations due to injury. Expect a moderate pace and a very relaxing final resting pose.

6 Beginning Spanish I

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Margarita Johnson
Date(s): 2/8, 2/15, 2/22, 3/1, 3/8, 3/15
Time: 10 a.m.-12 p.m.
Limit: 30

This course is for those new to Spanish and anyone who wants to brush up on the basics: pronunciation, greetings, numbers, colors, simple sentences, etc. This is a starting course in Spanish and students will learn basic language structure. Students taking this class will learn through repetition and focus on basic Spanish greetings and phrases. Students

should plan on taking this course multiple times until they are comfortable speaking with fellow students and know basic Spanish pronunciation.

7 Continuing Spanish

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Margarita Johnson
Date(s): 2/8, 2/15, 2/22, 3/1, 3/8, 3/15
Time: 12:15-2:15 p.m.
Limit: 30

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

8 The Art of Architecture *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Carol Emmons
Date(s): 2/15, 2/22
Time: 10 a.m.-12 p.m.
Limit: 50

This course will consider architecture as a visual art form. We'll explore basic terms, styles, and the ways in which the built environment can carry meaning. We'll consider examples from different cultures and time periods, as well as works by artists that reflect on architecture. Last offered in Fall 2022.

9 Lighten Up: Humor, Stress, and the Ups and Downs of Life *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Lucy Arendt
Date(s): 3/1, 3/8
Time: 10-11:30 a.m.
Limit: 150

What makes us laugh, and can humor actually help when life becomes frustrating, uncertain, or stressful? In these two interactive sessions, we'll explore the nature of humor, why different people find different things funny, and how laughter and perspective can influence the way we experience everyday stress. Through stories, examples, conversation, and plenty of time for questions, we'll consider how we might take life seriously without taking everything quite so seriously.

10 Baptism: Its Origin and Development

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Sister Elise Cholewinski
Date(s): 3/1, 3/8, 3/15
Time: 1-3 p.m.
Limit: 50

We will look at baptism in the Jewish tradition and what it meant in the early Christian Church. We will learn how the ritual changed and how the celebration of initiation is returning to its original meaning. We will compare the baptismal ritual as it is observed in various Christian denominations.

11 Drawing 101

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Linda Glass
Date(s): 3/8, 3/15
Time: 10 a.m.-12 p.m.
Limit: 10

The ability to draw what you see isn't some magical process, but a simple logical process. If you can learn to draw a few geometric shapes - cubes, cylinders, spheres and cones - you can draw practically anything.

12 Climate Change and Energy Policy

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Michael Kraft
Date(s): 3/22, 3/29
Time: 10 a.m.-12 p.m.
Limit: 50

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

13 Dreamers and Doers: AAUW's 100 Years of Women's Advocacy *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Shirley VerBruggen & Wendy Schmidt-Janosik
Date(s): 3/22
Time: 10 a.m.-12 p.m.
Limit: 50

Learn about AAUW's (American Association of University Women) mission to advance gender equality for women and girls through research, education, and advocacy. Let us introduce you to the stories of powerful women who may not be well-known but are the DREAMERS and DOERS of our area—women like Maryl Hitchcock, Rosa Minoka-Hill, Adele Brice, Sandi Van Sistine and others.

14 What Instruments Belong in an Orchestra *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Michael Alexander, DMA
Date(s): 3/29
Time: 10 a.m.-12 p.m.
Limit: 150

Learn about how orchestration works in music and the roles that various instruments play, in addition to instruments that make guest appearances with the "standard orchestra."

15 Spiritual Direction

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Sr Elise Cholewinski
Date(s): 3/29
Time: 1-3 p.m.
Limit: 50

Many people today are seeking individual spiritual direction. In this class we will discuss what spiritual direction is, what to expect from a spiritual director, who could benefit from spiritual direction, and what the process is like.

16 Who's to Blame? Carthage's Defeat in the 2nd Punic War *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Patrick Ziesmer
Date(s): 4/5, 4/12
Time: 10 a.m.-12 p.m.
Limit: 30

Hannibal Barca receives much of the blame for Carthage's eventual defeat in the 2nd Punic War against Rome. Is this a fair assessment? Does Carthage itself or its navy share much of the blame as well?

17 Gentle Yoga

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Date(s): 4/12, 4/19, 4/26, 5/3, 5/10, 5/17
Time: 1-2 p.m.
Limit: 25

Gentle Yoga with Ginny Lee is for all levels from beginners to longtime yogis. Gentle stretches, poses, movements and mantras are coordinated with the breath. Chairs provided. Bring your mat and any props you'd like. Wear non-binding comfortable clothing. Ginny offers variations to help accommodate for a person's ability and/or limitations due to injury. Expect a slow pace and relaxing experience.

18 Tat & Chat

Location: Green Bay
Classroom: Rose Hall 315
Presenter: Sr. Agnes Fischer & Sue Johnson
Date(s): 4/12, 4/19, 4/26, 5/3
Time: 1-3 p.m.
Limit: 20

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

19 Vinyasa Flow Yoga

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Date(s): 4/12, 4/19, 4/26, 5/3, 5/10, 5/17
Time: 2:30-3:30 p.m.
Limit: 25

Vinyasa Flow Yoga--More challenging than Gentle Yoga, Vinyasa Flow Yoga includes seated stretches, sun salutations, standing poses and mantra coordinated with the breath. Bring your mat and any props you'd like. Wear non-binding comfortable clothing. Ginny Lee offers variations to help accommodate for a person's ability and/or limitations due to injury. Expect a moderate pace and a very relaxing final resting pose.

20 Lasers and Lightsabers - Session B *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Brian Lindow
Date(s): 4/19
Time: 10 a.m.-12 p.m.
Limit: 40

The presentation starts with a CBS "60 Minutes" short segment about fusion energy at the world's largest laser, the National Ignition Facility (NIF) and photo history of Lawrence Livermore National Lab and other large-scale science projects (and life) around a national research lab. On the "Lightsabers" part of the presentation, Brian Lindow shows pictures and stories of the Skywalker Ranch (home of George Lucas) and his 9+ years of experiences at the ranch and with George. The presentation concludes with attendees exploring several props, including a large salt crystal, laser targets and Aerogel (the world's lightest manmade material). Sessions A and B are the same course. Please sign up for only one.

21 D-Day

Location: Green Bay
Classroom: Christie Theatre
Presenter: Walt Busalacchi
Date(s): 5/3, 5/10, 5/17, 5/24
Time: 10 a.m.-12 p.m.
Limit: 150

This 4-part presentation recounts historical events leading up to D-Day, evolving Allied war strategy, the build-up of men and material, Allied deception plans and German defenses. We will follow the Pathfinders, Paratroops, Gliders and the Ranger assault on Pointe du Hoc. Lastly, we'll chronicle the beach landings as they unfolded.

22 Walking in the Shadow of History - The Great Green Bay Fire of 1880 - Session A

Location: Green Bay
Classroom: Meeting Site to Be Emailed to Class Participants
Presenter: David Siegel
Date(s): 5/3
Time: 1-3 p.m.
Limit: 15

The Great Green Bay Fire of September 20,1880 destroyed more buildings than any other fire in the city's entire history. The flames burned 100 buildings, including 60 homes, a church, a few businesses and some outbuildings. Local historical author and firefighter, David Siegel, will provide a guided walking tour that follows the path of the fire, about 1.2 miles one-way, taking one hour, visiting the original site, significant firefighting locations, destroyed building sites and five extant buildings that were directly threatened by the flames in 1880. This guided tour will vividly describe the experience of the Green Bay citizens and firefighters on that fateful day. Please dress appropriately for the weather. Sessions A and B are the same course. Please sign up for only one.

23 Scandalous Minahan Walking Tour

Location: Green Bay
Classroom: Meet at Hazelwood Historic House
Presenter: Lynda Drews
Date(s): 5/10
Time: 1-3 p.m.
Limit: 25
Fee: $18, payable on day of class

Join author Lynda Drews on a walk past 17 Astor Historic District homes previously occupied by the characters in her turn-of-the-20th-century true crime book, "The Maid and the Socialite: The Brave Women Behind Green Bay's Scandalous Minahan Trials". The walk is about 2 miles and takes 2 hours. It is beneficial to read "The Maid and the Socialite" book before the tour, but not necessary. Limited parking is available at The Hazelwood Historic House for handicapped visitors, so please park on the streets nearby. Please arrive 10 minutes prior to the tour to pay the $18 tour fee.

24 Walking in the Shadow of History - The Great Green Bay Fire of 1880 - Session B

Location: Green Bay
Classroom: Meeting Site to Be Emailed to Class Participants
Presenter: David Siegel
Date(s): 5/10
Time: 1-3 p.m.
Limit: 15

The Great Green Bay Fire of September 20,1880 destroyed more buildings than any other fire in the city's entire history. The flames burned 100 buildings, including 60 homes, a church, a few businesses and some outbuildings. Local historical author and firefighter, David Siegel, will provide a guided walking tour that follows the path of the fire, about 1.2 miles one-way, taking one hour, visiting the original site, significant firefighting locations, destroyed building sites and five extant buildings that were directly threatened by the flames in 1880. This guided tour will vividly describe the experience of the Green Bay citizens and firefighters on that fateful day. Please dress appropriately for the weather. Sessions A and B are the same course. Please sign up for only one.

25 An Introduction to the Reiki Experience

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Nicole Terrien & Brett Terrien
Date(s): 5/17
Time: 1-3 p.m.
Limit: 20

Originating in Japan, Reiki is an alternative form of therapy utilizing Life Force Energy to balance our 7 main energy centers (Chakras) in our body. Each Chakra is connected to various organs and, when imbalanced, can lead to illness and other bodily concerns. Not only will this beginner-level course walk you through each chakra and teach you how to live a life of balance, but we will also offer each individual a mini-Reiki alignment to experience firsthand.

Tuesday

26 Continuing Issues

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Steve Jansen
Date(s): 1/12, 1/26, 2/9, 3/2, 3/9, 3/23, 4/6, 4/20
Time: 1-3 p.m.
Limit: 50

Discussion of international, national, state and local issues. A variety of opinions is valued and welcome. Class members will respect the other members' opinions and not condemn. Members are asked to email suggested topics of discussion 4 days prior to each class at: sjansen9@new.rr.com.

27 Two Creeks Buried Forest of Northeastern Wisconsin *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: John Luczaj
Date(s): 1/19
Time: 10 a.m.-12 p.m.
Limit: 150

The Two Creeks Buried Forest is a world-famous Ice Age forest that was buried by the glacier 13,500 years ago over a huge area surrounding Green Bay (parts of at least 8 counties). The program will include an overview of the glacial history of Wisconsin, followed by how carbon dating and other age dating techniques work. The last part of the program will describe what and where the forest was, along with an opportunity to see samples collected from across the region.

28 Pickleball 101

Location: Green Bay
Classroom: The Picklr
Presenter: Sue Bodilly
Date(s): 1/19, 1/21
Time: 1-3 p.m.
Limit: 30
Fee: $15 by credit card only, payable on day of class

Participate in the fastest growing sport in the world, pickleball! In the first session, you will learn the rules, techniques and beginning strategy to play America's favorite pastime for seniors. Note that the second day will be strictly for practice playing, with one experienced coach present to answer questions. Paddles, balls and instruction are provided. Wear clean tennis shoes and bring a water bottle. Class location is indoors.

29 Why Olympic Weightlifting - Session B

Location: Green Bay
Classroom: Rose Hall 220
Presenter: David Gremore
Date(s): 1/26
Time: 10-11:30 a.m.
Limit: 50

The presenter says this sport has withstood the test of time. While so many other training systems have fallen by the wayside, Olympic lifting has stood its ground. My 50 plus years of involvement and study has suggested to me that it has no equal. Olympic lifting enhances Strength, Power, Flexibility, Balance, Timing and Agility. All of these qualities go into the making of a good athlete and improve movement in the general population. The athletes in my program rarely got injured when participating in other sports. Most of the time Olympic lifters are on their feet as they would be in general sports participation. Checking the progress and improvement can be done with simple tests. This sport is year round and includes both sexes and all age groups. Sessions A and B are the same course. Please sign up for only one.

30 Cave Paleontology: Descending Through Time *NEW*

Location: Green Bay
Classroom: To Be Determined
Presenter: John Jacisin
Date(s): 2/2
Time: 10 a.m.-12 p.m.
Limit: 150

Join Dr. John J. Jacisin III, a vertebrate paleobiologist and herpetologist, to delve into the importance of cave fossils and what they can tell us about the past, present, and future of organisms and their environments. Explore some of the important sites, methods, insights, and challenges unearthed when following fossil faunas from the depths of the Pleistocene Ice Ages to the Present!

31 History of the World Through Maps

Location: Green Bay
Classroom: Christie Theatre
Presenter: Mark Steuer
Date(s): 2/2, 2/9
Time: 10 a.m.-12 p.m.
Limit: 150

A brief graphical journey of the importance of maps throughout recorded and prerecorded Earth history, through the eyes and voice of a retired cartographer.

32 Understanding Shoulder Replacement: Total & Reverse *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Dr. Patrick Riggle, DO
Date(s): 2/2
Time: 1-2:30 p.m.
Limit: 50

Join Dr. Patrick Riggle, Prevea Orthopedic Surgeon, for an informative presentation on understanding the differences between total and reverse shoulder replacements. You will learn the benefits of each option and what to expect before and after the surgery.

33 Lasers and Lightsabers - Session A *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Brian Lindow
Date(s): 2/9
Time: 10 a.m.-12 p.m.
Limit: 40

The presentation starts with a CBS "60 Minutes" short segment about fusion energy at the world's largest laser, the National Ignition Facility (NIF) and photo history of Lawrence Livermore National Lab and other large-scale science projects (and life) around a national research lab. On the "Lightsabers" part of the presentation, Brian Lindow shows pictures and stories of the Skywalker Ranch (home of George Lucas) and his 9+ years of experiences at the ranch and with George. The presentation concludes with attendees exploring several props, including a large salt crystal, laser targets and Aerogel (the world's lightest manmade material). Sessions A and B are the same course. Please sign up for only one.

34 Community Resiliency *NEW*

Location: Menasha
Classroom: United Way Fox Cities
Presenter: Gage Beck & Julia Meyer
Date(s): 2/9
Time: 9-10:30 a.m.
Limit: 15

Learn how individuals, families, and communities can prepare for emergencies such as severe storms, flooding, and power outages while strengthening resilience before, during, and after disasters. This session will explore the disaster recovery process, the role of local response partners, and how United Way's 211 connects people to critical resources during times of crisis. Participants will also gain practical tips for emergency preparedness, including creating family plans, assembling disaster supply kits, and reporting damage to support community recovery efforts.

35 Body in Motion: Functional Fitness for Life *NEW*

Location: De Pere
Classroom: Rennes De Pere
Presenter: Alexandra Eggers & Jason Linssen
Date(s): 2/16
Time: 10 a.m.-12 p.m.
Limit: 30

Explore how functional fitness can enhance daily activities and our lives. This approach to movement can help you build strength and mobility around your personal goals.

36 Gospel Passion Narratives: Mark vs. Luke vs. Matthew *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Julie Black Harder
Date(s): 2/16, 2/18, 2/23, 2/25
Time: 1-3 p.m.
Limit: 50

Did you know that the author of the Gospel of Mark wrote the base story of Jesus' arrest, trial and crucifixion, and that Matthew and Luke each modified it to fit their own emphases and themes? In this class, we will apply the scholarly tool of "redaction criticism" to these three narratives—analyzing them side-by-side—and so discover the distinctive messages each author wished to convey. The presenter holds a Master's Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College.

37 Grignon Mansion Tour - Session A

Location: Kaukauna
Classroom: Grignon Mansion
Presenter: Mary Seleen
Date(s): 2/16
Time: 1-3 p.m.
Limit: 12
Fee: $10, payable on day of class

For over 200 years the Grignon name was known and respected throughout the fur trading community of the Western Great Lakes region. Participants in this class will tour the 1837 home of Charles & Mary Grignon and hear how this influential family transitioned through the economic and cultural changes of the time from life in the wilderness of New France to building the "Mansion in the Woods". Session A and B are identical, so please sign up for only one. Location: 1313 Augustine St, Kaukauna, WI 54130.

38 Phantoms of the Forest

Location: Green Bay
Classroom: Rose Hall 220
Presenter: John Jacobs
Date(s): 2/16
Time: 1-3 p.m.
Limit: 50

This course will discuss the natural history, biology and behavior of Wisconsin's Red-shouldered Hawks from 1970-2026.

39 Automobile Insurance Claims in Wisconsin *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Ralph Tease
Date(s): 2/23
Time: 10 a.m.-12 p.m.
Limit: 150

This course will be an overview of the laws, rules, and procedures applicable to automobile insurance claims in Wisconsin. The topics will include a discussion about the different automobile insurance coverages available, the functions of those coverages in automobile collision claims, and the interplay of automobile insurance coverages and Wisconsin law governing automobile collision claims.

40 Tracking the Phantoms

Location: Green Bay
Classroom: Rose Hall 220
Presenter: John Jacobs
Date(s): 2/23
Time: 1-3 p.m.
Limit: 50

This class will discuss how telemetry is used to determine the summer breeding ranges and migration times and routes for some Wisconsin Red-shouldered Hawks from 2018 to 2026.

41 Death Investigation 101 *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Curtis Green
Date(s): 3/2
Time: 10 a.m.-12 p.m.
Limit: 50

What do Coroners and Medical Examiners do?

42 Our Aging and Changing Brains: What is Typical? When to be Concerned? *NEW*

Location: De Pere
Classroom: Rennes De Pere
Presenter: Sheri Fairman
Date(s): 3/2
Time: 10 a.m.-12 p.m.
Limit: 30

What is typical and when should we be concerned? If thinking and memory problems arise, can it be something reversible? YES! Learn about the causes of these symptoms, what you can do to improve them, and how to know if it's something more serious.

43 Preventing Chronic Kidney Disease

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Kindel Keener, NP
Date(s): 3/9
Time: 10 a.m.-12 p.m.
Limit: 50

How to prevent chronic kidney disease. We will discuss the number 1 and 2 causes of kidney disease and its different stages. What can we do to lower the risk of getting it? Diet and medications will be talked about as well as its progression and when to see a kidney doctor.

44 Sap to Syrup

Location: Appleton
Classroom: Bubolz Nature Preserve Appleton
Presenter: Erica Bukouricz
Date(s): 3/9
Time: 10-11:30 a.m.
Limit: 30
Fee: $5, payable on day of class

Enjoy the sweetness of spring with the magic of maple syrup season. Participants will learn the history and process of making maple syrup from the sugar bush to the sugar shack. If the sap is running, we will tap a sugar bush and enjoy ice cream topped off with maple syrup.

45 Poetry - just for the fun of it! *NEW*

Location: Green Bay
Classroom: To Be Determined
Presenter: Lynn Gerlach
Date(s): 3/9
Time: 1-3 p.m.
Limit: 50

Don't consider it a class - think of it as a concert! Just sit back, relax and enjoy the sounds of some of our best American poetry offered to you by one who would rather read poetry for a crowd than do just about anything else. You'll have a few short breaks to discuss with friends what you've heard, but there will be no attempt to analyze, teach, or instruct - and no slideshow! It's just great poetry for the joy of poetry!

46 Early Signs and Symptoms of Alzheimer's

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Wendy Betley
Date(s): 3/16
Time: 10 a.m.-12 p.m.
Limit: 50

Is it normal aging, or something more? Learn the 10 early signs and symptoms of Alzheimer's and dementia while exploring practical, research-based strategies for maintaining brain health. This informative session will help you better understand cognitive changes, recognize warning signs, and discover ways to support lifelong brain wellness.

47 Kretsch and Allard Maple Syrup and Honey Tour *NEW*

Location: Manitowoc/Sheboygan
Classroom: Meeting Site to Be Emailed to Class Participants
Presenter: Jack Kretsch & Heather Allard
Date(s): 3/16
Time: 10 a.m.-12 p.m.
Limit: 20

See the process of making maple syrup. The process begins with the maple sap being run through reverse osmosis, and then cooked by an evaporation system.

48 Volunteer vs Show Me The Money *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Jeff Gross
Date(s): 3/16
Time: 10-11:30 a.m.
Limit: 50

Retirement allows more control of our time and talents. Explore "work" in volunteer vs paid roles which follow your individual hobbies/ talents/passion. Several side-hustle "jobs" will be discussed with class ideas of how to benefit yourself and others.

49 Democracy in Action: Meet the League *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Lynn Meshke & Jean Marsch
Date(s): 3/16
Time: 1-3 p.m.
Limit: 150

From suffragettes to democracy defenders, the League of Women Voters has played a vital role in defining and defending our democracy for more than a century. Join us to explore the League's history and learn how it has worked to support women - and all citizens - through voter education, civic engagement and the protection of our constitutional right to vote.

50 Irish Research from this side of the Pond! The very latest!

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Dave Miller
Date(s): 3/16
Time: 1-3 p.m.
Limit: 50

Despite what your ancestors may have told you, Irish records do exist. I will tell you what's out there and how this will help your research!

51 Learn How to Play Sheepshead *NEW*

Location: Green Bay
Classroom: Promenade (Woodside's New Building)
Presenter: Barb & Bob LeClaire
Date(s): 3/16, 3/18, 3/23
Time: 1-3 p.m.
Limit: 20

Learn how to play Sheepshead, a trick-taking card game of German origin. It is typically played by 5 players using a 32-card deck (7s through aces). Each card has a different point value and trick-taking authority. The object of the game is to take 61 points out of a possible 120 points. Learn what trump is, and what Schneider means, and how to mauer. This class is 3 sessions so we can practice.

52 Acrylic Painting for Beginners *NEW*

Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Dave Hipwell
Date(s): 3/16
Time: 1-4 p.m.
Limit: 10
Fee: $10, payable at registration

Have you ever thought about painting a picture but didn't know quite where to begin? Then join local acrylic artist, Dave Hipwell, to learn the basics – drawing, blocking in the basic colors, adding layers – as you complete a painting together! Note: this class is for beginners with little or no previous experience with acrylic painting. Supplies will be provided at class, but bring an apron or wear old clothes.

53 Creating Flow in Your Home and Life *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Jennifer Glandt
Date(s): 3/23
Time: 10 a.m.-12 p.m.
Limit: 20

Unlock the ancient art of Feng Shui in this practical, two-hour workshop that will show you how to create your own peaceful sanctuary at home. Whether you are looking to downsize, trying to gently manage family keepsakes, or simply wanting to refresh your current space, Feng Shui will give you a fresh perspective on how to accomplish your goals. Leave with the steps to help you clear out stagnant energy and invite lasting comfort into your daily life.

54 Exploring What's Possible: Inside the Boys & Girls Club

Location: Green Bay
Classroom: Lutsey Clubhouse of The Boys & Girls Club
Presenter: Taylor DeBroux
Date(s): 3/23
Time: 10 a.m.-12 p.m.
Limit: 40

What becomes possible when young people have supportive mentors, safe places and opportunities to discover their strengths? Experience a day in the life at the Boys & Girls Club through an interactive and engaging presentation, conversations with youth and staff, and a guided facilities tour. Participants will hear firsthand how the Club inspires young people to explore what's possible through innovative programs, including specialty teen opportunities, that help build confidence, skills, and connections for success today and in the future.

55 Exploring the Power of Gratitude, Grit and Grace *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Shari Leisch
Date(s): 3/23
Time: 10-11:45 a.m.
Limit: 40

Join us as we explore through stories, writing and experiences the impact of gratitude, grit, and the amazing power of grace on our life journey. Participants will use poetic voice, discussion, and writing to explore these core traits.

56 Gunshot Death Study in Manitowoc County *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Curtis Green
Date(s): 3/30
Time: 10 a.m.-12 p.m.
Limit: 50

The newly retired Manitowoc County Coroner will give a recap of a 35-year study of gunshot deaths occurring in Manitowoc County.

57 Pen and Ink Drawing

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Jim Briggs
Date(s): 3/30, 4/6, 4/13, 4/20, 4/27
Time: 10 a.m.-12 p.m.
Limit: 20

In this class you will be drawing a variety of subjects with pencil, pen and ink using a variety of techniques. This class is friendly to the novice as well as to those who want to embellish their skills. Create a new avenue to brighten up your life.

58 Downsizing Without Overwhelming the Older Adult *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Julie Artus, RN, CRTS, SRES
Date(s): 3/30
Time: 1-3 p.m.
Limit: 50

Downsizing can feel overwhelming for older adults and the families who love them. Led by a Registered Nurse and Certified Relocation & Transition Specialist, this class walks through when it's time to downsize, how to plan the process step by step, and how to watch for early signs of financial exploitation along the way. Participants leave with a clear framework and a local resource guide to help them move forward with confidence, not fear.

59 Lost to Time *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Michael Lyga
Date(s): 4/6, 4/13
Time: 10 a.m.-12 p.m.
Limit: 50

Little known stories of Wisconsin's World War II men and women.

60 Passenger Rail in the United States - Past, Present and Future *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Charles Trippe
Date(s): 4/6
Time: 1-3 p.m.
Limit: 50

This course will explore the history of passenger rail service in the United States, its current state, and the possibilities for its future.

61 Spirituality at End-of-Life

Location: De Pere
Classroom: Unity Hospice, Oak Ridge Circle
Presenter: Chaplain Nathan Meierbachtol
Date(s): 4/13
Time: 10 a.m.-12 p.m.
Limit: 35

We will discuss the definition of spirituality, spiritual assessment and intervention, and the impact of spirituality at the end of life.

62 Wisconsin Wildlife Almanac - A Seasonal Guide to the Flora and Fauna of the Badger State *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: James Buchholz
Date(s): 4/13
Time: 1-3 p.m.
Limit: 150

A PowerPoint overview of my new book "Wisconsin Wildlife Almanac," which includes 12 chapters, each with 12 essays featuring individual Wisconsin wildlife species along with a color photograph of that particular mammal, bird, plant, reptile, or amphibian. The PowerPoint presentation includes audio calls of selected birds and animals and a fun wildlife trivia game at the end.

63 Age in Place with Home Care (Care Companions) and Supportive Care Management (Palliative Care)

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Becca Abraham & Samantha Pamperin
Date(s): 4/20
Time: 10 a.m.-12 p.m.
Limit: 25

Most people wish to live independently in their home and Age in Place with Home Care offers a wide range of personalized services to meet your or a loved one's ever-changing needs. You choose only the services you want and how frequently you wish to receive assistance. Supportive Care Management is a specialized palliative care program designed to help patients live well during advancing, serious illness.

64 Tour Krueger International (KI) – 100% Employee Owned

Location: Green Bay
Classroom: Krueger International (KI)
Presenter: John Kersten
Date(s): 4/20
Time: 10 a.m.-12 p.m.
Limit: 30

This tour of the KI flagship operation in Green Bay will include operations, metal fabrication, robotic welding, chrome plating, painting, assembly and distribution. KI, a contract furniture company, manufactures innovative furniture and moveable wall system solutions for educational, university, business and government markets. Participants MUST wear long pants and closed-toe shoes. Safety glasses will be provided on-site. This tour will require walking for the entire duration of the tour. Enter the parking lot at 1330 Bellevue Street and park. Enter the reception area in the front of the building near the railroad tracks.

65 What Makes American Music "American?" *NEW*

Location: Green Bay
Classroom: To Be Determined
Presenter: Janet Hathaway, Ph.D.
Date(s): 4/20
Time: 10 a.m.-12 p.m.
Limit: 150

When we hear Gershwin, Bernstein or Copland, we think of their works as distinctly American. This talk explores elements, such as spirituals and hymns, jazz and folk music, that led up to this sound. We look at Antonin Dvorak's call in the 1890s to composers in the United States to draw inspiration from their own country to create a national music. This talk leads us up to the subject of the LLI Copland talk given in Spring 2025, but prior attendance is not a prerequisite.

66 The Power of Volunteering *NEW*

Location: Menasha
Classroom: United Way Fox Cities
Presenter: Carolyn Desrosiers
Date(s): 4/20
Time: 9-10:30 a.m.
Limit: 15

This session, in collaboration with United Way Fox Cities, explores how volunteering benefits individuals, organizations, and communities by strengthening connections, building skills, enhancing well-being, and creating a greater sense of purpose. Participants will learn how to identify volunteer opportunities that match their interests, talents, values, and availability, along with practical strategies for finding meaningful and sustainable ways to serve. Whether new to volunteering or looking to deepen their community involvement, attendees will gain the knowledge and confidence to take the next step in making a difference.

67 Authentic 1850s Designed Windmill Tour - Session A

Location: Little Chute
Classroom: Little Chute Windmill
Presenter: Volunteers
Date(s): 4/27
Time: 10 a.m.-12 p.m.
Limit: 16
Fee: $10, payable on day of class

Experience history and discover how Little Chute came to be through immigration in the mid-1800s. Learn how technology harnessed wind power to benefit the lives of the Dutch by visiting a functioning authentic 1850s designed windmill that grinds grain into flour. Explore the Dutch artifacts found in the museum and even search out genealogy to find out if you are a descendant of an original founding citizen of Little Chute. A course fee of $10.00 is due when checking in for the tour. Please register for Session A or B, not both.

68 What Makes Something Timeless? *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Christopher Ledvina
Date(s): 4/27
Time: 1-3 p.m.
Limit: 45

Why do some books, movies and pieces of music stay with us for generations? Together we will talk about the themes, emotions, and ideas that keep certain works relevant and meaningful across decades. Bring examples of your own favorites as we uncover what connects these enduring creations to the human experience.

69 Guided Walk in Baird Creek: Ecology and History Session A

Location: Green Bay
Classroom: Baird Creek - Meeting site will be emailed to participants
Presenter: Charles Frisk
Date(s): 5/4
Time: 10 a.m.-12 p.m.
Limit: 30

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

70 Bodega Bay Farm and Ottana Lamancha Tour

Location: Manitowoc/Sheboygan
Classroom: Bodega Bay Farm
Presenter: Nicole Cutler-Ziemer & Emma Fillafer
Date(s): 5/4
Time: 1-3 p.m.
Limit: 15

Come meet the animals that call Bodega Bay home. Meet Morgan horses and Lamancha goats, watch horses being presented, see a goat milking demo, sample goat soap and lotions, and meet the suppliers.

71 Guided Walk in Baird Creek: Ecology and History Session B

Location: Green Bay
Classroom: Baird Creek - Meeting site will be emailed to participants
Presenter: Charles Frisk
Date(s): 5/4
Time: 1-3 p.m.
Limit: 30

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

72 Conquest & Siege of Mexico-Tenochtitlan *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Bill Dean
Date(s): 5/11
Time: 10 a.m.-12 p.m.
Limit: 50

This class will discuss the final days of the Imperial Aztec Empire after the arrival of the Spanish led by Hernando Cortez: 1519 - 1521.

73 From Bedpan Commandos to Cadet Nurses: Nurses in WWII

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Bob Cook
Date(s): 5/11, 5/18
Time: 10 a.m.-12 p.m.
Limit: 45

During WWII we needed nurses in every theater of operations. How did we get enough nurses and what was their life like before, during and after the war? In this class we will look at the people that our soldiers called "Angels of Mercy".

74 Surviving Stalin: A Family's Journey Through Ukraine's Darkest Years *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Tammy Borden
Date(s): 5/11
Time: 10 a.m.-12 p.m.
Limit: 150

"The Harvest Keeper", by author Tammy Borden, is a historical novel based on true stories passed down through her family about surviving Josef Stalin's brutal dictatorship in Ukraine. Drawing from family memories and in-depth historical research, Borden sheds light on one of the most devastating yet overlooked tragedies of the 20th century. Known as the Holodomor - Ukrainian for "death by hunger" - this man-made famine claimed the lives of millions in the early 1930s and is now recognized internationally as a genocide. Discover this perilous chapter of history through the real stories of those who lived it, while gaining a deeper appreciation of the history, culture, hope and resilience of the Ukrainian people.

75 Exploring Artifacts from the Future *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Christopher Ledvina/ PHD
Date(s): 5/11
Time: 1-3 p.m.
Limit: 45
Fee: $5, payable on day of class

Step into the future through creative imagination. This session invites participants to examine tangible "artifacts from the future" that spark curiosity and conversation about where humanity may be headed. Participants will learn how to think more intentionally about change and how future thinking can lead to better decisions today.

76 Alpaca Ranch Experience

Location: Two Rivers
Classroom: London Dairy Alpacas
Presenter: Kevin Stoer
Date(s): 5/18
Time: 10 a.m.-12 p.m.
Limit: 50
Fee: $8, payable on day of class

Hands-on, educational, interactive experience with opportunities to meet, pet and feed one or more of our 50+ alpacas on a fourth-generation farm. Learn about the unique qualities of alpaca fiber, their history in the Americas, husbandry, and their role in agritourism in NE Wisconsin. Class is held inside a barn, so class meets rain or shine.

77 Decorating Outdoor Living Spaces

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Vickie Linssen
Date(s): 5/18
Time: 10 a.m.-12 p.m.
Limit: 50

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

78 Spring Bird Migration on the Bay of Green Bay *NEW*

Location: Green Bay
Classroom: Meeting Site to Be Emailed to Class Participants
Presenter: Paul Schilke
Date(s): 5/18, 5/20
Time: 9 a.m.-12 p.m.
Limit: 12

Visit local hotspots along the east shore of Green Bay from UWGB to Bayshore Park to view migrant waterfowl and songbirds. We will discuss identification, life history, and ecology of the bird species.

79 Tour of Rosehill Gardens

Location: Green Bay
Classroom: Rosehill Gardens
Presenter: Leo Bordeleau
Date(s): 5/25
Time: 10 a.m.-12 p.m.
Limit: 20

Spend a wonderful fragrant morning touring Rosehill Gardens' 2 1/2 acres. See their 15 display beds of beautiful perennials, including their 'sunny' and 'shade' beds, and learn what makes them grow best in Wisconsin. They specialize in daylilies, hostas, heuchera, succulents and miniature conifers. Finally, learn about gardening in custom handmade hypertufa pots - one of their specialties.

80 Tour of Christopher Farm and Gardens

Location: Manitowoc/Sheboygan
Classroom: Christopher Farm & Garden
Presenter: The Christopher Farm and Gardens
Date(s): 6/1
Time: 10 a.m.-12:30 p.m.
Limit: 50
Fee: $2 donation for Meals on Wheels, Sheboygan, payable on day of class

The Christopher Farm & Gardens comprises approximately 50 acres of maintained botanical gardens connected by winding paths of asphalt, pavers, wood chips, and grass. It is a privately owned garden, not open to the public on a daily basis. We accommodate private guided tours on a request basis only. Touring the gardens requires about 2 miles of walking over the course of 2-3 hours.

Wednesday

81 The Tax Man Returneth

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Daniel Winske
Date(s): 1/20, 1/27
Time: 10 a.m.-12 p.m.
Limit: 50

In an update of the course presented in January 2026, area business owner and CPA Dan Winske will guide you through the fundamentals of individual income taxation. The course will address the effects of new federal and state tax law changes. It will also focus on tax topics such as Roth and Traditional IRAs (and conversions), distribution strategies, Social Security benefits, and income tax saving methods. The history and future of our income tax system will also be discussed. 2026 attendees are encouraged to return for new material.

82 Why Olympic Weightlifting - Session A

Location: Green Bay
Classroom: Rose Hall 220
Presenter: David Gremore
Date(s): 1/20
Time: 1-2:30 p.m.
Limit: 50

The presenter says this sport has withstood the test of time. While so many other training systems have fallen by the wayside, Olympic lifting has stood its ground. My 50 plus years of involvement and study has suggested to me that it has no equal. Olympic lifting enhances Strength, Power, Flexibility, Balance, Timing and Agility. All of these qualities go into the making of a good athlete and improve movement in the general population. The athletes in my program rarely got injured when participating in other sports. Most of the time Olympic lifters are on their feet as they would be in general sports participation. Checking the progress and improvement can be done with simple tests. This sport is year round and includes both sexes and all age groups. Sessions A and B are the same course. Please sign up for only one.

83 Lord of the Rings: The Three Elven Rings *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Benjamin Cruz-Uribe
Date(s): 1/27
Time: 1-3 p.m.
Limit: 40

The main theme of the Lord of the Rings is the quest to destroy the One Ring. A secondary theme, which is critical to the storyline, is the relationship between the One Ring and the three Great Elven Rings. This class will explore the history of the Elven Rings and the part that they play in this fantasy epic. It would be helpful for any attendee to have read the Lord of the Rings books and/or seen the movies.

84 Winter Owl Prowl *NEW*

Location: Two Rivers
Classroom: Woodland Dunes Nature Center
Presenter: Jessica Johnsrud
Date(s): 1/27
Time: 6-7:15 p.m.
Limit: 25
Fee: $5 payable on day of class

Join Woodland Dunes staff and learn about the fascinating adaptations owls have for survival and about the species found in Wisconsin during the winter. After an indoor presentation, enjoy a short outdoor owl prowl to listen for owls. Please note, no live owls will be seen during this program.

85 Drawing for the Intimidated *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: James Briggs
Date(s): 2/3, 2/10, 2/17, 2/24, 3/3
Time: 10 a.m.-12 p.m.
Limit: 20

So you're not a Picasso and you can only draw stick people...well, this class is for you! Learn how to draw, overcoming old beliefs, and satisfy the budding artist you always were.

86 History of Costumes Fashion Show

Location: Green Bay
Classroom: Evergreen Theater
Presenter: Ruth Novak
Date(s): 2/3
Time: 10 a.m.-12 p.m.
Limit: 30

Fashion show presented by Evergreen Theater using costumes throughout the years. Incorporating a slide show of how fashion has evolved over time. Hear from seamstresses who curate clothing from bygone years, along with using patterns of yesteryear to create garments appropriate for the stage.

87 Feet First: Reducing Your Fall Risk *NEW*

Location: Green Bay
Classroom: To Be Determined
Presenter: Brown County Fall Prevention Coalition-Amy Staniforth
Date(s): 2/3
Time: 10-11:30 a.m.
Limit: 100

The Brown County Fall Prevention Coalition invites you to explore how we can help older adults stay active, independent, and confident on their feet. Many people experience a fall at some point in life, and community partners are working together to make sure everyone has the knowledge and resources to move safely and comfortably.

88 Create Your Own Earrings

Location: Green Bay
Classroom: N.E.W Beads and Jewelry
Presenter: Jo Brinkley
Date(s): 2/10
Time: 10 a.m.-12 p.m.
Limit: 15
Fee: $20, payable on day of class

Please join Jo in creating your own earrings. During this class, we will be making 3 pairs of beautiful earrings with help from Jo and her wonderful assistants. Whether pierced or clip-on, the choice is yours. Just in time for Valentine's Day!

89 NET - A Novel Stress Reduction Method *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Dr. Christopher J. Meyer
Date(s): 2/10
Time: 1-2:30 p.m.
Limit: 50

Have you ever noticed that your body seems to hold onto stress - even after the stressful event has passed? Learn about a mind-body approach that explores the relationship between emotional experiences, stress, and the body's response, and offers a method to reduce the stress on your body and mind.

90 Door County 400 Million Years Ago: Its Fossils and the Making of the Door Peninsula *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Don Mikulic
Date(s): 2/10
Time: 1-3 p.m.
Limit: 30

Presenter Don Mikulic will discuss the fossils found in Door County and how they are used to determine the peninsula's geologic history. This includes information on the history of the county's stone industry and its impact on the area's settlement.

91 Lust to Shop: From Romanticism to Modernism in a Shoebox

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Susan M. Frost, M.A.
Date(s): 2/17
Time: 10 a.m.-12 p.m.
Limit: 50

Two French novels of the 1800s examine the cultural shift from romanticism to modernism as seen through the first consumer and the first department store. Gustave Flaubert's "Madame Bovary" and Émile Zola's "Au Bonheur des Dames" provide comprehensive insight into business and social change, the impact of new marketing techniques, and the establishment of a new class, the middle class, all relevant today.

92 The Human Exploration Bonus: Why Curiosity is a Supervirtue *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Ryan Martin
Date(s): 2/17
Time: 10 a.m.-12 p.m.
Limit: 150

Curiosity is both an emotion that draws us toward the unknown and a trait that shapes how we engage with the world. Rooted in our evolutionary history, it helped humans explore, learn, adapt, and solve problems. In the age of AI, curiosity may be more important than ever, helping us ask better questions, challenge easy answers, and use new technologies thoughtfully.

93 Picture Perfect: A Snapshot of Photography in Culture

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Susan M. Frost, M.A.
Date(s): 2/24
Time: 10 a.m.-12 p.m.
Limit: 50

Author Susan Sontag once commented that without photography, we could not have capitalism. In this session, we explore how photography impacts our lives, influencing our goals, our needs, and even our identities. The ubiquitous camera - what does it give us? Today, few people can be found without a camera, and we give little thought to its role in modern society.

94 Painting with Encaustics (Colored Beeswax)

Location: Suamico
Classroom: Suamico Village Hall
Presenter: Deb O'Harrow
Date(s): 2/24
Time: 12-3 p.m.
Limit: 8
Fee: $10, payable at registration

Following a brief history of the origin of encaustics, the technique will be demonstrated. After which, participants will use their knowledge to paint a landscape on paper, using an iron and the beeswax medium. Learn a new way of painting and join in the fun! No prior painting experience is necessary to enjoy the class. The instructor will provide all the materials for this course. A $10 fee is due to UW-Green Bay upon confirmation of enrollment.

95 Grignon Mansion Tour - Session B

Location: Kaukauna
Classroom: Grignon Mansion
Presenter: Mary Seleen
Date(s): 2/24
Time: 1-3 p.m.
Limit: 12
Fee: $10, payable on day of class

For over 200 years the Grignon name was known and respected throughout the fur trading community of the Western Great Lakes region. Participants in this class will tour the 1837 home of Charles & Mary Grignon and hear how this influential family transitioned through the economic and cultural changes of the time from life in the wilderness of New France to building the "Mansion in the Woods". Session A and B are identical, so please sign up for only one. Location: 1313 Augustine St, Kaukauna, WI 54130.

96 Introduction to eBikes with Suamico Bike Company

Location: Suamico
Classroom: Station 1 Brewing
Presenter: Laura Grovogel & Matt Fisher
Date(s): 2/24
Time: 1-3 p.m.
Limit: 30

Participants will learn about eBikes, including the general operation of an eBike, what to look for when buying your first eBike, how to determine what size and style is appropriate for you, and how to avoid common pitfalls. This course will be held at Station 1 Brewing (1745 Riverdale Dr., Suamico, down the street from Suamico Bike Company).

97 Art of Calligraphy

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Kay Barlament
Date(s): 3/3, 3/10, 3/17
Time: 10 a.m.-12 p.m.
Limit: 12

Calligraphy is described by the Greeks as 'beautiful writing'. This 3-week course will get you started on creating your own artwork. Basic strokes of the Italic style will be taught, and other styles will also be presented. Be prepared for a fun class with a lot of laughter!

98 Films in Dialog: "Breathless" and Beyond *NEW*

Location: Green Bay
Classroom: Rose Hall 220 and Neville Museum (see description for details)
Presenter: David Coury & Carol Emmons
Date(s): 3/3, 3/4, 4/7, 4/8
Time: 10 a.m.-12 p.m.
Limit: 50

Join us in viewing two films with discussions the following day. First, we will see Jean-Luc Godard's classic "Breathless" and later a film inspired by it: Richard Linklater's "Nouvelle Vague." The film screenings are part of the Green Bay Film Society lineup and are free and open to the public at the Neville Museum. In the campus classroom, we'll focus on unpacking the films in terms of their visuals, narratives, and context. Note: "Breathless" will be shown at Neville Museum on Wednesday, March 3, 7 - 9 p.m. "Nouvelle Vague" will be shown at Neville Museum on Wednesday, April 7, 7 - 9 p.m. The classroom discussions will take place in Rose Hall 220 from 10 a.m. - 12 p.m. on March 4 and April 8.

99 Diabetes Management: Tools & Tips for a Healthier Life *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Brown County Diabetes Coalition-Amy Staniforth, ADRC
Date(s): 3/3
Time: 10-11:30 a.m.
Limit: 100

This session is your chance to understand diabetes in a way that feels empowering, practical, and doable. You'll walk away with clarity, confidence, and real tools to take charge of your health. Most of all, we're stepping into this journey together so no one has to navigate it alone.

100 Are Electric, Hybrids, and Self-Driving Cars Relevant?

Location: Green Bay
Classroom: Christie Theatre
Presenter: Jeff Gross & Brock Neverman
Date(s): 3/10
Time: 10-11:30 a.m.
Limit: 150

Electric, hybrids, and full self-driving vehicles are rapidly becoming part of our transportation network. The course will examine the benefits, limitations, and opportunities of this technology and the impact on our mobility, independence, and society.

101 Home Solar: It's Not All Sunshine *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Jeff Gross & Laurie Case
Date(s): 3/10
Time: 1-2:30 p.m.
Limit: 150

Residential solar and electric vehicle charging are increasing in popularity as utility and fuel bills continue to rise. This course will examine the real-world costs and benefits, site considerations, and future implications from several home solar and EV owners.

102 Introduction to Shakespeare: The Tempest *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Dr. Edward Risden
Date(s): 3/10, 3/17
Time: 1-3 p.m.
Limit: 50

We will read and study Shakespeare's play 'The Tempest', one of his final works and one that has acquired many interpretations and creative performances. Please acquire a copy of the play to read and study (and that you can annotate if you like).

103 Streamliner: How Raymond Loewy Designed America as We Know It Today *NEW*

Location: Green Bay
Classroom: National Railroad Museum
Presenter: Emma Lemke
Date(s): 3/17
Time: 10 a.m.-12 p.m.
Limit: 60
Fee: $12, payable on day of class

Explore Raymond Loewy and the iconic designs he created to make America as we know it today. Raymond Loewy is known for his streamlining tendencies and for revolutionizing the industrial design field.

104 Writing Your Memoirs – Morning Session

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Jennifer Rouse
Date(s): 3/17, 3/24, 3/31, 4/7, 4/14, 4/21
Time: 10 a.m.-12 p.m.
Limit: 30

A course so nice, we added it twice! Your life is full of stories, from the meaningful to the hilarious, and this class will help you get them on paper. Come write, experiment, share, laugh and be inspired by fellow memoir writers, whether you're a longtime participant or joining us for the first time. Choose the morning or afternoon session when registering. Class experience will be the same regardless of session selected.

105 Writing Your Memoirs – Afternoon Session

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Jennifer Rouse
Date(s): 3/17, 3/24, 3/31, 4/7, 4/14, 4/21
Time: 1-3 p.m.
Limit: 30

A course so nice, we added it twice! Your life is full of stories, from the meaningful to the hilarious, and this class will help you get them on paper. Come write, experiment, share, laugh and be inspired by fellow memoir writers, whether you're a longtime participant or joining us for the first time. Choose the morning or afternoon session when registering. Class experience will be the same regardless of session selected.

106 Compress and Shock Foundation: CPR and AED Training

Location: Allouez
Classroom: Allouez Village Hall
Presenter: Bob Zemple, Brenen Reid Skalitzky, Colton Sandstrom, & Alec Brenner
Date(s): 3/24
Time: 10 a.m.-12 p.m.
Limit: 25

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

107 Recycling and Solid Waste - Where Does It All Go?

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Mark Walter
Date(s): 3/24
Time: 10 a.m.-12 p.m.
Limit: 40

The course will focus on the history and current process of recycling and solid waste management in northeast Wisconsin with a discussion about what happens to everything we throw out. Attendance will also qualify as the 1st class in the Tri-County Recycling Master Class curriculum (https://recyclemoretricounty.org/classes/).

108 Personal Emergency Preparedness

Location: Green Bay
Classroom: Christie Theatre
Presenter: Dan Kane & Shauna Walesh
Date(s): 3/31
Time: 1-2:30 p.m.
Limit: 100

This session is meant to inform you on ways you can be better prepared and more resilient to emergency situations. Topics covered involve natural disasters, man-made emergencies, and house fires, and why it is important for you to be prepared.

109 "Stake" Your Claim in The Garden

Location: Green Bay
Classroom: Brown County STEM Innovation Center
Presenter: Lisa Olson
Date(s): 4/7
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: $25, payable at registration

Would you like to apply your design taste to your love of gardening? Using CAD (Computer Aided Design) software, we'll create a decorative stake for your garden - or for someone else. You never used CAD? No problem! We'll walk you through the process using a simple program called Tinkercad to design your garden stake.

110 Hartman's Towne & Country Greenhouse Tour

Location: Manitowoc/Sheboygan
Classroom: Hartman's Towne & Country Greenhouse
Presenter: Tom Hartman and Mackenzie Mraz
Date(s): 4/7
Time: 10 a.m.-12 p.m.
Limit: 20

Hartman's Towne & Country Greenhouse is a family owned garden center with over 75 years of experience. Tour the greenhouse and learn the process of how plants are prepared for the spring season.

111 Ivanhoe *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Rebecca Nesvet
Date(s): 4/7
Time: 10-11 a.m.
Limit: 45

Sir Walter Scott's Ivanhoe (1819) was nearly the first historical novel and a major media sensation throughout the nineteenth century and well into the twentieth. Find out what was so exciting for generations of readers, theatregoers, artists, and film fans about Scott's tale of adventure, deadly tournaments, star-crossed love, England's transformation into a multiethnic, multicultural, multifaith society, and, of course, Robin Hood and his Merry Men.

112 Public Health: Past, Present, and Future and How It Impacts You *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Julie Schoenrock & Ann Steinberger
Date(s): 4/7
Time: 1-3 p.m.
Limit: 50

This presentation will explore the past, present, and future of public health and how it has evolved over time. It will highlight major public health challenges, current challenges and future development, while explaining how these factors affect the health and safety and well-being of the public. Participants will also learn about services and supports that Brown County Public Health offers.

113 End of the Line - What Happened to the Caboose? *NEW*

Location: Green Bay
Classroom: National Railroad Museum
Presenter: Justin Lambrecht
Date(s): 4/14
Time: 10 a.m.-12 p.m.
Limit: 100
Fee: $12, payable on day of class

Exploring the origins, functions and history of one of America's most memorable pieces of railroading equipment, the caboose! From the earliest days, to their uses and finally, why don't we see the caboose on trains anymore? Hop on board to find out!

114 Experience the Life of a D-1 Student Athlete *NEW*

Location: Green Bay
Classroom: Special Events Room in the Kress Center on the UWGB Campus
Presenter: Mike Kline, Head Cross Country Coach & Lee Reinke, Head Golf Coach
Date(s): 4/14
Time: 10 a.m.-12 p.m.
Limit: 60

3 Coaches, 3 Different Sports, 3 Sets of Student Athletes. Learn the real life, the stresses, and the rewards experienced by UW-Green Bay's student athletes.

115 Port of Green Bay - Past, Present, Future

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Mark Walter
Date(s): 4/14
Time: 10 a.m.-12 p.m.
Limit: 40

The Port of Green Bay has its origins as a fur trading post as far back as the 1600s. It has gone through many changes and has a major economic impact on the region. The class will discuss the history and some of the current projects the Port is involved with, including Cat Island, Renard Island and new Port development work.

116 Tabletop Water Fountain

Location: Green Bay
Classroom: Brown County STEM Innovation Center
Presenter: Dennis Rockhill & Lisa Olson
Date(s): 4/14
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: $60, payable at registration

It's so refreshing to listen to the relaxing sounds of a water fountain on a nice warm night. Join us as we build a tabletop water fountain that you can personalize by etching a phrase, or choose from a selection of curated images, onto the front of your fountain. After that, all that's left is to sit back, close your eyes, breathe, and chill out to the soothing sounds of your own elegant water fountain.

117 Zentangle Black and White, Blue and Gray, Tan and Brown *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Elizabeth Carlson
Date(s): 4/14, 4/21, 4/28
Time: 1-3 p.m.
Limit: 20
Fee: $7, payable at registration

This course is for those who have previously attended the Intro Class. We will explore various color tiles and pens and try new patterns and techniques.

118 Design Your Own Laser Cut Cork Coaster

Location: Green Bay
Classroom: Brown County STEM Innovation Center
Presenter: Lisa Olson
Date(s): 4/21
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: $25, payable at registration

Laser cutting is taking the DIY world by storm! Take this class to experience the creative process of designing a personalized etched wood and cork drink coaster. We'll use a Boss laser to design, cut and etch. No experience necessary. Come with an idea of what you want on your coaster!

119 Fox River Locks

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Scott Thompson
Date(s): 4/21, 4/28
Time: 10 a.m.-12 p.m.
Limit: 45

Created while Wisconsin was still a territory, the Fox Wisconsin Waterway was part of a grand plan to extend the Erie Canal west to the Mississippi River. This project would open up export markets for area mills and producers, transport troops and bring immigrants to the area. Although the original plan didn't live up to its expectations, most of the 17 locks still operate. The first class will tell the locks story with videos, photographs and newspaper clippings. The second class will take place at the De Pere lock to see it in operation.

120 Bay Beach Wildlife Sanctuary

Location: Green Bay
Classroom: Bay Beach Wildlife Sanctuary Nature Center
Presenter: Jody Sperduto
Date(s): 4/21
Time: 1-3 p.m.
Limit: 30

Visit the largest park in the Green Bay system. Engage in a Wild Friends live animal ambassadors program. Then join a naturalist for a walk about the property to learn about its history and what the sanctuary offers to the residents of Green Bay. Meet at the Nature Center. Dress for the weather and wear walking shoes.

121 War in Ukraine: The Latvian Perspective *NEW*

Location: Green Bay
Classroom: TBD
Presenter: Prof. Heidi Sherman
Date(s): 4/21
Time: 1-3 p.m.
Limit: 50

This class will examine the country of Latvia's long history of being colonized by German crusaders, the Russian Empire, Nazi Germany, and, more recently, the Soviet Union. We will explore the Latvian perspective on the current war in Ukraine.

122 Birds and Poetry *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Michael Murphy & Cheryl Murphy, Harpist
Date(s): 4/28
Time: 10 a.m.-12 p.m.
Limit: 50

This class features interesting facts, amazing photos, and wonderful poems about a wide variety of birds, including backyard birds as well as some surprising species you've probably never seen or heard about. Live harp music accompanies the poems written by poets ranging from Robert Frost and Emily Dickinson to Shakespeare, and the birds discussed range from house finches and crows to lyrebirds, shoebills, and the incredible snake-stomping African Secretary Bird.

123 Sailing South From Chilean Fjords to the Bottom of the World *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Stu Hoar
Date(s): 4/28
Time: 10 a.m.-12 p.m.
Limit: 50

Winter in Green Bay means summer south of the Equator. In 2026, we joined a Viking expedition that featured scenery and wildlife along the fjords of southwest Chile. Back in 2024, we sailed on the same ship to Antarctica. The class will review similarities and differences in wildlife between the two regions.

124 Beginning Punch Needle Rug Hooking

Location: Green Bay
Classroom: Rose Hall 315
Presenter: Kaz Stone
Date(s): 4/28
Time: 1-4 p.m.
Limit: 8
Fee: $15, payable at registration

An opportunity to try a new craft! In this beginner-friendly class, you will learn the basics of punch needle rug hooking while making a 4.4 x 4.4-inch spring design that you can hang or use as a mug rug. You will learn to stretch the foundation cloth onto a frame, use the punch needle, and finish the piece. No previous experience with the punch needle is necessary. The instructor will have her personal tools and materials available for use during the class.

125 Mary Oliver and Wendell Berry: Two Famous Nature Poets *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Michael Murphy & Cheryl Murphy, Harpist
Date(s): 5/12
Time: 10 a.m.-12 p.m.
Limit: 50

Discover the poetry of two beloved American poets who find wonder, wisdom, and meaning in the natural world. We'll explore Mary Oliver's inspiring poems—including Wild Geese, The Summer Day, and When Death Comes—along with Wendell Berry's The Peace of Wild Things and other memorable poems celebrating nature, simplicity, and the human experience. Beautiful photographs and live harp music accompany the poetry readings.

126 Creative Cookie Decorating for Spring

Location: Green Bay
Classroom: First Presbyterian Church GB
Presenter: Karen Treml
Date(s): 5/12
Time: 1-3 p.m.
Limit: 12
Fee: $7, payable at registration

Do you want to learn the art of cookie decorating to make beautiful cookies any time of the year? This class is an introduction to the basic art of cookie decorating using royal icing. Each participant will leave with a half dozen spring themed cookies practicing the art of flooding, applying a wet-on-wet cookie decorating technique and adding other fine details to make beautiful cookies. Cookie and icing recipes and tips will be shared.

127 Wequiock Creek Natural Area

Location: Green Bay
Classroom: Wequiock Creek Natural Area
Presenter: Andrew LaPlant
Date(s): 5/19
Time: 10 a.m.-12 p.m.
Limit: 25

Wequiock Creek Natural Area has undergone ecological restoration efforts in recent years, including 36 acres of agricultural land converted to prairie, and intensive invasive species control and native plant installations throughout 40 acres of woodlands, which include the floodplain corridor of Wequiock Creek. This tour will cover details surrounding the restoration of the property, ecological and environmental benefits of the restoration, and some plant identification along the way.

128 Day of Caring Volunteering *NEW*

Location: Menasha
Classroom: United Way Fox Cities
Presenter: Meghan Sherwood
Date(s): 5/19
Time: 1-2:30 p.m.
Limit: 10

Join United Way Fox Cities' Day of Caring for a special kit-pack volunteer opportunity! This session will provide an opportunity to give back your time on our bi-annual Day of Caring. We'll pack kits for local organizations in need.

129 Options for Independent Living *NEW*

Location: Green Bay
Classroom: Options for Independent Living
Presenter: Josh Theis & Stacie Scheibe
Date(s): 5/19
Time: 1-3 p.m.
Limit: 25

The class will include an overview of independent living services. This will include a broad description of the services available and unique assistive technology used to help people with disabilities, and those who are aging, remain independent and in the community.

130 WASPS

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Bob Cook
Date(s): 5/26
Time: 10 a.m.-12 p.m.
Limit: 45

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

131 The Cost of Aging Well in the Fox Cities *NEW*

Location: Menasha
Classroom: United Way Fox Cities
Presenter: Gage Beck & Andrea Kressin
Date(s): 5/26
Time: 9-10:30 a.m.
Limit: 10

What does it really take to age well in our community? Using local ALICE data and other community indicators, this interactive session in collaboration with United Way Fox Cities will explore how housing, health care, transportation, food, caregiving, social connection, and other everyday realities shape financial security as we age. Rather than simply presenting the numbers, we'll put them to the test: What rings true? What's missing? And what can we learn from the experiences and perspectives in the room?

132 Dementia Friends

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Heather Flick
Date(s): 6/2
Time: 11 a.m.-12 p.m.
Limit: 25

Would you like to learn how to better support those around you who may be living with memory loss? Join us to learn about the experiences of people living with dementia and learn simple things you can do to help support someone with the disease. You will leave as part of the Dementia Friends global movement!

Thursday

133 Open Knitting

Location: Green Bay
Classroom: Rose Hall 230
Presenter: MaryLu Sachs & Linda Chapman
Date(s): 1/14, 2/11, 3/11, 4/8
Time: 9:30-11:30 a.m.
Limit: 25

Calling all knitters! We will have open knitting the 2nd Thursday of each month. Come with any project you are working on, meet other knitters, see other projects and enjoy time together.

134 Twilight (Knit Cowl with Beads) by Stephani Camp *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: MaryLu Sachs & Linda Chapman
Date(s): 1/21, 1/28, 2/4, 2/11
Time: 1:30-3 p.m.
Limit: 12

Participants will learn to add beads while knitting and knit from charts. Participants MUST be able to cast on, knit and purl. Materials: approximately 180 yards of fingering weight yarn, 16" circular – US 5 / 3.75mm needle, stitch markers, .75mm crochet hook, 208 size 6/0 glass seed beads, tapestry needle. Pattern is on Ravelry for $5.00.

135 Great Decisions 2027

Location: Green Bay
Classroom: Union Congregational UCC
Presenter: Jeff Gibson
Date(s): 1/21, 2/4, 2/18, 3/4, 3/18, 4/1, 4/15, 4/29
Time: 10 a.m.-12 p.m.
Limit: 40

Delve into foreign policy issues facing the US through the Great Decisions 2027 course sponsored by the Foreign Policy Association. Participants are expected to prepare for discussion sessions. A video prepared by the FPA will introduce the topic followed by facilitator led discussion. There are 8 sessions. Participants must purchase a briefing book from LLI or an online version through Amazon or another source of their preference.

Topics this year are: American Foreign Policy and the Future of Multilateralism, American Options in the Middle East, The Future of Germany in Europe and the Atlantic World, U.S.-China: The Case for Engagement, Brazil and the Global South: Confronting a New America, AI and American Choices, Energy Security: Challenges for American Foreign Policy, and Organized Crime in the Americas.

Sessions will be held at Union Congregational UCC at 716 S. Madison St., with convenient parking and ADA compliant access. The sessions will be on every other Thursday from 10 a.m. to noon, starting on January 21 and ending on April 29.

136 Tai Chi at the Promenade *NEW*

Location: Green Bay
Classroom: Promenade (Woodside's New Building)
Presenter: Eric Peters
Date(s): 1/21, 1/28, 2/4, 2/11
Time: 11:15 a.m.-12 p.m.
Limit: 12

Tai Chi is a gentle, low-impact practice that has been shown to help reduce the risk of falls, improve posture and mobility, increase strength and flexibility, and support joint health. This Tai Chi class is designed for adults ages 55 and up who want to improve balance, coordination, strength and mobility in a gentle, low-impact way. The instructor is certified by the American Tai Chi and Qigong Association. Wear comfortable, non-binding clothing.

137 Knitted Cable Hat

Location: Green Bay
Classroom: Rose Hall 230
Presenter: MaryLu Sachs & Linda Chapman
Date(s): 1/21, 1/28, 2/4, 2/11
Time: 12-1:30 p.m.
Limit: 8

Participants will learn to knit in the round using a circular needle and double-pointed needles, cables, decreases and weaving in the ends. Participants MUST be able to cast on, knit and purl. Materials: 200 yards of worsted weight yarn (a solid color and not novelty yarn), 16" circular – US 8, double-pointed needles – US 8, cable needle, stitch markers and tapestry needle.

138 Is the Book Better Than the Movie?

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Paul Steffek
Date(s): 1/21, 2/18, 3/18, 4/15, 5/13
Time: 9 a.m.-12 p.m.
Limit: 30

The purpose of this course is to compare GOOD BOOKS which have been made into (maybe) GOOD MOVIES. Each class member should read the book being discussed prior to class, if possible. The first book/movie this semester is A Man Called Otto. Note: The book is titled A Man Called Ove.

139 Big Brothers Big Sisters of Northeast Wisconsin: History and How to Get Involved *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Dawn Daniels
Date(s): 1/28
Time: 10 a.m.-12 p.m.
Limit: 30

For over a century, Big Brothers Big Sisters has proven that one caring adult can change the trajectory of a child's life—and that impact is alive and well right here in Northeast Wisconsin. This session explores the organization's history, the local difference mentors are making today, and how you, with your own life experience, could become that steady, encouraging presence a young person needs.

140 Dollar Bill Origami Heart

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Tom Kenevan
Date(s): 1/28
Time: 1-3 p.m.
Limit: 12

Learn an easy way to fold dollar bills into beautiful hearts. You can add a quarter to the heart if you choose. Just think, if you want to brighten someone's day, it only costs you a buck and a quarter. Students need to bring two single dollar bills (crisp, if possible) and two quarters to the class.

141 What Is an End-of-Life Doula? *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Stacey Melotte, Certified Death Doula
Date(s): 2/4
Time: 10 a.m.-12 p.m.
Limit: 50

We plan for so many things in our lives, but have you thought about planning for the end of life? Learn more about what support you would want during a life-changing illness, after a terminal diagnosis, when death is imminent, or even after a death. When individuals plan for death, they have autonomy over their decisions and can clearly define their end-of-life wishes with family and loved ones.

142 Self Massage for Stress Reduction and Pain Relief

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Katie Brewer
Date(s): 2/4
Time: 1-2:30 p.m.
Limit: 50

Learn techniques of self-massage for stress reduction and pain relief, as well as some tips for massaging family and friends. Wisconsin-licensed massage therapist Katie Brewer of Golden Age Wellness will help you understand massage practices and lingo to become a more informed consumer of massage therapy.

143 Recorder Lessons (Part 6) *NEW*

Location: Green Bay
Classroom: 2/4 will be at Mauthe Center, subsequent classes at Rose Hall 220
Presenter: Jan LaSota & Dorothy Summers
Date(s): 2/4, 2/18, 3/4, 3/18, 4/1, 4/15, 4/29, 5/13
Time: 12:30-2 p.m.
Limit: 8

This 8-session class is designed for LLI members who took the recorder lessons course (Part 5) in fall 2026. Participants should bring their music stand, lesson book and previously distributed sheet music. Members of Recorders By The Bay will be leading the sessions. Class members will continue exploring ensemble playing as they learn new notes/fingerings.

144 GERD and How to Live with It *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Sally Bowa
Date(s): 2/4
Time: 1-3 p.m.
Limit: 50

Join Sally Bowa, Prevea Nurse Practitioner, to discuss GERD, a digestive disease that occurs when stomach acid flows back into one's food pipe. Learn about the disease's symptoms, causes, and treatment options, including lifestyle, diet, medicines and surgical modifications.

145 Recorder Lessons (Part 3) *NEW*

Location: Green Bay
Classroom: 2/4 will be at Mauthe Center, subsequent classes at Rose Hall 220
Presenter: Jan LaSota & Dorothy Summers
Date(s): 2/4, 2/18, 3/4, 3/18, 4/1, 4/15, 4/29, 5/13
Time: 2:30-4 p.m.
Limit: 8

This 8-session class is designed for LLI members who took the beginning alto recorder lessons courses (Parts 1&2) in spring and fall 2026. Participants should bring their music stand, lesson book and previously distributed sheet music. Members of Recorders By The Bay will be leading the sessions. Class members will continue learning new notes/fingerings and will explore ensemble playing.

146 Classic 10-Pin Bowling

Location: Green Bay
Classroom: Willow Creek Lanes
Presenter: April Falish
Date(s): 2/18, 2/25, 3/4, 3/11, 3/18, 3/25
Time: 1:30-3:30 p.m.
Limit: 72
Fee: $10, payable on day of class

Join the growing crowd and enjoy being introduced or reintroduced to the American 10-pin bowling game with the automatic scoring system. The first class will demonstrate and guide you less experienced bowlers! Any skill level is welcome! During each weekly session you will play 2 games of bowling. The use of bowling balls and shoes is included in the fee. You may use your own bowling equipment if you choose.

147 Seville, Cadiz, and Barcelona: Histories of 3 Spanish Cities *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Greg Aldrete
Date(s): 2/18
Time: 10 a.m.-12 p.m.
Limit: 150

This lecture will present the entertaining histories of three key Spanish cities: Seville, Cadiz, and Barcelona. Learn about the Golden Age of Spain and how Seville and Cadiz served as the gateways through which all the wealth of Spain's New World Empire flowed. Then trace the history of Barcelona from antiquity to today with a particular emphasis on Gaudi's architectural masterpieces.

148 FOOD: Science, Culture & Cuisine *NEW*

Location: Green Bay
Classroom: Mulva Cultural Center
Presenter: Carrie Ryan, Ph.D.
Date(s): 2/25
Time: 1-3 p.m.
Limit: 25

Food is much more than nourishment; it is science, culture, creativity and connection. This exhibit is an immersive, multi-sensory exhibition that invites visitors to explore the fascinating world of food through sight, smell, taste, touch and sound. Explore how food reflects culture, inspires creativity and brings people together. Participants will watch a movie to be disclosed closer to the date and are free to explore the exhibit at will.

149 Gospel of Thomas: The Fifth Canonical Gospel *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Benjamin Cruz-Uribe
Date(s): 2/25
Time: 1-3 p.m.
Limit: 150

The Gospel of Thomas was discovered in 1945 and has been referred to as the 5th Canonical Gospel by a number of prominent New Testament scholars. There are four criteria that are used to classify whether a Gospel should be considered a candidate for inclusion in the Canon. This course will try to answer whether this Gospel of Thomas fulfills each of these criteria.

150 AI for Consumer Protection *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Jeff Kersten
Date(s): 3/4
Time: 1-2:15 p.m.
Limit: 150

The Wisconsin Bureau of Consumer Protection will offer a brief history and overview of Artificial Intelligence (AI) leading up to today's complex Large Language Models (LLMs). The presentation will explore the pros and cons of AI and how those impact consumers. Additionally, the presentation will cover modern threats: specifically, how generative AI has empowered scammers to expand their reach with deepfake videos, convincing phishing scams, and much more. By the end of this presentation, attendees will be better equipped to navigate an AI-powered world with caution and curiosity.

151 Herb Gardening 101

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Katie Brewer
Date(s): 3/4
Time: 1-3 p.m.
Limit: 25

Get all the information you need to grow, harvest, and process herbs. Beyond flavoring dishes, herbs can be used for pain relief, digestive health, restful sleep, healthy skin and more. The presenter will share information on a variety of herbs and gardening techniques for you to plan your own remedy garden.

152 Advocacy for Those Experiencing Homelessness

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Kate Markwardt
Date(s): 3/11
Time: 10 a.m.-12 p.m.
Limit: 50

Statistics regarding the number of people who are unsheltered in Brown County will be reviewed. Additionally, strategies used by the federal government and local providers to better meet the needs of those experiencing homelessness will be reviewed. Kate will explain how you can become an advocate for those in need and combat stereotypes and misinformation.

153 Guardian Angel: The Lewis and Clark Saga

Location: Green Bay
Classroom: Christie Theatre
Presenter: Paul Timm
Date(s): 3/18
Time: 10 a.m.-12 p.m.
Limit: 100

In 1803, President Jefferson was responsible for the acquisition of the Louisiana Purchase. He would send Lewis along with the Corps of Discovery to search for the Northwest Passage, map the territory, meet with native tribes, and record flora and fauna. The journey was equivalent to putting a man on the moon in the 1960's. Come along on a tour of this incredible journey with a slideshow that incorporates past and present and discover much more than what was in your history book.

154 Renewable Natural Gas Production by NLC Energy

Location: Denmark
Classroom: NLC Energy
Presenter: Timothy May, Plant Manager
Date(s): 3/18
Time: 10 a.m.-12 p.m.
Limit: 15

Right here in Brown County is one of the most complex - and successful - renewable natural gas plants in the world. Owned and operated by NLC Energy, the facility is leading the biogas industry with its robust, healthy, multi-feedstock, food-waste anaerobic digestion process. Beyond renewable natural gas, NLC is the first anaerobic digester to produce ISBT-certified beverage-grade liquid C02 and food-grade dry ice. This presentation will be in the office at the plant site. At all times we will be near County Road R. Safety protocols prevent visitors from driving or walking out further onto the grounds. NLC Energy staff will use diagrams and pictures to explain how this fascinating facility produces upgraded biogas. The plant is 2 miles south of Denmark. The address is: 6601 County Road R, Denmark, WI 54208. Drive in the "Entrance Gate". Once inside, make an immediate right turn to proceed along the fence to the administrative office, which looks like a house. Park near the house. Smoking is prohibited. See website www.NLCenergy.com.

155 Herbal Recipes for Beautiful Skin

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Katie Brewer
Date(s): 3/18
Time: 1-3 p.m.
Limit: 18
Fee: $5, payable on day of class

Learn how herbs can bring out your natural beauty by restoring the health of your skin. Herbalist Katie Brewer will share herbal recipes and techniques, then you will create your own infused oil to take home.

156 Lost Lady: The Lady Elgin Tragedy

Location: Green Bay
Classroom: Christie Theatre
Presenter: Paul Timm
Date(s): 3/18
Time: 1-3 p.m.
Limit: 100

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

157 A 'Classic' Tour Through the Eyes of the Automobile at The Automobile Gallery

Location: Green Bay
Classroom: The Automobile Gallery & Event Center
Presenter: Darrell Burnett
Date(s): 3/25
Time: 10 a.m.-12 p.m.
Limit: 30
Fee: $8, payable on day of class

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

158 Kayak Essentials

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Ken Braband
Date(s): 3/25
Time: 10 a.m.-12 p.m.
Limit: 50

Learn about safe and effective skills for maximum paddling enjoyment. Topics will include: choosing the right kayak and gear for where and how you want to paddle; lifting, carrying and transporting your kayak; rules and etiquette; communication; what to wear; places to paddle; and how to find other fun-seeking kayakers to paddle with. Ken Braband is a certified kayak instructor for both whitewater and sea kayaking. He teaches kayak classes at the Green Bay YMCA, leads club trips for Northeast Wisconsin Paddlers (NEWP) and is an instructor at the Door County Sea Kayak Gathering. He also volunteers with Team River Runner, serving disabled military veterans.

159 Understanding the Basics: Social Security & Medicare

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Medicare Volunteer Tara Palmbach & ADRC Staff Brandon Raymond
Date(s): 3/25
Time: 10 a.m.-12 p.m.
Limit: 25

This course covers determining when to start collecting benefits, how to sign up, online tools, and an overview of different types of benefits. Learn about Medicare: an overview of Medicare basics. Learn about Medicare options, common terms, and online tools available.

160 Apostles of Jesus of Nazareth: Facts vs Myths *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Benjamin Cruz-Uribe
Date(s): 3/25
Time: 1-3 p.m.
Limit: 150

How many Apostles were there? Were women Apostles? How does anyone separate the myths from the real history of this group of people? This course will try to provide answers to these and many other questions related to the first followers of Jesus of Nazareth.

161 Art Boot Camp

Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Briggs
Date(s): 4/1, 4/8, 4/15, 4/22, 4/29
Time: 1:30-3:30 p.m.
Limit: 25

Art Boot Camp is an excellent opportunity to express yourself with your art! You can create your art individually or in a like-minded group. All forms of art are welcome. The presenter is not teaching, but acting as an advisor.

162 World in Economic Disarray - Part 2 *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Bob Srenaski
Date(s): 4/1
Time: 10 a.m.-12 p.m.
Limit: 150

As it passed the quarter mark of the 21st Century, the world has become dangerously dysfunctional. Once-reliable political and economic international relationships have seemingly been destroyed while efforts are under way to form new alliances, all while the possibility of uncontrolled artificial intelligence poses an existential threat to human society.

163 Fun With Aromatherapy

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Katie Brewer
Date(s): 4/1
Time: 1-3 p.m.
Limit: 18
Fee: $5, payable at registration

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

164 Continuum of Care for Seniors - Understanding the Differences Between Care Options *NEW*

Location: De Pere
Classroom: Rennes De Pere
Presenter: Stephanie Carignan, Amy Cavil, & Kristy Tilkens
Date(s): 4/8
Time: 10 a.m.-12 p.m.
Limit: 30

An educational session on what the senior health care continuum is with a deep dive into services provided at Assisted Living, Community Based Residential Facilities, and Skilled Nursing Facilities.

165 Native Nations of Wisconsin and United States Indian Policy 1776 -1858 *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Mary Elise Antoine
Date(s): 4/8
Time: 10 a.m.-12 p.m.
Limit: 100

With the signing of the 1783 Treaty of Paris, the United States formally acquired the territory west of the Appalachian Mountains to the Mississippi River. The vast majority of the people who lived in the new territory were Native Americans. Originally considering each tribe as a sovereign nation, the United States began to develop an "Indian Policy." The "Indian Policy" of the United States will be explained from Thomas Jefferson's opinions to the Civilization Act to the 1830 Removal Act. Each of these enactments greatly affected the Native nations who lived in what is now Wisconsin and the Native Nations removed to Wisconsin, where, by 1858, all the Native Nations had been confined to reservations and the Ho-Chunk removed from the state. Learn about the United States Indian Policy and its effect upon each of the Native Nations.

166 Sound and Music: Pythagoras and Beyond *NEW*

Location: De Pere
Classroom: Dudley Birder Hall, St. Norbert College
Presenter: Gary Dallman & Kent Paulson
Date(s): 4/8
Time: 10 a.m.-12 p.m.
Limit: 60

Prior to Pythagoras, all music was by ear. If it sounded good, people repeated it. Pythagoras found the perfect fifth interval and created the first musical scale. Gary Dallman will discuss the mechanics of sound and the work of Pythagoras. Kent Paulsen will demonstrate, on piano, the relationship of intervals with modes. Kent will also provide a brief outline of the course of music history. This course will be presented in Birder Hall (St. Norbert Campus), 400 Grant St., De Pere, WI.

167 Finding the Gems at PRONI (Public Records of Northern Ireland) *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Dave Miller
Date(s): 4/8
Time: 1-3 p.m.
Limit: 50

There is more to PRONI than Northern Ireland records. Some records date back centuries and don't just apply to Ireland!

168 Swallowing Changes as We Age *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Dr. Chaitanya Pant
Date(s): 4/8
Time: 1-3 p.m.
Limit: 50

If eating and drinking have become painful, difficult, or cause coughing or choking, it may be a swallowing disorder. Join Dr. Chaitanya Pant, Prevea Gastroenterologist, for an informative presentation on swallowing health for older adults. Whether you're experiencing swallowing difficulties or simply want to learn more, this presentation offers practical information to help you stay healthy and enjoy your meals.

169 The Honey Bee

Location: New London
Classroom: Mosquito Hill Nature Center
Presenter: Ally Noll, Naturalist
Date(s): 4/8
Time: 1-3 p.m.
Limit: 100
Fee: $5, payable on day of class

Honeybees have an infamous reputation, spanning across the globe and reaching centuries back in time. Take a peek and discover the inner workings of the hive! Join us and learn about bee biology, what roles different bees play, how honey is made, why we care, and the human connections to the hive.

170 The War of 1812 in Wisconsin

Location: Green Bay
Classroom: Christie Theatre
Presenter: Mary Elise Antoine
Date(s): 4/8
Time: 1-3 p.m.
Limit: 100

On June 18, 1812, the United States declared war on Great Britain. One of the many causes of conflict was the presence of British fur traders in the western Great Lakes-Upper Mississippi region. The British quickly gained military control of the region, and for the next two and a half years, the United States sought to establish a military position. Both William Clark and Zachary Taylor failed in their attempts. Mary Elise brings this part of United States history to life with the story of the people of the western Great Lakes-Upper Mississippi, Euro-Americans and Native Americans and how the contest for control of the region affected their lives and livelihoods.

171 The Demise of our English Language! *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Lynn Gerlach
Date(s): 4/15
Time: 10 a.m.-12 p.m.
Limit: 50

Does your skin crawl when you hear some of our contemporary mispronunciations or misuse of words? Do you want to scream when you hear "Have a good rest of your day" or " We could utilize a good broom right now"? Together, let's enjoy the clarity and effectiveness of good word choice, sentence structure and pronunciation. We'll tear our hair out, sure, but we'll support each other in the effort to maintain meaningful, practical and sound rules of grammar and usage - like we learned them.

172 Exceptional Equestrians

Location: Green Bay
Classroom: Exceptional Equestrians
Presenter: Michael Telzrow
Date(s): 4/15
Time: 1-3 p.m.
Limit: 25

Witness the healing power of horses through hippotherapy. Learn how equine hippotherapy strengthens and nurtures individuals of all ages. It helps improve their self-esteem and aids in their achievement of functional skills. The class will learn about the facility and its programs, tour the center and tour the grounds. Children will be interacting with their horses while we tour. Walking shoes are required.

173 So You Want to Be a Writer: One Man's Journey *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Louis V Clark III
Date(s): 4/22
Time: 10 a.m.-12 p.m.
Limit: 50

Live the importance of becoming a writer through the eyes of one man on his lifelong journey and his discovery of what is truly important. Mark with him the highs and lows of dreaming, from garage band to poet, to newspaper reporter, to 29 years of night school, until a chance encounter with the University of Arkansas found his first published work. Louis Clark is a husband, father, grandfather, author, lecturer and playwright.

174 United States Navy Nurses on Guam: The Early Days *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Diana L Ahmad, Ph.D.
Date(s): 4/22
Time: 10 a.m.-12 p.m.
Limit: 50

Since the end of the Spanish-American War in 1899, Guam, the southernmost island of the Marianas has been a territory of the United States. The Navy controlled the territory from 1899 to 1951 and quickly established military, economic, and social control of the island. One of the main concerns on the island was the endemic diseases of Guam and their impact on its personnel. As a result, in 1910, the U.S. Navy took control of the new Navy Nurse Corps, established in 1908 by the United States Congress, to send nurses to Guam to care for the members of the Navy, the Marine Corps, the families of the servicemen, and the Chamorro. The mission of the nurses was to care for those who needed assistance and train the island nurses. They expanded the training begun by American women living in Guam in 1902 to include a medical facility that soon became known as the Susana Hospital, a medical facility designed to help Chamorro women. The Navy nurses succeeded admirably, while simultaneously increasing their knowledge of medicine, teaching, and the expansion of the United States.

175 American Combat Infantry in World War II *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Michael Grzeca
Date(s): 4/29
Time: 10 a.m.-12 p.m.
Limit: 150

From Training to Fighting: What was it like as an American infantryman in World War II?

176 Authentic 1850's Designed Windmill Tour - Session B

Location: Little Chute
Classroom: Little Chute Windmill
Presenter: Volunteers
Date(s): 4/29
Time: 1-3 p.m.
Limit: 16
Fee: $10, payable on day of class

Experience history and discover how Little Chute came to be through immigration in the mid-1800s. Learn how technology harnessed wind power to benefit the lives of the Dutch by visiting a functioning authentic 1850s designed windmill that grinds grain into flour. Explore the Dutch artifacts found in the museum and even search out genealogy to find out if you are a descendant of an original founding citizen of Little Chute. A course fee of $10.00 is due when checking in for the tour. Please register for Session A or B, not both.

177 Historical Tour of Franciscan Sisters Motherhouse

Location: Manitowoc/Sheboygan
Classroom: Franciscan Motherhouse
Presenter: Sister Caritas Strodthuff
Date(s): 4/29
Time: 1-3 p.m.
Limit: 20

Tour the Motherhouse of the Franciscan Sisters of Christian Charity in Manitowoc. Learn the history of the Sisters from their founding in 1869. Participate in a walking tour of the Motherhouse and see the changes over the past 155 years. Learn about the different parts of the world where the Sisters have worked and the different kinds of services they continue to perform. Walking up and down stairs is required.

178 Botanical Wonders Garden Tour

Location: Green Bay
Classroom: Green Bay Botanical Gardens
Presenter: Garden Education Team
Date(s): 5/6
Time: 10 a.m.-12 p.m.
Limit: 25
Fee: $19, payable on day of class

Explore our most popular garden spaces while your guide highlights current blooms, especially our magnolias and other spring bloomers, the Garden's history, and unique features. This tour travels on paved and mulched paths.

179 The Chai Chronicles *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Heather Schroeder & Susan Schroeder
Date(s): 5/6
Time: 10 a.m.-12 p.m.
Limit: 50

Chai is not a flavor; it's a philosophy. Long before it became a syrupy coffee shop staple, masala chai was the morning ritual of millions across India, a carefully balanced blend of warming spices designed to wake the body, aid digestion, and ground the spirit for the day ahead. In this class, we'll trace the chai origin story from ancient Ayurvedic tradition through colonial-era British tea culture to the globally beloved drink it is today. You'll meet each spice individually - tasting, smelling, and learning its specific role in the blend. Come for the history, stay for the cardamom.

180 Ice Age Trail Talk and Hike

Location: Mishicot
Classroom: See Course Description
Presenter: Cheryl Gorsuch, Lakeshore Chapter Coordinator
Date(s): 5/6
Time: 10 a.m.-2 p.m.
Limit: 25

Learn about the Ice Age National Scenic Trail with a brief talk that includes its history and efforts to build and maintain the trail from Potawatomi Park (the eastern terminus) to Fond Du Lac County and the Kettle Moraine State Forest. Northern Unit. A "Top Secret" map that provides information about all the off road trails in Manitowoc County will be given to participants. A guided hike will follow which will include identification of native plants and topography of the area. Meet at the parking lot on Hillview Road (north of Mishicot). The East Twin Segment is 1.4 miles one way. There will be a shuttle for those who do not want to do an out and back hike of 2.8 miles.

181 An Introduction to Tai Chi

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ed Risden
Date(s): 5/6, 5/13, 5/20, 5/27
Time: 1-2:30 p.m.
Limit: 20

Learn about the history and practice of tai ji chuan, better known as tai chi. The course will include an introduction and demonstration, followed by student participation.

182 Lakeside Frozen Vegetables Tour

Location: Manitowoc/Sheboygan
Classroom: Lakeside Foods
Presenter: Mike Barta
Date(s): 5/6
Time: 1-3 p.m.
Limit: 25

Tour Lakeside Foods Packaging Center in Manitowoc where vegetables you enjoy at dinner time are packaged daily. Lakeside Foods has been around since 1897. It is a family-owned company with the corporate headquarters in Manitowoc. You will tour the facility where vegetables are frozen and are packaged on automated robotic production lines to be delivered to the grocery stores. Walking shoes are required.

183 AARP Walk Audit *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Tom Kenevan
Date(s): 5/13, 5/20
Time: 1-3 p.m.
Limit: 50

Our transportation system prioritizes automobile travel, and with good reason. Healthy individuals with few limitations who choose to walk may notice very few barriers. The first week, we will discuss the AARP Walk Audit Tool Kit to become aware of the many barriers and safety issues, not only to children, seniors, andthose with vision or mobility limitations, but also to those with few limitations. The second week, we will study a survey of a quiet street that, for a few days from late summer until after the new year, becomes very congested.

184 Framing the View: Window Treatment *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Vickie Linssen
Date(s): 5/20
Time: 10 a.m.-12 p.m.
Limit: 50

Selecting the ideal window treatment requires balancing visual appeal, light control, privacy and energy efficiency. Decorator Vickie Linssen will give you an overview of the functional benefits and trendy design options.

Friday

185 Guess Who's Coming to Dinner

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Kathy VanSeth & Becky Lowry
Date(s): 1/15
Time: 10 a.m.-12 p.m.
Limit: 50

Friends, food, and fun will be featured when we take turns hosting a small group of fellow members in our homes for a potluck dinner or supper once a month. The first session will be on campus on the start date listed, and that is when groups will form. The dates and times of the dinners are to be determined. At the first organizational meeting on campus, we will form into our groups of 6-8 people who will then in turn determine approximately 6 to 8 dinner dates and times throughout the semester. Snowbirds are welcome to form groups to start in March or April - if you are interested in doing so, please contact the presenter.

186 STEM Innovation Center Tour at UW-Green Bay

Location: Green Bay
Classroom: STEM Innovation Center at UW-Green Bay
Presenter: Jagadeep Thota Ph.D. and department representatives
Date(s): 1/29
Time: 10 a.m.-12 p.m.
Limit: 60

Here is an opportunity to learn about the STEM Center on the UWGB campus. This building serves as the home of the UWGB School of Engineering, the Einstein Project, Extension Brown County, Brown County Land and Water Conservation. This building was designed and is used to attract new innovative practices to the region. Participants meet at the STEM Center, 2019 Technology Way, Room 136.

187 Biggest Gift in History: The Story of Ray and Joan Kroc and the Kroc Centers *NEW*

Location: Green Bay
Classroom: Salvation Army Kroc Center
Presenter: Catherine Fitzgerald & Jonathan Fitzgerald
Date(s): 2/5
Time: 10 a.m.-12 p.m.
Limit: 90

Join us as we share the history of Ray and Joan Kroc and illustrate how their gift has impacted our community and many others. This presentation will be held at the Salvation Army Kroc Center, 1315 Lime Kiln Rd., Green Bay, and will include a tour of the facility.

188 Food, Culture, and Community of Northeast Wisconsin *NEW*

Location: Green Bay
Classroom: Neville Public Museum
Presenter: Ali Smurawa
Date(s): 2/5
Time: 10 a.m.-12 p.m.
Limit: 25
Fee: Adult 16-61 $12, Senior 62+ $10, Veterans Free, payable on day of class

Food helps tell the story of NE WI, carrying the memories, flavors, and traditions of the people who have called this region home. Take a guided tour of the museum exhibit 'A Place at the Table' to explore how Indigenous foodways, agricultural heritage, and generations of immigrant influences have shaped the region's culinary landscape for generations. After the tour, participants are encouraged to continue exploring the rest of the museum at their own pace.

189 Russo-Ukrainian War, Europe, and the World *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Clifton Ganyard Ph.D.
Date(s): 2/12
Time: 10 a.m.-12 p.m.
Limit: 150

The Russo-Ukrainian War is the most significant military conflict in Europe since World War II. This lecture explores the origins and evolution of the war while analyzing its far-reaching consequences for European integration, NATO, international law, global markets, and the shifting balance of power in the twenty-first century.

190 The Powhatans and the English in the Chesapeake Bay *NEW*

Location: Green Bay
Classroom: To Be Determined
Presenter: David Voelker, Ph.D.
Date(s): 2/19
Time: 10 a.m.-12 p.m.
Limit: 150

The English created their first enduring settlement in North America at Jamestown on the Chesapeake Bay, but this region was already inhabited by dozens of Indigenous natives, some of whom were allied into a chiefdom under Powhatan. In fact, their name for the region, Tsenacomoco, likely means "densely inhabited area." This class will explore the initial contact between the English and the Indigenous Powhatan people in the seventeenth century, including the roles played by Pocahontas and John Smith, and the Powhatan efforts to defend their land and sovereignty against the English.

191 Living the Sweet Life *NEW*

Location: Manitowoc/Sheboygan
Classroom: Inthewoods Sugar Bush Farm
Presenter: Margo Wagner
Date(s): 3/19
Time: 10 a.m.-12 p.m.
Limit: 25

A tour of Sugar Bush Maple Farm provides a unique experience to those interested in the history and tradition of pure maple syrup production, along with tapping into the innovative methods of the 21st century. Learn how we make our award-winning pure maple syrup, granulated pure maple sugar, pure maple cream, maple candy, and maple pepper.

192 Paintin Pottery

Location: De Pere
Classroom: Paintin Pottery
Presenter: Carolyn, Megan, Faith
Date(s): 3/19
Time: 10 a.m.-12 p.m.
Limit: 30
Fee: Price is determined by the project selected payable on day of class

Easter is coming soon. Have a wonderful time choosing a project to paint, including anything from dinnerware, decor or ornaments for the season. You paint the pottery of your choice, and it will be glazed and fired by staff for you to pick up when finished. Cost is determined by the pottery piece you choose.

193 Still Bend: Frank Lloyd Wright House in Two Rivers - Session A

Location: Two Rivers
Classroom: Still Bend / Schwartz House
Presenter: Michael Ditmer
Date(s): 3/26
Time: 1:30 p.m.
Limit: 25
Fee: $25 payable ahead of time via emailed link

Tour Still Bend, Frank Lloyd Wright's vision for a "dream house" for the average American family. Information about it was published in Life magazine in 1938. Wright was 71 years old when he built this "Usonian" home, his term for a distinctly American modern architecture. This docent-led tour lasts approximately 1 hour. Located at 3425 Adams St in Two Rivers. Street parking is available. Sessions A and B are the same course. Please sign up for only one.

194 Still Bend: Frank Lloyd Wright House in Two Rivers - Session B

Location: Two Rivers
Classroom: Still Bend / Schwartz House
Presenter: Michael Ditmer
Date(s): 4/16
Time: 1:30 p.m.
Limit: 25
Fee: $25, payable ahead of time via emailed link

Tour Still Bend, Frank Lloyd Wright's vision for a "dream house" for the average American family. Information about it was published in Life magazine in 1938. Wright was 71 years old when he built this "Usonian" home, his term for a distinctly American modern architecture. This docent-led tour lasts approximately 1 hour. Located at 3425 Adams St in Two Rivers. Street parking is available. Sessions A and B are the same course. Please sign up for only one.

195 Biking is Fun at Any Age

Location: Various cities
Classroom: Ride Locations Emailed to Class Participants
Presenter: Del Tills
Date(s): 4/23, 4/30, 5/7, 5/14, 5/21, 5/28
Time: 10 a.m.-12 p.m.
Limit: 150

We bike on trails in and out of the area, ranging in rides from 10-24 miles. Longer rides will extend the class time beyond noon. Bikers are responsible for getting their bikes to the trailhead. Multi-speed bikes are recommended and helmets are required. An itinerary with directions for each ride will be emailed to those signed up for the class. **A completed Assumption of Risk form must be on file in the LLI office prior to the first day of class. A State Trail Pass will be required for some rides. It is optional for participants to meet for lunch following a ride (bring cash).

196 Oneida Cultural Center Tour (Session A)

Location: Green Bay
Classroom: Kahnekano·lú Cultural Center
Presenter: Nathaniel Gerhardt
Date(s): 5/7
Time: 10 a.m.-12 p.m.
Limit: 20
Fee: $15, payable on day of class

Visit the Oneida Cultural Center to explore the history, culture, traditions and contemporary experiences of the Oneida Nation. As a guest you will have the opportunity to learn through engaging exhibits and discover the stories, artwork and traditions that continue to shape the Oneida Nation.

197 Barkhausen *NEW*

Location: Green Bay
Classroom: Barkhausen Preserve
Presenter: Logan Lasee
Date(s): 5/7
Time: 9-11 a.m.
Limit: 25
Fee: $5, payable on day of class

This is a walking tour of the Barkhausen Waterfowl Preserve north of Green Bay. We will be looking for geese, ducks, hawks, and songbirds as they migrate north in spring. The staff will talk about various species identification, habitats, diet and migration as we walk about the preserve. Bring binoculars if you have them. Walking shoes are required, and a $5 fee is required the day of the tour.

198 Beyer Home and Carriage Museum *NEW*

Location: Oconto
Classroom: Beyer Home and Carriage Museum
Presenter: Teresa Bake
Date(s): 5/21
Time: 10 a.m.-12 p.m.
Limit: 30
Fee: $8, payable on day of class

Learn about Oconto history and see how the small town wealthy lived via a guided tour of the Beyer home and carriage house. The brick Italianate style home was built in 1868 and remodeled into Queen Anne style during the Victorian era. It has been lovingly preserved by the Oconto Historical Society. The carriage house features restored horse-drawn and motorized vehicles of yesteryear, including pickle baron Leon Bond's restored 1958 Ford Fairlane 500 hardtop.

199 Oneida Cultural Center Tour (Session B)

Location: Green Bay
Classroom: Kahnekano·lú Cultural Center
Presenter: Nathaniel Gerhardt
Date(s): 5/21
Time: 10 a.m.-12 p.m.
Limit: 20
Fee: $15, payable on day of class

Visit the Oneida Cultural Center to explore the history, culture, traditions, and contemporary experiences of the Oneida Nation. As a guest you will have the opportunity to learn through engaging exhibits and discover the stories, artwork and traditions that continue to shape the Oneida Nation.

200 Copper Culture State Park *NEW*

Location: Oconto
Classroom: Meeting Site to Be Emailed to Class Participants
Presenter: Teresa Bake
Date(s): 5/21
Time: 1-2 p.m.
Limit: 30

A guided tour of a small museum featuring burial artifacts of an ancient people who worked copper to create tools and other artifacts 5,000-7,500 years ago. The people are considered to be direct prehistoric ancestors of the Menominee Tribe of WI. The museum is housed in a 1920's historic brick building with traditional Belgian farmhouse architecture. No state park sticker is required. There are also walking trails and picnic grounds available.

201 - The Promenade - What is an Active Adult Community

Location: Green Bay
Classroom: The Promenade
Presenter: Mary Beth Fumelle
Date(s): 2/17 *Note, this is a Wednesday*
Time: 1-3 p.m.
Limit: 30

The Promenade is a new luxury living community in Green Bay offering upscale apartments and resort-style amenities tailored for active adults 55+. This tour will walk you through everything The Promenade has to offer. Session A and B are the same course. Please only sign up for one.

202 - Wetland Ecology

Location: Green Bay
Classroom: Rose Hall
Presenter: Anne Bartels
Date(s): 3/23 *Note, this is a Tuesday*
Time: 1-3 p.m.
Limit: 25

A PowerPoint presentation about different freshwater wetland types is given and participants discuss the importance of wetlands to people, wildlife, and ecosystems.

203 – Nocturnal Animals

Location: Peshtigo
Classroom: Rennes Peshtigo West
Presenter: Anne Bartels
Date(s): 3/2 *Note, this is a Tuesday*
Time: 10 a.m.-12 p.m.
Limit: 25

An introduction to some of Wisconsin's nighttime wildlife, their adaptations for survival, and their importance.

Online Monday Courses

300 GLP-1s: The Skinny - Zoom *NEW*

Location: Zoom
Presenter: Connor Roberts, M.D. & Karen Lacey, RDN
Date(s): 1/25
Time: 10 a.m.-12 p.m.

Do you wonder what all the GLP-1 hype is about? Dr. Connor Roberts will present the facts, uses, cautions and benefits of these medications. A Registered Dietitian Nutritionist will discuss nutritional concerns, and a Certified Personal Trainer will discuss fitness recommendations.

301 Greek Dynamic Duo and Defeat of Sparta - Zoom *NEW*

Location: Zoom
Presenter: Patrick Ziesmer
Date(s): 2/1, 2/8
Time: 10 a.m.-12 p.m.

The partnership of the Thebans Epaminondas and Pelopidas remains one of the many obscure stories tucked away in 4th-century B.C. Greece, between the tumultuous events of the Peloponnesian War and the Macedonian conquests. The story of this Theban "dynamic duo," however, deserves to be told. Together, these two unlikely men would become the architects of Sparta's downfall, the freedom of the Messenian slaves, and Thebes' brief rise as the leading power in Greece.

302 Lighten Up: Humor, Stress, and the Ups and Downs of Life - Zoom *NEW*

Location: Zoom
Presenter: Lucy Arendt
Date(s): 3/1, 3/8
Time: 10-11:30 a.m.

What makes us laugh, and can humor actually help when life becomes frustrating, uncertain, or stressful? In these two interactive sessions, we'll explore the nature of humor, why different people find different things funny, and how laughter and perspective can influence the way we experience everyday stress. Through stories, examples, conversation, and plenty of time for questions, we'll consider how we might take life seriously without taking everything quite so seriously.

303 Baptism: Its Origin and Development - Zoom

Location: Zoom
Presenter: Sister Elise Cholewinski
Date(s): 3/1, 3/8, 3/15
Time: 1-3 p.m.

We will look at baptism in the Jewish tradition and what it meant in the early Christian Church. We will learn how the ritual changed and how the celebration of initiation is returning to its original meaning. We will compare the baptismal ritual as it is observed in various Christian denominations.

304 Climate Change and Energy Policy - Zoom

Location: Zoom
Presenter: Michael Kraft
Date(s): 3/22, 3/29
Time: 10 a.m.-12 p.m.

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

305 What Instruments Belong in an Orchestra - Zoom *NEW*

Location: Zoom
Presenter: Michael Alexander, DMA
Date(s): 3/29
Time: 10 a.m.-12 p.m.

Learn about how orchestration works in music and the roles that various instruments play, in addition to instruments that make guest appearances with the "standard orchestra."

306 Spiritual Direction - Zoom

Location: Zoom
Presenter: Sr. Elise Cholewinski
Date(s): 3/29
Time: 1-3 p.m.

Many people today are seeking individual spiritual direction. In this class we will discuss what spiritual direction is, what to expect from a spiritual director, who could benefit from spiritual direction, and what the process is like.

307 Who's to Blame? Carthage's Defeat in the 2nd Punic War - Zoom *NEW*

Location: Zoom
Presenter: Patrick Ziesmer
Date(s): 4/5, 4/12
Time: 10 a.m.-12 p.m.

Hannibal Barca receives much of the blame for Carthage's eventual defeat in the 2nd Punic War against Rome. Is this a fair assessment? Does Carthage itself or its navy share much of the blame as well?

308 D-Day - Zoom

Location: Zoom
Presenter: Walt Busalacchi
Date(s): 5/3, 5/10, 5/17, 5/24
Time: 10 a.m.-12 p.m.

This 4-part presentation recounts historical events leading up to D-Day, evolving Allied war strategy, the build-up of men and material, Allied deception plans and German defenses. We will follow the Pathfinders, Paratroops, Gliders and the Ranger assault on Pointe du Hoc. Lastly, we'll chronicle the beach landings as they unfolded.

309 An Introduction to the Reiki Experience - Zoom

Location: Zoom
Presenter: Nicole Terrien & Brett Terrien
Date(s): 5/17
Time: 1-3 p.m.

Originating in Japan, Reiki is an alternative form of therapy utilizing Life Force Energy to balance our 7 main energy centers (Chakras) in our body. Each Chakra is connected to various organs and, when imbalanced, can lead to illness and other bodily concerns. Not only will this beginner-level course walk you through each chakra and teach you how to live a life of balance, but we will also offer each individual a mini-Reiki alignment to experience firsthand.

Online Tuesday Courses

310 Two Creeks Buried Forest of Northeastern Wisconsin - Zoom *NEW*

Location: Zoom
Presenter: John Luczaj
Date(s): 1/19
Time: 10 a.m.-12 p.m.

The Two Creeks Buried Forest is a world-famous Ice Age forest that was buried by the glacier 13,500 years ago over a huge area surrounding Green Bay (parts of at least 8 counties). The program will include an overview of the glacial history of Wisconsin, followed by how carbon dating and other age dating techniques work. The last part of the program will describe what and where the forest was, along with an opportunity to see samples collected from across the region.

311 Cave Paleontology: Descending Through Time - Zoom *NEW*

Location: Zoom
Presenter: John Jacisin
Date(s): 2/2
Time: 10 a.m.-12 p.m.

Join Dr. John J. Jacisin III, a vertebrate paleobiologist and herpetologist, to delve into the importance of cave fossils and what they can tell us about the past, present, and future of organisms and their environments. Explore some of the important sites, methods, insights, and challenges unearthed when following fossil faunas from the depths of the Pleistocene Ice Ages to the Present!

312 History of the World Through Maps - Zoom

Location: Zoom
Presenter: Mark Steuer
Date(s): 2/2, 2/9
Time: 10 a.m.-12 p.m.

A brief graphical journey of the importance of maps throughout recorded and prerecorded Earth history, through the eyes and voice of a retired cartographer.

313 Understanding Shoulder Replacement: Total & Reverse - Zoom *NEW*

Location: Zoom
Presenter: Dr. Patrick Riggle, DO
Date(s): 2/2
Time: 1-2:30 p.m.

Join Dr. Patrick Riggle, Prevea Orthopedic Surgeon, for an informative presentation on understanding the differences between total and reverse shoulder replacements. You will learn the benefits of each option and what to expect before and after the surgery.

314 Lasers and Lightsabers - Session A - Zoom *NEW*

Location: Zoom
Presenter: Brian Lindow
Date(s): 2/9
Time: 10 a.m.-12 p.m.

The presentation starts with a CBS “60 Minutes” short segment about fusion energy at the world’s largest laser, the National Ignition Facility (NIF) and photo history of Lawrence Livermore National Lab and other large-scale science projects (and life) around a national research lab. On the “Lightsabers” part of the presentation, Brian Lindow shows pictures and stories of the Skywalker Ranch (home of George Lucas) and his 9+ years of experiences at the ranch and with George. The presentation concludes with attendees exploring several props, including a large salt crystal, laser targets and Aerogel (the world’s lightest manmade material). Sessions A and B are the same course. Please sign up for only one.

315 Midway: Turning Point in the Pacific - Zoom *NEW*

Location: Zoom
Presenter: James Pula
Date(s): 2/9
Time: 10 a.m.-12 p.m.

On December 7, 1941, the Japanese destroyed much of the US Pacific Fleet at Pearl Harbor, Hawaii. The Battle of the Coral Sea, May 4-8, 1942, resulted in the loss of a vital US aircraft carrier and significant damage to another. By all methods of calculation, the Imperial Japanese Navy ruled the Pacific, yet only one month later, a surprising and improbable

American victory at Midway decimated Japanese naval aviation in what proved to be the turning point in the Pacific war. How did this happen? This illustrated PowerPoint presentation will explain the context of the battle, the decisions leading up to it, and those taken in the heat of combat to explain how the near-miraculous turnabout took place.

316 Automobile Insurance Claims in Wisconsin - Zoom *NEW*

Location: Zoom
Presenter: Ralph Tease
Date(s): 2/23
Time: 10 a.m.-12 p.m.

This course will be an overview of the laws, rules, and procedures applicable to automobile insurance claims in Wisconsin. The topics will include a discussion about the different automobile insurance coverages available, the functions of those coverages in automobile collision claims, and the interplay of automobile insurance coverages and Wisconsin law governing automobile collision claims.

317 Death Investigation 101 - Zoom *NEW*

Location: Zoom
Presenter: Curtis Green
Date(s): 3/2
Time: 10 a.m.-12 p.m.

What do Coroners and Medical Examiners do?

318 Preventing Chronic Kidney Disease - Zoom

Location: Zoom
Presenter: Kindel Keener, NP
Date(s): 3/9
Time: 10 a.m.-12 p.m.

How to prevent chronic kidney disease. We will discuss the number 1 and 2 causes of kidney disease and its different stages. What can we do to lower the risk of getting it? Diet and medications will be talked about as well as its progression and when to see a kidney doctor.

319 Poetry - just for the fun of it! - Zoom *NEW*

Location: Zoom
Presenter: Lynn Gerlach
Date(s): 3/9
Time: 1-3 p.m.

Don't consider it a class - think of it as a concert! Just sit back, relax and enjoy the sounds of some of our best American poetry offered to you by one who would rather read poetry for a crowd than do just about anything else. You'll have a few short breaks to discuss with friends what you've heard, but there will be no attempt to analyze, teach, or instruct - and no slideshow! It's just great poetry for the joy of poetry!

320 Early Signs and Symptoms of Alzheimer's - Zoom

Location: Zoom
Presenter: Wendy Betley
Date(s): 3/16
Time: 10 a.m.-12 p.m.

Is it normal aging, or something more? Learn the 10 early signs and symptoms of Alzheimer's and dementia while exploring practical, research-based strategies for maintaining brain health. This informative session will help you better understand cognitive changes, recognize warning signs, and discover ways to support lifelong brain wellness.

321 Democracy in Action: Meet the League - Zoom *NEW*

Location: Zoom
Presenter: Lynn Meshke & Jean Marsch
Date(s): 3/16
Time: 1-3 p.m.

From suffragettes to democracy defenders, the League of Women Voters has played a vital role in defining and defending our democracy for more than a century. Join us to explore the League's history and learn how it has worked to support women - and all citizens - through voter education, civic engagement and the protection of our constitutional right to vote.

322 Irish Research from this side of the Pond! The very latest! - Zoom

Location: Zoom
Presenter: Dave Miller
Date(s): 3/16
Time: 1-3 p.m.

Despite what your ancestors may have told you, Irish records do exist. I will tell you what's out there and how this will help your research!

323 Gunshot Death Study in Manitowoc County - Zoom *NEW*

Location: Zoom
Presenter: Curtis Green
Date(s): 3/30
Time: 10 a.m.-12 p.m.

The newly retired Manitowoc County Coroner will give a recap of a 35-year study of gunshot deaths occurring in Manitowoc County.

324 Downsizing Without Overwhelming the Older Adult - Zoom *NEW*

Location: Zoom
Presenter: Julie Artus, RN, CRTS, SRES
Date(s): 3/30
Time: 1-3 p.m.

Downsizing can feel overwhelming for older adults and the families who love them. Led by a Registered Nurse and Certified Relocation & Transition Specialist, this class walks through when it's time to downsize, how to plan the process step by step, and how to watch for early signs of financial exploitation along the way. Participants leave with a clear framework and a local resource guide to help them move forward with confidence, not fear.

325 Passenger Rail in the United States - Past, Present and Future - Zoom *NEW*

Location: Zoom
Presenter: Charles Trippe
Date(s): 3/30
Time: 1-3 p.m.

This course will explore the history of passenger rail service in the United States, its current state, and the possibilities for its future.

326 Lost to Time - Zoom *NEW*

Location: Zoom
Presenter: Michael Lyga
Date(s): 4/6, 4/13
Time: 10 a.m.-12 p.m.

Little known stories of Wisconsin's World War II men and women.

327 Wisconsin Wildlife Almanac - A Seasonal Guide to the Flora and Fauna of the Badger State - Zoom *NEW*

Location: Zoom
Presenter: James Buchholz
Date(s): 4/13
Time: 1-3 p.m.

A PowerPoint overview of my new book "Wisconsin Wildlife Almanac," which includes 12 chapters, each with 12 essays featuring individual Wisconsin wildlife species along with a color photograph of that particular mammal, bird, plant, reptile, or amphibian. The PowerPoint presentation includes audio calls of selected birds and animals and a fun wildlife trivia game at the end.

328 Age in Place with Home Care (Care Companions) and Supportive Care Management (Palliative Care) - Zoom

Location: Zoom
Presenter: Becca Abraham & Samantha Pamperin
Date(s): 4/20
Time: 10 a.m.-12 p.m.

Most people wish to live independently in their home and Age in Place with Home Care offers a wide range of personalized services to meet your or a loved one's ever-changing needs. You choose only the services you want and how frequently you wish to receive assistance. Supportive Care Management is a specialized palliative care program designed to help patients live well during advancing, serious illness.

329 What Makes American Music "American?" - Zoom *NEW*

Location: Zoom
Presenter: Janet Hathaway, Ph.D..
Date(s): 4/20
Time: 10 a.m.-12 p.m.

When we hear Gershwin, Bernstein or Copland, we think of their works as distinctly American. This talk explores elements, such as spirituals and hymns, jazz and folk music, that led up to this sound. We look at Antonin Dvorak's call in the 1890s to composers in the United States to draw inspiration from their own country to create a national music. This talk leads us up to the subject of the LLI Copland talk given in Spring 2025, but prior attendance is not a prerequisite.

330 From Bedpan Commandos to Cadet Nurses: Nurses in WWII - Zoom

Location: Zoom
Presenter: Bob Cook
Date(s): 5/11, 5/18
Time: 10 a.m.-12 p.m.

During WWII we needed nurses in every theater of operations. How did we get enough nurses and what was their life like before, during and after the war? In this class we will look at the people that our soldiers called "Angels of Mercy".

331 Surviving Stalin: A Family's Journey Through Ukraine's Darkest Years - Zoom *NEW*

Location: Zoom
Presenter: Tammy Borden
Date(s): 5/11
Time: 10 a.m.-12 p.m.

"The Harvest Keeper", by author Tammy Borden, is a historical novel based on true stories passed down through her family about surviving Josef Stalin's brutal dictatorship in Ukraine. Drawing from family memories and in-depth historical research, Borden sheds light on one of the most devastating yet overlooked tragedies of the 20th century. Known as the Holodomor - Ukrainian for "death by hunger" - this man-made famine claimed the lives of millions in the early 1930s and is now recognized internationally as a genocide. Discover this perilous chapter of history through the real stories of those who lived it, while gaining a deeper appreciation of the history, culture, hope and resilience of the Ukrainian people.

Online Wednesday Courses

332 The Tax Man Returneth - Zoom

Location: Zoom
Presenter: Daniel Winske
Date(s): 1/20, 1/27
Time: 10 a.m.-12 p.m.

In an update of the course presented in January 2026, area business owner and CPA Dan Winske will guide you through the fundamentals of individual income taxation. The course will address the effects of new federal and state tax law changes. It will also focus on tax topics such as Roth and Traditional IRAs (and conversions), distribution strategies, Social Security benefits, and income tax saving methods. The history and future of our income tax system will also be discussed. 2026 attendees are encouraged to return for new material.

333 Lord of the Rings: The Three Elven Rings - Zoom *NEW*

Location: Zoom
Presenter: Benjamin Cruz-Uribe
Date(s): 1/27
Time: 1-3 p.m.

The main theme of the Lord of the Rings is the quest to destroy the One Ring. A secondary theme, which is critical to the storyline, is the relationship between the One Ring and the three Great Elven Rings. This class will explore the history of the Elven Rings and the part that they play in this fantasy epic. It would be helpful for any attendee to have read the Lord of the Rings books and/or seen the movies.

334 Feet First: Reducing Your Fall Risk - Zoom *NEW*

Location: Zoom
Presenter: Brown County Fall Prevention Coalition-Amy Staniforth
Date(s): 2/3
Time: 10-11:30 a.m.

The Brown County Fall Prevention Coalition invites you to explore how we can help older adults stay active, independent, and confident on their feet. Many people experience a fall at some point in life, and community partners are working together to make sure everyone has the knowledge and resources to move safely and comfortably.

335 NET - A Novel Stress Reduction Method - Zoom *NEW*

Location: Zoom
Presenter: Dr. Christopher J. Meyer
Date(s): 2/10
Time: 1-2:30 p.m.

Have you ever noticed that your body seems to hold onto stress - even after the stressful event has passed? Learn about a mind-body approach that explores the relationship between emotional experiences, stress, and the body's response, and offers a method to reduce the stress on your body and mind.

336 Door County 400 Million Years Ago: Its Fossils and the Making of the Door Peninsula - Zoom *NEW*

Location: Zoom
Presenter: Don Mikulic
Date(s): 2/10
Time: 1-3 p.m.

Presenter Don Mikulic will discuss the fossils found in Door County and how they are used to determine the peninsula's geologic history. This includes information on the history of the county's stone industry and its impact on the area's settlement.

337 The Human Exploration Bonus: Why Curiosity is a Supervirtue - Zoom *NEW*

Location: Zoom
Presenter: Ryan Martin
Date(s): 2/17
Time: 10 a.m.-12 p.m.

Curiosity is both an emotion that draws us toward the unknown and a trait that shapes how we engage with the world. Rooted in our evolutionary history, it helped humans explore, learn, adapt, and solve problems. In the age of AI, curiosity may be more important than ever, helping us ask better questions, challenge easy answers, and use new technologies thoughtfully.

338 Diabetes Management: Tools & Tips for a Healthier Life - Zoom *NEW*

Location: Zoom
Presenter: Brown County Diabetes Coalition-Amy Staniforth, ADRC
Date(s): 3/3
Time: 10-11:30 a.m.

This session is your chance to understand diabetes in a way that feels empowering, practical, and doable. You'll walk away with clarity, confidence, and real tools to take charge of your health. Most of all, we're stepping into this journey together so no one has to navigate it alone.

339 Recycling and Solid Waste - Where Does It All Go? - Zoom

Location: Zoom
Presenter: Mark Walter
Date(s): 3/24
Time: 10 a.m.-12 p.m.

The course will focus on the history and current process of recycling and solid waste management in northeast Wisconsin with a discussion about what happens to everything we throw out. Attendance will also qualify as the 1st class in the Tri-County Recycling Master Class curriculum (https://recyclemoretricounty.org/classes/).

340 Personal Emergency Preparedness - Zoom

Location: Zoom
Presenter: Dan Kane & Shauna Walesh
Date(s): 3/31
Time: 1-2:30 p.m.

This session is meant to inform you on ways you can be better prepared and more resilient to emergency situations. Topics covered involve natural disasters, man-made emergencies, and house fires, and why it is important for you to be prepared.

341 Ivanhoe - Zoom *NEW*

Location: Zoom
Presenter: Rebecca Nesvet
Date(s): 4/7
Time: 10-11 a.m.

Sir Walter Scott's Ivanhoe (1819) was nearly the first historical novel and a major media sensation throughout the nineteenth century and well into the twentieth. Find out what was so exciting for generations of readers, theatregoers, artists, and film fans about Scott's tale of adventure, deadly tournaments, star-crossed love, England's transformation into a multiethnic, multicultural, multifaith society, and, of course, Robin Hood and his Merry Men.

342 Public Health: Past, Present, and Future and How It Impacts You - Zoom *NEW*

Location: Zoom
Presenter: Julie Schoenrock & Ann Steinberger
Date(s): 4/7
Time: 1-3 p.m.

This presentation will explore the past, present, and future of public health and how it has evolved over time. It will highlight major public health challenges, current challenges and future development, while explaining how these factors affect the health and safety and well-being of the public. Participants will also learn about services and supports that Brown County Public Health offers.

343 Port of Green Bay - Past, Present, Future - Zoom

Location: Zoom
Presenter: Mark Walter
Date(s): 4/14
Time: 10 a.m.-12 p.m.

The Port of Green Bay has its origins as a fur trading post as far back as the 1600s. It has gone through many changes and hass a major economic impact on the region. The class will discuss the history and some of the current projects the Port is involved with, including Cat Island, Renard Island and new Port development work.

344 The Language of Dementia - Zoom *NEW*

Location: Zoom
Presenter: Sheri Fairman
Date(s): 4/14
Time: 10 a.m.-12 p.m.

Knowing what to say and what not to say in caring for a person living with brain changes is not a commonsense task. Let's take a closer look at the approaches that cause distress and what we can do instead. Utilizing the Fish Approach we will create more moments of connection, trust and a better relationship.

345 Sailing South From Chilean Fjords to the Bottom of the World - Zoom *NEW*

Location: Zoom
Presenter: Stu Hoar
Date(s): 4/28
Time: 10 a.m.-12 p.m.

Winter in Green Bay means summer south of the Equator. In 2026, we joined a Viking expedition that featured scenery and wildlife along the fjords of southwest Chile. Back in 2024, we sailed on the same ship to Antarctica. The class will review similarities and differences in wildlife between the two regions.

346 WASPS - Zoom

Location: Zoom
Presenter: Bob Cook
Date(s): 5/26
Time: 10 a.m.-12 p.m.

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

Online Thursday Courses

347 UP Stories Book Club - Zoom

Location: Zoom
Presenter: Diane Shepard
Date(s): 1/14, 2/11, 3/11, 4/8
Time: 10 a.m.-12 p.m.

Help us explore the mystery, myth and mystery of the Upper Peninsula of Michigan. We might even wander into other up north regions!!!

- January 14 - Rescuing Crash by Sue Harrison
- February 11 - The Big Seven by Jim Harrison
- March 11 - Into the storm by Jamie Kay Palmer
- April 8 - TBA

348 Big Brothers Big Sisters of Northeast Wisconsin: History and How to Get Involved - Zoom *NEW*

Location: Zoom
Presenter: Dawn Daniels
Date(s): 1/28
Time: 10 a.m.-12 p.m.

For over a century, Big Brothers Big Sisters has proven that one caring adult can change the trajectory of a child's life—and that impact is alive and well right here in Northeast Wisconsin. This session explores the organization's history, the local difference mentors are making today, and how you, with your own life experience, could become that steady, encouraging presence a young person needs.

349 What Is an End-of-Life Doula? - Zoom *NEW*

Location: Zoom
Presenter: Stacey Melotte, Certified Death Doula
Date(s): 2/4
Time: 10 a.m.-12 p.m.

We plan for so many things in our lives, but have you thought about planning for the end of life? Learn more about what support you would want during a life-changing illness, after a terminal diagnosis, when death is imminent, or even after a death. When individuals plan for death, they have autonomy over their decisions and can clearly define their end-of-life wishes with family and loved ones.

350 Self Massage for Stress Reduction and Pain Relief - Zoom

Location: Zoom
Presenter: Katie Brewer
Date(s): 2/4
Time: 1-2:30 p.m.

Learn techniques of self-massage for stress reduction and pain relief, as well as some tips for massaging family and friends. Wisconsin-licensed massage therapist Katie Brewer of Golden Age Wellness will help you understand massage practices and lingo to become a more informed consumer of massage therapy.

351 GERD and How to Live with It - Zoom *NEW*

Location: Zoom
Presenter: Sally Bowa
Date(s): 2/4
Time: 1-3 p.m.

Join Sally Bowa, Prevea Nurse Practitioner, to discuss GERD, a digestive disease that occurs when stomach acid flows back into one's food pipe. Learn about the disease's symptoms, causes, and treatment options, including lifestyle, diet, medicines and surgical modifications.

352 Seville, Cadiz, and Barcelona: Histories of 3 Spanish Cities - Zoom *NEW*

Location: Zoom
Presenter: Greg Aldrete
Date(s): 2/18
Time: 10 a.m.-12 p.m.

This lecture will present the entertaining histories of three key Spanish cities: Seville, Cadiz, and Barcelona. Learn about the Golden Age of Spain and how Seville and Cadiz served as the gateways through which all the wealth of Spain's New World Empire flowed. Then trace the history of Barcelona from antiquity to today with a particular emphasis on Gaudi's architectural masterpieces.

353 Gospel of Thomas: The Fifth Canonical Gospel - Zoom *NEW*

Location: Zoom
Presenter: Benjamin Cruz-Uribe
Date(s): 2/25
Time: 1-3 p.m.

The Gospel of Thomas was discovered in 1945 and has been referred to as the 5th Canonical Gospel by a number of prominent New Testament scholars. There are four criteria that are used to classify whether a Gospel should be considered a candidate for inclusion in the Canon. This course will try to answer whether this Gospel of Thomas fulfills each of these criteria.

354 AI for Consumer Protection - Zoom *NEW*

Location: Zoom
Presenter: Jeff Kersten
Date(s): 3/4
Time: 1-2:15 p.m.

The Wisconsin Bureau of Consumer Protection will offer a brief history and overview of Artificial Intelligence (AI) leading up to today's complex Large Language Models (LLMs). The presentation will explore the pros and cons of AI and how those impact consumers. Additionally, the presentation will cover modern threats: specifically, how generative AI has empowered scammers to expand their reach with deepfake videos, convincing phishing scams, and much more. By the end of this presentation, attendees will be better equipped to navigate an AI-powered world with caution and curiosity.

355 Herb Gardening 101 - Zoom

Location: Zoom
Presenter: Katie Brewer
Date(s): 3/4
Time: 1-3 p.m.

Get all the information you need to grow, harvest, and process herbs. Beyond flavoring dishes, herbs can be used for pain relief, digestive health, restful sleep, healthy skin and more. The presenter will share information on a variety of herbs and gardening techniques for you to plan your own remedy garden.

356 Advocacy for Those Experiencing Homelessness - Zoom

Location: Zoom
Presenter: Kate Markwardt
Date(s): 3/11
Time: 10 a.m.-12 p.m.

Statistics regarding the number of people who are unsheltered in Brown County will be reviewed. Additionally, strategies used by the federal government and local providers to better meet the needs of those experiencing homelessness will be reviewed. Kate will explain how you can become an advocate for those in need and combat stereotypes and misinformation.

357 Guardian Angel: The Lewis and Clark Saga - Zoom

Location: Zoom
Presenter: Paul Timm
Date(s): 3/18
Time: 10 a.m.-12 p.m.

In 1803, President Jefferson was responsible for the acquisition of the Louisiana Purchase. He would send Lewis along with the Corps of Discovery to search for the Northwest Passage, map the territory, meet with native tribes, and record flora and fauna. The journey was equivalent to putting a man on the moon in the 1960's. Come along on a tour of this incredible journey with a slideshow that incorporates past and present and discover much more than what was in your history book.

358 Lost Lady: The Lady Elgin Tragedy - Zoom

Location: Zoom
Presenter: Paul Timm
Date(s): 3/18
Time: 1-3 p.m.

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

359 Kayak Essentials - Zoom

Location: Zoom
Presenter: Ken Braband
Date(s): 3/25
Time: 10 a.m.-12 p.m.

Learn about safe and effective skills for maximum paddling enjoyment. Topics will include: choosing the right kayak and gear for where and how you want to paddle; lifting, carrying and transporting your kayak; rules and etiquette; communication; what to wear; places to paddle; and how to find other fun-seeking kayakers to paddle with. Ken Braband is a certified kayak instructor for both whitewater and sea kayaking. He teaches kayak classes at the Green Bay YMCA, leads club trips for Northeast Wisconsin Paddlers (NEWP) and is an instructor at the Door County Sea Kayak Gathering. He also volunteers with Team River Runner, serving disabled military veterans.

360 Understanding the Basics: Social Security & Medicare - Zoom

Location: Zoom
Presenter: Medicare Volunteer Tara Palmbach & ADRC Staff Brandon Raymond
Date(s): 3/25
Time: 10 a.m.-12 p.m.

This course covers determining when to start collecting benefits, how to sign up, online tools, and an overview of different types of benefits. Learn about Medicare: an overview of Medicare basics. Learn about Medicare options, common terms, and online tools available.

361 Apostles of Jesus of Nazareth: Facts vs Myths - Zoom *NEW*

Location: Zoom
Presenter: Benjamin Cruz-Uribe
Date(s): 3/25
Time: 1-3 p.m.

How many Apostles were there? Were women Apostles? How does anyone separate the myths from the real history of this group of people? This course will try to provide answers to these and many other questions related to the first followers of Jesus of Nazareth.

362 World in Economic Disarray - Part 2 - Zoom *NEW*

Location: Zoom
Presenter: Bob Srenaski
Date(s): 4/1
Time: 10 a.m.-12 p.m.

As it passed the quarter mark of the 21st Century, the world has become dangerously dysfunctional. Once-reliable political and economic international relationships have seemingly been destroyed while efforts are under way to form new alliances, all while the possibility of uncontrolled artificial intelligence poses an existential threat to human society.

363 Native Nations of Wisconsin and United States Indian Policy 1776 -1858 - Zoom *NEW*

Location: Zoom
Presenter: Mary Elise Antoine
Date(s): 4/8
Time: 10 a.m.-12 p.m.

With the signing of the 1783 Treaty of Paris, the United States formally acquired the territory west of the Appalachian Mountains to the Mississippi River. The vast majority of the people who lived in the new territory were Native Americans. Originally considering each tribe as a sovereign nation, the United States began to develop an “Indian Policy.” The “Indian Policy” of the United States will be explained from Thomas Jefferson’s opinions to the Civilization Act to the 1830 Removal Act. Each of these enactments greatly affected the Native nations who lived in what is now Wisconsin and the Native Nations removed to Wisconsin, where, by 1858, all the Native Nations had been confined to reservations and the Ho-Chunk removed from the state. Learn about the United States Indian Policy and its effect upon each of the Native Nations.

364 Finding the Gems at PRONI (Public Records of Northern Ireland) - Zoom *NEW*

Location: Zoom
Presenter: Dave Miller
Date(s): 4/8
Time: 1-3 p.m.

There is more to PRONI than Northern Ireland records. Some records date back centuries and don't just apply to Ireland!

365 Swallowing Changes as We Age - Zoom *NEW*

Location: Zoom
Presenter: Dr. Chaitanya Pant
Date(s): 4/8
Time: 1-3 p.m.

If eating and drinking have become painful, difficult, or cause coughing or choking, it may be a swallowing disorder. Join Dr. Chaitanya Pant, Prevea Gastroenterologist, for an informative presentation on swallowing health for older adults. Whether you're experiencing swallowing difficulties or simply want to learn more, this presentation offers practical information to help you stay healthy and enjoy your meals.

366 The War of 1812 in Wisconsin - Zoom

Location: Zoom
Presenter: Mary Elise Antoine
Date(s): 4/8
Time: 1-3 p.m.

On June 18, 1812, the United States declared war on Great Britain. One of the many causes of conflict was the presence of British fur traders in the western Great Lakes-Upper Mississippi region. The British quickly gained military control of the region, and for the next two and a half years, the United States sought to establish a military position. Both William Clark and Zachary Taylor failed in their attempts. Mary Elise brings this part of United States history to life with the story of the people of the western Great Lakes-Upper Mississippi, Euro-Americans and Native Americans and how the contest for control of the region affected their lives and livelihoods.

367 The Demise of our English Language! - Zoom *NEW*

Location: Zoom
Presenter: Lynn Gerlach
Date(s): 4/15
Time: 10 a.m.-12 p.m.

Does your skin crawl when you hear some of our contemporary mispronunciations or misuse of words? Do you want to scream when you hear "Have a good rest of your day" or " We could utilize a good broom right now"? Together, let's enjoy the clarity and effectiveness of good word choice, sentence structure and pronunciation. We'll tear our hair out, sure, but we'll support each other in the effort to maintain meaningful, practical and sound rules of grammar and usage - like we learned them.

368 So You Want to Be a Writer: One Man's Journey - Zoom *NEW*

Location: Zoom
Presenter: Louis V Clark III
Date(s): 4/22
Time: 10 a.m.-12 p.m.

Live the importance of becoming a writer through the eyes of one man on his lifelong journey and his discovery of what is truly important. Mark with him the highs and lows of dreaming, from garage band to poet, to newspaper reporter, to 29 years of night school, until a chance encounter with the University of Arkansas found his first published work. Louis Clark is a husband, father, grandfather, author, lecturer and playwright.

369 United States Navy Nurses on Guam: The Early Days - Zoom *NEW*

Location: Zoom
Presenter: Diana L Ahmad, PHD
Date(s): 4/22
Time: 10 a.m.-12 p.m.

Since the end of the Spanish-American War in 1899, Guam, the southernmost island of the Marianas has been a territory of the United States. The Navy controlled the territory from 1899 to 1951 and quickly established military, economic, and social control of the island. One of the main concerns on the island was the endemic diseases of Guam and their impact on its personnel. As a result, in 1910, the U.S. Navy took control of the new Navy Nurse Corps, established in 1908 by

the United States Congress, to send nurses to Guam to care for the members of the Navy, the Marine Corps, the families of the servicemen, and the Chamorro. The mission of the nurses was to care for those who needed assistance and train the island nurses. They expanded the training begun by American women living in Guam in 1902 to include a medical facility that soon became known as the Susana Hospital, a medical facility designed to help Chamorro women. The Navy nurses succeeded admirably, while simultaneously increasing their knowledge of medicine, teaching, and the expansion of the United States.

370 American Combat Infantry in World War II - Zoom *NEW*

Location: Zoom
Presenter: Michael Grzeca
Date(s): 4/29
Time: 10 a.m.-12 p.m.

From Training to Fighting: What was it like as an American infantryman in World War II?

371 AARP Walk Audit - Zoom *NEW*

Location: Zoom
Presenter: Tom Kenevan
Date(s): 5/13, 5/20
Time: 1-3 p.m.

Our transportation system prioritizes automobile travel, and with good reason. Healthy individuals with few limitations who choose to walk may notice very few barriers. The first week, we will discuss the AARP Walk Audit Tool Kit to become aware of the many barriers and safety issues, not only to children, seniors, andthose with vision or mobility limitations, but also to those with few limitations. The second week, we will study a survey of a quiet street that, for a few days from late summer until after the new year, becomes very congested.

Online Friday Courses

372 Russo-Ukrainian War, Europe, and the World - Zoom *NEW*

Location: Zoom
Presenter: Clifton Ganyard Ph.D.
Date(s): 2/12
Time: 10 a.m.-12 p.m.

The Russo-Ukrainian War is the most significant military conflict in Europe since World War II. This lecture explores the origins and evolution of the war while analyzing its far-reaching consequences for European integration, NATO, international law, global markets, and the shifting balance of power in the twenty-first century.

373 Wisconsin's Best Kept Geological Secret: The Niagara Escarpment - Zoom

Location: Zoom
Presenter: Eric W. Fowle, AICP
Date(s): 2/26
Time: 1-2:30 p.m.

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

THANK YOU

As a member-led organization, it is because of you that the Lifelong Learning Institute at UW-Green Bay is a success!

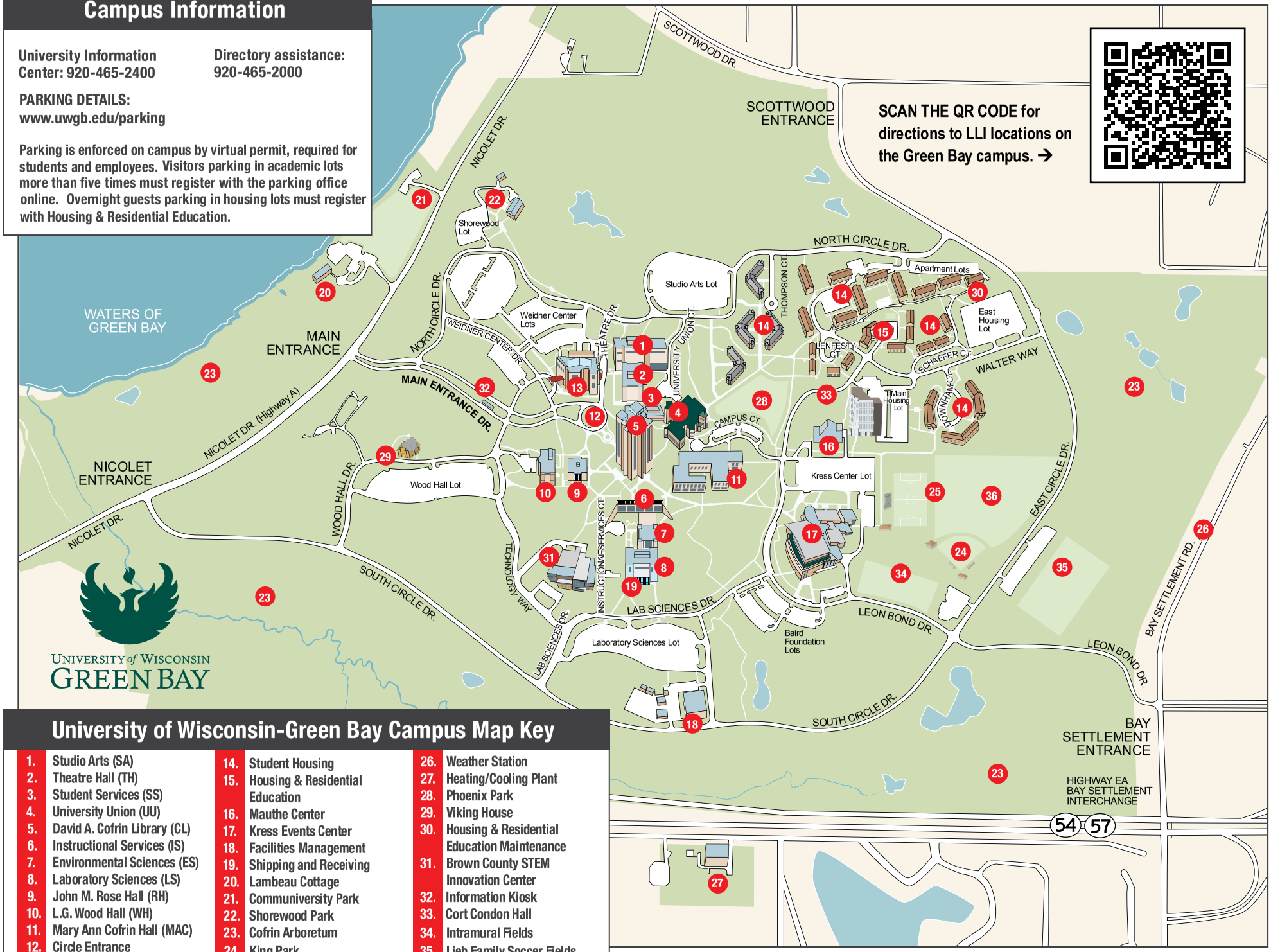
Campus Information

University Information Center: 920-465-2400

Directory assistance: 920-465-2000

PARKING DETAILS:
www.uwgb.edu/parking

Parking is enforced on campus by virtual permit, required for students and employees. Visitors parking in academic lots more than five times must register with the parking office online. Overnight guests parking in housing lots must register with Housing & Residential Education.



University of Wisconsin-Green Bay Campus Map Key

1. Studio Arts (SA)
2. Theatre Hall (TH)
3. Student Services (SS)
4. University Union (UU)
5. David A. Cofrin Library (CL)
6. Instructional Services (IS)
7. Environmental Sciences (ES)
8. Laboratory Sciences (LS)
9. John M. Rose Hall (RH)
10. L.G. Wood Hall (WH)
11. Mary Ann Cofrin Hall (MAC)
12. Circle Entrance
13. The Weidner
14. Student Housing
15. Housing & Residential Education
16. Mauthe Center
17. Kress Events Center
18. Facilities Management
19. Shipping and Receiving
20. Lambeau Cottage
21. Communiversity Park
22. Shorewood Park
23. Cofrin Arboretum
24. King Park
25. Santaga Soccer Stadium
26. Weather Station
27. Heating/Cooling Plant
28. Phoenix Park
29. Viking House
30. Housing & Residential Education Maintenance
31. Brown County STEM Innovation Center
32. Information Kiosk
33. Cort Condon Hall
34. Intramural Fields
35. Lieb Family Soccer Fields
36. Athletics & Recreation Field



SUPPORTING THE STORIES THAT MAKE A LIFE WELL LIVED.



Life doesn't slow down because of age—and neither should opportunities for connection, purpose, and joy.

At Rennes Group, we're honored to care for individuals whose stories continue to unfold every day.

We're guided by a promise to our residents, a commitment to deliver exceptional care focused upon dignity, respect and compassion, that creates meaningful experiences and memories. We believe lifelong learning, new experiences and community engagement enhances our residents' lives. We believe they deserve nothing less than exceptional.

Our partnership with the University of Wisconsin-Green Bay's Lifelong Learning Institute delivers upon this promise through community engagement and life enrichment. After all, our stories are still being written, and we're happy to help fill the pages.

www.rennesgroup.com

CONTACT US

Renaissance by Rennes - De Pere
250 S. Ninth Street, De Pere, (920) 983-5100

Rennes Health & Rehab Center - De Pere
200 S. Ninth Street, De Pere, (920) 336-5680

Residence by Rennes - De Pere
1150 Lois Street, De Pere, (920) 983-5200

In 1973, the Rennes' began a company that shifted how seniors were cared for as their needs changed. Still run by family, Rennes believes we all have the desire to feel respected. We are your trusted partners in the continuum of care for senior living and are committed to the Rennes difference.

CONNECT WITH US

University of Wisconsin Green Bay

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

CELEBRATING 35 YEARS 1991 2026 OF LIFELONG LEARNING

TOGETHER WE RISE

REMINDERS

If you are not already a LLI Member for 2026-2027, you can become a member for the spring by November 30 to receive your registration link for December 7.

Go to **www.uwgb.edu/lli** and click on '**Become a Member**'.



Registration Process

Class registration is done online. if you are not able to register online, contact the LLI office at least two weeks prior to registration to provide your class selections.

Contact LLI

The LLI office has moved to Student Services, SS 1600. Office hours are Monday-Thursday, 9 a.m. to 2 p.m. The best way to contact us is by emailing **lli@uwgb.edu**. You can also call us at (920) 465-2356.

Lifelong Learning Institute is supported in part by the Rennes Group.