

RISE TOGETHER WE

Lifelong Learning Institute FALL 2025 COURSE CATALOG

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Rennes Group

Assisted Living, Memory Care,
Rehab & Skilled Nursing Services
Est. 1973



Become a paid member by July 21 in order to receive a registration link for July 29.

If you are done with this catalog, please drop it off at your local coffee shop, church, gym or gathering place to share LLI with others.

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



UNIVERSITY of WISCONSIN
GREEN BAY

Join Us at Lifelong Learning Institute

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

Yearly Membership Fee: \$150

You can add on more classes that still have openings after the initial registration of 15 classes each semester.



New for Fall 2025

You must be a confirmed member before you can priority register for classes. Become a paid member by July 21. Register for up to 15 classes during the initial registration period. If you miss priority registration, you can still join as a member and select classes after July 29. You may also register for additional classes with availability.



Confirmation Email

You will receive an email after you submit your registration. Please allow up to 48 hours to receive this confirmation. This is your confirmation letter. Be sure LLI emails are not going into your junk, trash or promotional email folders. Your confirmation email will only indicate the first session of each course, so please make a note of remaining dates listed in the catalog or calendar for reference.

Your Registration Time will be Personalized

If you are a confirmed member by July 21, you will receive a personalized registration time for July 29 by email between July 22-25. Then, at your personalized registration time on July 29, you will receive a registration link. You will need to register for classes using this link. Both emails will come from lli@uwgb.edu.

No registration link will be available on the website.

With nearly 280 interactive and engaging classes to choose from, LLI offers flexible options for all new and existing members.

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Registration Checklist

**Become a paid member by July 21.**

Go to www.uwgb.edu/lli and click **BECOME A MEMBER**. Once you submit your info and payment, you'll get a confirmation email. You must be a paid member at least one week before class registration if you wish to priority register on July 29.



You may register for up to 15 courses during the initial registration period. Only register for the number of classes you are able to attend, as a place will be reserved in your name. Have your list of classes ready ahead of time!



If a course is full, it will say 'Waitlist.' If you wish to be added to the waitlist, please select the waitlisted class. Waitlisted classes do not count towards your 15 courses. Please note: Due to high registration volume, you may not know that you are waitlisted for a course until you receive your confirmation letter.

Please be sure to click "Submit" at the end of registration. You will know that your registration has been successful when you receive a final screen with the UW-Green Bay Phoenix logo.

Watch for your confirmation email, which should arrive within 48 hours of registration. Make sure to check your "spam," "junk" or "promotions" folders. Your confirmation email serves as your Confirmation Letter. Please mark your classes on your calendar! You will not receive a second confirmation.

Receive Your Personalized Registration Time

Members who are confirmed by July 21 will receive a personalized registration time between July 22-25. Look for an email from lli@uwgb.edu with the subject line "Personalized Registration Time."

Register for Classes on Tuesday, July 29, at Your Personalized Registration Time

At your personalized registration time on July 29, you will receive a registration link by email from lli@uwgb.edu. You will need to register for classes using this link.

No registration link will be available on the website.

If you miss the priority registration period, you can still join as a member and select classes after July 29.

Please Note: Registration must be completed online. If you do not have the means to register online, we recommend that you request assistance from a fellow LLI member or family member. You may also contact the LLI office at lli@uwgb.edu at least one week before registration so that we can assist.

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.



Refund Policy

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



Contacting LLI

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

Phone: (920) 465-2356

Email: lli@uwgb.edu



Tuition Assistance

Tuition assistance may be available for those who qualify for the Homestead Credit. For more information, please contact 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.

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**Aging & Disability
Resource Center (ADRC)**

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

Bodega Bay Farm

3316 Gass Lake Road
Manitowoc, WI 54220

Burger Boat Company Shipyard

1811 Spring St
Manitowoc, WI 54220

Calvary Lutheran Church

1301 S Ridge Rd
Green Bay, WI 54304

Cedar Creek Event Center

1018 Cedar St
De Pere, WI 54115

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

The Cottages at Lake Park

2006 Lake Park Drive
Marinette, WI 54143

Curative Connections East

2900 Curry Ln
Green Bay, WI 54311

**Curative Connections West -
Yesteryear Village**

1538 Western Ave
Green Bay, WI 54303

Enstrom Helicopters

2209 22nd St
Menominee, MI 49858

**First Presbyterian Church
Green Bay**

200 S Ashland Ave
Green Bay, WI 54303

First United Methodist Church

601 10th Ave
Menominee, MI 49858

Franciscan Sisters Motherhouse

2409 Alverno Rd
Manitowoc, WI 54220

Golden House

1120 University Ave
Green Bay, WI 54302

Hazelwood Historic House

1008 S Monroe Ave
Green Bay, WI 54301

Heritage Hill State Historical Park

2640 S Webster Ave
Green Bay, WI 54301

Jeff's Piano Sales & Service

1674 E Mason St
Green Bay, WI 54302

Kewaunee Harbor Walking Tour

322 Milwaukee St
Kewaunee, WI 54216
Meet at the corner of Milwaukee
and Miller Streets

**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

Ledge View Nature Center

W2348 Short Rd
Chilton, WI 53014

Little Chute Windmill

130 W Main St
Little Chute, WI 54140

London Dairy Alpacas

6827 WI-147
Two Rivers, WI 54241

**Manitowoc County Dispatch
Center**

1024 S 9th St
Manitowoc, WI 54220

Maribel Caves

15401 County Rd R
Maribel, WI 54227

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

National Railroad Museum

2285 S Broadway
Ashwaubenon, WI 54304

NEW Beads and Jewelry

2069 Central Ct Ste 44
Green Bay, WI 54311

Oneida Nation Museum

W892 County Rd EE
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

Silarian Vineyards
 11715 Hilltop Rd
 Cato, WI 54230

Sisters of St. Francis of the Holy Cross
 3110 Nicolet Dr
 Green Bay, WI 54311

Spies Public Library
 940 1st St
 Menominee, MI 49858

Station 1 Brewing
 1745 Riverside Dr.
 Suamico, 54173

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

The Picklr
 2610 Holmgren Way
 Green Bay, WI 54304

The Promenade
 2315 San Luis Place
 Green Bay, WI 54304

The Read Apple Toy Shoppe
 1623 Washington St
 Two Rivers, WI 54241

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

**UW-Green Bay,
 Manitowoc Campus**
 705 Viebahn St
 Manitowoc, WI 54220

**UW-Green Bay,
 Marinette Campus**
 750 W Bay Shore St
 Marinette, WI 54143

West of the Lake Gardens
 915 Memorial Dr
 Manitowoc, WI 54220

Wisconsin Maritime Museum
 75 Maritime Dr
 Manitowoc, WI 54220

**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

No.	Course Title	Time	Start	Subsequent Dates
1	Lost Lady: The Lady Elgin Tragedy - In Person	10 a.m.-12 p.m.	8/11	
2	Guardian Angel: The Lewis and Clark Saga - In Person	1-3 p.m.	8/11	
31	Intro to Designing 3D Printing & Laser Cutting	10 a.m.-12 p.m.	8/19	8/20 8/21
32	Owling 101	10 a.m.-12 p.m.	8/19	
33	West of the Lake Garden Tour	1-3 p.m.	8/19	
84	Urban Poling	10 a.m.-12 p.m.	8/20	
85	How Medical Conditions at the Battle of Antietam Affected the Battle - In Person	1-3 p.m.	8/20	
3	Thriving in Chaos: How UWGB Basketball is Winning in Difficult Times	9-11 a.m.	8/25	
34	Tabletop Water Fountain	10 a.m.-12 p.m.	8/26	
35	Make Your Own Quill Pen & Fun Hand Lettered Gift Tags	9 a.m.-12 p.m.	8/26	
87	Astronomy for Beginners	10 a.m.-12 p.m.	8/27	
88	Ireland in Music and Song - In Person	10 a.m.-12 p.m.	8/27	
86	Grey Matters: Keeping Your Brain Healthy While Aging	1-2:30 p.m.	8/27	
89	Conflicts and Minerals: The Overlap of Geopolitics and Earth's Mineral Resources - In Person	1-3 p.m.	8/27	
90	Create a Suncatcher or Ornament	1-3 p.m.	8/27	
129	Kewaunee Harbor Walking Tour: A Leisurely Stroll to 4 Historic Sites - Session A	10 a.m.-12 p.m.	8/28	
128	Recorder Lessons (Part 3)	1-2:30 p.m.	8/28	9/11 9/25 10/9 10/23 11/6 11/20 12/4
130	Kewaunee Harbor Walking Tour: A Leisurely Stroll to 4 Historic Sites - Session B	1-3 p.m.	8/28	

No.	Course Title	Time	Start	Subsequent Dates
179	Hackers, Scammers, and Fraudsters: Cybersecurity for Savvy Seniors - In Person	10 a.m.-12 p.m.	8/29	
36	Introduction to Scotland - In Person	10 a.m.-12 p.m.	9/2	
91	Fox River Locks	10 a.m.-12 p.m.	9/3	9/17
92	Western Music in a Global Society - In Person	10 a.m.-12 p.m.	9/3	
93	Zentangle 2.0	10 a.m.-12 p.m.	9/3	
94	Zentangle Challenge	1-3 p.m.	9/3	9/10 9/17
131	Concert - The Heyday of the Recorder	10 a.m.-12 p.m.	9/4	
132	On a Wisconsin Family Farm: Historic Tales of Character, Community and Culture	10 a.m.-12 p.m.	9/4	
133	Snakes of Wisconsin	10 a.m.-12 p.m.	9/4	
134	Personal Emergency Preparedness - In Person	1-2:30 p.m.	9/4	
180	Biking is Fun at Any Age	10 a.m.-12 p.m.	9/5	9/12 9/19 9/26 10/3 10/10
181	Historical Tour of Franciscan Sisters Motherhouse	1-3 p.m.	9/5	
4	It's a Mystery to Me	1-3 p.m.	9/8	10/6 11/3 12/1
37	Decorating 101, Pillows, Throws & Rugs	10 a.m.-12 p.m.	9/9	
38	Bodega Bay Farm & Ottana Lamancha Tour	1-3 p.m.	9/9	
39	Continuing Issues	1-3 p.m.	9/9	9/23 10/7 10/21 11/4 11/18 12/2 12/16
40	Pickleball 101	1-3 p.m.	9/9	
41	The Life of Vince Lombardi - In Person	1-3 p.m.	9/9	

No.	Course Title	Time	Start	Subsequent Dates
95	Moving Pictures - In Person	10 a.m.-12 p.m.	9/10	
96	NYC on Location: Virtual Walking Tour of the City - In Person	10 a.m.-12 p.m.	9/10	
97	Searching for your Irish Ancestors from Both Sides of the Pond - In Person	10 a.m.-12 p.m.	9/10	
98	7 Step Chair Caning	1-3 p.m.	9/10	9/17 10/1 10/8 10/15 10/22
99	Scandalous Minahan Walking Tour	1-3 p.m.	9/10	
136	Dawn of the Diesels: Railroad Diesel Locomotive History	10 a.m.-12 p.m.	9/11	9/18
137	Kewaunee Harbor Walking Tour: A Leisurely Stroll to 4 Historic Sites - Session C	10 a.m.-12 p.m.	9/11	
138	Prescription Drug Prices: Understanding & Playing the Game (2025 Update) - In Person	10 a.m.-12 p.m.	9/11	9/18
139	The Protestant Reformation: History, Homilists and Hellions - In Person	10 a.m.-12 p.m.	9/11	9/18 9/25 10/2 10/9
135	Group Piano	10-11:30 a.m.	9/11	9/18 9/25 10/2
140	An Introduction to the Study of Death and Dying	1-3 p.m.	9/11	
141	Kewaunee Harbor Walking Tour: A Leisurely Stroll to 4 Historic Sites - Session D	1-3 p.m.	9/11	
142	Silarian Vineyards History and Tour	1-3 p.m.	9/11	
143	Open Knitting	9:30-11:30 a.m.	9/11	10/9 11/13 12/11
182	10 Tips for Arranging Furniture	10 a.m.-12 p.m.	9/12	
183	Belgian Life, Past and Present, in Door County	Other	9/12	

Registration Reminder

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

No.	Course Title	Time	Start	Subsequent Dates
5	Cherney Maribel Caves and New Hope Cave - Session A	10 a.m.-12:30 p.m.	9/15	
6	Cowboys: An American Symbol - In Person	10-11:30 a.m.	9/15	
7	Gentle Yoga	1-2 p.m.	9/15	9/22 9/29 10/6 10/13 10/20
8	Biking through South Africa - In Person	1-3 p.m.	9/15	
9	Cherney Maribel Caves and New Hope Cave - Session B	1-3:30 p.m.	9/15	
10	Slow Vinyasa Flow Yoga	2:30-3:30 p.m.	9/15	9/22 9/29 10/6 10/13 10/20
42	Enslaved, Indentured, Free: Slavery in Wisconsin - In Person	10 a.m.-12 p.m.	9/16	
43	Curative Connections West - Yesteryear Village Tour - Session A	10-11:30 a.m.	9/16	
44	The Fur Trade in Wisconsin - In Person	1-3 p.m.	9/16	
100	Baggie Holder	10 a.m.-12 p.m.	9/17	
101	Home Safety	10 a.m.-12 p.m.	9/17	
102	Strong Bones, Healthier Life - In Person	1-3 p.m.	9/17	
103	Is The Book Better Than The Movie?	9-12 p.m.	9/17	10/15 11/19 12/10
144	Guided by the Light	10 a.m.-12 p.m.	9/18	
145	Authentic 1850's Designed Windmill Tour - Session A	1-3 p.m.	9/18	
146	Gong Demonstration and Sound Bath	1-3 p.m.	9/18	
184	Rise of the Right in Germany, Europe, and Beyond - In Person	10 a.m.-12 p.m.	9/19	
185	Barkhausen	9-11 a.m.	9/19	

No.	Course Title	Time	Start	Subsequent Dates
11	Build & Personalize Your Own 6 Pack Carrier	10 a.m.-12 p.m.	9/22	9/29
12	An Introduction to the Reiki Experience - In Person	1-3 p.m.	9/22	
13	Getting Smart About Food Labels - How Nutrition Changes with Age	1-3 p.m.	9/22	
45	Authentic 1850's Designed Windmill Tour - Session B	10 a.m.-12 p.m.	9/23	
46	Preventing Chronic Kidney Disease - In Person	10 a.m.-12 p.m.	9/23	
47	Update on the U.S. and Wisconsin Supreme Courts - In Person	10 a.m.-12 p.m.	9/23	
48	Card Game Sheephead	1-3 p.m.	9/23	9/25 10/7
147	Sustainability and Solar Energy	10 a.m.-12 p.m.	9/25	
148	Grignon Mansion Tour - Session A	1-3 p.m.	9/25	
149	Why Are My Home Insurance Rates So High? - In Person	1-3 p.m.	9/25	
186	PowerPoint Pitfalls: Save yourself from them!	10 a.m.-12 p.m.	9/26	10/3
187	Tasting Journey Through 6 Types of Tea - In Person	10 a.m.-12 p.m.	9/26	
188	Practical Scientific Literacy Tools: Doing Your Own Research with Intention	10-11:30 a.m.	9/26	
189	History of the Earth in Videos: Part 2 - In Person	1-3 p.m.	9/26	10/3 10/10
207	Evergreen Theater Presents: Radio Plays	2-4:30 p.m.	9/27	
49	Alpaca Ranch Tour	10 a.m.-12 p.m.	9/30	
50	Fraud and Scam Prevention Presentation	10 a.m.-12 p.m.	9/30	
51	History of Costumes	10 a.m.-12 p.m.	9/30	

No.	Course Title	Time	Start	Subsequent Dates
52	Pen and Ink Drawing - In Person	10 a.m.-12 p.m.	9/30	10/7 10/14 10/21 10/28
53	Building Historic Model Ships: an Interdisciplinary Undertaking - In Person	1-3 p.m.	9/30	
54	Kawandi Quilting	1-3 p.m.	9/30	10/7
104	Internet Safety - Session A	10 a.m.-12 p.m.	10/1	
105	Understanding the Impact of Domestic Violence	10 a.m.-12 p.m.	10/1	
106	Enjoy a Tram Tour of Heritage Hill State Historical Park	1-2:30 p.m.	10/1	
107	Internet Safety - Session B	1-3 p.m.	10/1	
108	Writing Your Memoirs	1-3 p.m.	10/1	10/8 10/15 10/22 10/29 11/5
150	Art Boot Camp	10 a.m.-12 p.m.	10/2	10/9 10/16 10/23 10/30
151	Building Europe: Trains of Friendship	10 a.m.-12 p.m.	10/2	
152	Welcome to the Pumpkin Patch	10 a.m.-12 p.m.	10/2	
153	Guided Walking Tour of Heritage Hill State Historical Park	1-2:30 p.m.	10/2	
154	Safe Online Shopping - In Person	1-3 p.m.	10/2	
190	Beginning Line Dancing	10 a.m.-12 p.m.	10/3	10/10 10/17 10/24
191	Domestic Violence Awareness/ Golden House Tour - Session A	10 a.m.-12 p.m.	10/3	
192	The Bizarre Life of the Romans - In Person	10-11:30 a.m.	10/3	
14	Following Through on Vatican II - In Person	1-3 p.m.	10/6	10/13
15	Tat & Chat	1-3 p.m.	10/6	10/13 10/20 10/27

No.	Course Title	Time	Start	Subsequent Dates
16	Walking in the Shadow of History - The Great Green Bay Fire of 1880	1-3 p.m.	10/6	
55	Make a Hanging Pumpkin Lamp for Fall Decorating	10 a.m.-12 p.m.	10/7	
56	Manitowoc River History: River Heights to Manitowoc Rapids - Part 1	10 a.m.-12 p.m.	10/7	
57	Curative Connections West - Yesteryear Village Tour - Session B	1-2:30 p.m.	10/7	
58	Through the Lens of a Packers Photographer - In Person	1-3 p.m.	10/7	
109	Guided Walk in Baird Creek: Ecology and History - Session A	10 a.m.-12 p.m.	10/8	
110	Laser Cut Coaster	10 a.m.-12 p.m.	10/8	
111	Zentangle ... from the Dark Side to the Light!	10 a.m.-12 p.m. & 1-3 p.m.	10/8	
112	Grignon Mansion Tour - Session B	1-3 p.m.	10/8	
113	Guided Walk in Baird Creek: Ecology and History - Session B	1-3 p.m.	10/8	
114	Beginning Punch Needle Rug Hooking	1-4 p.m.	10/8	
155	Beginning Knitting	1:30-3 p.m.	10/9	10/16 10/23 10/30
156	How do Leaves Change Color?	10 a.m.-12 p.m.	10/9	
157	Knitting With Two Colors: Buffalo Plaid Hat	12-1:30 p.m.	10/9	10/16 10/23 10/30
158	Sound Bath and Support for Caregivers	1-3 p.m.	10/9	11/6 12/4
159	Local Flavor: How to Make Pasties	9:30 a.m.-1 p.m.	10/9	
193	Domestic Violence Awareness/ Golden House Tour - Session B	10 a.m.-12 p.m.	10/10	
194	Oneida Nation Museum - Session A	10 a.m.-12 p.m.	10/10	

No.	Course Title	Time	Start	Subsequent Dates
195	Optimize Your Movement	1-3 p.m.	10/10	
196	Organize and Digitize Your Photos and Other Media	1-3 p.m.	10/10	
197	The Promenade - What is an Active Adult Community - Session A	1-3 p.m.	10/10	
17	Beginning Spanish	10 a.m.-12 p.m.	10/13	10/20 10/27 11/3 11/10 11/17
18	Continuing Spanish	12:15-2:15 p.m.	10/13	10/20 10/27 11/3 11/10 11/17
59	Build a Plant Propagation Station	10 a.m.-12 p.m.	10/14	
60	Following Jesus through the Holy Land - In Person	10 a.m.-12 p.m.	10/14	
61	Manitowoc River History: Manitowoc Rapids to Lake Michigan - Part 2	10 a.m.-12 p.m.	10/14	
62	CRISPR: genome editing technology, from the lab bench to the real world - In Person	1-3 p.m.	10/14	
63	Enstrom Helicopters Tour	1-3 p.m.	10/14	
64	Sanimax - The Invisible Industry - In Person	1-3 p.m.	10/14	
115	Burger Boat Company Tour/Presentation	10 a.m.-12 p.m.	10/15	
116	Curative Connections East Tour - Session A	10-11:30 a.m.	10/15	
117	Grains: The Whole Wheat Story - In Person	1-3 p.m.	10/15	
162	Painting On Fabric	10 a.m.- 3 p.m.	10/16	
161	Juggling: You can FINALLY learn how!	10 a.m.-12 p.m.	10/16	10/23
160	Piano Ensemble	10-11:30 a.m.	10/16	10/23 10/30 11/6
163	Me Time: Self-Care Tips Everyone Can Use	1-3 p.m.	10/16	

No.	Course Title	Time	Start	Subsequent Dates
198	Power of Narrating Your Story	10 a.m.-12 p.m.	10/17	
19	My life as a Forward Observer in Vietnam 1968-1969	10 a.m.-12 p.m.	10/20	
65	Famous Trials: Landmark Cases in American Legal History - In Person	10 a.m.-12 p.m.	10/21	
66	Manitowoc River History: Manitowoc Rapids to Lake Michigan - Part 3	10 a.m.-12 p.m.	10/21	
67	Past, Present, and Future of the Federal Aviation Administration	1-3 p.m.	10/21	
118	Rome's Greatest Heroes and the Power of Myth - In Person	10 a.m.-12 p.m.	10/22	
164	End Times and the Revelation of John - In Person	1-3 p.m.	10/23	
200	Oneida Nation Museum - Session B	10 a.m.-12 p.m.	10/24	
199	Navigating Medicare: Open Enrollment Period (OEP) 2026 - In Person	1-2:30 p.m.	10/24	
20	Off the Grid With Modern Quilting - In Person	1-2:30 p.m.	10/27	
21	RV Life: "I Love It!" - In Person	1-3 p.m.	10/27	
22	Spiritual Direction - In Person	1-3 p.m.	10/27	
68	Diego Rivera & Frida Kahlo	10 a.m.-12 p.m.	10/28	
69	Art Play Day!	10 a.m.-12 p.m. & 1-3 p.m.	10/28	
70	Curative Connections East Tour - Session B	1-2:30 p.m.	10/28	
119	Geology of Hawai'i - In Person	10 a.m.-12 p.m.	10/29	
120	Legal Issues in Retirement	10 a.m.-12 p.m.	10/29	11/5
165	Silent Sky - The Work of Two Hearing-Challenged Female Astronomers	1-3 p.m.	10/30	

No.	Course Title	Time	Start	Subsequent Dates
23	Illustrating Middle Grade Children's Books - In Person	10 a.m.-12 p.m.	11/3	
24	Seniors! Game On Continued with NEW GAMES!	10 a.m.-12 p.m.	11/3	
25	Dirt, Sticks & Bricks 5.0	1-3 p.m.	11/3	
71	Habitat Chat	10 a.m.-12 p.m.	11/4	
72	History of the World Through Maps: The Science and Technology of Cartography - In Person	10 a.m.-12 p.m.	11/4	11/11
73	Tour Krueger International (KI) 100% Employee Owned	10 a.m.-12 p.m.	11/4	
74	Introduction to eBikes with Suamico Bike Company	1-3 p.m.	11/4	
121	China's World Plan, Part Two - In Person	1-3 p.m.	11/5	
122	Native American Finger Weaving	1-3 p.m.	11/5	
166	Art of Calligraphy	10 a.m.-12 p.m.	11/6	11/13 11/20
167	Chronic Wasting Disease in White-tail Deer	10 a.m.-12 p.m.	11/6	
168	You CAN Kick Sugar - I Did! - In Person	10 a.m.-12 p.m.	11/6	
169	Grains: the gluten-free edible grasses and psuedograins - In Person	1-3 p.m.	11/6	
170	Jeopardy/ Lifelong Learning Style	1-3 p.m.	11/6	
201	Power of Words: An Introduction to Poetry Therapy	10 a.m.-12 p.m.	11/7	
202	Herbal Recipes for Optimum Health	1-3 p.m.	11/7	
203	The Promenade - What is an Active Adult Community - Session B	1-3 p.m.	11/7	
26	Drawing 101	10 a.m.-12 p.m.	11/10	11/17

No.	Course Title	Time	Start	Subsequent Dates
27	Enjoy a Taste of Italy: Making Crostata	10 a.m.-12 p.m.	11/10	
28	Mandala Art	10 a.m.-12 p.m.	11/10	
75	Compress & Shock Foundation CPR and AED Training	10 a.m.-12 p.m.	11/11	
76	Biblical Christmas Narratives as Extended Metaphors	1-3 p.m.	11/11	11/13 11/18
123	Guide to Buying a Vehicle	10 a.m.-12 p.m.	11/12	
124	Huntington's Disease - What is it and the impact on families - In Person	1-3 p.m.	11/12	
125	Advanced Cataract Surgery - In Person	2-3 p.m.	11/12	
171	Intermediate Line Dancing	10 a.m.-12 p.m.	11/13	11/20 12/4 12/11
172	Under the Robe - In Person	10 a.m.-12 p.m.	11/13	
204	WWII Internment Camps - In Person	10 a.m.-12 p.m.	11/14	
205	Fun With Aromatherapy	1-3 p.m.	11/14	
29	Spirituality During End of Life	10 a.m.-12 p.m.	11/17	
77	Understanding Generative AI - In Person	10 a.m.-12 p.m.	11/18	
78	Zentangle Holiday Gift Tags	1-3 p.m.	11/18	

Attention Lifelong Learning Institute Members

Information included in this catalog is accurate and current at the time of printing. Lifelong Learning Institute reserves the right to make changes to the course schedule. Visit www.uwgb.edu/lli for the most updated course schedule.

No.	Course Title	Time	Start	Subsequent Dates
79	Build & Personalize Your Own Wine Bottle Box	9 a.m.-12 p.m.	11/18	
126	Design a Personalized Charm for Crocs!	10 a.m.-12 p.m.	11/19	
127	Plant Based Soap Making	10 a.m.-12 p.m.	11/19	
173	Christmas 3-D Paper Creations	10 a.m.-12 p.m.	11/20	12/11
30	Stalag USA: WWII POW Camps - In Person	10 a.m.-12 p.m.	12/1	12/8
174	Fact-Checking Online - In Person	10 a.m.-12 p.m.	12/4	
175	Manitowoc County Joint Dispatch Tour	10 a.m.-12 p.m.	12/4	
176	Bright Stars and Constellations	1-3 p.m.	12/4	
177	Phantoms of the Forest	1-3 p.m.	12/4	
206	Macrame Poinsettia Wall Hanging	10 a.m.-12 p.m.	12/5	
80	Lust to Shop: From Romanticism to Modernism in a Shoebox	10 a.m.-12 p.m.	12/9	
81	Wildlife Tracks & Scat	10 a.m.-12 p.m.	12/9	
82	Tracking the Phantoms	1-3 p.m.	12/9	
178	Gospels of Matthew and Luke: Two Christmas Stories - In Person	1-3 p.m.	12/11	
83	Celebrate the Season Concert	10 a.m.-12 p.m.	12/16	

No	Course Title	Time	Start	Subsequent Dates
208	Lost Lady: The Lady Elgin Tragedy - Zoom	10 a.m.-12 p.m.	8/11	
209	Guardian Angel: The Lewis and Clark Saga - Zoom	1-3 p.m.	8/11	
239	How Medical Conditions at the Battle of Antietam Affected the Battle - Zoom	1-3 p.m.	8/20	
240	Ireland in Music and Song - Zoom	10 a.m.-12 p.m.	8/27	
241	Conflicts and Minerals: The Overlap of Geopolitics and Earth's Mineral Resources - Zoom	1-3 p.m.	8/27	
269	Hackers, Scammers, and Fraudsters: Cybersecurity for Savvy Seniors - Zoom	10 a.m.-12 p.m.	8/29	
223	Introduction to Scotland - Zoom	10 a.m.-12 p.m.	9/2	
242	Western Music in a Global Society - Zoom	10 a.m.-12 p.m.	9/3	
255	Personal Emergency Preparedness - Zoom	1-2:30 p.m.	9/4	
224	The Life of Vince Lombardi - Zoom	1-3 p.m.	9/9	
243	Moving Pictures - Zoom	10 a.m.-12 p.m.	9/10	
244	NYC on Location: Virtual Walking Tour of the City - Zoom	10 a.m.-12 p.m.	9/10	
245	Searching for your Irish Ancestors from Both Sides of the Pond - Zoom	10 a.m.-12 p.m.	9/10	
256	Prescription Drug Prices: Understanding & Playing the Game (2025 Update) - Zoom	10 a.m.-12 p.m.	9/11	9/18
257	The Protestant Reformation: History, Homilists and Hellions - Zoom	10 a.m.-12 p.m.	9/11	9/18 9/25 10/2 10/9
258	UP STORIES	10 a.m.-12 p.m.	9/11	10/16 11/13 12/11
210	Cowboys: An American Symbol - Zoom	10-11:30 a.m.	9/15	
211	Biking through South Africa - Zoom	1-3 p.m.	9/15	

No	Course Title	Time	Start	Subsequent Dates
225	"How Did Davy Die? Unraveling an Alamo Mystery"	10 a.m.-12 p.m.	9/16	
226	Enslaved, Indentured, Free: Slavery in Wisconsin - Zoom	10 a.m.-12 p.m.	9/16	
227	The Fur Trade in Wisconsin - Zoom	1-3 p.m.	9/16	
246	Strong Bones, Healthier Life - Zoom	1-3 p.m.	9/17	
259	Books and You	1-2:30 p.m.	9/18	10/16 11/20
270	Rise of the Right in Germany, Europe, and Beyond - Zoom	10 a.m.-12 p.m.	9/19	
212	An Introduction to the Reiki Experience - Zoom	1-3 p.m.	9/22	
228	Preventing Chronic Kidney Disease - Zoom	10 a.m.-12 p.m.	9/23	
229	Update on the U.S. and Wisconsin Supreme Courts - Zoom	10 a.m.-12 p.m.	9/23	
260	Why Are My Home Insurance Rates So High? - Zoom	1-3 p.m.	9/25	
271	Tasting Journey Through 6 Types of Tea - Zoom	10 a.m.-12 p.m.	9/26	
272	History of the Earth in Videos: Part 2 - Zoom	1-3 p.m.	9/26	10/3 10/10
213	Getting Smart About Food Labels - How Nutrition Changes with Age	1-3 p.m.	9/29	
230	Pen and Ink Drawing - Zoom	10 a.m.-12 p.m.	9/30	10/7 10/14 10/21 10/28
231	Building Historic Model Ships: an Interdisciplinary Undertaking - Zoom	1-3 p.m.	9/30	
261	Safe Online Shopping - Zoom	1-3 p.m.	10/2	
273	The Bizarre Life of the Romans - Zoom	10-11:30 a.m.	10/3	
214	Following Through on Vatican II - Zoom	1-3 p.m.	10/6	10/13

No	Course Title	Time	Start	Subsequent Dates
232	Through the Lens of a Packer Photographer - Zoom	1-3 p.m.	10/7	
215	Birds of Wisconsin	1-2:30 p.m.	10/13	
233	Following Jesus through the Holy Land - Zoom	10 a.m.-12 p.m.	10/14	
234	CRISPR: genome editing technology, from the lab bench to the real world - Zoom	1-3 p.m.	10/14	
235	Sanimax - The Invisible Industry - Zoom	1-3 p.m.	10/14	
247	Grains: The Whole Wheat Story - Zoom	1-3 p.m.	10/15	
216	My life as a Forward Observer in Vietnam 1968-1969	10 a.m.-12 p.m.	10/20	
236	Famous Trials: Landmark Cases in American Legal History - Zoom	10 a.m.-12 p.m.	10/21	
248	Rome's Greatest Heroes and the Power of Myth - Zoom	10 a.m.-12 p.m.	10/22	
262	End Times and the Revelation of John - Zoom	1-3 p.m.	10/23	
263	Past, Present and Future of the Federal Aviation Administration	1-3 p.m.	10/23	
274	Navigating Medicare: Open Enrollment Period (OEP) 2026 - Zoom	1-2:30 p.m.	10/24	
217	Off the Grid With Modern Quilting - Zoom	1-2:30 p.m.	10/27	
218	RV Life: "I Love It!" - Zoom	1-3 p.m.	10/27	
219	Spiritual Direction - Zoom	1-3 p.m.	10/27	
249	Geology of Hawai'i - Zoom	10 a.m.-12 p.m.	10/29	
220	Illustrating Middle Grade Children's Books - Zoom	10 a.m.-12 p.m.	11/3	
221	Dirt, Sticks & Bricks 5.0	1-3 p.m.	11/3	

No	Course Title	Time	Start	Subsequent Dates
237	History of the World Through Maps: The Science and Technology of Cartography - Zoom	10 a.m.-12 p.m.	11/4	11/11
250	China's World Plan, Part Two - Zoom	1-3 p.m.	11/5	
264	You CAN Kick Sugar - I Did! - Zoom	10 a.m.-12 p.m.	11/6	
265	Grains: the gluten-free edible grasses and psuedograins - Zoom	1-3 p.m.	11/6	
251	Practical Scientific Literacy Tools: Doing Your Own Research with Intention	10-11:30 a.m.	11/12	
252	Huntington's Disease - What is it and the impact on families - Zoom	1-3 p.m.	11/12	
253	Advanced Cataract Surgery - Zoom	2-3 p.m.	11/12	
266	Under the Robe - Zoom	10 a.m.-12 p.m.	11/13	
275	WWII Internment Camps - Zoom	10 a.m.-12 p.m.	11/14	
238	Understanding Generative AI - Zoom	10 a.m.-12 p.m.	11/18	
254	Organize and Digitize Your Photos and Other Media	1-3 p.m.	11/19	
222	Stalag USA: WWII POW Camps - Zoom	10 a.m.-12 p.m.	12/1	12/8
267	Fact-Checking Online - Zoom	10 a.m.-12 p.m.	12/4	
276	Self Massage for Stress Reduction and Pain Relief	1-3 p.m.	12/5	
268	Gospels of Matthew and Luke: Two Christmas Stories - Zoom	1-3 p.m.	12/11	

Monday

1 Lost Lady: The Lady Elgin Tragedy

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Paul Timm

Date(s): 8/11

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

Limit: 50

Coordinator: Tom Wilsmann

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.

2 Guardian Angel: The Lewis and Clark Saga

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Paul Timm

Date(s): 8/11

Time: 1-3 p.m.

Limit: 50

Coordinator: Gerry Konop

In 1803, President Jefferson was responsible for the acquisition of the Louisiana Purchase. He would send Lewis and Clark along with the Corps of Discovery to search for the Northwest Passage, map the territory, meet with native tribes, and record flora and fauna. This journey was equivalent to putting a man on the moon in the 1960s. 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.

3 Thriving in Chaos: How UWGB Basketball is Winning in Difficult Times *NEW*

Location: Green Bay

Classroom: Kress Events Center on the Green Bay Campus

Presenter: Doug Gottlieb and Kayla Karius

Date(s): 8/25

Time: 9-11 a.m.

Limit: 50

Coordinator: Jim Hinckley

Hear from Head Basketball coaches, Doug Gottlieb and Kayla Karius on how they are navigating the most challenging time in college athletics. Learn how rethinking what it means to be a coach and how being open to change is critical to ensure sustained success.

4 It's a Mystery to Me

Location: Green Bay

Classroom: ADRC in Green Bay

Presenter: Fred Delie

Date(s): 9/8, 10/6, 11/3, 12/1

Time: 1-3 p.m.

Limit: 15

Coordinator:

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.

5 Cherney Maribel Caves and New Hope Cave - Session A

Location: Maribel

Classroom: Maribel Caves

Presenter: Andy Krahn and Mike Sobush

Date(s): 9/15

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

Limit: 25

Coordinator: Jane Hertel

Fee: \$5, payable on day of class

Take a 2 1/2 hour walking tour of the Maribel Caves Park, walking trails, viewing the many caves in the park, the artesian spring and going inside New Hope Cave. Learn about the history of the Maribel Caves Hotel and view the ruins from the park. Hiking shoes (caves can be muddy), umbrella and raincoat may be needed depending on the weather. Register for Session A or B.

6 Cowboys: An American Symbol *NEW***Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Dr. Diana L. Ahmad**Date(s):** 9/15**Time:** 10-11:30 a.m.**Limit:** 50**Coordinator:** Ellen Framness

Cowboys remain the most enduring image of the nineteenth-century American West. According to legend, they could lasso a steer and rescue a damsel in distress at the same time. American journalists portrayed cowboys as nearly perfect men, turning them into a mythological creature and part of the creation myth of the United States.

7 Gentle Yoga**Location:** Allouez**Classroom:** Allouez Village Hall**Presenter:** Ginny Lee Siscoe**Date(s):** 9/15, 9/22, 9/29, 10/6, 10/13, 10/20**Time:** 1-2 p.m.**Limit:** 25**Coordinator:** Sue Johnson

Join Ginny for a gentle practice of mindfulness, stretches, yoga poses and movements coordinated with the breath. This yoga can be done on the floor or sitting in a chair according to your body's needs. Bring your mat, props and water bottle. Wear comfortable, non-binding clothing. Chairs are available for use. Ginny often incorporates mantra, seed sounds, visualizations and meditation into her yoga sessions and a 5-10 minute Savasana (final resting pose) for total relaxation.

8 Biking through South Africa *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Julia Wallace**Date(s):** 9/15**Time:** 1-3 p.m.**Limit:** 150**Coordinator:**

Join me as I revisit a biking trip through the southern coast of South Africa along the famous Garden Route. We will travel through South Africa's gorgeous southern coastline from the Cape of Good Hope to Tsitsikamma National Park - from

the Atlantic to the Indian Ocean. We will begin in Cape Town and review the history of this beautiful city, and the home of Robben Island where Nelson Mandela spent eighteen years as a political prisoner. We will discover the wine country in Franschhoek, travel through the beautiful Little Karoo valleys and discover why Oudtshoorn became the ostrich capital of the world. Along the way we will learn much about the political and cultural history of this beautiful country.

9 Cherney Maribel Caves and New Hope Cave - Session B**Location:** Maribel**Classroom:** Maribel Caves**Presenter:** Andy Krahn and Mike Sobush**Date(s):** 9/15**Time:** 1-3:30 p.m.**Limit:** 25**Coordinator:** Jane Hertel**Fee:** \$5, payable on day of class

Take a 2 1/2 hour walking tour of the Maribel Caves Park, walking trails, viewing the many caves in the park, the artesian spring and going inside New Hope Cave. Learn about the history of the Maribel Caves Hotel and view the ruins from the park. Hiking shoes (caves can be muddy), umbrella and raincoat may be needed depending on the weather. Register for Session A or B.

10 Slow Vinyasa Flow Yoga**Location:** Allouez**Classroom:** Allouez Village Hall**Presenter:** Ginny Lee Siscoe**Date(s):** 9/15, 9/22, 9/29, 10/6, 10/13, 10/20**Time:** 2:30-3:30 p.m.**Limit:** 25**Coordinator:** Sue Johnson

Join Ginny for a practice of mindfulness, stretches, yoga poses and movements coordinated with the breath. Bring your mat, props and water bottle. Wear comfortable, non-binding clothing. Chairs are available for use as a prop for balance poses. Ginny often incorporates mantra, seed sounds, visualizations and meditation into her yoga sessions and a 5-10 minute Savasana (final resting pose) for total relaxation.

11 Build & Personalize Your Own 6 Pack Carrier

Location: Green Bay

Classroom: STEM Innovation Center on Green Bay Campus

Presenter: Dennis Rockhill and Lisa Olson

Date(s): 9/22, 9/29

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

Limit: 10

Coordinator:

Fee: \$60, for course supplies payable at registration

Looking for a great gift or conversation piece? Join us as we assemble your own 6-pack carrier, elegantly made with stained wood with leather accents. Then we'll use Lightburn laser software to design and etch a message that will go on your carrier. No experience is necessary. Add your own message, or pick one of the curated celebratory messages.

12 An Introduction to the Reiki Experience *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Nicole Terrien

Date(s): 9/22

Time: 1-3 p.m.

Limit: 20

Coordinator: Mary Cook

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 beginners 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.

13 Getting Smart About Food Labels - How Nutrition Changes with Age *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Brenda Berend

Date(s): 9/22

Time: 1-3 p.m.

Limit: 50

Coordinator: Kathy Bergner

This course will cover using food labels to make healthier food choices, which nutrients to focus on and which to avoid. The benefits of a healthy diet and common myths about aging and nutrition will also be discussed. We will learn tips to help you eat well, despite age-related changes.

14 Following Through on Vatican II *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Sister Elise Cholewinski

Date(s): 10/6, 10/13

Time: 1-3 p.m.

Limit: 50

Coordinator: Gerry Konop

During the fall seasons of 2023 and 2024 representatives from the Catholic Church met in Rome to update the Church's teachings since the Second Vatican Council. This meeting, called the Synod, produced a document which will be the subject of our study. We will explore how this current document expands and elaborates on some of the main concepts presented at the Council.

15 Tat & Chat

Location: Green Bay

Classroom: TBD

Presenter: Sr. Agnes Fischer

Date(s): 10/6, 10/13, 10/20, 10/27

Time: 1-3 p.m.

Limit: 20

Coordinator: Mary Cook

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

16 Walking in the Shadow of History - The Great Green Bay Fire of 1880

Location: Green Bay

Classroom: Meeting location to be emailed to class participants

Presenter: David Siegel

Date(s): 10/6

Time: 1-3 p.m.

Limit: 15

Coordinator: Nancy Whitfield

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 origin site, significant firefighting locations, destroyed building sites, and five extant buildings that were directly threatened by the flames in 1880. This guided tour will vividly describe the experiences of the Green Bay citizens and firefighters on that fateful day. Please dress appropriately for the weather.

17 Beginning Spanish

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Margarita Johnson

Date(s): 10/13, 10/20, 10/27, 11/3, 11/10, 11/17

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

Limit: 30

Coordinator: Sue Johnson

This course is for those new to Spanish and anyone who wants to brush up on the basics: pronunciation, greetings, numbers, colors, simple sentences, etc. Lessons will be supplemented by Internet resources and practiced through pair and group activities, short conversations, games and assignments. Students should plan on taking this course multiple times until they are comfortable speaking with fellow students and interested in moving into Intermediate Spanish.

18 Continuing Spanish

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Margarita Johnson

Date(s): 10/13, 10/20, 10/27, 11/3, 11/10, 11/17

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

Limit: 30

Coordinator: Mary Cook

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.

19 My life as a Forward Observer in Vietnam 1968-1969

Location: Green Bay

Classroom: Christie Theatre

Presenter: Darryl Johnson

Date(s): 10/20

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

Limit: 150

Coordinator: Wes Carvenough

Join Darryl Johnson, US Army Sergeant, as he describes and shares very personal details of his life as a Forward Observer, one of the most dangerous positions in the military. Learn about what life was like during the perilous period of the Tet Offensive in Vietnam during 1968-1969 through pictures, discussion and personal letters Darryl wrote while being a Forward Observer.

20 Off the Grid With Modern Quilting *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Kathryn Corio

Date(s): 10/27

Time: 1-2:30 p.m.

Limit: 70

Coordinator: Karen Dallman

Learn the elements that make up the modern quilting style and how it differs from contemporary, traditional, and art quilting. We will explore many examples that characterize modern style.

21 RV Life: "I Love It!"

Location: Green Bay

Classroom: TBD

Presenter: Ken & Mary Braband

Date(s): 10/27

Time: 1-3 p.m.

Limit: 50

Coordinator: Ed Smith

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

22 Spiritual Direction *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Sister Elise Cholewinski
Date(s): 10/27
Time: 1-3 p.m.
Limit: 50
Coordinator: Pati Wiegand

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.

23 Illustrating Middle Grade Children's Books *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Robb Mommaerts
Date(s): 11/3
Time: 10 a.m.-12 p.m.
Limit: 50
Coordinator: Wes Carvenough

Illustrator and cartoonist Robb Mommaerts discusses his career and experiences in designing characters and creating illustrations for popular middle grade children's books. Robb shares his process from rough sketches to finished illustrations for the pages of a published book. He will also do a live drawing demonstration.

24 Seniors! Game On Continued with NEW GAMES!

Location: Two Rivers
Classroom: The Read Apple Toy Shoppe
Presenter: Pam Duveneck
Date(s): 11/3
Time: 10 a.m.-12 p.m.
Limit: 24
Coordinator: Liz Koehler

Our members had such a great time that another session was requested. Thus, we will explore NEW GAMES for the fall session. Explore games and activities that you can do alone or with friends and family. It's a fact that seniors who get out and about and have activities and interests are much happier, less lonely, and tend to be healthier than those who have nothing to do all day. Try board games, dice games, number/word games and others.

25 Dirt, Sticks & Bricks 5.0

Location: Green Bay
Classroom: Christie Theatre
Presenter: Garritt R. Bader
Date(s): 11/3
Time: 1-3 p.m.
Limit: 150
Coordinator: Mary Sue Voights

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

26 Drawing 101

Location: Green Bay
Classroom: TBD
Presenter: Linda Glass
Date(s): 11/10, 11/17
Time: 10 a.m.-12 p.m.
Limit: 10
Coordinator: Becky Lowry

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 learn to draw practically anything. Learn about various art materials used to draw with and on.

27 Enjoy a Taste of Italy: Making Crostata *NEW*

Location: Green Bay
Classroom: First Presbyterian Church Green Bay
Presenter: Terry Smith
Date(s): 11/10
Time: 10 a.m.-12 p.m.
Limit: 16
Coordinator: Gloria Gaie
Fee: \$10, for course supplies payable at registration

Learn to make this versatile Italian crostata, a rustic freeform shortcrust pastry filled with endless varieties of savory or sweet fillings, ideal for a Valentine treat. We'll share the process as we work together to prepare both a savory and sweet crostata and enjoy samples of our creations. Class size is limited to 16. \$10 fee payable upon registration.

28 Mandala Art**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Dawn Seubert**Date(s):** 11/10**Time:** 10 a.m.-12 p.m.**Limit:** 16**Coordinator:** Jane Hertel**Fee:** \$10, for course supplies payable at registration

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

29 Spirituality During End of Life *NEW***Location:** De Pere**Classroom:** Unity Hospice in DePere**Presenter:** Nathan Meierbachtol, Chaplain**Date(s):** 11/17**Time:** 10 a.m.-12 p.m.**Limit:** 40**Coordinator:** Sue Johnson

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

30 Stalag USA: WWII POW Camps**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Bob Cook**Date(s):** 12/1, 12/8**Time:** 10 a.m.-12 p.m.**Limit:** 50**Coordinator:** Vickie Keigley

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

Tuesday**31 Intro to Designing 3D Printing & Laser Cutting *NEW*****Location:** Green Bay**Classroom:** STEM Innovation Center on Green Bay Campus**Presenter:** Lisa Olson**Date(s):** 8/19, 8/20, 8/21**Time:** 10 a.m.-12 p.m.**Limit:** 10**Coordinator:** Jan LaSota**Fee:** \$50, for course supplies payable at registration

Have you, or someone you know, purchased, or plan to purchase, a 3D printer? 3D printers are becoming a common household item where most people are paying to purchase files to print. Instead of paying someone to design your project, come learn how to design it yourself so you can get exactly what you want! Over the course of 3 days we will introduce you to Tinkercad, a free online CAD software program, then lead you through 3 personalized projects (keychain, die, and a wooden picture frame) that will lay the foundation for you to design more on your own in the future. No experience necessary!

32 Owling 101 *NEW***Location:** Two Rivers**Classroom:** Woodland Dunes Nature Center & Preserve**Presenter:** Jessica Johnsrud**Date(s):** 8/19**Time:** 10 a.m.-12 p.m.**Limit:** 26**Coordinator:** Jane Hertel**Fee:** \$5, payable on day of class

Learn about the fascinating adaptations owls have for survival and how to identify many of the Wisconsin owls. After the presentation, explore hands-on stations including an owl pellet dissection and then enjoy a short guided walk about owls (weather permitting). Please note, no live owls will be seen during this program.

33 West of the Lake Garden Tour

Location: Manitowoc

Classroom: West of the Lake Gardens

Presenter: West of the Lake Garden Staff

Date(s): 8/19

Time: 1-3 p.m.

Limit: 30

Coordinator: Jane Hertel

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

34 Tabletop Water Fountain *NEW*

Location: Green Bay

Classroom: STEM Innovation Center on Green Bay Campus

Presenter: Dennis Rockhill and Lisa Olson

Date(s): 8/26

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

Limit: 10

Coordinator: Pati Wiegand

Fee: \$50, for course supplies 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.

35 Make Your Own Quill Pen & Fun Hand Lettered Gift Tags *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Julie Balza and Bill Daleiden

Date(s): 8/26

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

Limit: 15

Coordinator: Shirley Garthwaite

Who hasn't always wanted to make their own quill pen? This is your chance! We will also go over the basics for beautiful hand lettering and make some personalized gift tags and bookmarks.

36 Introduction to Scotland

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Mike and Cheryl Murphy

Date(s): 9/2

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

Limit: 50

Coordinator: Wes Carvenough

A light-hearted pictorial overview of the geography, history and culture of a small country famous for its rugged scenery, bloody conflicts, colorful kilts, strong whisky, quaint language, ear-splitting bagpipes, memorable folk poetry, and ingenious inventions (including golf!) which have transformed our world.

37 Decorating 101, Pillows, Throws & Rugs

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Vickie Linssen

Date(s): 9/9

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

Limit: 50

Coordinator: Jan LaSota

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

38 Bodega Bay Farm & Ottana Lamancha Tour *NEW*

Location: Manitowoc

Classroom: Bodega Bay Farm

Presenter: Nicole Cutler-Ziemer

Date(s): 9/9

Time: 1-3 p.m.

Limit: 15

Coordinator: Liz Koehler

Come meet the animals that call Bodega Bay home! Morgan Horses and Lamancha goats. Watch horses being presented; a goat milking demo; sample goat soap and lotions and meet the suppliers. Venue is located at 3316 Gass Lake Road, Manitowoc, WI 54220.

39 Continuing Issues**Location:** Green Bay**Classroom:** Green Bay Campus RH 230**Presenter:** Steve Jansen**Date(s):** 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/2, 12/16**Time:** 1-3 p.m.**Limit:** 50**Coordinator:** Mike DeGrand

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

40 Pickleball 101**Location:** Green Bay**Classroom:** The Picklr**Presenter:** Sue Bodilly**Date(s):** 9/9**Time:** 1-3 p.m.**Limit:** 20**Coordinator:** Lisa Schneider-Wettstein**Fee:** \$15, payable on day of class

Participate in the fastest growing sport in the world, pickleball! In this two-hour session, you will learn the rules, techniques and beginning strategy to play America's favorite pastime for seniors. Paddles, balls and instruction provided. It will require your active participation. Wear tennis shoes and bring a water bottle. \$15 fee payable at the club. Class location is indoors at: The Picklr, 2610 Holmgren Way, Green Bay, WI 54304.

41 The Life of Vince Lombardi *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Tony Walter**Date(s):** 9/9**Time:** 1-3 p.m.**Limit:** 100**Coordinator:** Pati Wiegand

Vince Lombardi's reputation is the result of the well-documented history of the 1960's when he led the Green Bay Packers to five championships in nine seasons. But the man's life before he came to Green Bay helps define him and gives more meaning to the success he had as a coach.

42 Enslaved, Indentured, Free: Slavery in Wisconsin *NEW***Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Mary Elise Antoine**Date(s):** 9/16**Time:** 10 a.m.-12 p.m.**Limit:** 50**Coordinator:** Kathy Bergner

Though considered a "free" territory and a "free" state, enslaved men and women were brought to what is now Wisconsin beginning in the 1760s. Using research gained while writing *Enslaved, Indentured, Free: Five Black Women of the Upper Mississippi, 1800-1850*, information will be presented on who brought enslaved men and women to the region of Wisconsin, biographical sketches of enslaved individuals, how some gained their freedom, and the connection to Dred and Harriet Scott.

43 Curative Connections West - Yesteryear Village Tour - Session A**Location:** Green Bay**Classroom:** Curative Connections West - Yesteryear Village**Presenter:** Kari Moody**Date(s):** 9/16**Time:** 10-11:30 a.m.**Limit:** 25**Coordinator:** Jim Huss

Join us for a tour of Curative Connections West: Yesteryear Village, where we offer a proactive approach to care for individuals with memory loss. The Village simulates an environment from participants' younger years, providing inviting, interactive experiences in a safe space. This fosters self-direction, hands-on interactions, and social engagement, effectively reducing anxiety, confusion, and aggression. Participants can explore spaces like a diner, auto garage, passenger train car, and more.

44 The Fur Trade in Wisconsin *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Mary Elise Antoine

Date(s): 9/16

Time: 1-3 p.m.

Limit: 50

Coordinator: Ed Smith

The fur trade in Wisconsin was a partnership between Native Americans and Euro-Americans for over 250 years. It began with the arrival of Frenchmen in the late 17th century, then passed to British control in 1760. In 1815, the United States, through the American Fur Company, continued the trade until the United States placed the Native nations on reservations. This presentation will trace the history of the fur trade in Wisconsin, including the cultural exchange that occurred.

45 Authentic 1850's Designed Windmill Tour - Session B

Location: Little Chute

Classroom: Little Chute Windmill

Presenter: Volunteers Harriette Janssen

Date(s): 9/23

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

Limit: 16

Coordinator: Jim Huss

Fee: \$8, 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 1850's 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 descendent of an original founding citizen of Little Chute. A course fee of \$8 is due on day of class. Please register for Session A or B, not both.

46 Preventing Chronic Kidney Disease *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Kindel Keener, NP and Heidi Loewe, NP

Date(s): 9/23

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

Limit: 30

Coordinator: Ellen Framness

Learn the number one and two causes of kidney disease. Kindel Keener, NP of the Aurora Bay Care Medical Center Nephrology Department, will explain the progression of kidney disease, and what we can do to lower its risk. She will also outline a diet that will keep the kidneys healthy.

47 Update on the U.S. and Wisconsin Supreme Courts

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Dan Spielmann

Date(s): 9/23

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

Limit: 50

Coordinator: Gary Lewins

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

48 Card Game Sheephead *NEW*

Location: Green Bay

Classroom: TBD

Presenter: Barb LeCaire

Date(s): 9/23, 9/25, 10/7

Time: 1-3 p.m.

Limit: 15

Coordinator: Sue Johnson

Learn how to play Sheephead, a German in origin, trick-taking card game. It is typically played by 5 players using a 32 card deck (7's 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 not to mauer. This course is 3 sessions so we can practice.

49 Alpaca Ranch Tour

Location: Two Rivers
Classroom: London Dairy Alpacas
Presenter: Kevin Stoer & Laura Prellwitz
Date(s): 9/30
Time: 10 a.m.-12 p.m.
Limit: 50
Coordinator: Kris Lewins
Fee: \$8, payable on day of class

Hands-on, educational, interactive tour with opportunities to meet, pet, and feed one or more of our 50+ alpacas on a fourth generation farm. Learn about the unique qualities of alpaca fiber, their history in the Americas, husbandry, and role in agritourism in NE Wisconsin. Class is held inside barn, so class meets rain or shine. A \$8 fee is due at class.

50 Fraud and Scam Prevention Presentation *NEW*

Location: Manitowoc
Classroom: Manitowoc Campus
Presenter: Sgt. Paul Krock
Date(s): 9/30
Time: 10 a.m.-12 p.m.
Limit: 64
Coordinator: Liz Koehler

This course will educate those in attendance on the current frauds and scams that are being perpetrated, as well as ways to avoid being a victim.

51 History of Costumes *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Ruth Novak and Sherrill Revolinski
Date(s): 9/30
Time: 10 a.m.-12 p.m.
Limit: 40
Coordinator: Jan LaSota

Learn the history of theatrical costuming from ancient times to modern day. Course will also include discussion of hair and make-up. Learn from costume designers who have worked with numerous theaters in our area, including Evergreen Theater.

52 Pen and Ink Drawing *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: James Briggs
Date(s): 9/30, 10/7, 10/14, 10/21, 10/28
Time: 10 a.m.-12 p.m.
Limit: 20
Coordinator: Mary Gajeski

We will be drawing a variety of subjects with pen and ink while using a variety of techniques to create form, volume, texture and depth. Look forward to embellishing your skills or creating a new avenue to brighten up your life.

53 Building Historic Model Ships: an Interdisciplinary Undertaking *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Gregory Davis, PhD
Date(s): 9/30
Time: 1-3 p.m.
Limit: 50
Coordinator: Jim Hinckley

The presentation will include a brief history of model ships, how one may choose a ship to model, the value and use of research in the modeling process, engaging with a modeling community, internal selection and fundamental building techniques, as well as a couple of case studies.

54 Kawandi Quilting

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Gretchen Berg
Date(s): 9/30, 10/7
Time: 1-3 p.m.
Limit: 20
Coordinator: Mary Cook

Kawandi Quilting is a method of hand quilting using scrap fabric. In this class, we will hand stitch a small quilt measuring 12" x 12". Participants should have some sewing experience and scrap fabric available. Class supplies: 1) Scissors, pins, needles for *DMC Thread, #8 cream or white; 2) 1 piece of fabric cut 12" x 12" for back of quilt; 3) 1 piece of batting cut 11" x 11"; 4) Cotton scrap fabric (no batiks). Note: *DMC Perle Cotton Thread #8 is available at "The Stitching Bee," 2304 Velp Ave., Green Bay, WI 54303.

55 Make a Hanging Pumpkin Lamp for Fall Decorating *NEW*

Location: Green Bay

Classroom: STEM Innovation Center on

Green Bay Campus

Presenter: Dennis Rockhill and Lisa Olson

Date(s): 10/7

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

Limit: 10

Coordinator: Shirley Garthwaite

Fee: \$35, for course supplies payable at registration

Construct a hanging lamp resembling a pumpkin from laser cut wood and then get creative with the shade. This is a build project only - there is no CAD design involved.

56 Manitowoc River History: River Heights to Manitowoc Rapids - Part 1 *NEW*

Location: Manitowoc

Classroom: Manitowoc Campus

Presenter: Steve Olson

Date(s): 10/7

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

Limit: 50

Coordinator: Liz Koehler

River Heights to Manitowoc Rapids includes mills harnessing the waterpower of the Manitowoc River, recreation, including a colossal ski jump which once towered over the river bluffs, bridges, lumbering, tragedies, mysteries, as well as Native American history.

57 Curative Connections West - Yesteryear Village Tour - Session B

Location: Green Bay

Classroom: Curative Connections West - Yesteryear Village

Presenter: Kari Moody

Date(s): 10/7

Time: 1-2:30 p.m.

Limit: 25

Coordinator: Dean Cherry

Join us for a tour of Curative Connections West: Yesteryear Village, where we offer a proactive approach to care for individuals with memory loss. The Village simulates an environment from participants' younger years, providing inviting, interactive experiences in a safe space. This fosters self-direction, hands-on interactions, and

social engagement, effectively reducing anxiety, confusion, and aggression. Participants can explore spaces like a diner, auto garage, passenger train car, and more.

58 Through the Lens of a Packer Photographer

Location: Green Bay

Classroom: Christie Theatre

Presenter: Charles Manthey

Date(s): 10/7

Time: 1-3 p.m.

Limit: 50

Coordinator: Pati Wiegand

An engaging and informative presentation showcasing the life as a professional Packer photographer, starting with the Green Bay Packers football special nights, coaches stories and more.

59 Build a Plant Propagation Station

Location: Green Bay

Classroom: STEM Innovation Center on Green Bay Campus

Presenter: Becki Krueger

Date(s): 10/14

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

Limit: 10

Coordinator: Lisa Schneider

Fee: \$20, for course supplies payable at registration

Create your own personalized propagation station to grow new plants from your or a friend's plant cuttings or just hold flowers. Participants will be able to choose what they want engraved into the face of their project.

60 Following Jesus through the Holy Land *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Ron Bruch

Date(s): 10/14

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

Limit: 100

Coordinator: Dean Cherry

First-hand account of a pilgrimage through the Holy Land following in the footsteps of Jesus from the Annunciation of His birth through His Crucifixion and death, and His Resurrection from the dead.

61 Manitowoc River History: Manitowoc Rapids to Lake Michigan - Part 2 *NEW***Location:** Manitowoc**Classroom:** Manitowoc Campus**Presenter:** Steve Olson**Date(s):** 10/14**Time:** 10 a.m.-12 p.m.**Limit:** 50**Coordinator:** Liz Koehler

Manitowoc Rapids to Lake Michigan covers human activities on the Manitowoc River and its banks, including the many bridges which existed, such as the 9th Street Pontoon Bridge and the State Street Bridge. In addition, massive coal yards, commercial fishing, the coal gasification plant and its distribution system, as well as the earliest electricity generated are both described and seen in photographs. Many disasters are highlighted through photographs. The history of car ferries and railroads are included along with commercial and military shipbuilding through America's wars. You do not need to take Part 1 to take this class. Part 2 will cover some of this material and will be continued in Part 3.

62 CRISPR: genome editing technology, from the lab bench to the real world *NEW***Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Georgette Heyrman, PhD**Date(s):** 10/14**Time:** 1-3 p.m.**Limit:** 50**Coordinator:** Dean Cherry

CRISPR (short for Clustered Regularly Interspaced Short Palindromic Repeats) genome editing is a recently developed technology that enables the precise changing of an organism's genetic code. This course will introduce the basis of recombinant DNA, the CRISPR genome editing system and how this technology can have real world applications for research, agriculture, and healthcare.

63 Enstrom Helicopters Tour**Location:** Menominee**Classroom:** Enstrom Helicopters**Presenter:** Jackie Kamps**Date(s):** 10/14**Time:** 1-3 p.m.**Limit:** 40**Coordinator:** Linda Berry

Please join us for a tour of the company that has been making helicopters since 1959. There are only a few helicopter manufacturers in the world and Enstrom is one of them, located in NE Wisc./Upper Peninsula, MI. Over 90% of the aircraft is made from raw materials in this plant where we employ approx. 160 people in all levels of manufacturing.

64 Sanimax - The Invisible Industry**Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Dan Mahler**Date(s):** 10/14**Time:** 1-3 p.m.**Limit:** 150**Coordinator:** Jan LaSota

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

65 Famous Trials: Landmark Cases in American Legal History *NEW***Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Arnold Sparr, PhD**Date(s):** 10/21**Time:** 10 a.m.-12 p.m.**Limit:** 50**Coordinator:** Pati Wiegand

A continuation of our Famous Trials series where landmark legal cases in US history are examined within the context of their times. This semester we will take a fresh look at the infamous "Chicago Black Sox" trial (1921) where members of the best team in MLB were charged with conspiring to throw the 1919 World Series against the Cincinnati Reds. Does the present day surge in online sports betting present even greater risks to the integrity of MLB than it did in the past?

66 Manitowoc River History: Manitowoc Rapids to Lake Michigan - Part 3 *NEW*

Location: Manitowoc

Classroom: Manitowoc Campus

Presenter: Steve Olson

Date(s): 10/21

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

Limit: 50

Coordinator: Liz Koehler

Manitowoc Rapids to Lake Michigan covers human activities on the Manitowoc River and its banks, including the many bridges which existed such as the 9th Street Pontoon bridge and the State Street bridge. In addition, massive coal yards, commercial fishing, the coal gasification plant and its distribution system, as well as the earliest electricity generated are both described and seen in photographs. Many disasters are highlighted through photographs. The history of car ferries and railroads are included along with commercial and military shipbuilding through America's wars. This is a continuation of Part 2, however, you do not need to take Parts 1 or 2 to take this class.

67 Past, Present, and Future of the Federal Aviation Administration *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Charles M Trippe, Jr

Date(s): 10/21

Time: 1-3 p.m.

Limit: 100

Coordinator: Sue Johnson

An overview of the history, mission and future of the Federal Aviation Administration. We will discuss the origins of the FAA and how it has executed its aviation safety mission over the years. We will also discuss how rapidly developing new technologies in aerospace such as drones and urban air mobility will operate in the national airspace, and how they may be regulated by the FAA and other government agencies going forward.

68 Diego Rivera & Frida Kahlo *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Bill Dean

Date(s): 10/28

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

Limit: 50

Coordinator: Karen Dallman

This class will be a mini-biography on the 1920s - 1950s lives, loves, time and topics of Mexico's most famous two artists.

69 Art Play Day! *NEW*

Location: Peshtigo

Classroom: Rennes West in Peshtigo

Presenter: Linda Berry

Date(s): 10/28

Time: 10 a.m.-12 p.m. & 1-3 p.m.

Limit: 12

Coordinator: Linda Berry

Be ready to play and learn about alcohol inks, gelli printing, painting on tissue paper, collage and much more. We will literally have 2 sessions in one day just to explore different art tools and media. By the end of the day, we will have created a very simple junk journal made out of cardboard filled with lots of samples of what you have learned. No art experience necessary ... just a willingness to try new things! Class will be from 10am-12pm & 1-3pm.

70 Curative Connections East Tour - Session B

Location: Green Bay

Classroom: Curative Connections East

Presenter: Kari Moody

Date(s): 10/28

Time: 1-2:30 p.m.

Limit: 25

Coordinator: Gerry Konop

Join us for a tour of Curative Connections East and learn about our 13 programs, which include training and employment, dementia and healthy aging services, adult day services / life and social skills engagement, specialized transportation services, and brain rehabilitation and Specialized Learning.

71 Habitat Chat *NEW*

Location: Peshtigo
Classroom: Rennes West in Peshtigo
Presenter: Anne Bartels
Date(s): 11/4
Time: 10 a.m.-12 p.m.
Limit: 20
Coordinator: Linda Berry

The components of habitat are discussed and participants learn about how wildlife is adapted to different habitats by looking at examples of mammals, birds, and other animals. Topics such as human impact on habitats and predator-prey relationships may be included, as well as how humans can help provide habitat for wildlife.

72 History of the World Through Maps : The Science and Technology of Cartography *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Mark J. Steuer
Date(s): 11/4, 11/11
Time: 10 a.m.-12 p.m.
Limit: 50
Coordinator: Sue Johnson

A brief graphical journey of the importance of maps throughout pre-recorded and recorded earth histories, through the eyes and voice of a retired Cartographer.

73 Tour Krueger International (KI) 100% Employee Owned

Location: Green Bay
Classroom: Krueger International (KI)
Presenter: John Kersten
Date(s): 11/4
Time: 10 a.m.-12 p.m.
Limit: 30
Coordinator: Gerry Konop

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.

74 Introduction to eBikes with Suamico Bike Company

Location: Suamico
Classroom: Station 1 Brewing
Presenter: Laura Grovogel & Matt Fisher
Date(s): 11/4
Time: 1-3 p.m.
Limit: 35
Coordinator: Mary Sue Voights

Participants will learn about eBikes, including the general operation of eBikes, 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 Riverside Dr., Suamico, down the street from Suamico Bike Company)

75 Compress & Shock Foundation CPR and AED Training

Location: Allouez
Classroom: Allouez Village Hall
Presenter: Bob Zemple
Date(s): 11/11
Time: 10 a.m.-12 p.m.
Limit: 25
Coordinator: Kris Lewins

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

76 Biblical Christmas Narratives as Extended Metaphors *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Julie Black Harder

Date(s): 11/11, 11/13, 11/18

Time: 1-3 p.m.

Limit: 50

Coordinator: Dean Cherry

A stable in Bethlehem; angels and shepherds, wise men follow a star. A wonderful story, but did all this really happen? Biblical scholarship instead argues that these elements and more are extended metaphors, that convey the gospel author's beliefs about the importance of Jesus. Understanding their symbolism can make the Christmas story even more meaningful. The presenter holds a Masters Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College. Participants should bring their own Bible.

77 Understanding Generative AI *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Jodi Pierre

Date(s): 11/18

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

Limit: 30

Coordinator: Ed Smith

Curious about ChatGPT, image generators, and other AI tools? This class offers a clear, nontechnical look at how generative AI works, its real-world uses, and its limitations. Please bring your own device (laptop or iPad preferred) if you are able.

78 Zentangle Holiday Gift Tags *NEW*

Location: Peshtigo

Classroom: Rennes West in Peshtigo

Presenter: Linda Berry

Date(s): 11/18

Time: 1-3 p.m.

Limit: 12

Coordinator: Linda Berry

In this class, we will create some fun Zentangle patterns to use as gift tags for the holidays. Using black pens, colored pencils, and watercolors, we will explore how to enhance our patterns for a "one of a kind" style. No prior Zentangle experience necessary.

79 Build & Personalize Your Own Wine Bottle Box *NEW*

Location: Green Bay

Classroom: STEM Innovation Center on Green Bay Campus

Presenter: Dennis Rockhill and Lisa Olson

Date(s): 11/18

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

Limit: 10

Coordinator: Becky Lowry

Fee: \$50, for course supplies payable at registration

Looking for a great gift or conversation piece? Join us as we assemble a wine bottle box carrier made with stained wood with leather accents. We'll use Lightburn laser software to design and etch a message that will go on the top and front of your wine box. No experience is necessary. Add your own message, or pick one of the suggested celebratory messages.

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

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Susan M. Frost, M.A.

Date(s): 12/9

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

Limit: 40

Coordinator: Mary Sue Voights

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.

81 Wildlife Tracks & Scat *NEW***Location:** Peshtigo**Classroom:** Rennes West in Peshtigo**Presenter:** Anne Bartels**Date(s):** 12/9**Time:** 10 a.m.-12 p.m.**Limit:** 20**Coordinator:** Linda Berry

This program focuses on learning how to use wildlife tracks and scat to observe Wisconsin's wildlife. Students will see examples of both tracks and (fake) scat and learn how different animal groups leave different tracking patterns and signs.

82 Tracking the Phantoms**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** John Jacobs**Date(s):** 12/9**Time:** 1-3 p.m.**Limit:** 50**Coordinator:** Kris Lewins

This course will discuss using telemetry to determine the summer breeding ranges and migration times and routes for some of Wisconsin's Red-shouldered Hawks (2018 - 2025).

83 Celebrate the Season Concert *NEW***Location:** Green Bay**Classroom:** Calvary Lutheran Church**Presenter:** Recorders By The Bay (Jan LaSota)**Date(s):** 12/16**Time:** 10 a.m.-12 p.m.**Limit:** 250**Coordinator:** Wes Carvenough

Enjoy holiday music from across the centuries and from many countries. Recorders By The Bay (an instrumental group formed in 1998) will perform on early woodwind and string instruments. Information about the instruments and the musical pieces will be shared. Familiar and new-to-you holiday tunes will be included, many different from last year's concert. The program will include several audience sing-along selections.

Wednesday**84 Urban Poling *NEW*****Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Andrea Van Dyn Hoven**Date(s):** 8/20**Time:** 10 a.m.-12 p.m.**Limit:** 15**Coordinator:** Mary Cook

Join us for an Urban Pole class to discover the benefits of this low impact exercise! Andrea Van Dyn Hoven from Care Patrol is certified in the Activator Poles and is a strong advocate for the functional benefits of poles used for improved stability, balance and coordination to reduce fall risk while becoming more active. If you are looking to increase your cardiovascular activity, want to improve walking posture or improve stability, balance, and confidence, this class is for you. All are welcome!

85 How Medical Conditions at the Battle of Antietam Affected the Battle *NEW***Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Gordon Dammann**Date(s):** 8/20**Time:** 1-3 p.m.**Limit:** 50**Coordinator:** Tom Wilsmann

The results of the Battle of Antietam in 1862 could have had a different outcome because of the medical condition of four officers - 2 Union, and 2 Confederate. This lecture will delve into the medical conditions of the officers before, during and after the Battle.

86 Grey Matters: Keeping Your Brain Healthy While Aging

Location: Green Bay

Classroom: ADRC in Green Bay

Presenter: Heather Flick Amy Staniforth

Date(s): 8/27

Time: 1-2:30 p.m.

Limit: 16

Coordinator: Wendy Schroeder

Learn about factors that impact your brain health, how the brain and body are connected, what changes are normal vs not normal as you age. Then challenge yourself with fun brain games and exercises to keep your brain in top shape.

87 Astronomy for Beginners *NEW*

Location: Peshtigo

Classroom: Rennes East in Peshtigo

Presenter: Anne Bartels

Date(s): 8/27

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

Limit: 20

Coordinator: Linda Berry

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

88 Ireland in Music and Song

Location: Green Bay

Classroom: Mauthe Center on Green Bay Campus

Presenter: Mike Murphy

Date(s): 8/27

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

Limit: 150

Coordinator: Karen Dallman

Featuring live Irish music by Green Bay’s Celtic Consort band (harp, flute, fiddle, bass fiddle, guitar, bodhran, vocals), this informative and entertaining class presents a pictorial and musical introduction to Ireland, the small Emerald Isle famous for its spectacular scenery, fascinating Celtic culture, friendly pubs, turbulent history, enchanting myths, charming legends, brilliant poets and memorable songs of love, loss and resilience.

89 Conflicts and Minerals: The Overlap of Geopolitics and Earth’s Mineral Resources *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Shawn J. Malone

Date(s): 8/27

Time: 1-3 p.m.

Limit: 150

Coordinator: Ed Smith

Much of human history is driven by conflicts over vital resources, including strategically vital minerals. The modern world is no exception, with conflicts in Ukraine, Democratic Republic of Congo, and other states fueled in part by a desire to access valuable geologic commodities. We will explore some of these conflicts and seek to understand what the resources are, how they are used, and why conflict swirls around them.

90 Create a Suncatcher or Ornament

Location: Green Bay

Classroom: NEW Beads and Jewelry

Presenter: Jo Brinkley Chaudoir

Date(s): 8/27

Time: 1-3 p.m.

Limit: 15

Coordinator: Pati Wiegand

Fee: \$15, payable on day of class

Take a metal form and your choice of crystals and create a beautiful suncatcher or ornament for your window, mirror or tree! The hardest part is choosing the colors you would like to use!

91 Fox River Locks

Location: Green Bay

Classroom: Green Bay Campus RH 230 and De Pere locks

Presenter: Scott Thompson

Date(s): 9/3, 9/17

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

Limit: 45

Coordinator: Sue Johnson

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 seventeen locks still operate. The first class will tell the locks story with videos, photographs and newspaper clippings. The second class will take place at one of the locks to see how it operates.

92 Western Music in a Global Society ***NEW***

Location: Green Bay
Classroom: Christie Theatre
Presenter: Michael Alexander D.M.A.
Date(s): 9/3
Time: 10 a.m.-12 p.m.
Limit: 150
Coordinator: Jim Hinckley

Explore music from the United States, Mexico and Thailand that are inspired by different musical histories, but merge in an amazing way. Learn what it takes to bring a brand new piece of music to life in a preview of the Weidner Philharmonic concert on September 5, 2025.

93 Zentangle 2.0

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Elizabeth Carlson
Date(s): 9/3
Time: 10 a.m.-12 p.m.
Limit: 18
Coordinator: Mary Cook

Fee: \$7, for course supplies payable at registration

For those already familiar with the Zentangle basics, this class will explore different shaped tiles, new patterns and introduce color to your work. Supplies will be yours to keep.

94 Zentangle Challenge *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Elizabeth Carlson
Date(s): 9/3, 9/10, 9/17
Time: 1-3 p.m.
Limit: 16
Coordinator: Brenda Brayco
Fee: \$6, for course supplies payable at registration

Up for a Zentangle challenge? Waybop, Ratoon, Pouyang, Foundabout. Must have attended a previous Zentangle class. Bring your supplies. Tiles will be provided.

95 Moving Pictures *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Carol Emmons
Date(s): 9/10
Time: 10 a.m.-12 p.m.
Limit: 45
Coordinator: Karen Dallman

Today we take moving images for granted: we can even make color movies (with sound!) on our phones. This class will look back to nineteenth and early twentieth century approaches that bridged between still and moving pictures. We'll consider the sequential photographs of Muybridge and Marey, optical entertainments like flipbooks and zoetropes, and stop frame animation. Information for making your own optical devices will also be included.

96 NYC on Location: Virtual Walking Tour of the City *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Arnold Sparr, Ph.D
Date(s): 9/10
Time: 10 a.m.-12 p.m.
Limit: 50
Coordinator: Jan LaSota

Explore NYC like an undergraduate. Based upon a popular walking tour course offered at St. Francis College, Brooklyn NY, this first class will take a virtual look at two very different NYC tourist destinations: Manhattan's Central Park and the more recent Brooklyn Bridge Park. The class will take an in-depth look at the interesting, but at times controversial history, planning, and development of each site not normally offered by traditional commercial tour guides and guidebooks.

97 Searching for your Irish Ancestors from Both Sides of the Pond

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Dave Miller

Date(s): 9/10

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

Limit: 50

Coordinator: Mary Gajeski

Many were told growing up that Irish records just don't exist anymore. What!! Is that really true? Genealogist Dave Miller will be discussing how to research your Irish Ancestors by first researching and organizing information from American and Canadian records, looking at records from North American genealogy sites and researching records from Irish libraries and archives, first through their online sites. Some records were destroyed in the Four Courts Explosion and fire, but not all perished. Dave will show you what records are out there and where to find them from both sides of the pond. Then, if you're preparing yourself for a visit to Ireland, he will explain what to expect and what you need when you visit these Irish libraries and archives before you even board the plane. This will also include the change in currency when going from Ireland to Northern Ireland and the new requirements for entering Northern Ireland with a completed Electronic Transfer Authorization (ETA).

98 7 Step Chair Caning

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Bill Seleen

Date(s): 9/10, 9/17, 10/1, 10/8, 10/15, 10/22

Time: 1-3 p.m.

Limit: 8

Coordinator: Mary Mueller

Members will learn the 7 Step Method for caning a chair by hand. They will learn how to lay out the vertical and horizontal strands, how to weave a lace designed seat, and finish by adding the binding. Instructor can also provide assistance with fiber rush, splint, and binder cane techniques. Members taking this course need to provide their own chair and materials for caning. They should contact the instructor at least two weeks prior to class regarding their chair selection and to receive tips for purchasing materials.

99 Scandalous Minahan Walking Tour *NEW*

Location: Green Bay

Classroom: Hazelwood Historic House

Presenter: Lynda Drews

Date(s): 9/10

Time: 1-3 p.m.

Limit: 25

Coordinator: Sue Johnson

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 who populate 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 approximately 2 miles and takes 2 hours. It is beneficial to read "The Maid and the Socialite" before the tour, but not necessary. Limited parking is available at Hazelwood. Parking available on Eliza St. Please arrive 10 minutes prior to the starting time at Hazelwood Historic House

100 Baggie Holder *NEW*

Location: Green Bay

Classroom: STEM Innovation Center on Green Bay Campus

Presenter: Lisa Olson and Dennis Rockhill

Date(s): 9/17

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

Limit: 10

Coordinator: Kathy Bergner

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

Have you seen the baggie holders that fit in your drawer and hold multiple sizes of baggies in a nice convenient box that will fit nicely in your drawer? In this class you will build a large wooden laser cut holder for gallon, and 3 smaller sized baggies, that is 12 inches wide by 12 inches long so it will fit in most kitchen drawers.

101 Home Safety *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Andrea Van Dyn Hoven

Date(s): 9/17

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

Limit: 50

Coordinator: Suzanne Koss

Looking for ways to improve your safety and independence at home? Want to reduce risk of falls both inside your home as well as outdoors? Come learn simple yet effective ways to become safer in your home environment with Senior Care Advisor, Physical Therapist Assistant and Group Fitness Instructor, Andrea Van Dyn Hoven of CarePatrol

102 Strong Bones, Healthier Life *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Lynette Clancy and Debbie Young
Date(s): 9/17
Time: 1-3 p.m.
Limit: 50
Coordinator: Jan LaSota

Are you concerned about your bone health? Join Lynette Clancy, a Prevea Health Nurse Practitioner and Debbie Young, Prevea Physical Therapy Assistant, who will provide practical tips and strategies on how to prevent and manage osteoporosis. Learn preventative measures, lifestyle tips, exercises, treatment options and medications to help take control of your bone health.

103 Is The Book Better Than The Movie? *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Paul Steffek
Date(s): 9/17, 10/15, 11/19, 12/10
Time: 9-12 p.m.
Limit: 30
Coordinator: Pati Wiegand

The purpose of this course is to compare GOOD BOOKS which have been made into GOOD MOVIES. Each class member should read the book/movie being studied prior to the class, if possible. The first movie is "The Shawshank Redemption" which is taken from a story by Stephen King in a collection titled "Different Seasons".

104 Internet Safety - Session A

Location: Green Bay
Classroom: STEM Innovation Center on Green Bay Campus
Presenter: Lisa Olson
Date(s): 10/1
Time: 10 a.m.-12 p.m.
Limit: 20
Coordinator: Shirley Garthwaite

The Internet is constantly changing and we need to be ready to change how we use it. Please join us as we discuss the newest ways to stay safe online so we are protecting ourselves and our family members. We will also discuss the best ways to ensure our password protected accounts remain secure. This session is held in the Board Room at the STEM Innovation Center on the UWGB Campus. Session A and Session B are the same exact class.

105 Understanding the Impact of Domestic Violence *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Jennifer Tingle
Date(s): 10/1
Time: 10 a.m.-12 p.m.
Limit: 45
Coordinator: Sue Johnson

This interactive course explores the dynamics, causes, and consequences of domestic violence through engaging discussions, and role-playing scenarios. Students will examine patterns of abuse and the impact on survivors and communities. Emphasis is placed on prevention strategies and the support systems of those affected. The course encourages critical thinking and empathy to foster informed and compassionate action.

THANK YOU

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

106 Enjoy a Tram Tour of Heritage Hill State Historical Park

Location: Green Bay

Classroom: Heritage Hill State Historical Park

Presenter: Claire E Gwaltney, Director of Engagement

Date(s): 10/1

Time: 1-2:30 p.m.

Limit: 55

Coordinator: Gerry Konop

Fee: \$20, payable on day of class

Take a 90 minute tram tour of Heritage Hill State Historical Park with an expert guide. Participants will receive an overview of Northeast Wisconsin history from the 1600s to the early 20th century while touring multiple historic buildings. Participants can expect a tour that touches on topics as varied as French fur traders, 1830s military life, 19th century immigration, and more, all while enjoying a picturesque, natural setting. Tours take place rain or shine. Please dress for the weather and wear comfortable shoes as you will have the opportunity to step off the tram and into some of the historical buildings.

107 Internet Safety - Session B

Location: Green Bay

Classroom: STEM Innovation Center on Green Bay Campus

Presenter: Lisa Olson

Date(s): 10/1

Time: 1-3 p.m.

Limit: 20

Coordinator: Shirley Garthwaite

The Internet is constantly changing and we need to be ready to change how we use it. Please join us as we discuss the newest ways to stay safe online so we are protecting ourselves and our family members. We will also discuss the best ways to ensure our password protected accounts remain secure. This session is held in the Board Room at the STEM Innovation Center on the UWGB Campus. Session A and Session B are the same exact class.

108 Writing Your Memoirs

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Lou Ann Norsetter

Date(s): 10/1, 10/8, 10/15, 10/22, 10/29, 11/5

Time: 1-3 p.m.

Limit: 25

Coordinator: Sue Johnson

This ongoing class continues to be a favorite for both new and seasoned writers. We start with short writing exercises to warm up. Memoirs are simply "stories from our life," not our entire life story. We write short vignettes about something that happened to us, whether 50 years ago or just recently. We devote plenty of time listening to the stories of our class members. Each semester we explore ways to improve our writing, have guest speakers or consider publishing options. Whether you've written for years or have just "written checks," we want to hear from you.

109 Guided Walk in Baird Creek: Ecology and History - Session A

Location: Green Bay

Classroom: Baird Creek

Presenter: Charles Frisk

Date(s): 10/8

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

Limit: 30

Coordinator: Jim Huss

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 walk way and less challenging than Session B. This Session can accommodate walkers of any ability including walkers and wheelchairs (you need to provide the pusher). Meet at Baird Creek Lower Parking Lot, 324 Baird Creek Rd, Green Bay

110 Laser Cut Coaster

Location: Green Bay

Classroom: STEM Innovation Center on Green Bay Campus

Presenter: Lisa Olson

Date(s): 10/8

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

Limit: 10

Coordinator:

Fee: \$20, for course supplies 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 Tinkercad to design and a Boss laser to cut and etch. No experience necessary!

111 Zentangle ... from the Dark Side to the Light! *NEW***Location:** Menominee**Classroom:** Spies Public Library**Presenter:** Linda Berry**Date(s):** 10/8**Time:** 10 a.m.-12 p.m. & 1-3 p.m.**Limit:** 12**Coordinator:** Linda Berry

In this class we will explore how to really make some very simple Zentangle patterns come alive through shading. We will be working with white tiles and then transition to black tiles with white. No previous experience necessary. This will be a 2 session class in one day... so feel free to bring a lunch! Class will be from 10am-12pm & 1-3pm.

112 Grignon Mansion Tour - Session B *NEW***Location:** Kaukauna**Classroom:** Charles A. Grignon Mansion**Presenter:** Mary Grogan-Seleen**Date(s):** 10/8**Time:** 1-3 p.m.**Limit:** 12**Coordinator:** Mary Gajeski**Fee:** \$8, payable on day of class

For over 200 years, the Grignon name was known among the fur trading community of the Great Lakes. Students will tour the 1837 home of Charles and Mary Grignon. The family transitioned from fur traders to the proprietors of the "Mansion in the Woods". The transition occurred in the emerging economic and political center of Wisconsin.

113 Guided Walk in Baird Creek: Ecology and History - Session B**Location:** Green Bay**Classroom:** Baird Creek**Presenter:** Charles Frisk**Date(s):** 10/8**Time:** 1-3 p.m.**Limit:** 30**Coordinator:** Vickie Keigley

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. Meet at Christa McAuliffe Park (parking lot), 3100 Sitka St, Green Bay

114 Beginning Punch Needle Rug Hooking *NEW***Location:** Green Bay**Classroom:** TBD**Presenter:** Kaz Stone**Date(s):** 10/8**Time:** 1-4 p.m.**Limit:** 6**Coordinator:** Patti Glendenning**Fee:** \$20, for course supplies 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 4.5 x 4.5 fall themed design that you can hang or use as a mug rug. You will learn how to stretch the foundation cloth onto a frame, use punch needle, and finish the piece. No previous experience with the punch needle is necessary. Instructor will have her personal tools and materials available for use during the class. Members may wish to bring their own sharp pointed scissors.

115 Burger Boat Company Tour/ Presentation *NEW***Location:** Manitowoc**Classroom:** Burger Boat Company Shipyard**Presenter:** Rich Olson, Recruiting Specialist, Rich Olson Sr, Abraham Klein, and Brianna Sprague**Date(s):** 10/15**Time:** 10 a.m.-12 p.m.**Limit:** 30**Coordinator:** Liz Koehler

Participants will tour the Burger Boat Company's Shipyard, along with a presentation and information about what we do and what it is like to work at the shipyard. Questions are welcomed.

116 Curative Connections East Tour - Session A

Location: Green Bay

Classroom: Curative Connections East

Presenter: Kari Moody

Date(s): 10/15

Time: 10-11:30 a.m.

Limit: 25

Coordinator: Mary Gajeski

Join us for a tour of Curative Connections East and learn about our 13 programs, which include training and employment, dementia and healthy aging services, adult day services / life and social skills engagement, specialized transportation services, and brain rehabilitation and Specialized Learning.

117 Grains: The Whole Wheat Story *NEW*

Location: Green Bay

Classroom: TBD

Presenter: Vicki Medland

Date(s): 10/15

Time: 1-3 p.m.

Limit: 40

Coordinator: Karen Dallman

Bread may be the staff of life, but would there be bread without wheat? Learn about the biology, nutritional chemistry of gluten, and food history of edible grasses in the wheat group (*Triticum* spp.) along with some bread basics in this class.

118 Rome's Greatest Heroes and the Power of Myth *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Greg Aldrete

Date(s): 10/22

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

Limit: 150

Coordinator: Dean Cherry

Romans were raised on stories of legendary heroes from the earliest days of Roman history. In this lecture you will: 1) Hear the influential tales of Horatius, Mucius, Cincinnatus, Lucretia, and others. 2) Learn the pivotal role that these stories played in fundamentally shaping and defining Roman identity. 3) Consider whether such tales are more properly characterized as myth or history.

119 Geology of Hawai'i *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: John Luczaj

Date(s): 10/29

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

Limit: 150

Coordinator: Karen Dallman

Join Geoscience Professor Luczaj on a geological journey of the Hawaiian Islands. Topics will include volcanic activity, plate tectonics, coral reefs, landslides, and more. Samples of lava and other rocks will be available for observation.

120 Legal Issues in Retirement

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Matt Geimer

Date(s): 10/29, 11/5

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

Limit: 50

Coordinator: Gary Lewins

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

121 China's World Plan, Part Two *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Bob Srenaski

Date(s): 11/5

Time: 1-3 p.m.

Limit: 150

Coordinator: Ed Smith

Xi Jinping's world domination plan faces internal problems and external obstacles. Part One of this course was presented during Spring 2025.

122 Native American Finger Weaving

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Jeanne Mease

Date(s): 11/5

Time: 1-3 p.m.

Limit: 12

Coordinator: Jane Hertel

Come “explore” the art of Native American Finger-weaving with yarn and a few household supplies. This technique was used by Indigenous Peoples, early settlers and fur traders to make large sash weavings. Hear about the history of the craft and its uses. Come learn to weave with just your fingers! You could make a bookmark, bracelet, keyring or just enjoy learning something new. Bring scissors, 2 pencils, and painters tape if you have some. You will need two contrasting colors of yarn the same thickness. Worsted or #4 is ideal. Bring some leftovers, trade with a class member or use some the instructor will provide.

123 Guide to Buying a Vehicle *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Michael Urban

Date(s): 11/12

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

Limit: 50

Coordinator: Jane Hertel

Looking to buy a new or used car? Get expert advice on buying new or used cars, know your rights as a buyer and learn what to do if issues arise. The presenter is from the Wisconsin Department of Transportation.

124 Huntington's Disease - What is it and the impact on families *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Debbie Zwickey and Lori Jones

Date(s): 11/12

Time: 1-3 p.m.

Limit: 30

Coordinator: Jane Hertel

Learn about the history of Huntington's Disease (HD), its causes, symptoms and current research. The complex dynamics within a family will be discussed along with growing up in a family with a member having HD, shared by someone with this experience in the book she has written, “Spared”.

125 Advanced Cataract Surgery

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Dr. Tyson Schwiesow, MD

Date(s): 11/12

Time: 2-3 p.m.

Limit: 50

Coordinator: Pati Wiegand

Dr Tyson Schwiesow, MD, will explore and discuss the cataract surgery process, including advanced techniques and technologies currently in use. Attendees will learn what a cataract is, how it is removed through surgery, IOL (intraocular lens) options, post-op care and what to expect before and after surgery.

126 Design a Personalized Charm for Crocs! *NEW*

Location: Green Bay

Classroom: STEM Innovation Center on Green Bay Campus

Presenter: Lisa Olson

Date(s): 11/19

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

Limit: 10

Coordinator: Shirley Garthwaite

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

Everyone is wearing Crocs and now they want to personalize them. Join us in this class to experience the creative process of designing a personalized Croc Charm! We'll use Tinkercad to design, then 3D print your charm so you can take it with you. Use it on your own Crocs or design something for someone you love who wears Crocs. No experience necessary!

127 Plant Based Soap Making *NEW*

Location: Chilton

Classroom: Ledge View Nature Center

Presenter: Louise Marum

Date(s): 11/19

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

Limit: 20

Coordinator: Liz Koehler

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

No melt and pour here! Learn the traditional soap making method so that you are able to craft safe, plant based bars for your family and friends. This workshop will cover the equipment you need, options for ingredients and the process. Participants will be guided through making their own batch of soap. This is a hands on workshop and you will take home 3 different bars.

Thursday

128 Recorder Lessons (Part 3) *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Recorders By The Bay (Jan LaSota)

Date(s): 8/28, 9/11, 9/25, 10/9, 10/23, 11/6, 11/20, 12/4

Time: 1-2:30 p.m.

Limit: 8

Coordinator: Jan LaSota

This 8-session class is designed for LLI members who took the recorder lessons course in spring 2025. 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.

129 Kewaunee Harbor Walking Tour: A Leisurely Stroll to 4 Historic Sites - Session A *NEW*

Location: Kewaunee

Classroom: Kewaunee Harbor

Presenter: Jake Heffernan

Date(s): 8/28

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

Limit: 14

Coordinator: Sue Rocheleau

Fee: \$25, payable on day of class

Meet at the corner of Milwaukee and Miller Streets in Kewaunee to start your leisurely stroll to Kewaunee's Historic sites. At this corner, you will see the 36-foot grandfather clock built by Svoboda Industries. Then it's on to the Kewaunee Fire Museum to view fire equipment going back to 1870. Next is the tug Ludington which played a role in the D-Day invasion at Normandy. Along the harbor on the way to the lighthouse, you will view the original railroad depot and the remnants of the car ferry docks. Next you will have the lighthouse to yourself, as you hear its history. Then climb to the top for a panoramic view of Lake Michigan.

130 Kewaunee Harbor Walking Tour: A Leisurely Stroll to 4 Historic Sites - Session B *NEW*

Location: Kewaunee

Classroom: Kewaunee Harbor

Presenter: Jake Heffernan

Date(s): 8/28

Time: 1-3 p.m.

Limit: 14

Coordinator: Sue Rocheleau

Fee: \$25, payable on day of class

Meet at the corner of Milwaukee and Miller Streets in Kewaunee to start your leisurely stroll to Kewaunee's Historic sites. At this corner, you will see the 36-foot grandfather clock built by Svoboda Industries. Then it's on to the Kewaunee Fire Museum to view fire equipment going back to 1870. Next is the tug Ludington which played a role in the D-Day invasion at Normandy. Along the harbor on the way to the lighthouse, you will view the original railroad depot and the remnants of the car ferry docks. Next you will have the lighthouse to yourself, as you hear its history. Then climb to the top for a panoramic view of Lake Michigan.

131 Concert - The Heyday of the Recorder *NEW*

Location: Green Bay

Classroom: Calvary Lutheran Church

Presenter: Recorders By The Bay (Jan LaSota)

Date(s): 9/4

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

Limit: 250

Coordinator: Karen Dallman

Centuries ago, recorders were part of the popular music of the day. Recorder ensembles were integral to local entertainment, including being the dance bands at gatherings. Come listen to recorder music from its heyday: medieval pieces, Renaissance madrigals, dances and chants. Recorders By The Bay (an instrumental group formed in 1998) will perform, show their early woodwind and string instruments and describe the music played.

132 On a Wisconsin Family Farm: Historic Tales of Character, Community and Culture *NEW***Location:** Manitowoc**Classroom:** Manitowoc Campus**Presenter:** Corey Geiger**Date(s):** 9/4**Time:** 10 a.m.-12 p.m.**Limit:** 50**Coordinator:** Dean Cherry

Corey Geiger, international agricultural journalist and award-winning author, pairs his rural roots and lively storytelling to fling the barn doors wide open to a cast of characters that built America's Dairyland. Pioneer life was fraught with trials and tribulations as polio and tuberculosis claimed loved ones and the fabricated death of a bootlegging brother turned gangsters away from the farm. Neighbors pitched in as members of the immigrant class aided one another to construct farmsteads and support one another through unsanctioned loans, daring dynamite work, and barn raising.

133 Snakes of Wisconsin *NEW***Location:** New London**Classroom:** Mosquito Hill Nature Center**Presenter:** Adam J. Brandt**Date(s):** 9/4**Time:** 10 a.m.-12 p.m.**Limit:** 100**Coordinator:****Fee:** \$5, payable on day of class

Snakes are one of the most misunderstood animals on the planet. Join Park Ranger Adam Brandt to learn about Wisconsin's native snake species and meet a few of them in person. You will walk away loving snakes even more, or at least disliking them a little less.

134 Personal Emergency Preparedness *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Dan Kane and Shauna Walesh**Date(s):** 9/4**Time:** 1-2:30 p.m.**Limit:** 100**Coordinator:** Pati Wiegand

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.

135 Group Piano**Location:** Green Bay**Classroom:** Jeff's Piano Sales and Service**Presenter:** Heidi Lueck**Date(s):** 9/11, 9/18, 9/25, 10/2**Time:** 10-11:30 a.m.**Limit:** 12**Coordinator:** Sue Johnson

This course is geared toward beginners with little or no experience. Anyone, regardless of age, musical background or talent can learn in a fun, relaxed and pressure-free environment. Basic note reading, rhythm and efficient practice techniques are taught. The class will use the Piano Pronto Prelude book by Jennifer Eklund (ISBN 1942751028), which everyone should have on first day of class. This book can be purchased through area music stores or online.

136 Dawn of the Diesels: Railroad Diesel Locomotive History *NEW***Location:** Green Bay**Classroom:** National Railroad Museum**Presenter:** Justin Lambrecht**Date(s):** 9/11, 9/18**Time:** 10 a.m.-12 p.m.**Limit:** 100**Coordinator:** Nancy McGrew**Fee:** \$12, payable on day of class

Explore the history and industrial engineering that went into developing the Diesel Locomotive that we use today. Travel over 100 years of development and use of diesels on America's Railroads. We will also tour the Restoration shop and Diesel Locomotives up close.

137 Kewaunee Harbor Walking Tour: A Leisurely Stroll to 4 Historic Sites - Session C *NEW*

Location: Kewaunee

Classroom: Kewaunee Harbor

Presenter: Jake Heffernan

Date(s): 9/11

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

Limit: 14

Coordinator: Sue Rocheleau

Fee: \$25, payable on day of class

Meet at the corner of Milwaukee and Miller Streets in Kewaunee to start your leisurely stroll to Kewaunee's Historic sites. At this corner, you will see the 36-foot grandfather clock built by Svoboda Industries. Then it's on to the Kewaunee Fire Museum to view fire equipment going back to 1870. Next is the tug Ludington which played a role in the D-Day invasion at Normandy. Along the harbor on the way to the lighthouse, you will view the original railroad depot and the remnants of the car ferry docks. Next you will have the lighthouse to yourself, as you hear its history. Then climb to the top for a panoramic view of Lake Michigan.

138 Prescription Drug Prices: Understanding & Playing the Game (2025 Update)

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Brian Barkow, PharmD

Date(s): 9/11, 9/18

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

Limit: 50

Coordinator: Gary Lewins

Prescription drug prices remain an important topic. This updated two-part lecture / discussion will review information regarding why prescription drug prices are what they are and how to manage in this environment. Part 1 will look at the prescription drug system, including its history and potential pitfalls. Part 2 will then shift toward navigating the system to reduce costs and get best outcomes. We will review 2025 thus far and what may be expected in 2026.

139 The Protestant Reformation: History, Homilists and Hellions *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Dr. Edward F. Maniscalco

Date(s): 9/11, 9/18, 9/25, 10/2, 10/9

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

Limit: 150

Coordinator: Dean Cherry

A survey of the 16th-century religious movement that forever altered Western Civilization: its origins, founders, key events and ongoing relevance. "Show me where a man spends his time and money and I'll show you his god". (Martin Luther)

140 An Introduction to the Study of Death and Dying

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Ilene Cupit

Date(s): 9/11

Time: 1-3 p.m.

Limit: 50

Coordinator: Gary Lewins

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

141 Kewaunee Harbor Walking Tour: A Leisurely Stroll to 4 Historic Sites - Session D *NEW*

Location: Kewaunee
Classroom: Kewaunee Harbor
Presenter: Jake Heffernan
Date(s): 9/11
Time: 1-3 p.m.
Limit: 14
Coordinator: Sue Rocheleau
Fee: \$25, payable on day of class

Meet at the corner of Milwaukee and Miller Streets in Kewaunee to start your leisurely stroll to Kewaunee's Historic sites. At this corner, you will see the 36-foot grandfather clock built by Svoboda Industries. Then it's on to the Kewaunee Fire Museum to view fire equipment going back to 1870. Next is the tug Ludington which played a role in the D-Day invasion at Normandy. Along the harbor on the way to the lighthouse, you will view the original railroad depot and the remnants of the car ferry docks. Next you will have the lighthouse to yourself, as you hear its history. Then climb to the top for a panoramic view of Lake Michigan.

142 Silarian Vineyards History and Tour

Location: Cato
Classroom: Silarian Vineyards
Presenter: Jeremy Haese
Date(s): 9/11
Time: 1-3 p.m.
Limit: 30
Coordinator: Liz Koehler

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

143 Open Knitting

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: MaryLu Sachs
Date(s): 9/11, 10/9, 11/13, 12/11
Time: 9:30-11:30 a.m.
Limit: 25
Coordinator: Theresa Reiter

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.

144 Guided by the Light *NEW*

Location: Manitowoc
Classroom: Wisconsin Maritime Museum
Presenter: Kevin Cullen, Executive Director
Date(s): 9/18
Time: 10 a.m.-12 p.m.
Limit: 20
Coordinator: Liz Koehler
Fee: \$25, payable on day of class

Lighthouses have guided mariners for a millennia. They provide critical aids to navigation, as beacons of safe harborage. This course discusses the history of Manitowoc's Lighthouses and will include a tour of the 1918 North Breakwater Lighthouse.

145 Authentic 1850's Designed Windmill Tour - Session A

Location: Little Chute
Classroom: Little Chute Windmill
Presenter: Volunteers Harriette Janssen
Date(s): 9/18
Time: 1-3 p.m.
Limit: 16
Coordinator: Mary Sue Voights
Fee: \$8, 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 1850's 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 descendent of an original founding citizen of Little Chute. A course fee of \$8 is due on day of class. Please register for Session A or B, not both.

146 Gong Demonstration and Sound Bath *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Brenda Brayko
Date(s): 9/18
Time: 1-3 p.m.
Limit: 50
Coordinator: Dean Cherry

Come stressed. Leave refreshed. Restore balance to your mind, body and spirit through the relaxing vibes of beautiful gongs, chimes and other instruments. Brenda Brayko of Celestial Sound will provide a short demonstration of the gongs and an overview of the benefits of therapeutic sound before your guided relaxing experience. Yoga mat or zero gravity chair suggested.

147 Sustainability and Solar Energy

Location: Green Bay
Classroom: Sisters of St. Francis of the Holy Cross
Presenter: Sister Rose Jochmann
Date(s): 9/25
Time: 10 a.m.-12 p.m.
Limit: 35
Coordinator: Gary Lewins

Learn how the Sisters of St. Francis of the Holy Cross (Bay Settlement Franciscans) have been living sustainably and hear about the photovoltaic system installed on their property. Sister Rose will share their reasons for going solar, the installation process, and their current solar production. Jesse Michalski from Eland Electric will be present to answer questions about solar energy. This 1.5 hour presentation will be held in a classroom at the St. Francis Convent (3110 Nicolet Dr., Green Bay), followed by a half hour tour of the solar site for those interested. The tour will involve walking on uneven ground and the solar site is not handicap accessible.

148 Grignon Mansion Tour - Session A *NEW*

Location: Kaukauna
Classroom: Charles A. Grignon Mansion
Presenter: Mary Grogan-Seleen
Date(s): 9/25
Time: 1-3 p.m.
Limit: 12
Coordinator: Dean Cherry
Fee: \$8, payable on day of class

For over 200 years, the Grignon was known among the fur trading communities of the Great Lakes. Students will tour the 1837 home of Charles and Mary Grignon. The family transitioned from fur traders to the proprietors of the "Mansion in the Woods". This transition occurred in the emerging economic and political center of Wisconsin.

149 Why Are My Home Insurance Rates So High? *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Professor Benjamin Cruz-Urbe
Date(s): 9/25
Time: 1-3 p.m.
Limit: 150
Coordinator: Suzanne Koss

Across the United States, home insurance rates are rising significantly for all companies. This course will explain how severe weather caused by climate change is affecting the home insurance market and creating a home insurance crisis.

150 Art Boot Camp

Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: James Briggs
Date(s): 10/2, 10/9, 10/16, 10/23, 10/30
Time: 10 a.m.-12 p.m.
Limit: 25
Coordinator: Mary Gajeski

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.

**151 Building Europe: Trains of Friendship
*NEW*****Location:** Green Bay**Classroom:** National Railroad Museum**Presenter:** Ava Shepherd and Justin Lambrecht**Date(s):** 10/2**Time:** 10 a.m.-12 p.m.**Limit:** 100**Coordinator:** Nancy McGrew**Fee:** \$12, payable on day of class

We will discuss the efforts of the American people to send resources to Europe on a train called the Friendship Train. We will also discuss Europe's response with an emphasis on the Merci Train

152 Welcome to the Pumpkin Patch**Location:** Peshtigo**Classroom:** Rennes West in Peshtigo**Presenter:** Kathy Warner**Date(s):** 10/2**Time:** 10 a.m.-12 p.m.**Limit:** 15**Coordinator:** Linda Berry**Fee:** \$5, payable on day of class

Come create your very own pumpkin patch ... a set of 3 handstitched pumpkins - 2", 3" & 4" will certainly be a great addition to your Fall decorations. Instructor will provide kit and a \$5.00 fee will be paid directly to her at the time of class.

153 Guided Walking Tour of Heritage Hill State Historical Park**Location:** Green Bay**Classroom:** Heritage Hill State Historical Park**Presenter:** Claire E Gwaltney, Director of Engagement**Date(s):** 10/2**Time:** 1-2:30 p.m.**Limit:** 15**Coordinator:** Theresa Reiter**Fee:** \$15, payable on day of class

Take a 90 minute walking tour of Heritage Hill State Historical Park with an expert guide. Participants will receive an overview of Northeast Wisconsin history from the 1600s to the early 20th century while touring multiple historic buildings. Participants can expect a tour that touches on

topics as varied as French fur traders, 1830s military life, 19th century immigration, and more, all while enjoying a picturesque, natural setting. Tours take place rain or shine. Participants are encouraged to dress for the weather and wear comfortable shoes as they may walk up to 1.5 miles in the park.

154 Safe Online Shopping *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Jeff Kersten**Date(s):** 10/2**Time:** 1-3 p.m.**Limit:** 150**Coordinator:** Gerry Konop

The Wisconsin Bureau of Consumer Protection will present information on safe online shopping. Learn how to avoid scams and keep your personal information safe when buying online. We will cover the following topics: Wi-Fi, internet access, payment methods, shipping considerations, and much more. Attendees will also receive helpful brochures to take home.

155 Beginning Knitting**Location:** Green Bay**Classroom:** Green Bay Campus RH 230**Presenter:** MaryLu Sachs**Date(s):** 10/9, 10/16, 10/23, 10/30**Time:** 1:30-3 p.m.**Limit:** 8**Coordinator:** Theresa Reiter

Come and learn the fundamentals of knitting. You will learn to cast on, knit, purl, bind off, make simple stitch patterns and weave in ends. This 4 session class will get you started in hand knitting. Supply List:

1. 200 yards of worsted weight yarn. Yarn should be a solid light color and smooth, not textured.
2. Size 8 US needles
3. Tapestry needle

156 How do Leaves Change Color? *NEW*

Location: New London

Classroom: Mosquito Hill Nature Center

Presenter: Ally Noll

Date(s): 10/9

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

Limit: 100

Coordinator: Ellen Framness

Fee: \$5, payable on day of class

Every fall we are witnesses to one of nature's most spectacular events, the beautiful reds, oranges, and yellows of the changing leaves. Join Naturalist Ally Noll and discover the why and how behind this colorful phenomenon. Afterwards, there will be an optional easy hike where we can enjoy the fall colors and property.

157 Knitting With Two Colors: Buffalo Plaid Hat *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: MaryLu Sachs

Date(s): 10/9 10/16 10/23 10/30

Time: 12-1:30 p.m.

Limit: 12

Coordinator: Theresa Reiter

We will be knitting a hat using stranded stitches, working in the round. The pattern is available free on Ravelry or patterns will be available at the first class. Supply list:

1. 2 complementary colors of worsted weight yarn, 110 yards each. Patterns call for Knit Picks Swish worsted-weight yarn.
2. Size 4 and 8; 16-inch circular US needle
3. Size 8 double-pointed needles
4. Stitch markers
5. Tapestry needle

You must know how to cast-on, knit, purl, knit in the round and use double-pointed needles.

158 Sound Bath and Support for Caregivers *NEW*

Location: Allouez

Classroom: Allouez Village Hall

Presenter: Brenda Brayko

Date(s): 10/9, 11/6, 12/4

Time: 1-3 p.m.

Limit: 25

Coordinator:

Your role as a caregiver matters, and so does your well-being. This class offers the therapeutic sounds of gongs to provide relief to frazzled nerves and a tired body and brain. Experience improved health and wellness, connection and support. For the best experience, bring a yoga mat and journal with you.

159 Local Flavor: How to Make Pasties

Location: Menominee

Classroom: First United Methodist Church

Presenter: Jane Yaeger

Date(s): 10/9

Time: 9:30 a.m.-1 p.m.

Limit: 15

Coordinator: Diane Shepard

Fee: \$15, payable on day of class

Learn how to make wonderful Pasties (hand meat pies) from scratch. Roll the dough, make the filling and crimp the edge. We will taste some during class and take some product home to bake.

160 Piano Ensemble

Location: Green Bay

Classroom: Jeff's Piano Sales and Service

Presenter: Heidi Lueck

Date(s): 10/16, 10/23, 10/30, 11/6

Time: 10-11:30 a.m.

Limit: 12

Coordinator: Mary Cook

This course is geared toward beginners with some experience with reading music. However, early intermediate musicians will be given more challenging ensemble parts when available. The focus will be on the enjoyment of group playing. The class will use Holiday Classics: Volume 1 by Jennifer Eklund (ISBN 0981861695), which everyone should have on first day of class. There is a separate Holiday Classics: Volume 1 Teacher Duet book by Jennifer Eklund (ISBN 1642660183) that has intermediate level duets. Each student can purchase one book or the other. It is not required to purchase both books. These books can be purchased through area music stores or online.

161 Juggling: You can FINALLY learn how!**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Mike Draney and Jake Darrow**Date(s):** 10/16, 10/23**Time:** 10 a.m.-12 p.m.**Limit:** 24**Coordinator:** Karen Dallman**Fee:** \$5, payable on day of class

It takes persistence, not extraordinary ability, to juggle, and nearly anyone can learn how. UWGB Biology professor Michael Draney and Green Bay engineer Jake Darrow, jugglers with over 75 years of combined experience, will show you how in three simple steps (and if you can already juggle, he will show you how to get beyond where you are now). We'll also cover the past and future of an ancient skill that's good for the body, brain, and spirit. Bring \$5 cash on the first class to receive three juggling balls to keep.

162 Painting On Fabric**Location:** Marinette**Classroom:** The Cottages at Lake Park**Presenter:** Pam Bonner**Date(s):** 10/16**Time:** 10 a.m.- 3 p.m.**Limit:** 20**Coordinator:** Eileen Beyer

The class will be an all-day class that will include the hands-on design process and painting on fabrics with a discussion on multiple uses of this art form. Please bring a jar to hold water. You may bring a bag lunch for the noon break

163 Me Time: Self-Care Tips Everyone Can Use *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Brenda Brayko**Date(s):** 10/16**Time:** 1-3 p.m.**Limit:** 100**Coordinator:** Kathy Bergner

Taught by author of "Me Time; Self-Care in a Challenging World", Brenda Brayko, the tools experienced and explained in this class nurture you and bring better balance to your mind, body,

and soul. Me Time includes specific step-by-step instructions for each tool while infusing engaging and interesting personal anecdotes. Categories include tools to calm and focus the mind, feed the intellect, nourish the body, feed the spirit, open the heart, and be nourished by nature.

164 End Times and the Revelation of John *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Professor Benjamin Cruz-Urbe**Date(s):** 10/23**Time:** 1-3 p.m.**Limit:** 150**Coordinator:** Dean Cherry

The Revelation of John is the most controversial book of the New Testament. This book is used, misused, and abused in making prophecies concerning the end of the world. This course will study how The Revelation is associated with End Time predictions and try to separate what the book really says versus what many pundits state it means.

165 Silent Sky - The Work of Two Hearing-Challenged Female Astronomers *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Gary Dallman**Date(s):** 10/30**Time:** 1-3 p.m.**Limit:** 150**Coordinator:** Karen Dallman

This class explains the work of Annie Jump Cannon and Henrietta Leavitt, two female pioneers of astronomy, who in the late 1800's made major contributions to their field, working at the Harvard Observatory.

166 Art of Calligraphy

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Kay Barlament
Date(s): 11/6, 11/13, 11/20
Time: 10 a.m.-12 p.m.
Limit: 12
Coordinator: Becky Lowry

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 lots of laughter.

167 Chronic Wasting Disease in White-tailed Deer *NEW*

Location: New London
Classroom: Mosquito Hill Nature Center
Presenter: Adam 'Doc' Brandt
Date(s): 11/6
Time: 10 a.m.-12 p.m.
Limit: 100
Coordinator: Pati Wiegand
Fee: \$5, payable on day of class

Chronic Wasting Disease is here in Wisconsin, and if you are a deer hunter there is no doubt you have heard about it. This session will introduce the biology of CWD and prion diseases. We will examine how the disease spreads and current management practices.

168 You CAN Kick Sugar - I Did! *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Lynn Gerlach
Date(s): 11/6
Time: 10 a.m.-12 p.m.
Limit: 50
Coordinator: Mary Sue Voights

I know it can be done, because I've been sugar free since March 2013. I'll share with you the sources I turned to, the process I used to make this a decision for life, and some of the amazing things I've learned along the way about food, nutrition, our food supply and more. Freeing yourself from added sugar in any form can be a huge step toward better health, peace of mind, and even enjoyment of life - and certainly toward a more healthful diet.

169 Grains: the gluten-free edible grasses and psuedograins *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Vicki Medland
Date(s): 11/6
Time: 1-3 p.m.
Limit: 40
Coordinator: Karen Dallman

Of the world's three important edible grasses, more people eat rice or corn than eat wheat. There is also a diversity of other seeds (psuedograins) that are eaten whole or ground into flour. Learn about the biology, nutritional chemistry, and food history of these edible grasses and psuedograins, along with some gluten-free bread basics in this class.

170 Jeopardy/ Lifelong Learning Style *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Sue Johnson
Date(s): 11/6
Time: 1-3 p.m.
Limit: 50
Coordinator: Sue Johnson

We've had Midwest Trivia and Presidential Trivia. This semester will be more like TV Jeopardy with a wide range of topics: WI celebrities, UWGB history, Green Bay Trivia, National Parks, Strange museums, 60's and 70's music and movies, and on and on. Not sure if I can come up with the clever titles but we'll see.

171 Intermediate Line Dancing

Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Huss
Date(s): 11/13 11/20 12/4 12/11
Time: 10 a.m.-12 p.m.
Limit: 50
Coordinator: Sue Rocheleau

Intermediate Line Dancing is appropriate for those who understand basic terminology and feel comfortable combining steps in new and challenging ways after short reviews and demonstrations of steps. Line dancing is an enjoyable form of moderate exercise that is good for memory, balance and coordination. Best of all... no partner needed!

172 Under the Robe *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Mark Warpinski
Date(s): 11/13
Time: 10 a.m.-12 p.m.
Limit: 100
Coordinator: Pati Wiegand

Different judges and different sentences. Why? You can't say, "Lock them up and throw away the key." It's not that simple. Together we will explore the types of sentences that can be imposed and the factors that the Court must consider. As always, we will have a "high anxiety filled" period of audience participation, all done in good educational fun.

173 Christmas 3-D Paper Creations

Location: Green Bay
Classroom: TBD
Presenter: Jim Huss
Date(s): 11/20, 12/11
Time: 10 a.m.-12 p.m.
Limit: 10
Coordinator: Theresa Reiter

Participants will use origami folding techniques to construct a 3-D 16 point German star ornament in the first session. Simple score, fold and paste techniques will be utilized in the second session to create a 3-D triskele ornament, and if time permits, a paper snowflake and paper bird.

174 Fact-Checking Online *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Jodi Pierre
Date(s): 12/4
Time: 10 a.m.-12 p.m.
Limit: 30
Coordinator: Pati Wiegand

Learn how to tell facts from fiction on the internet and social media. This class introduces simple techniques and tools used by professional fact-checkers to help you verify what you see online.

175 Manitowoc County Joint Dispatch Tour

Location: Manitowoc
Classroom: Manitowoc County Dispatch Center
Presenter: Angela Obry
Date(s): 12/4

Time: 10 a.m.-12 p.m.
Limit: 20
Coordinator: Tom Wilsmann

Have you ever wondered what happens when you call 911? Join this interesting and informative tour to find out what happens behind the scenes.

176 Bright Stars and Constellations *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Gary Dallman
Date(s): 12/4
Time: 1-3 p.m.
Limit: 150
Coordinator: Karen Dallman

Journey through the Green Bay night sky to locate and compare some of the bright stars and their constellations that can be seen with the naked eye. Locate and identify various cloudy patches called nebulae.

177 Phantoms of the Forest

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: John Jacobs
Date(s): 12/4
Time: 1-3 p.m.
Limit: 50
Coordinator: Kathy Bergner

This course will discuss the natural history, biology and behavior of Wisconsin's Red-shouldered Hawks (1970-2025).

178 Gospels of Matthew and Luke: Two Christmas Stories *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Professor Benjamin Cruz-Urbe
Date(s): 12/11
Time: 1-3 p.m.
Limit: 150
Coordinator: Dean Cherry

The modern Christmas story is well known. But it is actually the blending together of two distinct and separate stories from two Gospels. This course will explore in detail each story and explain the historical facts, legends, and myths that make up the present day version. Participants may wish to bring a Bible to the lecture.

Friday

179 Hackers, Scammers, and Fraudsters: Cybersecurity for Savvy Seniors *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Chuck Murphy
Date(s): 8/29
Time: 10 a.m.-12 p.m.
Limit: 150
Coordinator: Karen Dallman

Think you're safe online? Probably not! AI-driven scams, robo-hackers, and digital trickery are evolving fast. This fun, hands-on class helps you fight back. You'll leave with smart tips and a checklist to protect your privacy and your wallet.

180 Biking is Fun at Any Age

Location: Green Bay
Classroom: Classroom: Outdoor, varies
Presenter: Del Tills
Date(s): 9/5, 9/12, 9/19, 9/26, 10/3, 10/10
Time: 10 a.m.-12 p.m.
Limit: 150
Coordinator:

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 required. An itinerary with directions for each ride will be mailed 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. No class size limit. Optional for participants to meet for lunch following a ride (bring cash).

181 Historical Tour of Franciscan Sisters Motherhouse

Location: Manitowoc
Classroom: Franciscan Sisters Motherhouse
Presenter: Sisters Caritas Strodthuff
Date(s): 9/5
Time: 1-3 p.m.
Limit: 20
Coordinator: Sue Johnson

Tour the Motherhouse of the Franciscan Sisters of Christian Charity in Manitowoc and learn the history of the Sisters and their founding in 1869. Participate in a walking tour of the Motherhouse to see the changes over the past 154 years. Learn about the different parts of the world where the Sisters have worked and the different kinds of services they continue to perform. Talk a walk outside to see their beautiful grounds. Walking up and down stairs is required.

182 10 Tips for Arranging Furniture

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Vickie Linssen
Date(s): 9/12
Time: 10 a.m.-12 p.m.
Limit: 50
Coordinator: Kris Lewins

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

183 Belgian Life, Past and Present, in Door County

Location: Brussels
Classroom: Bus Tour, Meet in Wood Hall Parking Lot
Presenter: David Siegel and Sandy Orsted
Date(s): 9/12
Time: Other
Limit: 55
Coordinator: Heidi Leiterman
Fee: \$20, for tour payable at registration

This program will explore Belgian life, past and present, in Door County. Attendees will visit the Belgian Heritage Center located in a former church in Namur as well as the adjacent restored school/convent. Both include artifacts and exhibits. Additionally, there will be two presentations on the devastating Great Fire of 1871. Lastly, attendees will travel a short distance to Tornado Memorial Park, site of the most deaths in Door County during the 1871 fire.

184 Rise of the Right in Germany, Europe, and Beyond *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Clifton Ganyard PhD**Date(s):** 9/19**Time:** 10 a.m.-12 p.m.**Limit:** 150**Coordinator:** Ed Smith

This course session will consider the rise of right-wing organizations in Germany, Europe, and other regions in the 21st century. Approaching the topic from a historical perspective, we will examine the character of such figures as Victor Orban, Marine Le Pen, Georgia Meloni, and such political movements as the Alternative for Germany (AfD). We'll consider some of their beliefs, their links with earlier such movements, and why they have become as popular as they have.

185 Barkhausen**Location:** Green Bay**Classroom:** Barkhausen Waterfowl Preserve**Presenter:** Jason Petrella**Date(s):** 9/19**Time:** 9-11 a.m.**Limit:** 20**Coordinator:** Sue Johnson**Fee:** \$5, payable on day of class

This is a walking tour of the Barkhausen waterfowl preserve. We will be looking for geese, ducks, hawks, and songbirds as they migrate. The staff will talk about various species identification, habitats, diet and migration. Bring binoculars if you have them. Walking shoes are required. A \$5 fee is due at time of class.

186 PowerPoint Pitfalls: Save yourself from them! *NEW***Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Lynn Gerlach**Date(s):** 9/26, 10/3**Time:** 10 a.m.-12 p.m.**Limit:** 12**Coordinator:** Tom Wilsmann

Bring your tablet or laptop with MS PowerPoint uploaded. Come as a beginner or a seasoned user. In either case, you will learn an entirely

new approach to using PowerPoint to support a presentation. In session one, you'll learn many helpful features of the application and practice them. In session two, you'll give a very short demo of what you've learned, and then we'll do some more fine tuning. Participants need to sign up for both sessions as session two builds on session one.

187 Tasting Journey Through 6 Types of Tea *NEW***Location:** Green Bay**Classroom:** Green Bay Campus RH 230**Presenter:** Heather Schroeder**Date(s):** 9/26**Time:** 10 a.m.-12 p.m.**Limit:** 20**Coordinator:** Pati Wiegand**Fee:** \$10, for course supplies payable at registration

This class will go over the brief history of all 6 types of tea (white, green, yellow, oolong, black and Pu-eth) while tasting each type with a food pairing. Travel the world one sip at a time with this new adventurous class offered by Heather Schroeder, a tea professional

188 Practical Scientific Literacy Tools: Doing Your Own Research with Intention *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** James Kabrhel**Date(s):** 9/26**Time:** 10-11:30 a.m.**Limit:** 40**Coordinator:** Mary Sue Voights

Finding useful information about science, healthcare, and wellness online can be an overwhelming process and often lead to pseudoscience and misinformation. Who and what can you trust? This course will provide you with a background of scientific literacy and tools to refine your own research, with the intent of finding scientifically-supported information you can use to make better decisions.

189 History of the Earth in Videos: Part 2 *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Moderators: Gary Dallman, Norm Schroeder, Dean Cherry

Date(s): 9/26, 10/3, 10/10

Time: 1-3 p.m.

Limit: 50

Coordinator: Karen Dallman

Course is designed to give an overview of the physical, chemical and biological processes on Earth over the eons leading to the formation of the Earth as we know it and the development of life on earth. This course consists of three class sessions, each of which is free-standing, but will be most beneficial if viewed sequentially. Each video, lasting 10-30 minutes, will be followed by a 10-minute discussion / reactions by class participants led by a moderator. This is a continuation of the course from Fall 2024 with new videos.

190 Beginning Line Dancing

Location: Green Bay

Classroom: Calvary Lutheran Church

Presenter: Jim Huss

Date(s): 10/3, 10/10, 10/17, 10/24

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

Limit: 50

Coordinator:

Beginning Line Dancing is designed for those who have never line danced and those who wish to review and refresh their knowledge of basic steps and terminology. Line dancing is an enjoyable form of moderate exercise that is good for memory, balance and coordination. No partner needed to join in the fun!

191 Domestic Violence Awareness/Golden House Tour - Session A *NEW*

Location: Green Bay

Classroom: Golden House

Presenter: Jennifer Tingle

Date(s): 10/3

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

Limit: 15

Coordinator: Sue Johnson

This immersive course combines classroom learning with a guided tour to provide a comprehensive understanding of domestic violence and its impact on individuals and communities. Participants will explore the root causes, warning signs and effects of abuse, as well as supportive services for survivors. The interactive tour includes visiting a local domestic violence agency, (Golden House), that provides emergency shelter, advocacy support and prevention response within the community.

192 The Bizarre Life of the Romans *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Scott Bartell

Date(s): 10/3

Time: 10-11:30 a.m.

Limit: 50

Coordinator: Nancy Whitfield

As advanced as ancient Roman civilization was, it was not without its own quirks or oddities. Hear about the unique aspects of Roman life that ranged from strange to comical to downright horrifying. Learn how the Romans were a bit less normal and far more bizarre than imagined.

193 Domestic Violence Awareness/Golden House Tour - Session B *NEW*

Location: Green Bay

Classroom: Golden House

Presenter: Jennifer Tingle

Date(s): 10/10

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

Limit: 15

Coordinator: Sue Johnson

This immersive course combines classroom learning with a guided tour to provide a comprehensive understanding of domestic violence and its impact on individuals and communities. Participants will explore the root causes, warning signs, and

effects of abuse as well as supportive services for survivors. The interactive tour includes visiting a local domestic violence agency (Golden House) that provides emergency shelter, advocacy support and prevention response within the community.

194 Oneida Nation Museum - Session A

Location: De Pere
Classroom: Oneida Nation Museum
Presenter: Nathaniel Gerhardt
Date(s): 10/10
Time: 10 a.m.-12 p.m.
Limit: 20
Coordinator: Pati Wiegand
Fee: \$5, payable on day of class

An oral and visual presentation about Oneida history and culture. We will start with the creation story and then cover a variety of topics from Clan systems, Longhouses, Matriarchal government and Society, and more. Follow up with a tour through the Oneida Museum.

195 Optimize Your Movement *NEW*

Location: Menominee
Classroom: Spies Public Library
Presenter: Amy Beattie, Debbie Corey
Date(s): 10/10
Time: 1-3 p.m.
Limit: 15
Coordinator: Diane Shepard

Optimize your movement by incorporating neurological drills that will increase sensory input to make motor output more efficient. MOVE BETTER!

196 Organize and Digitize Your Photos and Other Media *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Gary Lewins
Date(s): 10/10
Time: 1-3 p.m.
Limit: 50
Coordinator: Suzanne Koss

Learn the steps and options to make your project a success. This includes key Youtube videos on "how to" plus options to simplify and improve your completed project. This class will also address other media like VCR tapes, CD's, etc.

197 The Promenade - What is an Active Adult Community - Session A *NEW*

Location: Green Bay
Classroom: The Promenade
Presenter: Mary Beth Fumelle
Date(s): 10/10
Time: 1-3 p.m.
Limit: 30
Coordinator: Suzanne Koss

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.

198 Power of Narrating Your Story

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Shari Liesch, APNP, CDE
Date(s): 10/17
Time: 10 a.m.-12 p.m.
Limit: 40
Coordinator: Brenda Brayco

What is your story? How do you narrate the scenes or chapters of your life? Our story can serve to reflect, organize feelings, find meaning, and more. Imagine tapping into a narration where you may be the hero or best supporting character, or where lessons learned are explored. This session will explore the power of your story! Narrative therapy techniques will be used to explore our journey while facilitating personal development, growth, and healing.

199 Navigating Medicare: Open Enrollment Period (OEP) 2026

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Tara Lane, ADRC Elderly Benefit Specialist
Date(s): 10/24
Time: 1-2:30 p.m.
Limit: 40
Coordinator: Shirley Garthwaite

Join us to learn about changes and options coming for 2026 Medicare OEP. Up to date information about plan and coverage changes, demonstration of the online Medicare Plan finder tool and share other online resources available.

200 Oneida Nation Museum - Session B

Location: De Pere
Classroom: Oneida Nation Museum
Presenter: Nathan Gerhardt
Date(s): 10/24
Time: 10 a.m.-12 p.m.
Limit: 20
Coordinator: Dean Cherry
Fee: \$5, payable on day of class

An oral and visual presentation about Oneida History and culture. We will start with the creation story and then cover a variety of topics from Clan Systems, Longhouses, Matriarchal government and Society, and more. Follow up with a tour through the Oneida Museum.

201 Power of Words: An Introduction to Poetry Therapy

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Shari Liesch, APNE, CDE
Date(s): 11/7
Time: 10 a.m.-12 p.m.
Limit: 40
Coordinator: Mary Gajeski

Words have power! Poetry/bibliotherapy dates back to 400 BC when Egyptians used writing as a tool to explore feelings, heal and recover. Reading, writing, exploring and sharing poetry are therapeutic. Poetry engages our senses. It helps us identify feelings- both known feelings and those that may be hidden or not yet realized. In this session, we will take a historical look at poetry and experience several types of poetry (RES, PONGO, sensory poems, and more). Participants will be led in both individual and group activities.

202 Herbal Recipes for Optimum Health

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Katie Brewer
Date(s): 11/7
Time: 1-3 p.m.
Limit: 18
Coordinator: Sue Johnson
Fee: \$5, for course supplies payable at registration

Learn about the ancient art of herbalism and how you can make natural tonics to improve your health. You will be introduced to several herbs with applications for digestion, sleep, pain and overall systemic health. Then you will make an herbal vinegar to take home.

203 The Promenade - What is an Active Adult Community - Session B *NEW*

Location: Green Bay
Classroom: The Promenade
Presenter: Mary Beth Fumelle
Date(s): 11/7
Time: 1-3 p.m.
Limit: 30
Coordinator: Kris Lewins

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.

204 WWII Internment Camps

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Bob Cook
Date(s): 11/14
Time: 10 a.m.-12 p.m.
Limit: 50
Coordinator: Vickie Keigley

During World War II we interned over 100,000 people who were believed to be a national security threat. The majority of these were Japanese Americans, many of whom were American citizens. We will explore the rationale behind these actions and take a look at the camps and how they lived during their stay.

205 Fun With Aromatherapy**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Katie Brewer**Date(s):** 11/14**Time:** 1-3 p.m.**Limit:** 18**Coordinator:** Mary Cook**Fee:** \$5, for course supplies 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 world of aromatherapy.

**206 Macrame Poinsettia Wall Hanging
*NEW*****Location:** Chilton**Classroom:** Ledge View Nature Center**Presenter:** Louise Marum**Date(s):** 12/5**Time:** 10 a.m.-12 p.m.**Limit:** 15**Coordinator:** Liz Koehler**Fee:** \$15, for course supplies payable at registration

Create a beautiful 12" Poinsettia wall-hanging to decorate for the holidays. This is a simple technique; step by step instructions and all materials will be provided. Bring a paper bag lunch or snacks to enjoy while we craft. Project can be finished in 2 hours but may take some people longer. I will be here to help and support you all day!

207 Evergreen Theater Presents: Radio Plays *NEW***Location:** De Pere**Classroom:** Cedar Creek Event Center**Presenter:** Sherrill Revolinski**Date(s):** 9/27**Time:** 2-4:30 p.m.**Limit:** 30**Coordinator:** Sue Johnson**Fee:** \$20, for course supplies payable at registration

Attend a live theatrical experience presented by Evergreen Theater. Two classic radio plays will be brought to life on the stage. Talkback afterwards with the director and the actors. Hear how the director brings her vision to life on the stage. Evergreen Theater is a community-based theater that is celebrating 40 years of entertaining the Green Bay area. Performance will be at Cedar Creek Event Center, 1018 Cedar Street, De Pere. Discount code (EVERGREENLLI) will provide \$5 off the ticket price. Cost to participant will be \$20.

Stay Connected!

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

Check us out at www.uwgb.edu/lli and like us on Facebook!



Monday

208 Lost Lady: The Lady Elgin Tragedy - Zoom

Location: Zoom
Classroom: Zoom
Presenter: Paul Timm
Date(s): 8/11
Time: 10 a.m.-12 p.m.
Limit: 50
Coordinator: Tom Wilsmann

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.

209 Guardian Angel: The Lewis and Clark Saga - Zoom

Location: Zoom
Classroom: Zoom
Presenter: Paul Timm
Date(s): 8/11
Time: 1-3 p.m.
Limit: 50
Coordinator: Gerry Konop

In 1803, President Jefferson was responsible for the acquisition of the Louisiana Purchase. He would send Lewis and Clark along with the Corps of Discovery, to search for the Northwest Passage, map the territory, meet with native tribes, and record flora and fauna. This journey was equivalent to putting a man on the moon in the 1960s. 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.

210 Cowboys: An American Symbol - Zoom *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Dr. Diana L. Ahmad
Date(s): 9/15
Time: 10-11:30 a.m.
Limit: 50
Coordinator: Ellen Framness

Cowboys remain the most enduring image of the nineteenth-century American West. According to legend, they could lasso a steer and rescue a damsel in distress at the same time. American journalists portrayed cowboys as nearly perfect men, turning them into a mythological creature and part of the creation myth of the United States.

211 Biking through South Africa - Zoom *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Julia Wallace
Date(s): 9/15
Time: 1-3 p.m.
Limit: 150
Coordinator:

Join me as I revisit a biking trip through the southern coast of South Africa along the famous Garden Route. We will travel through South Africa's gorgeous southern coastline from the Cape of Good Hope to Tsitsikamma National Park - from the Atlantic to the Indian Ocean. We will begin in Cape Town and review the history of this beautiful city, and the home of Robben Island where Nelson Mandela spent eighteen years as a political prisoner. We will discover the wine country in Franschhoek, travel through the beautiful Little Karoo valleys and discover why Oudtshoorn became the ostrich capital of the world. Along the way we will learn much about the political and cultural history of this beautiful country.

212 An Introduction to the Reiki Experience - Zoom *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Nicole Terrien
Date(s): 9/22
Time: 1-3 p.m.
Limit: 20
Coordinator: Mary Cook

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 beginners 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.

213 Getting Smart About Food Labels - How Nutrition Changes with Age *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Brenda Berend
Date(s): 9/29
Time: 1-3 p.m.
Limit: 50
Coordinator: Kris Lewins

This course will cover using food labels to make healthy choices, which nutrients to focus on and which to avoid. Benefits of a healthy diet and common myths about aging and nutrition will also be discussed. We will learn tips to help you eat well, despite age related changes.

214 Following Through on Vatican II - Zoom *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Sister Elise Cholewinski
Date(s): 10/6 10/13
Time: 1-3 p.m.
Limit: 50
Coordinator: Gerry Konop

During the fall seasons of 2023 and 2024 representatives from the Catholic Church met in Rome to update the Church's teachings since the Second Vatican Council. This meeting, called the Synod, produced a document which will be the subject of our study. We will explore how this current document expands and elaborates on some of the main concepts presented at the Council.

215 Birds of Wisconsin *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Daniel Jackson
Date(s): 10/13
Time: 1-2:30 p.m.
Limit: 100
Coordinator: Kathy Bergner

This class is an introduction to the birds of Wisconsin. It will include information on the life, history, and pointers to find and identify many of the species of birds found in Wisconsin each year.

216 My life as a Forward Observer in Vietnam 1968-1969

Location: Zoom
Classroom: Zoom
Presenter: Darryl Johnson
Date(s): 10/20
Time: 10 a.m.-12 p.m.
Limit: 150
Coordinator: Wes Carvenough

Join Darryl Johnson, US Army Sergeant, describe and share very personal details of his life as a Forward Observer, one of the most dangerous positions in the military. Learn about what life was like during the perilous period of the Tet Offensive in Vietnam during 1968-1969 through pictures, discussion and personal letters Darryl wrote while being a Forward Observer.

217 Off the Grid With Modern Quilting - Zoom *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Kathryn Corio
Date(s): 10/27
Time: 1-2:30 p.m.
Limit: 70
Coordinator: Karen Dallman

Learn the elements that make up the modern quilting style and how it differs from contemporary, traditional, and art quilting. We will explore many examples that characterize modern style.

218 RV Life: “I Love It!” - Zoom

Location: Zoom
Classroom: Zoom
Presenter: Ken & Mary Braband
Date(s): 10/27
Time: 1-3 p.m.
Limit: 50
Coordinator: Ed Smith

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

219 Spiritual Direction - Zoom *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Sister Elise Cholewinski
Date(s): 10/27
Time: 1-3 p.m.
Limit: 50
Coordinator: Pati Wiegand

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.

220 Illustrating Middle Grade Children's Books - Zoom *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Robb Mommaerts
Date(s): 11/3
Time: 10 a.m.-12 p.m.
Limit: 50
Coordinator: Wes Carvenough

Illustrator and cartoonist Robb Mommaerts discusses his career and experiences in designing characters and creating illustrations for popular middle grade children's books. Robb shares his process from rough sketches to finished illustrations for the pages of a published book. He will also do a live drawing demonstration.

221 Dirt, Sticks & Bricks 5.0 - Zoom

Location: Zoom
Classroom: Zoom
Presenter: Garritt R. Bader
Date(s): 11/3
Time: 1-3 p.m.
Limit: 150
Coordinator: Mary Sue Voights

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

222 Stalag USA: WWII POW Camps - Zoom

Location: Zoom
Classroom: Zoom
Presenter: Bob Cook
Date(s): 12/1, 12/8
Time: 10 a.m.-12 p.m.
Limit: 50
Coordinator: Vickie Keigley

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

Tuesday

223 Introduction to Scotland - Zoom

Location: Zoom

Classroom: Zoom

Presenter: Mike and Cheryl Murphy

Date(s): 9/2

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

Limit: 50

Coordinator: Wes Carvenough

A light-hearted pictorial overview of the geography, history and culture of a small country famous for its rugged scenery, bloody conflicts, colorful kilts, strong whisky, quaint language, ear-splitting bagpipes, memorable folk poetry, and ingenious inventions (including golf!) which have transformed our world.

224 The Life of Vince Lombardi - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Tony Walter

Date(s): 9/9

Time: 1-3 p.m.

Limit: 150

Coordinator: Pati Wiegand

Vince Lombardi's reputation is the result of the well-documented history of the 1960's when he led the Green Bay Packers to five championships in nine seasons. But the man's life before he came to Green Bay helps define him and gives more meaning to the success he had as a coach.

225 "How Did Davy Die? Unraveling an Alamo Mystery" *NEW*

Location: Zoom

Classroom: Zoom

Presenter: James S. Pula

Date(s): 9/16

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

Limit: 150

Coordinator: Pati Wiegand

Against the historical background of Texas and its fight for independence in the 1830s, this illustrated presentation explores the mystery of Davy Crockett's death as an example of the difficulty researchers often encounter in determining "what actually happened" during historical events.

226 Enslaved, Indentured, Free: Slavery in Wisconsin - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Mary Elise Antoine

Date(s): 9/16

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

Limit: 50

Coordinator: Kathy Bergner

Though considered a "free" territory and a "free" state, enslaved men and women were brought to what is now Wisconsin beginning in the 1760s. Using research gained while writing *Enslaved, Indentured, Free: Five Black Women of the Upper Mississippi, 1800-1850*, information will be presented on who brought enslaved men and women to the region of Wisconsin, biographical sketches of enslaved individuals, how some gained their freedom, and the connection to Dred and Harriet Scott.

227 The Fur Trade in Wisconsin - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Mary Elise Antoine

Date(s): 9/16

Time: 1-3 p.m.

Limit: 50

Coordinator: Ed Smith

The fur trade in Wisconsin was a partnership between Native Americans and Euro-Americans for over 250 years. It began with the arrival of Frenchmen in the late 17th century, then passed to British control in 1760. In 1815, the United States, through the American Fur Company, continued the trade until the United States placed the Native nations on reservations. This presentation will trace the history of the fur trade in Wisconsin, including the cultural exchange that occurred.

228 Preventing Chronic Kidney Disease - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Kindel Keener, NP and Heidi Loewe, NP

Date(s): 9/23

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

Limit: 30

Coordinator: Ellen Framness

Learn the number one and two causes of kidney disease. Kindel Keener, NP of the Aurora Bay Care Medical Center Nephrology Department, will explain the progression of kidney disease, and what we can do to lower its risk. She will also outline a diet that will keep the kidneys healthy.

229 Update on the U.S. and Wisconsin Supreme Courts - Zoom

Location: Zoom

Classroom: Zoom

Presenter: Dan Spielmann

Date(s): 9/23

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

Limit: 50

Coordinator: Gary Lewins

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

230 Pen and Ink Drawing - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: James Briggs

Date(s): 9/30, 10/7, 10/14, 10/21, 10/28

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

Limit: 20

Coordinator: Mary Gajeski

We will be drawing a variety of subjects with pen and ink while using a variety of techniques to create form, volume, texture and depth. Look forward to embellishing your skills or creating a new avenue to brighten up your life.

231 Building Historic Model Ships: an Interdisciplinary Undertaking - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Gregory Davis, PhD

Date(s): 9/30

Time: 1-3 p.m.

Limit: 50

Coordinator: Jim Hinckley

The presentation will include a brief history of model ships, how one may choose a ship to model, the value and use of research in the modeling process, engaging with a modeling community, internal selection and fundamental building techniques, as well as a couple of case studies.

232 Through the Lens of a Packer Photographer - Zoom

Location: Zoom

Classroom: Zoom

Presenter: Charles Manthey

Date(s): 10/7

Time: 1-3 p.m.

Limit: 50

Coordinator: Pati Wiegand

An engaging and informative presentation showcasing the life as a professional Packer photographer, starting with the Green Bay Packers football special nights, coaches stories and more.

233 Following Jesus through the Holy Land - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Ron Bruch

Date(s): 10/14

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

Limit: 150

Coordinator: Dean Cherry

First-hand account of a pilgrimage through the Holy Land following in the footsteps of Jesus from the Annunciation of His birth through His Crucifixion and death, and His Resurrection from the dead.

234 CRISPR: genome editing technology, from the lab bench to the real world - Zoom *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Georgette Heyrman, PhD**Date(s):** 10/14**Time:** 1-3 p.m.**Limit:** 50**Coordinator:** Dean Cherry

CRISPR (short for Clustered Regularly Interspaced Short Palindromic Repeats) genome editing is a recently developed technology that enables the precise changing of an organism's genetic code. This course will introduce the basis of recombinant DNA, the CRISPR genome editing system and how this technology can have real world applications for research, agriculture, and healthcare.

235 Sanimax - The Invisible Industry - Zoom**Location:** Zoom**Classroom:** Zoom**Presenter:** Dan Mahler**Date(s):** 10/14**Time:** 1-3 p.m.**Limit:** 150**Coordinator:** Jan LaSota

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

236 Famous Trials: Landmark Cases in American Legal History - Zoom *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Arnold Sparr, PhD**Date(s):** 10/21**Time:** 10 a.m.-12 p.m.**Limit:** 50**Coordinator:** Pati Wiegand

A continuation of our Famous Trials series where landmark legal cases in US history are examined within the context of their times. This semester we will take a fresh look at the infamous "Chicago Black Sox" trial (1921) where members of the best team in MLB were charged with conspiring to throw the 1919 World Series against the Cincinnati Reds. Does the present day surge in online sports betting present even greater risks to the integrity of MLB than it did in the past?

237 History of the World Through Maps: The Science and Technology of Cartography - Zoom *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Mark J. Steuer**Date(s):** 11/4, 11/11**Time:** 10 a.m.-12 p.m.**Limit:** 50**Coordinator:** Sue Johnson

A brief graphical journey of the importance of maps throughout pre-recorded and recorded earth histories, through the eyes and voice of a retired Cartographer.

238 Understanding Generative AI - Zoom *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Jodi Pierre**Date(s):** 11/18**Time:** 10 a.m.-12 p.m.**Limit:** 30**Coordinator:** Ed Smith

Curious about ChatGPT, image generators, and other AI tools? This class offers a clear, nontechnical look at how generative AI works, its real-world uses, and its limitations. Please bring your own device (laptop or iPad preferred) if you are able.

Wednesday

239 How Medical Conditions at the Battle of Antietam Affected the Battle - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Gordon Dammann

Date(s): 8/20

Time: 1-3 p.m.

Limit: 50

Coordinator: Tom Wilsmann

The results of the Battle of Antietam in 1862 could have had a different outcome because of the medical condition of four officers - 2 Union, and 2 Confederate. This lecture will delve into the medical conditions of the officers before, during and after the Battle.

240 Ireland in Music and Song - Zoom

Location: Zoom

Classroom: Zoom

Presenter: Mike Murphy

Date(s): 8/27

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

Limit: 150

Coordinator: Karen Dallman

Featuring live Irish music by Green Bay's Celtic Consort band (harp, flute, fiddle, bass fiddle, guitar, bodhran, vocals), this informative and entertaining class presents a pictorial and musical introduction to Ireland, the small Emerald Isle famous for its spectacular scenery, fascinating Celtic culture, friendly pubs, turbulent history, enchanting myths, charming legends, brilliant poets and memorable songs of love, loss and resilience.

241 Conflicts and Minerals: The Overlap of Geopolitics and Earth's Mineral Resources - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Shawn J. Malone

Date(s): 8/27

Time: 1-3 p.m.

Limit: 150

Coordinator: Ed Smith

Much of human history is driven by conflicts over vital resources, including strategically vital minerals. The modern world is no exception, with conflicts in Ukraine, Democratic Republic of Congo, and other states fueled in part by a desire to access valuable geologic commodities. We will explore some of these conflicts and seek to understand what the resources are, how they are used, and why conflict swirls around them.

242 Western Music in a Global Society - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Michael Alexander D.M.A. and Kayla Karius

Date(s): 9/3

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

Limit: 150

Coordinator: Jim Hinckley

Explore music from the United States, Mexico and Thailand that are inspired by different musical histories, but merge in an amazing way. Learn what it takes to bring a brand new piece of music to life in a preview of the Weidner Philharmonic concert on September 5, 2025.

243 Moving Pictures - Zoom *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Carol Emmons**Date(s):** 9/10**Time:** 10 a.m.-12 p.m.**Limit:** 45**Coordinator:** Karen Dallman

Today we take moving images for granted: we can even make color movies (with sound!) on our phones. This class will look back to nineteenth and early twentieth century approaches that bridged between still and moving pictures. We'll consider the sequential photographs of Muybridge and Marey, optical entertainments like flipbooks and zoetropes, and stop frame animation. Information for making your own optical devices will also be included.

244 NYC on Location: Virtual Walking Tour of the City - Zoom *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Arnold Sparr, Ph.D**Date(s):** 9/10**Time:** 10 a.m.-12 p.m.**Limit:** 50**Coordinator:** Jan LaSota

Explore NYC like an undergraduate. Based upon a popular walking tour course offered at St. Francis College, Brooklyn NY, this first class will take a virtual look at two very different NYC tourist destinations: Manhattan's Central Park and the more recent Brooklyn Bridge Park. The class will take an in-depth look at the interesting, but at times controversial history, planning, and development of each site not normally offered by traditional commercial tour guides and guidebooks.

245 Searching for your Irish Ancestors from Both Sides of the Pond - Zoom**Location:** Zoom**Classroom:** Zoom**Presenter:** Dave Miller**Date(s):** 9/10**Time:** 10 a.m.-12 p.m.**Limit:** 50**Coordinator:** Mary Gajeski

Many were told growing up that Irish records just don't exist anymore. What!! Is that really true? Genealogist Dave Miller will be discussing how to research your Irish Ancestors by first researching and organizing information from American and Canadian records, looking at records from North American genealogy sites and researching records from Irish libraries and archives, first through their online sites. Some records were destroyed in the Four Courts Explosion and fire, but not all perished. Dave will show you what records are out there and where to find them from both sides of the pond. Then, if you're preparing yourself for a visit to Ireland, he will explain what to expect and what you need when you visit these Irish libraries and archives before you even board the plane. This will also include the change in currency when going from Ireland to Northern Ireland and the new requirements for entering Northern Ireland with a completed Electronic Transfer Authorization (ETA)

246 Strong Bones, Healthier Life - Zoom *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Lynette Clancy and Debbie Young**Date(s):** 9/17**Time:** 1-3 p.m.**Limit:** 50**Coordinator:** Jan LaSota

Are you concerned about your bone health? Join Lynette Clancy, a Prevea Health Nurse Practitioner and Debbie Young, Prevea Physical Therapy Assistant, who will provide practical tips and strategies on how to prevent and manage osteoporosis. Learn preventative measures, lifestyle tips, exercises, treatment options and medications to help take control of your bone health.

247 Grains: The Whole Wheat Story - Zoom *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Vicki Medland
Date(s): 10/15
Time: 1-3 p.m.
Limit: 40
Coordinator: Karen Dallman

Bread may be the staff of life, but would there be bread without wheat? Learn about the biology, nutritional chemistry of gluten, and food history of edible grasses in the wheat group (*Triticum* spp.) along with some bread basics in this class.

248 Rome's Greatest Heroes and the Power of Myth - Zoom *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Greg Aldrete
Date(s): 10/22
Time: 10 a.m.-12 p.m.
Limit: 150
Coordinator: Dean Cherry

Romans were raised on stories of legendary heroes from the earliest days of Roman history. In this lecture you will: 1) Hear the influential tales of Horatius, Mucius, Cincinnatus, Lucretia, and others. 2) Learn the pivotal role that these stories played in fundamentally shaping and defining Roman identity. 3) Consider whether such tales are more properly characterized as myth or history.

249 Geology of Hawai'i - Zoom *NEW*

Location: Zoom
Classroom: Zoom
Presenter: John Luczaj
Date(s): 10/29
Time: 10 a.m.-12 p.m.
Limit: 150
Coordinator: Karen Dallman

Join Geoscience Professor Luczaj on a geological journey of the Hawaiian Islands. Topics will include volcanic activity, plate tectonics, coral reefs, landslides, and more. Samples of lava and other rocks will be available for observation.

250 China's World Plan, Part Two - Zoom *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Bob Srenaski
Date(s): 11/5
Time: 1-3 p.m.
Limit: 150
Coordinator: Ed Smith

Xi Jinping's world domination plan faces internal problems and external obstacles. Part One of this course was presented during the Spring 2025 semester.

251 Practical Scientific Literacy Tools: Doing Your Own Research with Intention *NEW*

Location: Zoom
Classroom: Zoom
Presenter: James Kabrhel
Date(s): 11/12
Time: 10-11:30 a.m.
Limit: 150
Coordinator: Ed Smith

Finding useful information about science, healthcare, and wellness online can be an overwhelming process and often lead to pseudoscience and misinformation. Who and what can you trust? This course will provide you with a background of scientific literacy and tools to refine your own research, with the intent of finding scientifically-supported information you can use to make better decisions.

252 Huntington's Disease - What is it and the impact on families - Zoom *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Debbie Zwickey and Lori Jones
Date(s): 11/12
Time: 1-3 p.m.
Limit: 30
Coordinator: Jane Hertel

Learn about the history of Huntington's Disease (HD), its causes, symptoms and current research. The complex dynamics within a family will be discussed along with growing up in a family with a member having HD, shared by someone with this experience in the book she has written, "Spared".

253 Advanced Cataract Surgery - Zoom**Location:** Zoom**Classroom:** Zoom**Presenter:** Dr. Tyson Schwiesow, MD**Date(s):** 11/12**Time:** 2-3 p.m.**Limit:** 50**Coordinator:** Pati Wiegand

Dr. Tyson Schwiesow, MD, will explore and discuss the cataract surgery process, including advanced techniques and technologies currently in use.

Attendees will learn what a cataract is, how it is removed through surgery, IOL (intraocular lens) options, post-op care and what to expect before and after surgery.

254 Organize and Digitize Your Photos and Other Media *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Gary Lewins**Date(s):** 11/19**Time:** 1-3 p.m.**Limit:** 150**Coordinator:** Lisa Schneider

Learn the steps and options to make your project a success. This includes key Youtube videos on "how to" plus options to simplify and improve your completed project. This class will also address other media like VCR tapes, CD's etc.

Thursday**255 Personal Emergency Preparedness - Zoom *NEW*****Location:** Zoom**Classroom:** Zoom**Presenter:** Dan Kane and Shauna Walesh**Date(s):** 9/4**Time:** 1-2:30 p.m.**Limit:** 150**Coordinator:** Pati Wiegand

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.

256 Prescription Drug Prices: Understanding & Playing the Game (2025 Update) - Zoom**Location:** Zoom**Classroom:** Zoom**Presenter:** Brian Barkow, PharmD**Date(s):** 9/11, 9/18**Time:** 10 a.m.-12 p.m.**Limit:** 150**Coordinator:** Gary Lewins

Prescription drug prices remain an important topic. This updated two-part lecture / discussion will review information regarding why prescription drug prices are what they are and how to manage in this environment. Part 1 will look at the prescription drug system, including its history and potential pitfalls. Part 2 will then shift toward navigating the system to reduce costs and get best outcomes. We will review 2025 thus far and what may be expected in 2026.

257 The Protestant Reformation: History, Homilists and Hellions - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Dr. Edward F. Maniscalco

Date(s): 9/11, 9/18, 9/25, 10/2, 10/9

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

Limit: 150

Coordinator: Dean Cherry

A survey of the 16th-century religious movement that forever altered Western Civilization: its origins, founders, key events and ongoing relevance. "Show me where a man spends his time and money and I'll show you his god". (Martin Luther)

258 UP STORIES

Location: Zoom

Classroom: Zoom

Presenter: Diane Shepard

Date(s): 9/11, 10/16, 11/13, 12/11

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

Limit: 25

Coordinator: Diane Shepard

Explore the history, myth and mystery of the Upper Peninsula of Michigan. We will read 4 books over 4 months and talk about what we have read.

- Death's Door-Lehto
- Hiawatha-Longfellow
- Dead of November-Brockman

259 Books and You

Location: Zoom

Classroom: Zoom

Presenter: Terri Gulyas

Date(s): 9/18, 10/16, 11/20

Time: 1-2:30 p.m.

Limit: 15

Coordinator: Terri Gulyas

- 9/18: book about refugees from Mexico or Central America
- 10/16: book about South Africa and apartheid
- 11/20: book about transgender population

260 Why Are My Home Insurance Rates So High? - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Professor Benjamin Cruz-Urbe

Date(s): 9/25

Time: 1-3 p.m.

Limit: 150

Coordinator: Suzanne Koss

Across the United States, home insurance rates are rising significantly for all companies. This course will explain how severe weather caused by climate change is affecting the home insurance market and creating a home insurance crisis.

261 Safe Online Shopping - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Jeff Kersten

Date(s): 10/2

Time: 1-3 p.m.

Limit: 150

Coordinator: Gerry Konop

The Wisconsin Bureau of Consumer Protection will present information on safe online shopping. Learn how to avoid scams and keep your personal information safe when buying online. We will cover the following topics: Wi-Fi, internet access, payment methods, shipping considerations, and much more.

262 End Times and the Revelation of John - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Professor Benjamin Cruz-Urbe

Date(s): 10/23

Time: 1-3 p.m.

Limit: 150

Coordinator: Dean Cherry

The Revelation of John is the most controversial book of the New Testament. This book is used, misused, and abused in making prophecies concerning the end of the world. This course will study how The Revelation is associated with End Time predictions and try to separate what the book really says versus what many pundits state it means.

263 Past, Present and Future of the Federal Aviation Administration *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Charles M Trippe, Jr**Date(s):** 10/23**Time:** 1-3 p.m.**Limit:** 150**Coordinator:** Pati Wiegand

An overview of the history, mission and future of the Federal Aviation Administration. We will discuss the origins of the FAA and how it has executed its aviation safety mission over the years. We will also discuss how rapidly developing new technologies in aerospace such as drones and urban air mobility will operate in the national airspace, and how they may be regulated by the FAA and other government agencies going forward.

264 You CAN Kick Sugar - I Did! - Zoom *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Lynn Gerlach**Date(s):** 11/6**Time:** 10 a.m.-12 p.m.**Limit:** 50**Coordinator:** Mary Sue Voights

I know it can be done, because I've been sugar free since March 2013. I'll share with you the sources I turned to, the process I used to make this a decision for life, and some of the amazing things I've learned along the way about food, nutrition, our food supply and more. Freeing yourself from added sugar in any form can be a huge step toward better health, peace of mind, and even enjoyment of life - and certainly toward a more healthful diet.

265 Grains: the gluten-free edible grasses and psuedograins - Zoom *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Vicki Medland**Date(s):** 11/6**Time:** 1-3 p.m.**Limit:** 40**Coordinator:** Karen Dallman

Of the world's three important edible grasses, more people eat rice or corn than eat wheat. There is also a diversity of other seeds (psuedograins) that are eaten whole or ground into flour. Learn about the biology, nutritional chemistry, and food history of these edible grasses and psuedograins, along with some gluten-free bread basics in this class.

266 Under the Robe - Zoom *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Mark Warpinski**Date(s):** 11/13**Time:** 10 a.m.-12 p.m.**Limit:** 150**Coordinator:** Pati Wiegand

Different judges and different sentences. Why? You can't say, "Lock them up and throw away the key." It's not that simple. Together we will explore the types of sentences that can be imposed and the factors that the Court must consider. As always, we will have a "high anxiety filled" period of audience participation, all done in good educational fun.

267 Fact-Checking Online - Zoom *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Jodi Pierre**Date(s):** 12/4**Time:** 10 a.m.-12 p.m.**Limit:** 30**Coordinator:** Pati Wiegand

Learn how to tell facts from fiction on the internet and social media. This class introduces simple techniques and tools used by professional fact-checkers to help you verify what you see online.

268 Gospels of Matthew and Luke: Two Christmas Stories - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Professor Benjamin Cruz-Urbe

Date(s): 12/11

Time: 1-3 p.m.

Limit: 150

Coordinator: Dean Cherry

The modern Christmas story is well known. But it is actually the blending together of two distinct and separate stories from two Gospels. This course will explore in detail each story and explain the historical facts, legends, and myths that make up the present day version. Participants may wish to bring a Bible to the lecture.

Friday

269 Hackers, Scammers, and Fraudsters: Cybersecurity for Savvy Seniors - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Chuck Murphy

Date(s): 8/29

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

Limit: 150

Coordinator: Karen Dallman

Think you're safe online? Probably not! AI-driven scams, robo-hackers, and digital trickery are evolving fast. This fun, hands-on class helps you fight back. You'll leave with smart tips and a checklist to protect your privacy and your wallet.

270 Rise of the Right in Germany, Europe, and Beyond - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Clifton Ganyard, PhD

Date(s): 9/19

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

Limit: 150

Coordinator: Ed Smith

This course session will consider the rise of right-wing organizations in Germany, Europe, and other regions in the 21st century. Approaching the topic from an historical perspective, we will examine

the character of such figures as Victor Orban, Marine Le Pen, Georgia Meloni, and such political movements as the Alternative for Germany (AfD). We'll consider the consider some of their beliefs, their links with earlier such movements, and why they have become as popular as they have.

271 Tasting Journey Through 6 Types of Tea - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Heather Schroeder

Date(s): 9/26

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

Limit: 20

Coordinator: Pati Wiegand

Fee: no fee for Zoom participants

This class will go over the brief history of all 6 types of tea (white, green, yellow, oolong, black and Pu-eth) while tasting each type with a food pairing. (Tea and food provided for in-person participants only.) Travel the world one sip at a time with this new adventurous class offered by Heather Schroeder, a tea professional.

272 History of the Earth in Videos: Part 2 - Zoom *NEW*

Location: Zoom

Classroom: Zoom

Presenter: Moderators: Gary Dallman, Norm Schroeder, Dean Cherry

Date(s): 9/26 10/3 10/10

Time: 1-3 p.m.

Limit: 50

Coordinator: Karen Dallman

Course is designed to give an overview of the physical, chemical and biological processes on Earth over the eons leading to the formation of the Earth as we know it and the development of life on earth. This course consists of three class sessions, each of which is free-standing, but will be most beneficial if viewed sequentially. Each video, lasting 10-30 minutes, will be followed by a 10-minute discussion / reactions by class participants led by a moderator. This will be a continuation of the course from Fall 2024 with new videos.

273 The Bizarre Life of the Romans - Zoom *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Scott Bartell**Date(s):** 10/3**Time:** 10-11:30 a.m.**Limit:** 50**Coordinator:** Nancy Whitfield

As advanced as ancient Roman civilization was, it was not without its own quirks or oddities. Hear about the unique aspects of Roman life that ranged from strange to comical to downright horrifying. Learn how the Romans were a bit less normal and far more bizarre than imagined.

274 Navigating Medicare: Open Enrollment Period (OEP) 2026 - Zoom**Location:** Zoom**Classroom:** Zoom**Presenter:** Tara Lane, ADRC Elderly Benefit Specialist**Date(s):** 10/24**Time:** 1-2:30 p.m.**Limit:** 40**Coordinator:** Shirley Garthwaite

Join us to learn about changes and options coming for 2026 Medicare OEP. Presentation will include up to date information about plan and coverage changes, demonstration of the online Medicare Plan finder tool, and will share other online resources available.

275 WWII Internment Camps - Zoom**Location:** Zoom**Classroom:** Zoom**Presenter:** Bob Cook**Date(s):** 11/14**Time:** 10 a.m.-12 p.m.**Limit:** 50**Coordinator:** Vickie Keigley

During World War II we interned over 100,000 people who were believed to be a national security threat. The majority of these were Japanese Americans, many of whom were American citizens. We will explore the rationale behind these actions and take a look at the camps and how they lived during their stay.

276 Self Massage for Stress Reduction and Pain Relief**Location:** Zoom**Classroom:** Zoom**Presenter:** Katie Brewer**Date(s):** 12/5**Time:** 1-3 p.m.**Limit:** 100**Coordinator:** Wendy Schroeder

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 how to become a more informed consumer of massage therapy.

Campus Information

University Information Directory assistance:
Center: 920-465-2400. 920-465-2000.

PARKING DETAILS:

www.uwgb.edu/publicsafety/parking

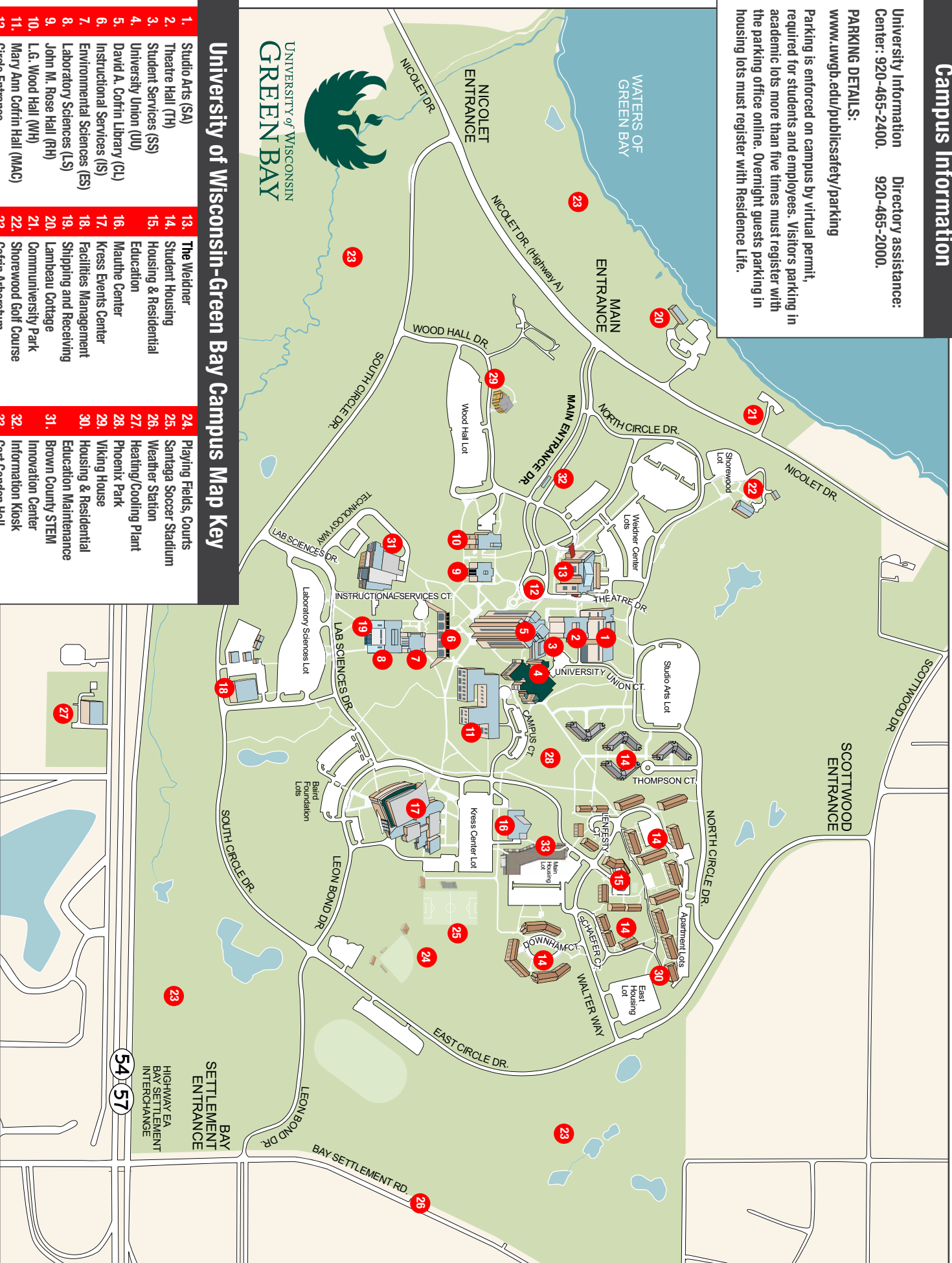
Parking is enforced on campus by virtual permit, required for students and employees. Visitors parking in academic lots more than five times must register with the parking office online. Overnight guests parking in housing lots must register with Residence Life.

UNIVERSITY of WISCONSIN
GREEN BAY



University of Wisconsin-Green Bay Campus Map Key

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



54 57

BAY SETTLEMENT
ENTRANCE
HIGHWAY EA
BAY SETTLEMENT
INTERCHANGE



Rennes Group

**Renaissance
Residence
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Age doesn't define rules for the life we lead. It doesn't set a deadline for learning, engagement or experiences. At Rennes Group, age simply represents the extraordinary lives we're honored to care for 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 Assisted Living

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

Rennes Health & Rehab Center

200 S. Ninth Street, De Pere, (920) 336-5680

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2420 Nicolet Drive
Green Bay, WI 54311-7001

QUICK LINKS

Become a paid member by July 21. Go to www.uwgb.edu/lli and click **BECOME A MEMBER**.

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

**YOU MUST BECOME A PAID MEMBER FIRST
IN ORDER TO RECEIVE YOUR PERSONALIZED
REGISTRATION LINK ON JULY 29.**



Contacting LLI

The LLI office is now located in the Cofrin Library CL 109. Office hours are Monday-Thursday, 9 a.m. to 2 p.m. The best way to contact us is by emailing lli@uwgb.edu. You can also call us at (920) 465-2356.



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