

RISE TOGETHER WE

Lifelong Learning Institute SPRING 2026 COURSE CATALOG

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Rennes Group

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



Become a paid member by December 1 to receive a registration link for December 9.

Already a member? If you joined in July or August, you'll automatically receive your registration link—no action needed. 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.

Semester Fee: \$100

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



New for Spring 2026

Become a new member by December 1 to receive your registration link for December 9. Already a member? If you joined in July or August, you’ll automatically receive your registration link—no action needed. 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 December 9. 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

New and existing members will receive a personalized registration time for December 9 by December 4. New members need to make sure they become a member by December 1. Then, at your personalized registration time on December 9, 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 more than 250 classes available both in-person and online, LLI offers flexible learning options for all members.

Online courses are listed at the back of the catalog.
Note: in-person and online courses require separate registration.

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Registration Checklist



If you are new to LLI, become a paid member by December 1. 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 December 9. Already a member? If you joined in July in August, you will automatically receive your registration link—no action needed.



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

New and existing members will receive a personalized registration time for December 9 by December 4. New members need to make sure they become a member by December 1. Look for an email from lli@uwgb.edu with the subject line "Personalized Registration Time."

Register for Classes on Tuesday, December 9, at Your Personalized Registration Time

At your personalized registration time on December 9, 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 December 9.

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

Exceptional Equestrians

1130 Orlando Dr
DePere WI 54115

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

Lakeside Foods

1601 S 30th St
Manitowoc WI 54220

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 De Pere

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

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No.	Course Title	Time	Start	Subsequent Dates			
1	It's a Mystery to Me	1-3 p.m.	1/5	2/2	3/2	4/6	5/4
192	Open Knitting	9:30-11:30 a.m.	1/8	2/12	3/12	4/9	5/14
126	Sedimentary Rocks & The Secrets They Hold	10 a.m.-12 p.m.	1/8				
168	Guess Who's Coming to Dinner	10 a.m.-12 p.m.	1/9				
27	Psalms: Ancient Israel's prayer and hymn book	1-2:45 p.m.	1/13	1/20			
28	Continuing Issues	1-3 p.m.	1/13	2/10 4/21	2/24	3/10	3/24 4/7
83	Protecting Your Family From PFAS Contamination	1-2 p.m.	1/14				
127	Recorder Lessons (Part 4)	12:30-2 p.m.	1/15	2/5 4/16	2/19 5/7	3/5	3/19 4/2
128	Beginner Alto Recorder Lessons	2:30-4 p.m.	1/15	2/5 4/16	2/19 5/7	3/5	3/19 4/2
169	STEM Innovation Center Tour at UW-Green Bay	10 a.m.-12 p.m.	1/16				
29	Einstein's Miracle Year, 1905	10 a.m.-12:15 p.m.	1/20				
30	Chickadee-dee-dee, Chickadee-dee-dee	1-3 p.m.	1/20				
84	Lust to Shop From Romanticism to Modernism in a Shoebox	10 a.m.-12 p.m.	1/21				
85	Create a Suncatcher or Ornament	10 a.m.-12 p.m.	1/21				
129	The Tax Man Cometh...	10 a.m.-12 p.m.	1/22	1/29			
130	Holy Communion: Diversity in theology and practice	1-2:15 p.m.	1/22				
131	Inside the Secret Service	1-3 p.m.	1/22				
2	WASPS	10 a.m.-12 p.m.	1/26				

No.	Course Title	Time	Start	Subsequent Dates
3	Create a Snowman Lamp	10 a.m.-12 p.m.	1/26	
4	The Power of Advocacy: Becoming a CASA Volunteer	1-2 p.m.	1/26	
31	Brief History of Green Bay from Indigenous Tribes to Modern Times	10 a.m.-12 p.m.	1/27	2/3
32	GriefShare: Loss of a Spouse Session A	10 a.m.-12 p.m.	1/27	
86	Diving into Dementia Communication Strategies	10 a.m.-12 p.m.	1/28	
87	Are Electric, Hybrids, and Self Driving Cars Relevant?	10 a.m.-12 p.m.	1/28	
88	Beginning Line Dancing	10 a.m.-12 p.m.	1/28	2/4 2/11 2/18
132	Great Decisions 2026	10 a.m.-12 p.m.	1/29	2/12 2/26 3/12 3/26 4/9 4/23 5/7
133	The Way We Do Death Part 2	1-3 p.m.	1/29	
170	Fun With Aromatherapy	1-3 p.m.	1/30	
5	Leaving a Paw Print: The Power of Planned Giving	10 a.m.-12 p.m.	2/2	
6	Gentle Yoga - Mini Series	1-2 p.m.	2/2	2/9 2/23 3/2
7	Vinyasa Flow Yoga - Mini Series	2:30-3:30 p.m.	2/2	2/9 2/23 3/2
33	National Popular Vote (NPV) Interstate Compact	1-3 p.m.	2/3	
34	Beginning Punch Needle Rug Hooking	1-4 p.m.	2/3	
189	Pillars of Brain Health: General Brain Health	10 a.m.-12 p.m.	2/3	
89	Storytelling and Publishing	10 a.m.-12 p.m.	2/4	
90	Nature Trivia	10 a.m.-12 p.m.	2/4	

No.	Course Title	Time	Start	Subsequent Dates
91	5 Sneaky Causes of Weight Gain and How to Rate Your Plate	1-3 p.m.	2/4	
134	Is it time to look at Death With Dignity in Wisconsin	10 a.m.-12 p.m.	2/5	
135	German Research: They Spoke German, but Were They From Germany?	10 a.m.-12 p.m.	2/5	
136	Art Boot Camp	10 a.m.-12 p.m.	2/5	2/12 2/19 2/26 3/5
137	Group Piano	10-11:30 a.m.	2/5	2/12 2/19 2/26
191	Cable Hat	12-1:30 p.m.	2/5	2/12 2/19 2/26
193	Knitting Socks	1:30-3 p.m.	2/5	2/12 2/19 2/26
8	Build & Personalize Your Own Wine Bottle Box	9 a.m.-12 p.m.	2/9	
35	Hospice 101	10 a.m.-12 p.m.	2/10	
36	Hypnosis and NLP (Neuro Linguistic Programming) Myth vs Facts	10 a.m.-12 p.m.	2/10	2/17 2/24
37	Curative Connections East Tour	10 a.m.-12 p.m.	2/10	
38	Classic 10 pin Bowling	10 a.m.-12 p.m.	2/10	2/17 2/24 3/3 3/10 3/17
92	Create your own earrings	10 a.m.-12 p.m.	2/11	
93	Grey Matters: Keeping Your Brain Healthy While Aging	12-2 p.m.	2/11	
94	Swallow Safe: Understanding Swallowing & Dysphagia for Healthy Aging	1-3 p.m.	2/11	
138	Famous Poems of Love and Death	1-3 p.m.	2/12	
372	Books and You	1-2:30 p.m.	2/13	3/19 4/16
9	Beginning Spanish	10 a.m.-12 p.m.	2/16	2/23 3/2 3/9 3/16 3/23

No.	Course Title	Time	Start	Subsequent Dates
10	Continuing Spanish	12:15-2:15 p.m.	2/16	2/23 3/2 3/9 3/16 3/23
11	Backyard Bird Feeding 101	1-3 p.m.	2/16	
39	Lost Lady: The Lady Elgin Tragedy	10 a.m.-12 p.m.	2/17	
40	Guardian Angel: The Lewis and Clark Saga	1-3 p.m.	2/17	
41	One Big Beautiful Retirement - Session A	1-3 p.m.	2/17	
42	Wildlife Tracks and Scat	1-3 p.m.	2/17	
43	Introduction to eBikes with Suamico Bike Company	1-3 p.m.	2/17	
95	Roman and Han Empires Compared and Contrasted	10 a.m.-12 p.m.	TBA	Dates TBA before registration. Check the online catalog or contact the LLI office for details.
96	Pullman Porters: From Service to Civil Rights	10 a.m.-12 p.m.	2/18	
97	Baggie Organizer/Holder	10 a.m.-12 p.m.	2/18	
139	History of Christian Baptism	1-3 p.m.	2/19	
140	Is The Book Better Than the Movie?	9 a.m.-12 p.m.	2/19	3/19 4/16 5/14
171	The Promenade - What is an Active Adult Community (Session A)	1-3 p.m.	2/20	
12	How to Make Enrichment for Dogs and Cats	10 a.m.-12 p.m.	2/23	
44	Why Beethoven's 9th Symphony Changed Music As We Know It?	10 a.m.-12 p.m.	2/24	
45	Curative Connections West - Yesteryear Village Tour	10 a.m.-12 p.m.	2/24	

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
98	What is an AOC? Learn About the Green Bay and Fox River Watershed	1-2 p.m.	2/25	
141	Spiders: Tiny Tool-Using Tigers	10 a.m.-12 p.m.	2/26	
172	Herbs for Healthy Skin	1-3 p.m.	2/27	
13	More Mystics of the Middle Ages	1-3 p.m.	3/2	3/9 3/16
14	Tat & Chat.	1-3 p.m.	3/2	3/9 3/23 3/30
46	Pen and Ink Drawing	10 a.m.-12 p.m.	3/3	3/10 3/17 3/24 3/31
47	Following Jesus Through the Holy Land	10 a.m.-12 p.m.	3/3	
48	Build a Plant Propagation Station	10 a.m.-12 p.m.	3/3	
49	One Big Beautiful Retirement - Session B	1-3 p.m.	3/3	
99	Intermediate Line Dancing	10 a.m.-12 p.m.	3/4	3/11 3/18 3/25
100	Painting With Encaustics (Colored Beeswax)	12-3 p.m.	3/4	
101	Mulva Center Genghis Khan exhibit	1-3 p.m.	3/4	
190	Sleeping Through the Ages	10 a.m.-12 p.m.	3/4	
142	Blood Thinners: Why, How and What? (2026 Update)	10 a.m.-12 p.m.	3/5	3/12
143	Mammals of Bay Beach Wildlife Sanctuary	10-11:30 a.m.	3/5	
144	Piano Ensemble	10-11:30 a.m.	3/5	3/12 3/19 3/26
145	Common Scams & Frauds	1-3 p.m.	3/5	
173	Capture of the Remagen Bridge during WWII	1-3 p.m.	3/6	

No.	Course Title	Time	Start	Subsequent Dates
15	Habitat for Humanity Tour	10 a.m.-12 p.m.	3/9	
50	GriefShare: Surviving the Holidays	10 a.m.-12 p.m.	3/10	
51	A 30+ Year Look at Gunshot Deaths in Manitowoc County	10 a.m.-12 p.m.	3/10	
52	Build & Personalize Your Own 6 Pack Carrier	10 a.m.-12 p.m.	3/10	3/17
53	Owl Pellets	10 a.m.-12 p.m.	3/10	
102	Recycling and Solid Waste - Where Does it All Go?	10 a.m.-12 p.m.	3/11	
146	Renewable Natural Gas Production by NLC Energy	10 a.m.-12 p.m.	3/12	
147	Ireland and Its Famous Poets	1-3 p.m.	3/12	
174	The Art of Looking at Art	10 a.m.-12 p.m.	3/13	
175	Herb Gardening 101	1-2:30	3/13	3/20
16	Vietnamese Cuisine: A Journey into Balancing Flavors	10 a.m.-12 p.m.	3/16	
17	An Introduction to the Reiki Experience	1-3 p.m.	3/16	
54	Sap to Syrup	9 a.m.-11 a.m.	3/17	
103	Age in Place with Home Care (Care Companions) and Supportive Care Management (Palliative Care)	10 a.m.-12 p.m.	3/18	
104	Climate Change and Energy Policy	10 a.m.-12 p.m.	3/18	3/25
105	Long-term Care Insurance - An engineer caregivers experience	10 a.m.-12 p.m.	3/18	
106	Historical and Musical Elements of Handel's Messiah	6-8 p.m.	3/18	3/25
176	The Promenade - What is an Active Adult Community (Session B)	1-3 p.m.	3/20	

No.	Course Title	Time	Start	Subsequent Dates
18	Fostering Animals and Bottle Babies	10 a.m.-12 p.m.	3/23	
55	Compress & Shock Foundation CPR and AED Training	10 a.m.-12 p.m.	3/24	
56	TSA: 2026 Rules & Regulations	10 a.m.-12 p.m.	3/24	
57	Surviving Nazi Germany: The Power of Telling Your Story	1-3 p.m.	3/24	
107	Fall Prevention Awareness	10 a.m.-12 p.m.	3/25	
148	America 250! Patriots, Pioneers and Progeny	10 a.m.-12 p.m.	3/26	
149	Organize and Digitize Your Photos and Other Media	10 a.m.-12 p.m.	3/26	
150	Understanding the Basics: Social Security & Medicare	1-2:30 p.m.	3/26	
177	Embracing Our Story: Representing Life's Memories	10 a.m.-12 p.m.	3/27	
58	Even War Has Rules	1-2:30 p.m.	3/31	
151	Judas Iscariot and His Gospel	1-3 p.m.	4/2	
152	Sheepshead/ The card game	1-3 p.m.	4/2	4/7 4/9
19	Drawing 101	10 a.m.-12 p.m.	4/6	4/13
20	Tribal Nations: The Story of Federal Indian Law	10 a.m.-12 p.m.	4/6	
59	Does Safety Equipment Save Lives? Only if It's Used.	10 a.m.-12 p.m.	4/7	
60	Beyond the Volleyball Court: Lessons in Coaching, Leadership and Lifelong Growth	10 a.m.-12 p.m.	4/7	
61	Exceptional Equestrians	1-3 p.m.	4/7	
108	Hartman's Towne & Country Greenhouse Tour	10 a.m.-12 p.m.	4/8	

No.	Course Title	Time	Start	Subsequent Dates
109	Creating a Backyard Wildlife Habitat	1-3 p.m.	4/8	
153	Taiwan: A Navy Veteran's Experience	10 a.m.-12 p.m.	4/9	
154	Bay Beach Wildlife Sanctuary: Critters, Volunteering, and You	10-11:30 a.m.	4/9	
21	Kayak Essentials	10 a.m.-12 p.m.	4/13	
22	Gentle Yoga	1-2 p.m.	4/13	4/20 4/27 5/4 5/11 5/18
23	Vinyasa Flow Yoga	2:30-3:30 p.m.	4/13	4/20 4/27 5/4 5/11 5/18
62	Tour Krueger International (KI) - 100% Employee Owned	10 a.m.-12 p.m.	4/14	
63	YOU CAN KICK SUGAR - I DID	10 a.m.-12 p.m.	4/14	
64	Winter Dance Party of 1959	10 a.m.-12 p.m.	4/14	4/21
65	Wisconsin State Parks, Forests, and Recreation Areas - A Ranger's Guide	1-3 p.m.	4/14	
188	Stressing About Stress: Wire Your Brain for Happiness	10 a.m.-12 p.m.	4/14	
110	Sexual Assault Prevention Across the Lifespan	10 a.m.-12 p.m.	4/15	
111	Getting Ready for Gardening	1-3 p.m.	4/15	
155	Famous Masterpieces From Terrible Tragedies	10 a.m.-12 p.m.	4/16	
178	Biking Is Fun at Any Age	10 a.m.-12 p.m.	4/17	4/24 5/1 5/8 5/15 5/22
66	Victory Over Japan - VJ Day	1-3 p.m.	4/21	
112	History of the Port of Green Bay and Its Continuing Impact	10 a.m.-12 p.m.	4/22	
113	In-Home vs Resident Long-Term Care - An engineer caregivers experience	10 a.m.-12 p.m.	4/22	

No.	Course Title	Time	Start	Subsequent Dates
114	Protect Your Children: What Every Child Molester Wants You to Know	1-3 p.m.	4/22	
156	Submarine War in the Pacific	10 a.m.-12 p.m.	4/23	4/30 5/7
157	History of the Holy Eucharist	1-3 p.m.	4/23	
179	Two Very Different Adventures	10 a.m.-12 p.m.	4/24	
67	Guided Walk in Baird Creek: Ecology and History Session A	10 a.m.-12 p.m.	4/28	
68	Enslaved, Indentured, Free: Slavery in Wisconsin	10 a.m.-12 p.m.	4/28	
69	Stalag USA - WWII POW Camps	10 a.m.-12 p.m.	4/28	5/5
70	Guided Walk in Baird Creek: Ecology and History Session B	1-3 p.m.	4/28	
71	Cultural Experience with Peruvian Shamans	1-3 p.m.	4/28	
72	The Fur Trade in Wisconsin	1-3 p.m.	4/28	
115	Tour of Steinie's Water Gardens	10 a.m.-12 p.m.	4/29	
116	Should I Eat It? How PFAS Affects Hunting and Fishing	1-2 p.m.	4/29	
117	Walking in the Shadow of History - The Great Green Bay Fire of 1880	1-3 p.m.	4/29	
118	Creative Cookie Decorating for Spring	1-3 p.m.	4/29	
119	World War II : Home Front and Front Line	9:30-11:30 a.m.	4/29	
158	"Classic" Tour Through the Eyes of the Automobile at The Automobile Gallery	10 a.m.-12 p.m.	4/30	
159	America's Troubled Health System	1-3 p.m.	4/30	
180	Emperor Justinian's Bad Luck	10-11:30 a.m.	5/1	

No.	Course Title	Time	Start	Subsequent Dates
181	Wartime Champions	1-3 p.m.	5/1	
24	Ice Age Trail talk and hike	10 a.m.-12 p.m.	5/4	
73	Fox River Locks	10 a.m.-12 p.m.	5/5	5/12
74	Frankenstein	10-11 a.m.	5/5	
75	Scandalous Minahan Walking Tour	1-3 p.m.	5/5	
120	“Stake” Your Claim in The Garden	10 a.m.-12 p.m.	5/6	
160	How to Deal with Angry People: 10 Strategies	1-3 p.m.	5/7	
182	Sip Your Way to Wellness: Functional Teas and Their Health Benefits	10 a.m.-12 p.m.	5/8	
183	WWII Internment Camps	10 a.m.-12 p.m.	5/8	
184	Barkhausen	9-11 a.m.	5/8	
25	Tabletop Water Fountain	10 a.m.-12 p.m.	5/11	
76	What Hospice is NOT	10 a.m.-12 p.m.	5/12	
77	Botanical Gardens - Gardener's Delight Tour	10 a.m.-12 p.m.	5/12	
78	Teotihuacan: The City of the Gods	10 a.m.-12 p.m.	5/12	
79	From Pearl Harbor to Nagasaki	10 a.m.-12 p.m.	5/12	5/19 5/26 6/9
80	Authentic 1850's Designed Windmill Tour	10 a.m.-12 p.m.	5/12	
81	Intro to Designing 3D Printing & Laser Cutting	10 a.m.-12 p.m.	5/12	5/13 5/14
121	The Well-Dressed Home: How to Decorate Coffee Tables, Buffets & Mantels	10 a.m.-12 p.m.	5/13	

No.	Course Title	Time	Start	Subsequent Dates
122	Behind the Green Bay Packers Scoreboard	10 a.m.-12 p.m.	5/13	
123	Brief History of the Byzantine Empire	1-3:15 p.m.	5/13	
187	Learn About Neuroplasticity	10 a.m.-12 p.m.	5/13	
161	America's Troubled Economy	10 a.m.-12 p.m.	5/14	
162	Racewalking for Lifetime Fitness	10 a.m.-12:30 p.m.	5/14	5/21
163	Authentic 1850's Designed Windmill Tour	1-3 p.m.	5/14	
164	Lakeside Frozen Vegetables Tour	1-3 p.m.	5/14	
185	How to Choose Paint Colors for Your Home	10 a.m.-12 p.m.	5/15	
82	Alpaca Ranch Experience	10 a.m.-12 p.m.	5/19	
124	GriefShare: Loss of a Spouse Session B	10 a.m.-12 p.m.	5/20	
125	Design Your Own Laser Cut Coaster	10 a.m.-12 p.m.	5/20	
165	Manifest Destiny: An Often Misunderstood Concept about the United States	10 a.m.-12 p.m.	5/21	
166	Sipping Traditions: Tea Rituals from Around the World	10 a.m.-12 p.m.	5/21	
167	Bodega Bay & Ottana Lamancha Tour	1-3 p.m.	5/21	
26	Tour of Christopher Farm and Gardens	1-3:30 p.m.	6/1	
186	Wequiock Creek Natural Area - Ecological Restoration Overview	10 a.m.-12 p.m.	5/27	

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
342	UP STORIES (BOOK CLUB)	10 a.m.-12 p.m.	1/8	2/12 3/12 4/9
343	Sedimentary Rocks & The Secrets They Hold - Zoom	10 a.m.-12 p.m.	1/8	
305	Psalms: Ancient Israel's prayer and hymn book - Zoom	1-2:45 p.m.	1/13	1/15 1/20
326	Protecting Your Family From PFAS Contamination - Zoom	1-2 p.m.	1/14	
344	The 26th - Wisconsin in the Civil War - Zoom	10 a.m.-12 p.m.	1/15	
345	The Tax Man Cometh... - Zoom	10 a.m.-12 p.m.	1/22	1/29
346	Holy Communion: Diversity in theology and practice - Zoom	1-2:15 p.m.	1/22	
347	Inside the Secret Service - Zoom	1-3 p.m.	1/22	
300	WASPS - Zoom	10 a.m.-12 p.m.	1/26	
306	Brief History of Green Bay from Indigenous Tribes to Modern Times - Zoom	10 a.m.-12 p.m.	1/27	2/3
327	Are Electric, Hybrids, and Self Driving Cars Relevant? - Zoom	10 a.m.-12 p.m.	1/28	
348	The Way We Do Death Part 2 - Zoom	1-3 p.m.	1/29	
307	National Popular Vote (NPV) Interstate Compact - Zoom	1-3 p.m.	2/3	
328	Storytelling and Publishing - Zoom	10 a.m.-12 p.m.	2/4	
329	5 Sneaky Causes of Weight Gain and How to Rate Your Plate - Zoom	1-3 p.m.	2/4	
349	Is it time to look at Death With Dignity in Wisconsin - Zoom	10 a.m.-12 p.m.	2/5	
350	German Research: They Spoke German, but Were They From German? - Zoom	10 a.m.-12 p.m.	2/5	
365	Wisconsin's Best Kept Geological Secret: The Niagara Escarpment - Zoom	1-2:30 pm	2/6	

No.	Course Title	Time	Start	Subsequent Dates
330	Swallow Safe: Understanding Swallowing & Dysphagia for Healthy Aging - Zoom	1-3 p.m.	2/11	
301	Backyard Bird Feeding 101 - Zoom	1-3 p.m.	2/16	
308	Lost Lady: The Lady Elgin Tragedy - Zoom	10 a.m.-12 p.m.	2/17	
309	Guardian Angel: The Lewis and Clark Saga- Zoom	1-3 p.m.	2/17	
310	One Big Beautiful Retirement - Session A - Zoom	1-3 p.m.	2/17	
331	Roman and Han Empires Compared and Contrasted - Zoom	10 a.m.-12 p.m.	TBA	Dates TBA before registration. Check the online catalog or contact the LLI office for details.
351	History of Christian Baptism - Zoom	1-3 p.m.	2/19	
366	Self Massage for Stress Reduction and Pain Relief - Zoom	1-2:30	2/20	
311	Why Beethoven's 9th Symphony Changed Music As We Know It? - Zoom	10 a.m.-12 p.m.	2/24	
332	What is an AOC? Learn About the Green Bay and Fox River Watershed - Zoom	1-2 p.m.	2/25	
352	Spiders: Tiny Tool-Using Tigers - Zoom	10 a.m.-12 p.m.	2/26	
302	More Mystics of the Middle Ages - Zoom	1-3 p.m.	3/2	3/9 3/16
312	Following Jesus Through the Holy Land - Zoom	10 a.m.-12 p.m.	3/3	
353	Blood Thinners: Why, How and What? (2026 Update) - Zoom	10 a.m.-12 p.m.	3/5	3/12
354	Common Scams & Frauds - Zoom	1-3 p.m.	3/5	
367	Capture of the Remagen Bridge during WWII - Zoom	1-3 p.m.	3/6	
313	A 30+ Year Look at Gunshot Deaths in Manitowoc County - Zoom	10 a.m.-12 p.m.	3/10	
333	Climate Change and Energy Policy - Zoom	10 a.m.-12 p.m.	3/18	3/25

No.	Course Title	Time	Start	Subsequent Dates
334	Long-term Care Insurance - An engineer caregivers experience - Zoom	10 a.m.-12 p.m.	3/18	
303	Wisconsin Bumble Bees - Life Cycle, Identification, and Participation in the Wisconsin Bumble Bee Brigade - Zoom	10-11:30 a.m.	3/23	
314	Surviving Nazi Germany: The Power of Telling Your Story - Zoom	1-3 p.m.	3/24	
355	America 250! Patriots, Pioneers and Progeny - Zoom	10 a.m.-12 p.m.	3/26	
356	Organize and Digitize Your Photos and Other Media - Zoom	10 a.m.-12 p.m.	3/26	
357	Understanding the Basics: Social Security & Medicare - Zoom	1-2:30 p.m.	3/26	
358	Judas Iscariot and His Gospel - Zoom	1-3 p.m.	4/2	
304	Tribal Nations: The Story of Federal Indian Law - Zoom	10 a.m.-12 p.m.	4/6	
315	Does Safety Equipment Save Lives? Only if It's Used. - Zoom	10 a.m.-12 p.m.	4/7	
335	Creating a Backyard Wildlife Habitat - Zoom	1-3 p.m.	4/8	
316	YOU CAN KICK SUGAR - I DID - Zoom	10 a.m.-12 p.m.	4/14	
317	Winter Dance Party of 1959 - Zoom	10 a.m.-12 p.m.	4/14	4/21
318	Wisconsin State Parks, Forests, and Recreation Areas - A Ranger's Guide - Zoom	1-3 p.m.	4/14	
336	Getting Ready for Gardening - Zoom	1-3 p.m.	4/15	
359	Famous Masterpieces From Terrible Tragedies - Zoom	10 a.m.-12 p.m.	4/16	
319	Victory Over Japan - VJ Day - Zoom	1-3 p.m.	4/21	
337	History of the Port of Green Bay and Its Continuing Impact - Zoom	10 a.m.-12 p.m.	4/22	
338	In-Home vs Resident Long-Term Care - An engineer caregivers experience - Zoom	10 a.m.-12 p.m.	4/22	

No.	Course Title	Time	Start	Subsequent Dates
360	Submarine War in the Pacific - Zoom	10 a.m.-12 p.m.	4/23	4/30 5/7
361	History of the Holy Eucharist - Zoom	1-3 p.m.	4/23	
368	Two Very Different Adventures - Zoom	10 a.m.-12 p.m.	4/24	
320	Mature Makeup and Skincare - Zoom	10 a.m.-12 p.m.	4/28	
321	Enslaved, Indentured, Free: Slavery in Wisconsin - Zoom	10 a.m.-12 p.m.	4/28	
322	Stalag USA - WWII POW Camps - Zoom	10 a.m.-12 p.m.	4/28	5/5
323	The Fur Trade in Wisconsin - Zoom	1-3 p.m.	4/28	
339	Should I Eat It? How PFAS Affects Hunting and Fishing - Zoom	1-2 p.m.	4/29	
340	World War II : Home Front and Front Line - Zoom	9:30-11:30 a.m.	4/29	
362	America's Troubled Health System - Zoom	1-3 p.m.	4/30	
369	Emperor Justinian's Bad Luck - Zoom	10-11:30 a.m.	5/1	
370	Wartime Champions - Zoom	1-3 p.m.	5/1	
324	Frankenstein - Zoom	10-11 a.m.	5/5	
363	How to Deal with Angry People: 10 Strategies - Zoom	1-3 p.m.	5/7	
371	WWII Internment Camps - Zoom	10 a.m.-12 p.m.	5/8	
325	From Pearl Harbor to Nagasaki - Zoom	10 a.m.-12 p.m.	5/12	5/19 5/26 6/9
341	Behind the Green Bay Packers Scoreboard - Zoom	10 a.m.-12 p.m.	5/13	
364	Manifest Destiny: An Often Misunderstood Concept about the United States - Zoom	10 a.m.-12 p.m.	5/21	

Monday

1 - It's a Mystery to Me

Location: Green Bay

Classroom: Green Bay ADRC

Presenter: Fred Delie

Date(s): 1/5, 2/2, 3/2, 4/6, 5/4

Time: 1-3 p.m.

Limit: 15

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

2 - WASPS

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Bob Cook

Date(s): 1/26

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

Limit: 50

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

3 - Create a Snowman Lamp

Location: Green Bay

Classroom: STEM Innovation Center

Presenter: Dennis Rockhill & Lisa Olson

Date(s): 1/26

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

Limit: 10

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

Construct a lamp from laser cut wood with a 3D printed coal face & buttons and carrot nose, then get creative with the shade. This is a build project only - there is no CAD design involved.

4 - The Power of Advocacy: Becoming a CASA Volunteer *NEW*

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Taylor Connell

Date(s): 1/26

Time: 1-2 p.m.

Limit: 40

Discover how you can make a meaningful impact as a Court Appointed Special Advocate (CASA) volunteer. This session will explain the vital role CASA volunteers play in advocating for a child in foster care, and how your experience and compassion can help ensure every child has their voice heard. Learn how you can get involved and make a lasting difference in a child's life.

5 - Leaving a Paw Print: The Power of Planned Giving *NEW*

Location: Green Bay

Classroom: Green Bay Humane Society

Presenter: Tanya Ditzman & Michelle Cheney

Date(s): 2/2

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

Limit: 30

Does the idea of making a lasting impact that costs you nothing during your lifetime sound appealing? You can - through planned giving!! To put it simply, planned giving, or estate planning, is the process of making a plan and naming the people or organizations you want to benefit from your hard-earned assets beyond your lifetime. No matter where you are financially or in the journey of life, anyone can get started with estate planning right now!

6 - Gentle Yoga - Mini Series**Location:** Green Bay**Classroom:** Allouez Village Hall**Presenter:** Ginny Lee Siscoe**Date(s):** 2/2, 2/9, 2/23, 3/2**Time:** 1-2 p.m.**Limit:** 25

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

7 - Vinyasa Flow Yoga - Mini Series**Location:** Green Bay**Classroom:** Allouez Village Hall**Presenter:** Ginny Lee Siscoe**Date(s):** 2/2, 2/9, 2/23, 3/2**Time:** 2:30-3:30 p.m.**Limit:** 25

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

8 - Build & Personalize Your Own Wine Bottle Box**Location:** Green Bay**Classroom:** STEM Innovation Center**Presenter:** Dennis Rockhill & Lisa Olson**Date(s):** 2/9**Time:** 9 a.m.-12 p.m.**Limit:** 10**Fee:** \$50, payable at registration for course supplies

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.

9 - Beginning Spanish**Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Margarita Johnson**Date(s):** 2/16, 2/23, 3/2, 3/9, 3/16, 3/23**Time:** 10 a.m.-12 p.m.**Limit:** 30

This course is for those new to Spanish and anyone who wants to brush up on the basics: pronunciation, greetings, numbers, colors, simple sentences, etc. 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.

10 - Continuing Spanish**Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Margarita Johnson**Date(s):** 2/16, 2/23, 3/2, 3/9, 3/16, 3/23**Time:** 12:15-2:15 p.m.**Limit:** 30

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

11 - Backyard Bird Feeding 101 *NEW*

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

From birds and basics to ethics and economics, join us to learn all about your backyard birds and what and how to feed them. *This class specifically covers birds native to Northeast Wisconsin.

12 - How to Make Enrichment for Dogs and Cats

Location: Green Bay
Classroom: Green Bay Humane Society
Presenter: Katie Gut
Date(s): 2/23
Time: 10 a.m.-12 p.m.
Limit: 24

What is enrichment? This class will talk about what enrichment is and why it is good for animals in the shelter and our own pets. We will make a variety of enrichment items for the animals at the shelter. During class we will also talk about how volunteers help at our shelter and get a behind-the-scenes tour.

13 - More Mystics of the Middle Ages *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Sr Elise Cholewinski
Date(s): 3/2, 3/9, 3/16
Time: 1-3 p.m.
Limit: 50

In this course we will look at the lives and spiritualities of mystics who lived during and after the Protestant Reformation. These include Theresa of Avila, Joan of the Cross, among others. We will learn how their spiritualities have influenced modern theology and spirituality.

14 - Tat & Chat.

Location: Green Bay
Classroom: RH 315
Presenter: Sr. Agnes Fischer
Date(s): 3/2, 3/9, 3/23, 3/30
Time: 1-3 p.m.
Limit: 20

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

15 - Habitat for Humanity Tour

Location: Green Bay
Classroom: Habitat for Humanity ReStore
Presenter: Jennifer Maier & Ben Wilson
Date(s): 3/9
Time: 10 a.m.-12 p.m.
Limit: 25

Greater Green Bay Habitat for Humanity ReStore is a nonprofit retail store which brings vision and mission to life. Tour behind the scenes to learn how they provide their services then complete a simple project to take home with you.

16 - Vietnamese Cuisine: A Journey into Balancing Flavors *NEW*

Location: Green Bay
Classroom: First Presbyterian Church GB
Presenter: Terry Smith & Sue Schuette
Date(s): 3/16
Time: 10 a.m.-12 p.m.
Limit: 16
Fee: \$15, payable at registration for course supplies

Learn about and help prepare some delicious Vietnamese street food with a harmonious blend of flavors, fresh ingredients, and balanced textures, often encompassing the five fundamental tastes: sweet, salty, bitter, sour, and spicy. We'll make pho, a traditional Vietnamese soup, along with spring rolls, and enjoy our creations while celebrating food from another culture.

17 - An Introduction to the Reiki Experience**Location:** Green Bay**Classroom:** TBD**Presenter:** Nicole Terrien & Brett Terrien**Date(s):** 3/16**Time:** 1-3 p.m.**Limit:** 20

Originating in Japan, Reiki is an alternative form of therapy utilizing Life Force Energy to balance our 7 main energy centers (Chakras) in our body. Each Chakra is connected to various organs and when imbalanced, can lead to illness and other bodily concerns. Not only will this 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.

18 - Fostering Animals and Bottle Babies**Location:** Green Bay**Classroom:** Green Bay Humane Society**Presenter:** Tania Huycke-Phillips**Date(s):** 3/23**Time:** 10 a.m.-12 p.m.**Limit:** 30

This class will take a closer look into the foster program of the Wisconsin Humane Society. We will talk about the kinds of animals available to foster, what is all involved with fostering, and how to become a foster. We will go into depth on how fosters care for neonatal kittens and how to bottle feed them. There will be a tour of the shelter at the end of the class.

19 - Drawing 101**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Linda Glass**Date(s):** 4/6, 4/13**Time:** 10 a.m.-12 p.m.**Limit:** 10

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

20 - Tribal Nations: The Story of Federal Indian Law *NEW***Location:** Green Bay**Classroom:** Christie Theater**Presenter:** David D Raasch**Date(s):** 4/6**Time:** 10 a.m.-12 p.m.**Limit:** 150

This will cover the relationships between the federal government and Native American tribes from the arrival of European settlers up to the current times. First part of the class will view a 60+ minute documentary entitled "Tribal Nations: The Story of Federal Indian Law" and the second part will be open for discussion and questions.

21 - Kayak Essentials**Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Ken Braband**Date(s):** 4/13**Time:** 10 a.m.-12 p.m.**Limit:** 50

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

22 - Gentle Yoga

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Date(s): 4/13, 4/20, 4/27, 5/4, 5/11, 5/18
Time: 1-2 p.m.
Limit: 25

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

23 - Vinyasa Flow Yoga

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Date(s): 4/13, 4/20, 4/27, 5/4, 5/11, 5/18
Time: 2:30-3:30 p.m.
Limit: 25

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

24 - Ice Age Trail talk and hike *NEW*

Location: Manitowoc/Sheboygan
Classroom: See Course Description
Presenter: Cheryl Gorsuch, Lakeshore Chapter Coordinator
Date(s): 5/4
Time: 10 a.m.-12 p.m.
Limit: 25

Learn about the Ice Age National Scenic Trail with a brief talk that includes its history and efforts to build and maintain the trail from Potawatomi Park (the eastern terminus) to Fond Du Lac County and the Kettle Moraine State Forest. Northern Unit. A "Top Secret" map that provides information about

all the off road trails in Manitowoc County will be given to participants. A guided hike will follow which will include identification of native plants and topography of the area. Meet at the parking lot on Hillview Road (north of Mishicot) The East Twin Segment is 1.4 miles one way. There will be a shuttle for those who do not want to do an out and back hike of 2.8 miles. Rain date for the class will be Thursday May 7 at 10 am.

25 - Tabletop Water Fountain

Location: Green Bay
Classroom: STEM Innovation Center
Presenter: Dennis Rockhill & Lisa Olson
Date(s): 5/11
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$50, payable at registration for course supplies

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.

26 - Tour of Christopher Farm and Gardens

Location: Manitowoc/Sheboygan
Classroom: Christopher Farm and Gardens
Presenter: The Christopher Farm and Gardens
Date(s): 6/1
Time: 1-3:30 p.m.
Limit: 50
Fee: \$2, payable on the day of class

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

Tuesday

27 - Psalms: Ancient Israel's prayer and hymn book *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Julie Black Harder
Date(s): 1/13, 1/15, 1/20
Time: 1-2:45 p.m.
Limit: 50

The biblical Book of Psalms is Ancient Israel's prayer and hymn book. As the people's words to their God, it encompasses the full range of human emotions, from joy and praise to despair and the desire for vengeance. In this series, we'll put various psalms in their historical context, plus consider how they influenced the New Testament authors and continue to be used in Christian worship today. The presenter holds a Master's Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College.

28 - Continuing Issues

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Steve Jansen
Date(s): 1/13, 1/27, 2/10, 2/24, 3/10, 3/24, 4/7, 4/21
Time: 1-3 p.m.
Limit: 50

Discussion of international, national, state and local issues. A variety of opinions is valued and welcome. Class members will respect the other 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.

29 - Einstein's Miracle Year, 1905 *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Gary Dallman
Date(s): 1/20
Time: 10 a.m.-12:15 p.m.
Limit: 50

In 1905, Albert Einstein, a clerk in a Swiss patent office, wrote four papers in a physics review that changed the course of science and history. In elementary terms, this course attempts to explain the science in these papers. Hopefully, you will leave with the illusion of understanding.

30 - Chickadee-dee-dee, Chickadee-dee-dee

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Jan LaSota
Date(s): 1/20
Time: 1-3 p.m.
Limit: 50

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

31 - Brief History of Green Bay from Indigenous Tribes to Modern Times

Location: Green Bay
Classroom: Christie Theater
Presenter: Mark Steuer
Date(s): 1/27, 2/3
Time: 10 a.m.-12 p.m.
Limit: 150

Follow a concise chronology of peoples, physical geography, municipalities, mayors and events that shaped Green Bay and the region over the past half millennium. Slides, pictures, books, and maps will aid in this intriguing story.

32 - GriefShare: Loss of a Spouse Session A *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Curtis Benjamin & Monica Jacobson
Date(s): 1/27
Time: 10 a.m.-12 p.m.
Limit: 20
Fee: \$7, payable on the day of class

Your life has changed forever. The daily emotions and challenges can seem too hard to bear. At this 2 hour seminar, you'll view a video featuring advice from people in grief who've experienced the death of their spouse. You'll hear insights from respected Christian counselors, pastors, and psychologists. You'll receive your own Loss of a Spouse booklet which includes grief recovery exercises and journaling ideas for daily survival. (Please bring \$7.00 to the class for the course workbook).

33 - National Popular Vote (NPV) Interstate Compact *NEW*

Location: Green Bay

Classroom: Christie Theater

Presenter: Lynn Gerlach, League of Women Voters Panelists

Date(s): 2/3

Time: 1-3 p.m.

Limit: 100

This opportunity to make every vote count in a presidential election has been in development for a quarter-century with support by the League of Women Voters from Day One. At this point it has garnered 77% of state support to make it effective (but not Wisconsin support). Learn how NPV would work and why the League supports it in this presentation by a local League panel.

34 - Beginning Punch Needle Rug Hooking

Location: Green Bay

Classroom: Rose Hall 230

Presenter: Kaz Stone

Date(s): 2/3

Time: 1-4 p.m.

Limit: 8

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

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 inch heart design that you can hang or use as a mug rug. You will learn 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.

35 - Hospice 101 *NEW*

Location: DePere

Classroom: Rennes DePere

Presenter: Bristol Hospice Staff

Date(s): 2/10

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

Limit: 30

Bristol Hospice 101 provides an introduction to the philosophy, services, and support that hospice care offers. This presentation will explain who hospice serves, when it may be appropriate, and the benefits it brings to patients and families. Participants will gain a clear understanding of Bristol Hospice's mission, approach to care, and the ways our team works to ensure comfort, dignity, and quality of life.

36 - Hypnosis and NLP (Neuro Linguistic Programming) Myth vs Facts

Location: Green Bay

Classroom: TBD

Presenter: Jay Luck, Master Hypnosis Trainer, MHS

Date(s): 2/10, 2/17, 2/24

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

Limit: 150

Master Hypnosis Trainer, Author and Presenter with 40 years experience will teach a bit of hypnosis and NLP history, separating fact from fiction. Attendees will experience how hypnosis works, how it can be used to change beliefs, patterns and habits, and how it can help achieve goals that once seemed unattainable—goals such as emotional, physical, spiritual, professional, financial and relational well-being. Hypnosis is used to help people attain goals personally and for business and marketing professionals to better use their skills to improve results. If there is time in the final class, we will teach some hypnosis skills that can be done for state hypnosis and entertainment. Some attendees may get so excited they would like to look into our in-depth mentorship classes where we teach people how to get into this career and succeed in setting goals and in some cases as the next career.

37 - Curative Connections East Tour**Location:** Green Bay**Classroom:** Curative Connections East**Presenter:** Kari Moody**Date(s):** 2/10**Time:** 10 a.m.-12 p.m.**Limit:** 25

Join us for a tour of Curative Connections East and learn about our 11 programs, which include early memory loss and dementia, cognitive rehab and wellness, social rec and enrichment (adult day), work, life and social skills, and specialized transportation services.

38 - Classic 10 Pin Bowling *NEW***Location:** Green Bay**Classroom:** Willow Creek Lanes**Presenter:** April Falish - Special Events Coordinator**Date(s):** 2/10, 2/17, 2/24, 3/3, 3/10, 3/17**Time:** 10 a.m.-12 p.m.**Limit:** 72**Fee:** \$10, payable on the day of class

We would like to introduce or reintroduce you to the American 10 pin bowling with automatic scoring systems. Any skill level welcome! During each weekly session you will play 2 games of bowling. The use of house bowling balls and bowling shoes is included in the weekly fee. You are welcome to use your own bowling equipment if you choose.

39 - Lost Lady: The Lady Elgin Tragedy**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Paul Timm**Date(s):** 2/17**Time:** 10 a.m.-12 p.m.**Limit:** 50

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.

40 - Guardian Angel: The Lewis and Clark Saga**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Paul Timm**Date(s):** 2/17**Time:** 1-3 p.m.**Limit:** 50

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

41 - One Big Beautiful Retirement - Session A *NEW***Location:** Green Bay**Classroom:** Christie Theater**Presenter:** John Weninger, CFP®**Date(s):** 2/17**Time:** 1-3 p.m.**Limit:** 50

Join John Weninger, CFP® a Senior Wealth Advisor at Endowment Wealth Management, Inc., as we discuss the recently passed One Big Beautiful Bill Act (OBBA) changes and how they affect your retirement. We will specifically cover tax planning in retirement, as well as building a portfolio that may stand the test of time, and volatility. Session A and Session B are the exact same class.

42 - Wildlife Tracks and Scat *NEW*

Location: Marinette/Menominee
Classroom: Rennes Peshtigo East
Presenter: Anne Bartels
Date(s): 2/17
Time: 1-3 p.m.
Limit: 25

This program focuses on learning how to use wildlife tracks and scat to observe Wisconsin's wildlife. Attendees will see examples of both tracks and (fake) scat and learn how different animal groups leave different tracking patterns and signs. A basic track/scat quiz is included, and an outside track/scat walk can be included if weather permits.

43 - Introduction to eBikes with Suamico Bike Company

Location: Suamico
Classroom: Station 1 Brewing
Presenter: Laura Grovogel and Matt Fisher
Date(s): 2/17
Time: 1-3 p.m.
Limit: 30

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

44 - Why Beethoven's 9th Symphony Changed Music As We Know It? *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Michael Alexander, D.M.A.
Date(s): 2/24
Time: 10 a.m.-12 p.m.
Limit: 150

Understand the circumstances that led to Beethoven's 9th Symphony and how it has affected music from the moment it was written. Explore why the piece was ahead of its time and why we are still reacting to it in some ways two centuries later.

45 - Curative Connections West - Yesteryear Village Tour

Location: Green Bay
Classroom: Curative Connections West
Presenter: Kari Moody
Date(s): 2/24
Time: 10 a.m.-12 p.m.
Limit: 25

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.

46 - Pen and Ink Drawing

Location: Green Bay
Classroom: Rose Hall 230
Presenter: James Briggs
Date(s): 3/3, 3/10, 3/17, 3/24, 3/31
Time: 10 a.m.-12 p.m.
Limit: 20

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.

47 - Following Jesus Through the Holy Land *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Ron Bruch
Date(s): 3/3
Time: 10 a.m.-12 p.m.
Limit: 150

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.

48 - Build a Plant Propagation Station**Location:** Green Bay**Classroom:** STEM Innovation Center**Presenter:** Becki Krueger**Date(s):** 3/3**Time:** 10 a.m.-12 p.m.**Limit:** 10**Fee:** \$25, payable at registration for course supplies

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 wish to engrave into the face of their project.

49 - One Big Beautiful Retirement - Session B *NEW***Location:** Green Bay**Classroom:** Christie Theater**Presenter:** John Weninger, CFP®**Date(s):** 3/3**Time:** 1-3 p.m.**Limit:** 150

Join John Weninger, CFP® a Senior Wealth Advisor at Endowment Wealth Management, Inc., as we discuss the recently passed One Big Beautiful Bill Act (OBBA) changes and how they affect your retirement. We will specifically cover tax planning in retirement, as well as building a portfolio that may stand the test of time, and volatility. Session A and Session B are the exact same class.

50 - GriefShare: Surviving the Holidays *NEW***Location:** Green Bay**Classroom:** TBD**Presenter:** Curtis Benjamin & Monica Jacobson**Date(s):** 3/10**Time:** 10 a.m.-12 p.m.**Limit:** 20**Fee:** \$7, payable on the day of class

A 2 hour GriefShare Surviving the Holidays seminar offers practical, actionable strategies for making it through the holiday season. At this two-hour seminar, you'll view a video featuring advice from people in grief who've faced the holidays after their loss. You'll hear insights from respected Christian counselors, pastors, and psychologists. You'll receive a Holiday Survival Guide with practical

strategies, encouraging words, helpful exercises, Q/As, and journaling ideas for daily survival through the holiday season. (Please bring \$7.00 to the class for the course workbook).

51 - A 30+ Year Look at Gunshot Deaths in Manitowoc County**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Curtis Green**Date(s):** 3/10**Time:** 10 a.m.-12 p.m.**Limit:** 50

The Manitowoc County Coroner's office keeps detailed statistics for all deaths. The gunshot deaths have been reviewed and documented to provide a better and more accurate understanding of how and why people die from gunshot injuries. We reviewed records from 1990 to the present and will provide an eye opening review of such deaths. I will provide a comparison to how we compare to other counties and the nation as a whole for such deaths. We will also review the role of the Coroners and the Medical Examiners when dealing with such deaths.

52 - Build & Personalize Your Own 6 Pack Carrier**Location:** Green Bay**Classroom:** STEM Innovation Center**Presenter:** Dennis Rockhill & Lisa Olson**Date(s):** 3/10, 3/17**Time:** 10 a.m.-12 p.m.**Limit:** 10**Fee:** \$60, payable at registration for course supplies

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.

53 - Owl Pellets *NEW*

Location: Marinette/Menominee
Classroom: Rennes Peshtigo West
Presenter: Anne Bartels
Date(s): 3/10
Time: 10 a.m.-12 p.m.
Limit: 25

Learn about Wisconsin's native owl species, adaptations for hunting, their place in food chains, and how they help control other wildlife populations like rodents. Attendees will dissect an owl pellet (or "casting") and identify prey and bones.

54 - Sap to Syrup

Location: Appleton
Classroom: Bubolz Nature Preserve
Presenter: Rhiley Mulder & Erica Bukouricz
Date(s): 3/17
Time: 9 a.m.-11 a.m.
Limit: 30
Fee: \$5, payable on the day of class

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

55 - Compress & Shock Foundation CPR and AED Training

Location: Allouez
Classroom: Allouez Village Hall
Presenter: Bob Zemple & Zachary Benneffoff
Date(s): 3/24
Time: 10 a.m.-12 p.m.
Limit: 25

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

56 - TSA: 2026 Rules & Regulations *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Frank B Pipia Jr & Greg Koentopp
Date(s): 3/24
Time: 10 a.m.-12 p.m.
Limit: 100

Class will cover topics such as TSA Precheck, Real ID, Passenger Assistant Program (TSA cares), preparing for travel, prohibited items, and an overview of their operation. Will include all 2026 updates.

57 - Surviving Nazi Germany: The Power of Telling Your Story *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Tammy Borden
Date(s): 3/24
Time: 1-3 p.m.
Limit: 50

Author, Tammy Borden's novel, Waltraud: A True Story of Growing Up in Nazi Germany, is based on her mother's personal accounts of growing up under Hitler's reign. Despite her traumatic youth, her mother didn't hide the haunting pain of her past. She told her remarkable story, bringing hope and healing to others, including the family of a fallen American soldier an ocean away and 80 years after his tragic death. Hear her story and walk away inspired and empowered to tell your own.

58 - Even War Has Rules

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Charles Trippe
Date(s): 3/31
Time: 1-2:30 p.m.
Limit: 50

This course covers the fundamentals of International Humanitarian Law (IHL), and is presented by an American Red Cross volunteer. It will address the sources of law that apply to armed conflicts, the fundamental principles of IHL, and how IHL protects persons and places during armed conflicts

59 - Does Safety Equipment Save Lives? Only if It's Used.

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Curtis Green
Date(s): 4/7
Time: 10 a.m.-12 p.m.
Limit: 50

A Coroner/Paramedic presentation on safety equipment such as seat belts, helmets, safety harnesses, and tractor safety devices. This presentation will have information mostly related to Manitowoc County. This will be a decades long review of deaths associated with the use/non-use of safety equipment.

60 - Beyond the Volleyball Court: Lessons in Coaching, Leadership and Lifelong Growth *NEW*

Location: Green Bay
Classroom: Kress Events Center
Presenter: Abbey Sutherland, Head Coach, Women's Volleyball
Date(s): 4/7
Time: 10 a.m.-12 p.m.
Limit: 50

This interactive session explores how the principles of coaching volleyball extend far beyond the gym. Drawing from real experiences in NCAA Division I athletics, we will look at what it means to lead with purpose, create belonging and bring out the best in yourself and others. Participants will gain insight into how coaches teach skills, build resilient teams and manage challenge, while also reflecting on leadership and self-care strategies that apply to everyday life. Whether you're a lifelong learner curious about volleyball, or simply interested in growth and connection, this class offers practical takeaways for becoming the best version of yourself...on the court and beyond.

61 - Exceptional Equestrians

Location: Green Bay
Classroom: Exceptional Equestrians
Presenter: Lisa Kafka
Date(s): 4/7
Time: 1-3 p.m.
Limit: 20

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

62 - Tour Krueger International (KI) - 100% Employee Owned

Location: Green Bay
Classroom: Krueger International
Presenter: John Kersten
Date(s): 4/14
Time: 10 a.m.-12 p.m.
Limit: 30

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

63 - YOU CAN KICK SUGAR - I DID

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Lynn Gerlach
Date(s): 4/14
Time: 10 a.m.-12 p.m.
Limit: 50

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 much more healthful diet.

64 - Winter Dance Party of 1959 *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Mark Steuer
Date(s): 4/14, 4/21
Time: 10 a.m.-12 p.m.
Limit: 200

Take a musical history tour of the iconic "Winter Dance Party of 1959" which occurred from 23 January 1959 to 15 February 1959. This upper Midwest tour to 24 cities sadly saw the deaths of Buddy Holly, Ritchie Valens, the Big Bopper and pilot Roger Peterson in an Iowa plane crash on 3 February, 1959. Don McLean's anthem (American Pie) touches on that event. Pictures, posters, stories, music, books and memorabilia will tell this story once again, some 67 years afterwards.

65 - Wisconsin State Parks, Forests, and Recreation Areas - A Ranger's Guide *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: James J. Buchholz
Date(s): 4/14
Time: 1-3 p.m.
Limit: 150

A discussion of many of Wisconsin's 80 state parks and forest properties including their unique history, human occupation, geology and current recreational opportunities. A powerpoint presentation explores the content of the author's 495-page book and beautiful color photography followed by a fun state park trivia game. The presenter is a retired park ranger and property supervisor with a 40-year career with Wisconsin state parks and forests.

66 - Victory Over Japan - VJ Day *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Robert Block
Date(s): 4/21
Time: 1-3 p.m.
Limit: 150

This presentation covers the preluding events that lead to the celebration of VJ Day. Some of the events covered in this presentation are: the attack on Pearl Harbor; the capture of US POW No 1 (Kazuo Sakamaki); the Janesville 99 - a tank company from Janesville, WI that takes part in the Bataan Island battle and the infamous Bataan death march; the dropping of "Little Boy" and "Fat Man" on Hiroshima and Nagasaki leading directly to the end of WWII; the euphoric celebration of VJ Day (Aug 15th, 1945) which includes the infamous sailor/nurse "kiss" in NY city.

67 - Guided Walk in Baird Creek: Ecology and History Session A**Location:** Green Bay**Classroom:** Baird Creek - Meeting site will be emailed to participants**Presenter:** Charles Frisk**Date(s):** 4/28**Time:** 10 a.m.-12 p.m.**Limit:** 30

See the natural beauty of one of Green Bay's gems with a guided walk in nature. This area has been a long-standing preserve for local wildlife. Learn more about it for future generations to protect and enjoy. Session A will be walking on a paved 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).

68 - Enslaved, Indentured, Free: Slavery in Wisconsin**Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Mary Elise Antoine**Date(s):** 4/28**Time:** 10 a.m.-12 p.m.**Limit:** 50

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.

69 - Stalag USA - WWII POW Camps**Location:** Green Bay**Classroom:** Christie Theater**Presenter:** Bob Cook**Date(s):** 4/28, 5/5**Time:** 10 a.m.-12 p.m.**Limit:** 150

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.

70 - Guided Walk in Baird Creek: Ecology and History Session B**Location:** Green Bay**Classroom:** Baird Creek - Meeting site will be emailed to participants**Presenter:** Charles Frisk**Date(s):** 4/28**Time:** 1-3 p.m.**Limit:** 30

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

71 - Cultural Experience with Peruvian Shamans *NEW***Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Paul Johnson**Date(s):** 4/28**Time:** 1-3 p.m.**Limit:** 45

Journey with a professor of psychology with the Inca shamans of Peru. His travel experience of two weeks with these shamans and a two-week cultural exchange of ideas and beliefs. Photos of his travels in Peru will also be discussed.

72 - The Fur Trade in Wisconsin**Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Mary Elise Antoine**Date(s):** 4/28**Time:** 1-3 p.m.**Limit:** 50

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.

73 - Fox River Locks

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Scott Thompson
Date(s): 5/5, 5/12
Time: 10 a.m.-12 p.m.
Limit: 45

Created while Wisconsin was still a territory, the Fox Wisconsin Waterway was part of a grand plan to extend the Erie Canal west to the Mississippi River. This project would open up export markets for area mills and producers, transport troops and bring immigrants to the area. Although the original plan didn't live up to its expectations, most of the 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 the DePere lock to see how it operates.

74 - Frankenstein *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Rebecca Nesvet
Date(s): 5/5
Time: 10-11 a.m.
Limit: 50

Learn about the making of Mary Shelley's 1818 novel Frankenstein, the novel's ideas, and the multimedia legend.

75 - Scandalous Minahan Walking Tour *NEW*

Location: Green Bay
Classroom: Meet at Hazelwood Historic House
Presenter: Lynda Drews
Date(s): 5/5
Time: 1-3 p.m.
Limit: 25
Fee: \$18, payable on the 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 Street. Please arrive 10 minutes prior to the starting time at Hazelwood.

76 - What Hospice is NOT *NEW*

Location: DePere
Classroom: Rennes DePere
Presenter: Bristol Hospice Staff
Date(s): 5/12
Time: 10 a.m.-12 p.m.
Limit: 30

This presentation addresses common myths and misconceptions surrounding hospice care by focusing on what hospice is not. Many individuals, families, and even healthcare professionals carry misunderstandings that can create fear or hesitation when considering hospice services. Through clear explanations and real-world examples, this course will dispel these myths, highlight the true purpose of hospice, and provide participants with a better understanding of the supportive, compassionate role hospice plays in end-of-life care.

77 - Botanical Gardens - Gardener's Delight Tour

Location: Green Bay
Classroom: Green Bay Botanical Gardens
Presenter: Linda Gustke - Director of Education
Date(s): 5/12
Time: 10 a.m.-12 p.m.
Limit: 25
Fee: \$17, payable on the day of class

Explore an array of different gardens (tulips, daffodils, magnolias) while a knowledgeable guide shares unique features and stories of the Garden's history. The tour will take up to 2 hours and will be a 1.5 mile walk. A fee of \$17 is due on the day of class. There is no charge for Botanical Gardens members

78 - Teotihuacan: The City of the Gods *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Bill Dean
Date(s): 5/12
Time: 10 a.m.-12 p.m.
Limit: 50

Teotihuacan is known as “The City of the Gods”. Located 25 miles northeast of Mexico City, it is North America’s largest and grandest archeological site. The presenter will discuss the history of the site and his recent visit to Teotihuacan.

79 - From Pearl Harbor to Nagasaki *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Bob Cook
Date(s): 5/12, 5/19, 5/26, 6/9
Time: 10 a.m.-12 p.m.
Limit: 150

While the U.S. Navy believed in the beginning of WWII that this would be large ship conflict, it turned out to be fought by carrier aircraft. The strategic bombing of Japan turned out to be very different from that we used in Europe. We will look at the ships, planes, major battles and controversies relating to this part of WWII.

80 - Authentic 1850’s Designed Windmill Tour

Location: Little Chute
Classroom: Little Chute Windmill
Presenter: Volunteers
Date(s): 5/12
Time: 10 a.m.-12 p.m.
Limit: 16
Fee: \$8, payable on the 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 when checking in for the tour. Please register for Session A or B, not both.

81 - Intro to Designing 3D Printing & Laser Cutting

Location: Green Bay
Classroom: STEM Innovation Center
Presenter: Lisa Olson
Date(s): 5/12, 5/13, 5/14
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$50, payable at registration for course supplies

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.

82 - Alpaca Ranch Experience

Location: Two Rivers
Classroom: London Dairy Alpacas
Presenter: Kevin Stoer & Laura Prellwitz
Date(s): 5/19
Time: 10 a.m.-12 p.m.
Limit: 50
Fee: \$8, payable on the day of class

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

Wednesday

83 - Protecting Your Family From PFAS Contamination *NEW*

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Crystal Brown, BSN-RN

Date(s): 1/14

Time: 1-2 p.m.

Limit: 50

Crystal Brown of Clean Water Action Council of Northeast Wisconsin, will be presenting on the risks and health effects of PFAS contamination, and ways that you can help mitigate your risk and exposure by identifying sources in our everyday life. Join us for this engaging presentation to help protect yourself, your family, and advocate for your community.

84 - Lust to Shop From Romanticism to Modernism in a Shoebox

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Susan M. Frost, M.A.

Date(s): 1/21

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

Limit: 40

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. Gustav Flaubert's "Madame Bovary" and Emile 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.

85 - Create a Suncatcher or Ornament

Location: Green Bay

Classroom: NEW Beads and Jewelry

Presenter: Jo Brinkley

Date(s): 1/21

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

Limit: 15

Fee: \$15, payable on the 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.

86 - Diving into Dementia Communication Strategies *NEW*

Location: DePere

Classroom: Rennes DePere

Presenter: Sheri Fairman

Date(s): 1/28

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

Limit: 30

This course breaks down how to cope and communicate to those with Dementia. Learn how to communicate effectively and learn the ins and outs on how to approach an individual with Dementia and how to successfully communicate in a way that benefits them.

87 - Are Electric, Hybrids, and Self Driving Cars Relevant? *NEW*

Location: Green Bay

Classroom: Christie Theater

Presenter: Jeff Gross & Brock Neverman

Date(s): 1/28

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

Limit: 100

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

88 - Beginning Line Dancing

Location: Green Bay

Classroom: Calvary Lutheran Church

Presenter: Jim Huss

Date(s): 1/28, 2/4, 2/11, 2/18

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

Limit: 50

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!

89 - Storytelling and Publishing *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Jean Huxtable-Hamersky
Date(s): 2/4
Time: 10 a.m.-12 p.m.
Limit: 25

We will talk about the importance of storytelling and practice our story imaginations. The speaker will share her publishing journey with attendees.

90 - Nature Trivia *NEW*

Location: Two Rivers
Classroom: Woodland Dunes Nature Center
Presenter: Jessica Johnsrud and Kennedy Zittel
Date(s): 2/4
Time: 10 a.m.-12 p.m.
Limit: 40
Fee: \$5, payable on the day of class

Test your knowledge by playing nature trivia! Do you know the largest mammal in Manitowoc County or the first plant to flower in the spring? If you are not a nature whiz now, you will be after this fun, educational experience. Coffee and tea will be available. Afterwards, enjoy a short guided walk (weather and trail conditions permitting).

91 - 5 Sneaky Causes of Weight Gain and How to Rate Your Plate *NEW*

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

This course will share 5 sneaky causes of weight gain and ways to manage them, healthy guidelines to "Rate Your Plate", and provide tips on how to eat a balanced diet.

92 - Create your own earrings *NEW*

Location: Green Bay
Classroom: NEW Beads and Jewelry
Presenter: Jo Brinkley
Date(s): 2/11
Time: 10 a.m.-12 p.m.
Limit: 15
Fee: \$20, payable on the day of class

Jo is preparing another creative opportunity for us. If you're interested in making your own earrings, please join us. In this class we will make 3 pair of earrings. Whether pierced or clip on, the choice is yours.

93 - Grey Matters: Keeping Your Brain Healthy While Aging

Location: Green Bay
Classroom: Green Bay ADRC
Presenter: Heather Flick & Amy Staniforth
Date(s): 2/11
Time: 12-2 p.m.
Limit: 20

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. Stop by early and enjoy lunch at Grounded Cafe!

94 - Swallow Safe: Understanding Swallowing & Dysphagia for Healthy Aging *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Erin Keleny, MS, CCC-SLP, CDP
Date(s): 2/11
Time: 1-3 p.m.
Limit: 50

Many adults experience changes in swallowing as they age - often without realizing it. Swallowing problems (dysphagia) are common and can lead to dehydration, malnutrition, chest infections, and reduced quality of life. Whether you're curious, caring for a loved one, or worried about a recent cough while eating, this session will empower you to recognize warning signs, learn safe everyday strategies, and know when to seek professional help.

95 - Roman and Han Empires Compared and Contrasted *NEW*

Location: Green Bay

Classroom: Christie Theater

Presenter: Greg Aldrete

Date(s): Dates TBA before registration. Check the online catalog or contact the LLI office for details.

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

Limit: 150

The Roman Empire of the Mediterranean and the Han Empire of China were two of the largest, most successful, and most influential empires in all of history, and they existed at almost exactly the same time. This two-part course offers brief histories of both empires; compares their similarities and differences in terms of government, economy, society, and warfare; and examines challenges faced by each, including communication and barbarian invasions.

96 - Pullman Porters: From Service to Civil Rights *NEW*

Location: Green Bay

Classroom: National Railroad Museum

Presenter: Daniel Liedtke - Museum Curator & Justin Lambrecht

Date(s): 2/18

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

Limit: 100

Fee: \$12, payable on the day of class

For over 100 years, the Pullman Company was synonymous with high class luxury rail travel. This reputation was irrefutably tied to the Pullman Company Porters, African American service workers who faced racial prejudices, harassment, and labor abuses daily. Despite these challenges, porters worked to form the first all black labor union and laid the foundation for the Civil Rights Movement.

97 - Baggie Organizer/Holder

Location: Green Bay

Classroom: STEM Innovation Center

Presenter: Lisa Olson

Date(s): 2/18

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

Limit: 10

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

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. This is a build project only - there is no CAD design involved.

98 - What is an AOC? Learn About the Green Bay and Fox River Watershed *NEW*

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Crystal Brown, Committee Chair

Date(s): 2/25

Time: 1-2 p.m.

Limit: 50

Members from the Community Water Coalition, a community advisory committee that works with the WI DNR for the Green Bay and Fox River Watershed Area of Concern (AOC), will present on Green Bay's very own AOC. Learn about the history of the program, including PCB clean up, and the many projects taking place in our community to restore healthy waters and habitats, and how you can be involved and enjoy them.

99 - Intermediate Line Dancing

Location: Green Bay

Classroom: Calvary Lutheran Church

Presenter: Jim Huss

Date(s): 3/4, 3/11, 3/18, 3/25

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

Limit: 50

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!

100 - Painting With Encaustics (Colored Beeswax)**Location:** Green Bay**Classroom:** Suamico Village Hall**Presenter:** Deb O'Harrow**Date(s):** 3/4**Time:** 12-3 p.m.**Limit:** 8**Fee:** \$10, payable at registration for course supplies

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

**101 - Mulva Center Genghis Khan exhibit
*NEW*****Location:** Green Bay**Classroom:** Mulva Cultural Center**Presenter:** Claudia Damiani**Date(s):** 3/4**Time:** 1-3 p.m.**Limit:** 25**Fee:** \$18, payable at registration for course supplies

Join us for a tour of the Mulva Center that will include a facility tour, film and exhibit about Genghis Khan and his empire and his contribution to modern society. With the largest collection of Genghis Khan artifacts ever to tour the world dating back to the 12th century, this exhibit immerses visitors in the nomadic life of the Mongols. Fee is \$18 payable to the Lifelong Learning office prior to the tour.

102 - Recycling and Solid Waste - Where Does it All Go?**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Mark Walter**Date(s):** 3/11**Time:** 10 a.m.-12 p.m.**Limit:** 40

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

103 - Age in Place with Home Care (Care Companions) and Supportive Care Management (Palliative Care)**Location:** DePere**Classroom:** Unity Hospice**Presenter:** Becca Abraham & Samantha Pamperin**Date(s):** 3/18**Time:** 10 a.m.-12 p.m.**Limit:** 50

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

104 - Climate Change and Energy Policy**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Michael Kraft**Date(s):** 3/18, 3/25**Time:** 10 a.m.-12 p.m.**Limit:** 50

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

105 - Long-term Care Insurance - An engineer caregivers experience *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Steve Mayer
Date(s): 3/18
Time: 10 a.m.-12 p.m.
Limit: 150

The goal of this course is to help you understand the details of long-term care insurance and how the reimbursement process works. This course will share my experiences and learnings, good and bad, with long-term care insurance over the last 18 months. During that time, my wife and I have been the primary family caregivers for in-home care, resident memory care, and resident assisted living relatives.

106 - Historical and Musical Elements of Handel's Messiah *NEW*

Location: DePere
Classroom: Birder Hall, St. Norbert Campus
Presenter: Kent Paulsen
Date(s): 3/18, 3/25
Time: 6-8 p.m.
Limit: 30

On March 29, 2026 the Dudley Birder Chorale and Civic Symphony will perform the Lent and Easter portions of Handel's Messiah. In this class, you will attend the last two rehearsals at Birder Hall on St. Norbert campus. From 6-6:45 p.m., Director Kent Paulsen will lecture on the historical and musical elements of the Messiah before the choir practices from 7-9 p.m. You are invited to stay and observe, or sing along, until a break at 8 p.m.

107 - Fall Prevention Awareness *NEW*

Location: DePere
Classroom: Rennes DePere
Presenter: Fall Prevention Alliance of NE WI
Date(s): 3/25
Time: 10 a.m.-12 p.m.
Limit: 30

Join us as we welcome the Fall Prevention Alliance of Northeast Wisconsin for an informative presentation on reducing the risks of falls. Learn practical tips, resources, and strategies to stay safe, independent, and active in your daily life.

108 - Hartman's Towne & Country Greenhouse Tour

Location: Manitowoc/Sheboygan
Classroom: Hartman's Towne & Country Greenhouse
Presenter: Tom Hartman
Date(s): 4/8
Time: 10 a.m.-12 p.m.
Limit: 20

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

109 - Creating a Backyard Wildlife Habitat *NEW*

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

Go beyond the basics of bird feeding and create a natural habitat in your backyard! Learn how you can earn a Certified Wildlife Habitat designation from the National Wildlife Federation.

THANK YOU

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

110 - Sexual Assault Prevention Across the Lifespan *NEW***Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Shelby Mitchell & Linda Treige**Date(s):** 4/15**Time:** 10 a.m.-12 p.m.**Limit:** 50

Overview of Sexual Assault Center services; opportunities for casual, part-time employment; On-Call Victim Advocate sharing her experience as she is retired and working for the Sexual Assault Center; the impact of sexual violence in our communities and how to help prevent it.

111 - Getting Ready for Gardening**Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Dan Theno**Date(s):** 4/15**Time:** 1-3 p.m.**Limit:** 50

This class will explore everything from soil improvement, proper planting techniques, plant combinations, composting and pruning

112 - History of the Port of Green Bay and Its Continuing Impact**Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Mark Walter**Date(s):** 4/22**Time:** 10 a.m.-12 p.m.**Limit:** 40

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

113 - In-Home vs Resident Long-Term Care - An engineer caregivers experience *NEW***Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Steve Mayer**Date(s):** 4/22**Time:** 10 a.m.-12 p.m.**Limit:** 150

The goal of this course is to share a family caregiver's insight into In-Home Senior Care versus Resident Care options. This course will share my experiences and learnings, good and bad, with senior care over the last 18 months. During that time, my wife and I have been the primary family caregivers for in-home care, resident memory care, and resident assisted living relatives.

114 - Protect Your Children: What Every Child Molester Wants You to Know *NEW***Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Shelby Mitchell & Linda Treige**Date(s):** 4/22**Time:** 1-3 p.m.**Limit:** 50

Training for all adults who have youth in their lives (parents, guardians, grandparents, neighbors, employers, educators, etc.) and want to learn: 1) prevention education basics & how to help prevent child sexual abuse 2) how to help the youth in your life if they share that they are being abused 3) how to intervene safely to support survivors in your life 4) resources available for survivors and their loved ones.

115 - Tour of Steinie's Water Gardens**Location:** Manitowoc/Sheboygan**Classroom:** Steinie's Water Gardens**Presenter:** Judy Sleger & Bruce Steinhauer**Date(s):** 4/29**Time:** 10 a.m.-12 p.m.**Limit:** 25

Steine's Water Gardens is a unique garden center offering over 9000 sq ft of greenhouses, specializing in fish and plants for ponds, water gardens and fountains. Tour their greenhouses with plants, koi and goldfish and explore what is available for those with backyard ponds/fountains. Explore the possibilities of creating beauty in your backyard with water with advice from people who have years of experience of doing so.

116 - Should I Eat It? How PFAS Affects Hunting and Fishing *NEW*

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Crystal Brown, BSN-RN

Date(s): 4/29

Time: 1-2 p.m.

Limit: 50

Crystal Brown of Clean Water Action Council of Northeast Wisconsin, will be presenting on the risks and health effects of PFAS contamination and how this affects hunting and fishing in Green Bay and Wisconsin. The WI DNR released a PFAS Consumption Advisory for ducks in Green Bay, as well as fishing advisories in other areas of the state. Learn how to mitigate your risk and what these advisories mean for your health, and hunting and fishing culture. Learn ways to advocate for safe hunting, fishing, and water.

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

Location: Green Bay

Classroom: Meeting Site to Be Emailed to Class Participants

Presenter: David Siegel

Date(s): 4/29

Time: 1-3 p.m.

Limit: 15

The Great Green Bay Fire of September 20, 1880 destroyed more buildings than any other fire in the city's entire history. The flames burned 100 buildings, including 60 homes, a church, a few businesses, and some outbuildings. Local historical author and firefighter David Siegel will provide a guided walking tour that follows the path of the fire, about 1.2 miles one-way, taking one hour, visiting the 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.

118 - Creative Cookie Decorating for Spring

Location: Green Bay

Classroom: First Presbyterian Church GB

Presenter: Karen Trembl

Date(s): 4/29

Time: 1-3 p.m.

Limit: 10

Fee: \$5, payable at registration for course supplies

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

119 - World War II : Home Front and Front Line *NEW*

Location: Green Bay

Classroom: Christie Theater

Presenter: Michael Grzeca

Date(s): 4/29

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

Limit: 100

What was World War II like for those who lived in America at the time? What was it like fighting on the front line overseas? This course will try to give you a feel for what it was like.

120 - "Stake" Your Claim in The Garden

Location: Green Bay

Classroom: STEM Innovation Center

Presenter: Lisa Olson

Date(s): 5/6

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

Limit: 10

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

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

121 - The Well-Dressed Home: How to Decorate Coffee Tables, Buffets & Mantels *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Vickie Linssen
Date(s): 5/13
Time: 10 a.m.-12 p.m.
Limit: 50

Create a stylish mantel with some simple tips. Decorating a coffee table, buffet, & mantel may seem like an easy task, but in reality, it can be quite difficult. These need to be styled with unique accessories that center on balance and complement your style and home decor. Tips and mistakes to avoid.

122 - Behind the Green Bay Packer Scoreboard *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Randy Johnson
Date(s): 5/13
Time: 10 a.m.-12 p.m.
Limit: 100

From the early days at City Stadium at East High School to the present day at Lambeau Field a father and now his son have taken care of updating the Packer scoreboard at every home game. From being outside in all kinds of weather updating the score and downs to being inside today in comfort, they have handled updates for the fans in the stands.

123 - Brief History of the Byzantine Empire *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Gary Dallman
Date(s): 5/13
Time: 1-3:15 p.m.
Limit: 150

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

124 - GriefShare: Loss of a Spouse Session B *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Curtis Benjamin & Monica Jacobson
Date(s): 5/20
Time: 10 a.m.-12 p.m.
Limit: 20
Fee: \$7, payable on the day of class

Your life has changed forever. The daily emotions and challenges can seem too hard to bear. At this 2 hour seminar, you'll view a video featuring advice from people in grief who've experienced the death of their spouse. You'll hear insights from respected Christian counselors, pastors, and psychologists. You'll receive your own Loss of a Spouse booklet which includes grief recovery exercises and journaling ideas for daily survival. (Please bring \$7.00 to the class for the course workbook).

125 - Design Your Own Laser Cut Coaster

Location: Green Bay
Classroom: STEM Innovation Center
Presenter: Lisa Olson
Date(s): 5/20
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$20, payable at registration for course supplies

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.

Thursday

126 - Sedimentary Rocks & The Secrets They Hold *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: John Luczaj
Date(s): 1/8
Time: 10 a.m.-12 p.m.
Limit: 150

Join UW-Green Bay Professor John Luczaj for a journey through the world of sedimentary rocks to explore the secrets of Earth's past life, climate, and environmental conditions. You will learn how scientists can use fossils, sedimentary structures, chemical signatures, and other clues preserved in the rocks to interpret Earth's past.

127 - Recorder Lessons (Part 4) *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Recorders By The Bay (Jan LaSota and Dorothy Summers)
Date(s): 1/15, 2/5, 2/19, 3/5, 3/19, 4/2, 4/16, 5/7
Time: 12:30-2 p.m.
Limit: 8

This 8-session class is designed for LLI members who took the recorder lessons course (Part 3) in fall 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.

128 - Beginner Alto Recorder Lessons *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Recorders By The Bay (Jan LaSota and Dorothy Summers)
Date(s): 1/15, 2/5, 2/19, 3/5, 3/19, 4/2, 4/16, 5/7
Time: 2:30-4 p.m.
Limit: 8

Participate in 8 lessons as you learn to play the ALTO recorder. Participants must be able to read music in the treble clef. Bring your own music stand. Members of "Recorders By The Bay" will be leading

the sessions. Instructors will contact participating members before the lessons begin with information about ordering recorders and lesson books.

129 - The Tax Man Cometh... *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Daniel J. Winske
Date(s): 1/22, 1/29
Time: 10 a.m.-12 p.m.
Limit: 50

In this course, area business owner and CPA, Dan Winske, will guide you through the fundamentals of individual income taxation. In addition to addressing key concepts and terminology, the course will answer the question "How are my taxes affected by the new tax law (One Big Beautiful Bill Act) that was passed in 2025?" The course will also focus on other tax topics such as Social Security benefits, traditional IRAs, Roth IRAs, Roth IRA conversions, 401(k)-type retirement plans, when you have to start taking retirement account distributions and how much, and income tax-saving strategies. Questions will be encouraged.

130 - Holy Communion: Diversity in Theology and Practice *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Julie Black Harder
Date(s): 1/22
Time: 1-2:15 p.m.
Limit: 50

Different Christian denominations understand "Holy Communion" quite differently, including "what happens" during this ritual and who "gets to" partake. Such diversity is not new; e.g., early Christian writings demonstrate variations in the words Jesus spoke at the Last Supper. In this class, we'll explore both the ancient and the current diversity in the theologies and practices surrounding Communion. The presenter holds a Master's Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College.

131 - Inside the Secret Service *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Mike Murphy
Date(s): 1/22
Time: 1-3 p.m.
Limit: 50

An introduction to the expensive and complex operation of the federal agency charged with protecting the President. Includes discussion not only of the variety of ways the President is protected in the White House, in motorcades and on the golf course, but also some of the recent screw-ups and scandals and the constant challenge of new weapons and new technology, including drone swarms.

132 - Great Decisions 2026

Location: Green Bay
Classroom: Union Congregational UCC
Presenter: Jeff Gibson
Date(s): 1/29, 2/12, 2/26, 3/12, 3/26, 4/9, 4/23, 5/7
Time: 10 a.m.-12 p.m.
Limit: 40

Delve into foreign policy issues facing the US through the Great Decisions 2026 course sponsored by the Foreign Policy Association. Participants are expected to prepare for discussion sessions. A video prepared by the FPA will introduce the topic followed by facilitator led discussion. There are 8 sessions. Participants must purchase a briefing book from LLI or an online version through Amazon or another source of their preference.

Topics this year are America's Global Role, Trump's Tariffs, US-China Relations, Today's Nuclear Age, Ukraine and European Security, Multilateral Institutions, US Engagement of Africa, and The Future of Human Rights.

Sessions will be held at Union Congregational UCC at 706 S. Madison St., with convenient parking and ADA compliant access. The sessions will be on every other Thursday from 10 a.m. to noon, starting on January 29 and ending on May 7.

133 - The Way We Do Death Part 2

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

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

134 - Is it time to look at Death With Dignity in Wisconsin?

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Curtis Green
Date(s): 2/5
Time: 10 a.m.-12 p.m.
Limit: 50

Presenter Curtis Green has been in the emergency business for 40 years. He has been the Coroner for Manitowoc County for the last 19 years. He has worked in large metropolitan areas as a paramedic as well. With decades of experience dealing with some of the most horrific deaths imaginable, he reflects on how people facing the end of their lives make the heartbreaking personal choice to end their suffering. This will be a review of suicides and the stories behind them. It will also be a forum to begin the discussion of whether assisted death is a topic to be discussed broadly in Wisconsin.

135 - German Research: They Spoke German, but Were They From Germany?

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Dave Miller "The Ancestor Guy"

Date(s): 2/5

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

Limit: 50

Many of our ancestors spoke German, but were they really from what we now call the Republic of Germany? Genealogist Dave Miller will explore the ancestors who spoke German when they arrived in the U.S. and whether these ancestors were really from what we now refer to as Germany. He will discuss the history of the ancestors who spoke German when they arrived in the U.S. and their origins, and what the world looked like back then. Keep in mind, the German Empire didn't begin until 1871, so these ancestors may have been living in what was then Prussia, Bohemia, Bavaria, Saxony, or even France when they were born. You might be surprised to hear how those immigrant ancestors' grandparents or great grandparents may even have moved from somewhere else. And Dave will discuss why they moved to the Midwest, especially Wisconsin.

136 - Art Boot Camp

Location: Green Bay

Classroom: Calvary Lutheran Church

Presenter: James Briggs

Date(s): 2/5, 2/12, 2/19, 2/26, 3/5

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

Limit: 25

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

137 - Group Piano

Location: Green Bay

Classroom: Jeff's Piano Sales and Service

Presenter: Heidi Lueck

Date(s): 2/5, 2/12, 2/19, 2/26

Time: 10-11:30 a.m.

Limit: 12

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 the first day of class. This book can be purchased through area music stores or online.

138 - Famous Poems of Love and Death *NEW*

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Mike Murphy & Cheryl Murphy

Date(s): 2/12

Time: 1-3 p.m.

Limit: 50

For thousands of years, poets have written wonderful poems about both love and death. This course will discuss a wide-ranging selection of some of those poems in the context of the life and times of the authors. The poems will be accompanied with harp music and range from Medieval ballads and Renaissance sonnets to short poems by Wordsworth, Poe, Cummings, Dylan Thomas, Mary Oliver, and others.

139 - History of Christian Baptism *NEW*

Location: Green Bay

Classroom: Christie Theater

Presenter: Benjamin W. Cruz-Urbe

Date(s): 2/19

Time: 1-3 p.m.

Limit: 150

Baptism may be a universal ceremony across all Christian denominations, but there still exist some extreme views on what baptism means theologically and how it is to be administered. This course explores the history of this Christian Rite, from its earliest beginning to the present, showing the changes that evolved across time.

140 - Is The Book Better Than the Movie?**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Paul Steffek**Date(s):** 2/19, 3/19, 4/16, 5/14**Time:** 9 a.m.-12 p.m.**Limit:** 30

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. After viewing the movie there will be a class discussion on the differences between the two. The book / movie for February is HOLES written by Louis Sachar.

141 - Spiders: Tiny Tool-Using Tigers**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Mike Draney**Date(s):** 2/26**Time:** 10 a.m.-12 p.m.**Limit:** 50

Spiders are one of the most diverse and ecologically important groups of animals on Earth, and they have a prominent place in human cultures and the human mind as well. Arachnologist Michael Draney will attempt to answer any questions you might have about these interesting animals, and try to convey the fascination that has led him to devote his scientific career to their study. We will take a visual and intellectual journey across the planet and through geological time to see how spiders have become so successful in nearly every terrestrial environment. Hopefully, you may begin to see spiders as beautiful creatures, and replace fear and loathing with wonder and respect.

142 - Blood Thinners: Why, How and What? (2026 Update)**Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Brian Barkow, PharmD**Date(s):** 3/5, 3/12**Time:** 10 a.m.-12 p.m.**Limit:** 150

This updated and now two part presentation will review (Part One) the clinical reasons for being on anticoagulation (blood thinning) and (Part Two) how the medications work and what ones would be preferred in different situations.

143 - Mammals of Bay Beach Wildlife Sanctuary**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Lori Bankson & Amy Harris**Date(s):** 3/5**Time:** 10-11:30 a.m.**Limit:** 50

Learn about the mammals that are ambassadors at Bay Beach Wildlife Sanctuary and that may live in your backyard. Learn about their natural history and how to live with wildlife, along with how to keep them and yourself safe - and out of places they maybe shouldn't be! Ambassadors scheduled include: Virginia Opossum, Woodchuck, Rabbit, Flying Squirrel, and North American Porcupine

144 - Piano Ensemble**Location:** Green Bay**Classroom:** Jeff's Piano Sales and Service**Presenter:** Heidi Lueck**Date(s):** 3/5, 3/12, 3/19, 3/26**Time:** 10-11:30 a.m.**Limit:** 12

This course is geared toward beginners with some experience with reading music. However, early intermediate musicians will be given more challenging ensemble parts when available. The focus will be on the enjoyment of group playing. The class will use Alfred Basic Piano Library Duet Book 2 (ISBN 0739022105) which everyone should have on the first day of class. Books can be purchased through area music stores or online.

145 - Common Scams & Frauds

Location: Green Bay
Classroom: Christie Theater
Presenter: Jeff Kersten
Date(s): 3/5
Time: 1-3 p.m.
Limit: 150

The Wisconsin Bureau of Consumer Protection will discuss the details of common scams, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful factsheets from The Bureau of Consumer Protection will be available. As Wisconsin's lead agency for consumer protection, the Bureau of Consumer Protection at the Wisconsin Department of Agriculture, Trade and Consumer Protection, provides information and education, mediates complaints, investigates cases, and takes enforcement actions to fight fraudulent and deceptive practices that harm consumers and honest businesses.

146 - Renewable Natural Gas Production by NLC Energy *NEW*

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

Right here in Brown County is one of the most complex - and successful - renewable natural gas plants in the world. Owned and operated by NLC Energy, this facility is leading the biogas industry with its robust, healthy, multi-feedstock, food-waste anaerobic digestion process. Beyond renewable natural gas, NLC is the first anaerobic digester in the world to produce ISBT certified beverage-grade liquid CO₂ and food-grade dry ice.

This presentation will be in the office at the plant site. At all times we will be near County Road R. Safety protocols prevent visitors from driving or walking out further onto the grounds. NLC Energy staff will use diagrams and pictures to explain how this fascinating facility produces upgraded biogas.

The plant is 2 miles south of Denmark. The address is 6601 County Road R, Denmark, WI 54208. Drive in the Entrance Gate. Once inside, make an

immediate right turn to proceed 250 feet along the fence to the administrative office which looks like a house. Park near the house. There are parking spaces along the fence and in the visitor parking area. Smoking is prohibited. Visit website www.nlcenergy.com

147 - Ireland and Its Famous Poets

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Mike Murphy & Cheryl Murphy, Harpist
Date(s): 3/12
Time: 1-3 p.m.
Limit: 50

This course will discuss some famous Irish poems by famous Irish writers. The poems will be accompanied by harp music and will be discussed in the context of the interesting lives and turbulent times of the poets who wrote them, including James Joyce, and Nobel Prize winners W.B. Yeats and Seamus Heaney.

148 - America 250! Patriots, Pioneers and Progeny *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Valerie Plasky
Date(s): 3/26
Time: 10 a.m.-12 p.m.
Limit: 150

As America prepares to celebrate its 250th birthday, join us for an inspiring presentation honoring the patriots of the American Revolutionary War. Pioneers, Patriots & Progeny will explore the courageous lives of those who fought for independence, and the journeys their descendants took to settle in Northeast Wisconsin. Discover how the spirit of liberty lives on through generations and how these early heroes helped shape our region and our nation.

149 - Organize and Digitize Your Photos and Other Media**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Gary Lewins & Mollie Bartelt**Date(s):** 3/26**Time:** 10 a.m.-12 p.m.**Limit:** 50

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.

150 - Understanding the Basics: Social Security & Medicare**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Tara Palmbach, Medicare Volunteer and Brandon Raymond, ADRC Staff**Date(s):** 3/26**Time:** 1-2:30 p.m.**Limit:** 25

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

151 - Judas Iscariot and His Gospel *NEW***Location:** Green Bay**Classroom:** Christie Theater**Presenter:** Benjamin W. Cruz-Urbe**Date(s):** 4/2**Time:** 1-3 p.m.**Limit:** 150

Who was Judas Iscariot? What did Judas actually do? Did Judas have a choice? What happened to Judas? This course will try to answer these questions and more by looking at the Canonical Gospels and the recently discovered non-canonical Gospel of Judas. A course similar to this one was given 9 years ago.

152 - Sheepshead/ The card game**Location:** Green Bay**Classroom:** Promenade (Woodside's New Building)**Presenter:** Barb LeCaire**Date(s):** 4/2, 4/7, 4/9**Time:** 1-3 p.m.**Limit:** 15

Learn how to play Sheepshead, 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, what Schneider means, and how not to Mauer. This course is 3 sessions so we can practice.

153 - Taiwan: A Navy Veteran's Experience *NEW***Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Dale Bartel**Date(s):** 4/9**Time:** 10 a.m.-12 p.m.**Limit:** 40

A Navy veteran will share a PowerPoint presentation about their experience serving 15 months on the island of Taiwan, from December 1957 to February 1959.

154 - Bay Beach Wildlife Sanctuary: Critters, Volunteering, and You**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Lori Bankson & Amy Harris**Date(s):** 4/9**Time:** 10-11:30 a.m.**Limit:** 50

See what a year at Bay Beach Wildlife Sanctuary's rehabilitation department looks like - and how you can volunteer and make a difference! Meet some animal ambassadors too!

155 - Famous Masterpieces From Terrible Tragedies *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Mike Murphy
Date(s): 4/16
Time: 10 a.m.-12 p.m.
Limit: 50

Explore how three famous works of art - "Picasso's Guernica", "Gericault's Raft of the Medusa", "Goya's Third of May 1808" - and Tennyson's famous "Charge of the Light Brigade" all emerged artistically from very different terrible tragedies. This class blends history, art, and literature to show how disastrous events can inspire works of lasting power and meaning.

156 - Submarine War in the Pacific *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Bob Cook
Date(s): 4/23, 4/30, 5/7
Time: 10 a.m.-12 p.m.
Limit: 150

In one of the lesser-known parts of WWII, the Silent Service dramatically reduced Japan's war making capacity. We will discuss the history of the submarine and the tactics used in the war against Japan.

157 - History of the Holy Eucharist *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Benjamin W. Cruz-Urbe
Date(s): 4/23
Time: 1-3 p.m.
Limit: 150

The Holy Eucharist may be a universal ceremony across all Christian denominations, but there still exist some extreme views on what the Eucharist means theologically and how it is to be administered. This course explores the history of the beliefs and practices associated with this Christian Rite starting with the First Christian generation up to the present, showing the changes that evolved across time.

158 - "Classic" Tour Through the Eyes of the Automobile at The Automobile Gallery

Location: Green Bay
Classroom: The Automobile Gallery
Presenter: Darrel Burnett
Date(s): 4/30
Time: 10 a.m.-12 p.m.
Limit: 30
Fee: \$8, payable on the day of class

Director of Curation & Preservation Darrel Burnett will put you in the "driver's seat" as you take a fast-paced, story-filled, fun trip through more than a century of exclusive automobiles at The Automobile Gallery & Event Center. Experience the role the automobile has played in our history in the U.S. and around the world. Your tour will include a behind the scenes look at the only authentic James Bond collection in the history of the state of Wisconsin and the background and history of "That 70s Show" Oldsmobile Vista Cruiser which is now in permanent residence at The Automobile Gallery & Event Center!

159 - America's Troubled Health System *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Bob Srenaski
Date(s): 04/30
Time: 1-3 p.m.
Limit: 150

Privatization of Medicare, Medicaid cuts, invasion of private equity speculators, assisted living, road to poverty - it's the most outrageously expensive, profit driven system in the world - that needs a complete overhaul.

160 - How to Deal with Angry People: 10 Strategies *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Ryan Martin
Date(s): 5/7
Time: 1-3 p.m.
Limit: 150

Dealing with angry people is hard, but unavoidable. From tense meetings to awkward family dinners, unchecked anger can hijack our lives. In this talk, I'll present 10 proven strategies to manage anger in others while staying grounded yourself. Drawing on decades of research and real-world examples, I'll offer tools for setting boundaries, staying calm under pressure, and choosing the best response in the moment.

161 - America's Troubled Economy *NEW*

Location: Green Bay
Classroom: Christie Theater
Presenter: Bob Srenaski
Date(s): 5/14
Time: 10 a.m.-12 p.m.
Limit: 150

The economy seems to be in uncharted territory. It may be headed for the McKinley era of high tariffs and the "Robber Barons," or the 1970's decade of "stagflation" and outrageous interest rates, or a replay of the 2008 Great Recession. Or maybe the pundits are wrong and it will be the greatest economy ever. The numbers will provide the answer.

162 - Racewalking for Lifetime Fitness

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Mike Draney
Date(s): 5/14, 5/21
Time: 10 a.m.-12:30 p.m.
Limit: 16

Running is great exercise, but many older people can no longer tolerate the wear and tear that it entails. Walking is a fine alternative, but it lacks the intensity that leads to higher cardiovascular fitness. Consider race walking, which combines the advantages of both! By adding some race walking techniques to your walking exercise, you can go

faster, engage more of your body, and increase your flexibility and mobility, all while keeping the low-impact and low-injury nature of walking. All fitness levels welcome, as long as you have doctor's clearance to walk 1 mile. Come to class with comfortable walking attire, and bring a bottle of water for your personal use. Note: We'll walk outdoors on the IS building roof. (Rain location: Tunnel between Library and Rose Hall).

163 - Authentic 1850's Designed Windmill Tour

Location: Little Chute
Classroom: Little Chute Windmill
Presenter: Volunteers
Date(s): 5/14
Time: 1-3 p.m.
Limit: 16
Fee: \$8, payable on the 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 when checking in for the tour. Please register for Session A or B, not both.

164 - Lakeside Frozen Vegetables Tour

Location: Manitowoc
Classroom: Lakeside Frozen Foods
Presenter: Brian Gates
Date(s): 5/14
Time: 1-3 p.m.
Limit: 25

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

165 - Manifest Destiny: An Often Misunderstood Concept about the United States *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Diana L. Ahmad, Ph. D.
Date(s): 5/21
Time: 10 a.m.-12 p.m.
Limit: 50

In 1845, journalist John L. O'Sullivan coined the term "Manifest Destiny ". Simply defined, it was the belief that the United States was destined to spread its empire across North America. An ideal concept, Manifest Destiny served as justification for 19th century expansion to California and Oregon. Its significance lies in its belief of American self-confidence and sense of superiority. This talk explains what Manifest Destiny means and its impact on the United States.

166 - Sipping Traditions: Tea Rituals from Around the World *NEW*

Location: Green Bay
Classroom: Mauthe Center
Presenter: Heather Schroeder
Date(s): 5/21
Time: 10 a.m.-12 p.m.
Limit: 20
Fee: \$10, payable at registration for course supplies

Travel the globe one teacup at a time! In this interactive class, you'll discover how different cultures prepare, serve, and celebrate tea - from the mindfulness of Japanese matcha to the vibrant flavors of Moroccan mint and beyond. Along the way, you'll taste a variety of teas, explore their cultural significance, and gain inspiration to create your own tea ritual at home.

167 - Bodega Bay & Ottana Lamanha Tour *NEW*

Location: Manitowoc/Sheboygan
Classroom: Bodega Bay Farm
Presenter: Nicole Cutler Ziemer & Emma Fillafer
Date(s): 5/21
Time: 1-3 p.m.
Limit: 15

Come meet the animals that call Bodega Bay home! Morgan Horses and Lamanha Goats - watch horses being presented; enjoy a goat Milking Demo; sample goat soap and lotions, and meet the suppliers.

Friday

168 - Guess Who's Coming to Dinner

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Marilyn Rabideau
Date(s): 1/9
Time: 10 a.m.-12 p.m.
Limit: 50

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

169 - STEM Innovation Center Tour at UW-Green Bay

Location: Green Bay
Classroom: STEM Innovation Center
Presenter: John Katers & departmental representatives
Date(s): 1/16
Time: 10 a.m.-12 p.m.
Limit: 60

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

170 - Fun With Aromatherapy**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Katie Brewer**Date(s):** 1/30**Time:** 1-3 p.m.**Limit:** 18**Fee:** \$4, payable at registration for course supplies

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

171 - The Promenade - What is an Active Adult Community (Session A)**Location:** Green Bay**Classroom:** The Promenade**Presenter:** Mary Beth Fumelle**Date(s):** 2/20**Time:** 1-3 p.m.**Limit:** 30

The Promenade is a new luxury living community in Green Bay offering upscale apartments and resort-style amenities tailored for active adults 55+. This tour will walk you through everything The Promenade has to offer.

172 - Herbs for Healthy Skin**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Katie Brewer**Date(s):** 2/27**Time:** 1-3 p.m.**Limit:** 18**Fee:** \$5, payable at registration for course supplies

Learn how common herbs can restore vitality and health to your skin, then create a unique infused oil, suited to your own preferences. Herbalist Katie Brewer will share information about everyday herbs that can improve our skin's health and techniques for harnessing their healing abilities for our use.

173 - Capture of the Remagen Bridge During WWII *NEW***Location:** Green Bay**Classroom:** Christie Theater**Presenter:** John Pfeister**Date(s):** 3/6**Time:** 1-3 p.m.**Limit:** 100

By early 1945, Hitler's army was in retreat and unable to prevent the advance of the allies on it's Eastern Front. The Germans were destroying the bridges across the Rhine River to slow the allied advance. This class will examine the surprise capture of the German held Ludendorff Bridge at Remagen that allowed the Americans to pour into the heart of Germany and bring WWII to a quick end.

174 - The Art of Looking at Art *NEW***Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Carol Emmons**Date(s):** 3/13**Time:** 10 a.m.-12 p.m.**Limit:** 40

Ever felt befuddled when encountering an unfamiliar artwork? Join us in learning tactics for "unpacking" art. We'll start with some basic concepts, then survey different approaches that can lead to deeper understanding, and practice with different examples. While there is no single correct interpretation of a work of art, these tools can aid in articulating and sharing your own opinions. This class is a revision of one the presenter offered in 2019.

175 - Herb Gardening 101 *NEW***Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Katie Brewer**Date(s):** 3/13, 3/20**Time:** 1-2:30**Limit:** 25

Get all the information you need to start your own herb garden. Beyond flavoring dishes, herbs can be used for pain relief, digestive health, restful sleep, healthy skin, and more. In this 2 part class, you will select herbs for specific conditions, plan your garden based on your site's growing conditions, then learn to harvest and process herbs for your benefit.

176 - The Promenade - What is an Active Adult Community (Session B)

Location: Green Bay

Classroom: The Promenade

Presenter: Mary Beth Fumelle

Date(s): 3/20

Time: 1-3 p.m.

Limit: 30

The Promenade is a new luxury living community in Green Bay offering upscale apartments and resort-style amenities tailored for active adults 55+. This tour will walk you through everything The Promenade has to offer.

177 - Embracing Our Story: Representing Life's Memories *NEW*

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Shari Liesch, APNP, CDE

Date(s): 3/27

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

Limit: 25

Special memories, interests and our dreams are a great inspiration for story representation in quilts, painting, drawing, or creativity. Story quilt history will be explored, including examples from the Underground Railroad, Gee's Bend, and etc. Participants will be encouraged to reminisce and discuss ideas for their own "quilt" blocks or designs. Participants will be led in designing "quilt" squares on paper. We will learn how story is woven into the finished product.

178 - Biking Is Fun at Any Age

Location: Green Bay

Classroom: Ride Locations Emailed to Class Participants

Presenter: Del Tills

Date(s): 4/17, 4/24, 5/1, 5/8, 5/15, 5/22

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

Limit: 150

We bike on trails in and out of the area, ranging in rides from 10-24 miles. Longer rides will extend the class time beyond noon. Bikers are responsible for getting their bikes to the trailhead. Multi-speed bikes are recommended and helmets are required. An itinerary with directions for each ride will be emailed to those signed up for the class. ** A completed Assumption of Risk form must be on

file in the LLI office prior to the first day of class. A State Trail Pass will be required for some rides. No class size limit. Optional for participants to meet for lunch following a ride (bring cash).

179 - Two Very Different Adventures *NEW*

Location: Green Bay

Classroom: Rose Hall 230

Presenter: Stu Hoar

Date(s): 4/24

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

Limit: 50

We visited Greenland and the Canadian Arctic last summer, and in December we visited Egypt. The Arctic featured natural beauty, glaciers, icebergs, and our first experience with an August snowstorm. Egypt has more than 3,000 years of history displayed in temples, pyramids, and statues. The class will focus on photographs from both trips and a discussion of travel planning.

180 - Emperor Justinian's Bad Luck *NEW*

Location: Green Bay

Classroom: Rose Hall 230

Presenter: Scott Bartell

Date(s): 5/1

Time: 10-11:30 a.m.

Limit: 50

The Roman Emperor Justinian had grand ambitions and plans to revitalize the Empire. Unfortunately, despite his successes, his reign was plagued with unfortunate disasters - both natural and manmade - that regularly tested his resilience and often threatened to derail his grandiose vision. We'll look at the ups and down of Justinian's reign and his overall impact on the ancient world.

181 - Wartime Champions *NEW*

Location: Green Bay

Classroom: Christie Theater

Presenter: Tony Walter

Date(s): 5/1

Time: 1-3 p.m.

Limit: 100

Green Bay area in 1944, coping with the war and enjoying a triumphant Packers Season.

182 - Sip Your Way to Wellness: Functional Teas and Their Health Benefits *NEW***Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Heather Schroeder**Date(s):** 5/8**Time:** 10 a.m.-12 p.m.**Limit:** 20**Fee:** \$10, payable at registration for course supplies

Discover how a simple cup of tea can support your mind, body and spirit. In this engaging class, you'll explore the world of functional teas - blends crafted with herbs, botanicals, and adaptogens that promote relaxation, digestion, energy, and immunity. Learn how to choose the right teas for your wellness goals, uncover the health benefits of popular ingredients, and taste-test a variety of blends. You'll leave with practical tips and inspiration to make tea a meaningful (and flavorful!) part of your daily self-care ritual.

183 - WWII Internment Camps**Location:** Green Bay**Classroom:** Christie Theater**Presenter:** Bob Cook**Date(s):** 5/8**Time:** 10 a.m.-12 p.m.**Limit:** 150

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.

184 - Barkhausen**Location:** Suamico**Classroom:** Barkhausen Waterfowl Preserve**Presenter:** Jason Petrella**Date(s):** 5/8**Time:** 9-11 a.m.**Limit:** 20**Fee:** \$5, payable on the 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 north for spring. The staff will talk about various species

identification, habitats, diet and migration. Bring binoculars if you have them. Walking shoes are required. A fee of \$5 is required the day of the tour.

185 - How to Choose Paint Colors for Your Home *NEW***Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Vickie Linssen**Date(s):** 5/15**Time:** 10 a.m.-12 p.m.**Limit:** 50

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

186 - Wequiock Creek Natural Area - Ecological Restoration Overview *NEW***Location:** Green Bay**Classroom:** Wequiock Creek Natural Area**Presenter:** Andrew LaPlant**Date(s):** 5/27 (Note: This is a Wednesday.)**Time:** 10 a.m.-12 p.m.**Limit:** 25

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

187 - Learn About Neuroplasticity *NEW*

Location: Green Bay

Classroom: TBD

Presenter: La Reina Tipping

Date(s): 5/13 (Note: This is a Wednesday.)

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

Limit: 150

Learn About Neuroplasticity - Our brain's amazing ability to adapt, change and create new pathways. Learn about neuroplasticity - our brain's amazing ability to adapt, change and create new pathways in response to new information or damage. Neuroplasticity refers to the brain's ability to continue to grow, change and evolve in response to life experiences. It helps form both our good and bad habits and is the basis for all new learning, training and rehabilitation. Neuroplasticity is an active and dynamic process that occurs over our lifetime. Let's take charge of our brains to help keep them sharp and to prevent cognitive decline!

188 - Stressing About Stress: Wire Your Brain for Happiness

Location: Green Bay

Classroom: TBD

Presenter: La Reina Tipping

Date(s): 4/14 (Note: This is a Tuesday.)

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

Limit: 150

Let's boost our moods by understanding what stress is and how it impacts our thinking and relationships. When we encounter a stressor, our brain and body respond by triggering a series of chemical reactions that prepare us to engage in a "fight or flight response" from the stressor. This activates the amygdala, or "fear center" of the brain, and causes a series of events. The good news is we can change our feeling of being overwhelmed, anxious, and fearful. Let's learn the tools to relax and boost our moods.

189 - Pillars of Brain Health: General Brain Health *NEW*

Location: Green Bay

Classroom: TBD

Presenter: La Reina Tipping

Date(s): 2/3 (Note: This is a Tuesday.)

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

Limit: 150

Learn about the key habits and protective measures under your control to promote healthy aging

and maintain good cognitive health throughout life. Key presentation points will include brain foods and nutrition, brain and body benefits of physical exercise and restorative sleep, appropriate stress management and social stimulation as well as avoidance of toxins. Become aware of neuroplasticity - our brain's amazing ability to adapt, change and create new pathways in response to experiences, new information or damage.

190 - Sleeping Through the Ages

Location: Green Bay

Classroom: Christie Theater

Presenter: La Reina Tipping

Date(s): 3/4 (Note: This is a Wednesday.)

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

Limit: 150

The importance of sleep on brain health - sleep is an important part of our daily routine. In fact, you spend about one third of your life doing it! Quality sleep - getting enough of it at the right times - is as essential to survival as food and water. Without sleep you can't form or maintain pathways in your brain that let you learn, create new memories, concentrate and respond quickly. Sleep also plays a key housekeeping role that removes toxins in your brain that build up while you are awake. This presentation will highlight the importance of restorative sleep and how to set up a sleep routine to gain maximum sleep benefits - at all ages.

191 - Cable Hat

Location: Green Bay

Classroom: Rose Hall 315

Presenter: Mary Lu Sachs & Linda Chapman

Date(s): 2/5, 2/12, 2/19, 2/26 (Note: These are Thursdays.)

Time: 12-1:30 p.m.

Limit: 8

Participants will learn to knit in the round using a circular needle and double pointed needles, cables, decrease and weaving in the ends. Participants must know how to cast-on, knit, purl, bind-off. Supplies Needed: 200 yards of worsted weight yarn (solid color and not novelty yarn), size 8 US double-pointed needles, cable needle, tapestry needle, scissors, stitch markers

192 - Open Knitting**Location:** Green Bay**Classroom:** Rose Hall 315**Presenter:** MaryLu Sachs & Linda Chapman**Date(s):** 1/8, 2/12, 3/12, 4/9, 5/14 (Note: These are Thursdays.)**Time:** 9:30-11:30 a.m.**Limit:** 25

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

193 - Knitting Socks**Location:** Green Bay**Classroom:** Rose Hall 315**Presenter:** Mary Lu Sachs & Linda Chapman**Date(s):** 2/5, 2/12, 2/19, 2/26 (Note: These are Thursdays.)**Time:** 1:30 p.m. - 3:00 p.m.**Limit:** 10

Knitters must know the basic knit and purl stitches. Participants will learn the basic sock pattern using double pointed needles. Pattern: Magic No Gauge Socks by Dawn Prickett. Sock yarn, it should have some nylon in the content, approximately 410 yards. Double pointed needles, size listed on yarn label. Stitch marker, measuring tape, scissors, and darning needle.

194 - Writing Your Memoirs**Location:** Green Bay**Classroom:** TBD**Presenter:** Jennifer Rouse**Date(s):** 3/18, 3/25, 4/1 (Note: These are Wednesdays.)**Time:** 1-3 p.m.**Limit:** 25

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.

Online Monday**300 - WASPS - Zoom****Location:** Zoom**Presenter:** Bob Cook**Date(s):** 1/26**Time:** 10 a.m.-12 p.m.

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

301 - Backyard Bird Feeding 101 - Zoom *NEW***Location:** Zoom**Presenter:** Whitney Froelich**Date(s):** 2/16**Time:** 1-3 p.m.

From birds and basics to ethics and economics, join us to learn all about your backyard birds and what and how to feed them. *This class specifically covers birds native to Northeast Wisconsin.

302 - More Mystics of the Middle Ages - Zoom *NEW***Location:** Zoom**Presenter:** Sr. Elise Cholewinski**Date(s):** 3/2, 3/9, 3/16**Time:** 1-3 p.m.

In this course we will look at the lives and spiritualities of mystics who lived during and after the Protestant Reformation. These include Theresa of Avila, Joan of the Cross, among others. We will learn how their spiritualities have influenced modern theology and spirituality.

303 - Wisconsin Bumble Bees - Life Cycle, Identification, and Participation in the Wisconsin Bumble Bee Brigade - Zoom *NEW*

Location: Zoom
Presenter: Dan Jackson
Date(s): 3/23
Time: 10-11:30 a.m.

This class will be an introduction to Wisconsin's Bumble Bees. It will include information on their life history, pointers on identification, an introduction to the Wisconsin Bumble Bee Brigade survey, and a discussion of what you can do to make your yard more pollinator friendly.

304 - Tribal Nations: The Story of Federal Indian Law - Zoom *NEW*

Location: Zoom
Presenter: David D Raasch
Date(s): 4/6
Time: 10 a.m.-12 p.m.

This will cover the relationships between the federal government and Native American tribes from the arrival of European settlers up to the current times. First part of the class will view a 60+ minute documentary entitled "Tribal Nations: The Story of Federal Indian Law" and the second part will be open for discussion and questions.

Online Tuesday

305 - Psalms: Ancient Israel's prayer and hymn book - Zoom *NEW*

Location: Zoom
Presenter: Julie Black Harder
Date(s): 1/13, 1/15, 1/20
Time: 1-2:45 p.m.

The biblical Book of Psalms is Ancient Israel's prayer and hymn book. As the people's words to their God, it encompasses the full range of human emotions, from joy and praise to despair and the desire for vengeance. In this series, we'll put various psalms in their historical context, plus consider how they influenced the New Testament authors and continue to be used in Christian worship today. The presenter holds a Master's Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College.

306 - Brief History of Green Bay from Indigenous Tribes to Modern Times - Zoom

Location: Zoom
Presenter: Mark Steuer
Date(s): 1/27, 2/3
Time: 10 a.m.-12 p.m.

Follow a concise chronology of peoples, physical geography, municipalities, mayors and events that shaped Green Bay and the region over the past half millennium. Slides, pictures, books, and maps will aid in this intriguing story.

307 - National Popular Vote (NPV) Interstate Compact - Zoom *NEW*

Location: Zoom
Presenter: Lynn Gerlach & League of Women Voters Panelists
Date(s): 2/3
Time: 1-3 p.m.

This opportunity to make every vote count in a presidential election has been in development for a quarter-century with support by the League of Women Voters from Day One. At this point it has garnered 77% of state support to make it effective (but not Wisconsin support). Learn how NPV would work and why the League supports it in this presentation by a local League panel.

308 - Lost Lady: The Lady Elgin Tragedy - Zoom

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

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

309 - Guardian Angel: The Lewis and Clark Saga - Zoom**Location:** Zoom**Presenter:** Paul Timm**Date(s):** 2/17**Time:** 1-3 p.m.

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

310 - One Big Beautiful Retirement - Session A - Zoom *NEW***Location:** Zoom**Presenter:** John Weninger, CFP®**Date(s):** 2/17**Time:** 1-3 p.m.

Join John Weninger, CFP® a Senior Wealth Advisor at Endowment Wealth Management, Inc., as we discuss the recently passed One Big Beautiful Bill Act (OBBA) changes and how they affect your retirement. We will specifically cover tax planning in retirement, as well as building a portfolio that may stand the test of time, and volatility. Session A and Session B are the exact same class.

311 - Why Beethoven's 9th Symphony Changed Music As We Know It? - Zoom *NEW***Location:** Zoom**Presenter:** Michael Alexander, D.M.A.**Date(s):** 2/24**Time:** 10 a.m.-12 p.m.

Understand the circumstances that led to Beethoven's 9th Symphony and how it has affected music from the moment it was written. Explore why the piece was ahead of its time and why we are still reacting to it in some ways two centuries later.

312 - Following Jesus Through the Holy Land - Zoom *NEW***Location:** Zoom**Presenter:** Ron Bruch**Date(s):** 3/3**Time:** 10 a.m.-12 p.m.

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.

313 - A 30+ Year Look at Gunshot Deaths in Manitowoc County - Zoom**Location:** Zoom**Presenter:** Curtis Green**Date(s):** 3/10**Time:** 10 a.m.-12 p.m.

The Manitowoc County Coroner's office keeps detailed statistics for all deaths. The gunshot deaths have been reviewed and documented to provide a better and more accurate understanding of how and why people die from gunshot injuries. We reviewed records from 1990 to the present and will provide an eye opening review of such deaths. I will provide a comparison to how we compare to other counties and the nation as a whole for such deaths. We will also review the role of the Coroners and the Medical Examiners when dealing with such deaths.

314 - Surviving Nazi Germany: The Power of Telling Your Story - Zoom *NEW***Location:** Zoom**Presenter:** Tammy Borden**Date(s):** 3/24**Time:** 1-3 p.m.

Author, Tammy Borden's novel, Waltraud: A True Story of Growing Up in Nazi Germany, is based on her mother's personal accounts of growing up under Hitler's reign. Despite her traumatic youth, her mother didn't hide the haunting pain of her past. She told her remarkable story, bringing hope and healing to others, including the family of a fallen American soldier an ocean away and 80 years after his tragic death. Hear her story and walk away inspired and empowered to tell your own.

315 - Does Safety Equipment Save Lives? Only if It's Used. - Zoom

Location: Zoom

Presenter: Curtis Green

Date(s): 4/7

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

A Coroner/Paramedic presentation on safety equipment such as seat belts, helmets, safety harnesses, and tractor safety devices. This presentation will have information mostly related to Manitowoc County. This will be a decades long review of deaths associated with the use/non-use of safety equipment.

316 - YOU CAN KICK SUGAR - I DID - Zoom

Location: Zoom

Presenter: Lynn Gerlach

Date(s): 4/14

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

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 much more healthful diet.

317 - Winter Dance Party of 1959 - Zoom *NEW*

Location: Zoom

Presenter: Mark Steuer

Date(s): 4/14, 4/21

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

Take a musical history tour of the iconic "Winter Dance Party of 1959" which occurred from 23 January 1959 to 15 February 1959. This upper Midwest tour to 24 cities sadly saw the deaths of Buddy Holly, Ritchie Valens, the Big Bopper and pilot Roger Peterson in an Iowa plane crash on 3 February, 1959. Don McLean's anthem (American Pie) touches on that event. Pictures, posters, stories, music, books and memorabilia will tell this story once again, some 67 years afterwards.

318 - Wisconsin State Parks, Forests, and Recreation Areas - A Ranger's Guide - Zoom *NEW*

Location: Zoom

Presenter: James J. Buchholz

Date(s): 4/14

Time: 1-3 p.m.

A discussion of many of Wisconsin's 80 state parks and forest properties including their unique history, human occupation, geology and current recreational opportunities. A powerpoint presentation explores the content of the author's 495-page book and beautiful color photography followed by a fun state park trivia game. The presenter is a retired park ranger and property supervisor with a 40-year career with Wisconsin state parks and forests.

319 - Victory Over Japan - VJ Day - Zoom *NEW*

Location: Zoom

Presenter: Robert Block

Date(s): 4/21

Time: 1-3 p.m.

This presentation covers the preluding events that lead to the celebration of VJ Day. Some of the events covered in this presentation are: the attack on Pearl Harbor; the capture of US POW No 1 (Kazuo Sakamaki); the Janesville 99 - a tank company from Janesville, WI that takes part in the Bataan Island battle and the infamous Bataan death march; the dropping of "Little Boy" and "Fat Man" on Hiroshima and Nagasaki leading directly to the end of WWII; the euphoric celebration of VJ Day (Aug 15th, 1945) which includes the infamous sailor/nurse "kiss" in NY city.

320 - Mature Makeup and Skincare - Zoom

Location: Zoom

Presenter: Cheri Larson

Date(s): 4/28

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

Explore the art of ageless beauty in our Mature Makeup and Skincare class. This specialized course is designed to empower women with techniques and products tailored to mature skin. We will focus on personalized skincare routines and hands-on makeup application methods that enhance natural features, promote healthy skin, and boost confidence.

321 - Enslaved, Indentured, Free: Slavery in Wisconsin - Zoom**Location:** Zoom**Presenter:** Mary Elise Antoine**Date(s):** 4/28**Time:** 10 a.m.-12 p.m.

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.

322 - Stalag USA - WWII POW Camps - Zoom**Location:** Zoom**Presenter:** Bob Cook**Date(s):** 4/28, 5/5**Time:** 10 a.m.-12 p.m.

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.

323 - The Fur Trade in Wisconsin - Zoom**Location:** Zoom**Presenter:** Mary Elise Antoine**Date(s):** 4/28**Time:** 1-3 p.m.

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.

324 - Frankenstein - Zoom *NEW***Location:** Zoom**Presenter:** Rebecca Nesvet**Date(s):** 5/5**Time:** 10-11 a.m.

Learn about the making of Mary Shelley's 1818 novel *Frankenstein*, the novel's ideas, and the multimedia legend.

325 - From Pearl Harbor to Nagasaki - Zoom *NEW***Location:** Zoom**Presenter:** Bob Cook**Date(s):** 5/12, 5/19, 5/26, 6/9**Time:** 10 a.m.-12 p.m.

While the U.S. Navy believed in the beginning of WWII that this would be large ship conflict, it turned out to be fought by carrier aircraft. The strategic bombing of Japan turned out to be very different from that we used in Europe. We will look at the ships, planes, major battles and controversies relating to this part of WWII.

Online Wednesday**326 - Protecting Your Family From PFAS Contamination - Zoom *NEW*****Location:** Zoom**Presenter:** Crystal Brown, BSN-RN**Date(s):** 1/14**Time:** 1-2 p.m.

Crystal Brown of Clean Water Action Council of Northeast Wisconsin, will be presenting on the risks and health effects of PFAS contamination, and ways that you can help mitigate your risk and exposure by identifying sources in our everyday life. Join us for this engaging presentation to help protect yourself, your family, and advocate for your community.

327 - Are Electric, Hybrids, and Self Driving Cars Relevant? - Zoom *NEW*

Location: Zoom

Presenter: Jeff Gross & Brock Neverman

Date(s): 1/28

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

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

328 - Storytelling and Publishing - Zoom *NEW*

Location: Zoom

Presenter: Jean Huxtable-Hamersky

Date(s): 2/4

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

We will talk about the importance of storytelling and practice our story imaginations. The speaker will share her publishing journey with attendees.

329 - 5 Sneaky Causes of Weight Gain and How to Rate Your Plate - Zoom *NEW*

Location: Zoom

Presenter: Brenda Berend

Date(s): 2/4

Time: 1-3 p.m.

This course will share 5 sneaky causes of weight gain and ways to manage them, healthy guidelines to "Rate Your Plate", and provide tips on how to eat a balanced diet.

330 - Swallow Safe: Understanding Swallowing & Dysphagia for Healthy Aging - Zoom *NEW*

Location: Zoom

Presenter: Erin Keleny, MS, CCC-SLP, CDP

Date(s): 2/11

Time: 1-3 p.m.

Many adults experience changes in swallowing as they age - often without realizing it. Swallowing problems (dysphagia) are common and can lead to dehydration, malnutrition, chest infections, and reduced quality of life. Whether you're curious, caring for a loved one, or worried about a recent cough while eating, this session will empower you to recognize warning signs, learn safe everyday strategies, and know when to seek professional help.

331 - Roman and Han Empires Compared and Contrasted - Zoom *NEW*

Location: Zoom

Presenter: Greg Aldrete

Date(s): Dates TBA before registration. Check the online catalog or contact the LLI office for details.

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

The Roman Empire of the Mediterranean and the Han Empire of China were two of the largest, most successful, and most influential empires in all of history, and they existed at almost exactly the same time. This two-part course offers brief histories of both empires; compares their similarities and differences in terms of government, economy, society, and warfare; and examines challenges faced by each, including communication and barbarian invasions.

332 - What is an AOC? Learn About the Green Bay and Fox River Watershed - Zoom *NEW*

Location: Zoom

Presenter: Crystal Brown, Committee Chair

Date(s): 2/25

Time: 1-2 p.m.

Members from the Community Water Coalition, a community advisory committee that works with the WI DNR for the Green Bay and Fox River Watershed Area of Concern (AOC), will present on Green Bay's very own AOC. Learn about the history of the program, including PCB clean up, and the many projects taking place in our community to restore healthy waters and habitats, and how you can be involved and enjoy them.

333 - Climate Change and Energy Policy - Zoom

Location: Zoom

Presenter: Michael Kraft

Date(s): 3/18, 3/25

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

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

334 - Long-term Care Insurance - An engineer caregivers experience - Zoom *NEW*

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

The goal of this course is to help you understand the details of long-term care insurance and how the reimbursement process works. This course will share my experiences and learnings, good and bad, with long-term care insurance over the last 18 months. During that time, my wife and I have been the primary family caregivers for in-home care, resident memory care, and resident assisted living relatives.

335 - Creating a Backyard Wildlife Habitat - Zoom *NEW*

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

Go beyond the basics of bird feeding and create a natural habitat in your backyard! Learn how you can earn a Certified Wildlife Habitat designation from the National Wildlife Federation.

336 - Getting Ready for Gardening - Zoom

Location: Zoom
Presenter: Dan Theno
Date(s): 4/15
Time: 1-3 p.m.

This class will explore everything from soil improvement, proper planting techniques, plant combinations, composting and pruning.

337 - History of the Port of Green Bay and Its Continuing Impact - Zoom

Location: Zoom
Presenter: Mark Walter
Date(s): 4/22
Time: 10 a.m.-12 p.m.

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

338 - In-Home vs Resident Long-Term Care - An engineer caregivers experience - Zoom *NEW*

Location: Zoom
Presenter: Steve Mayer
Date(s): 4/22
Time: 10 a.m.-12 p.m.

The goal of this course is to share a family caregiver's insight into In-Home Senior Care versus Resident Care options. This course will share my experiences and learnings, good and bad, with senior care over the last 18 months. During that time, my wife and I have been the primary family caregivers for in-home care, resident memory care, and resident assisted living relatives.

339 - Should I Eat It? How PFAS Affects Hunting and Fishing - Zoom *NEW*

Location: Zoom
Presenter: Crystal Brown, BSN-RN
Date(s): 4/29
Time: 1-2 p.m.

Crystal Brown of Clean Water Action Council of Northeast Wisconsin, will be presenting on the risks and health effects of PFAS contamination and how this affects hunting and fishing in Green Bay and Wisconsin. The WI DNR released a PFAS Consumption Advisory for ducks in Green Bay, as well as fishing advisories in other areas of the state. Learn how to mitigate your risk and what these advisories mean for your health, and hunting and fishing culture. Learn ways to advocate for safe hunting, fishing, and water.

340 - World War II : Home Front and Front Line - Zoom *NEW*

Location: Zoom
Presenter: Michael Grzeca
Date(s): 4/29
Time: 9:30-11:30 a.m.

What was World War II like for those who lived in America at the time? What was it like fighting on the front line overseas? This course will try to give you a feel for what it was like.

341 - Behind the Green Bay Packer Scoreboard - Zoom *NEW*

Location: Zoom

Presenter: Randy Johnson

Date(s): 5/13

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

From the early days at City Stadium at East High School to the present day at Lambeau Field a father and now his son have taken care of updating the Packer scoreboard at every home game. From being outside in all kinds of weather updating the score and downs to being inside today in comfort, they have handled updates for the fans in the stands.

Online Thursday

342 - UP STORIES (BOOK CLUB) - Zoom

Location: Zoom

Presenter: Diane Shepard

Date(s): 1/8, 2/12, 3/12, 4/9

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

Explore the history, myth, and mystery of the Upper Peninsula of Michigan. We will read 3-4 books over 4 months and talk about what we have read.

- January: Without a Trace, by Colleen Coble
- February: Ice Hunter, by Joseph Heywood
- March: Ursula Under, by Ingrid Hill
- April: TBA

343 - Sedimentary Rocks & The Secrets They Hold - Zoom *NEW*

Location: Zoom

Presenter: John Luczaj

Date(s): 1/8

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

Join UW-Green Bay Professor John Luczaj for a journey through the world of sedimentary rocks to explore the secrets of Earth's past life, climate, and environmental conditions. You will learn how scientists can use fossils, sedimentary structures, chemical signatures, and other clues preserved in the rocks to interpret Earth's past.

344 - The 26th - Wisconsin in the Civil War - Zoom

Location: Zoom

Presenter: James S. Pula

Date(s): 1/15

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

Formed from German communities in eastern Wisconsin, the 26th Wisconsin Infantry, also known as the Sigel Regiment, fought and bled its way through some of the Civil War's most difficult battles-Chancellorsville, Gettysburg, Chattanooga, the Atlanta campaign, Sherman's March to the Sea, and the campaign in the Carolinas. By war's end, it had played a significant role in the conflict and had the casualty list to prove it. This illustrated PowerPoint presentation follows the regiment and some of the men who served in it through the difficult years of their service to illustrate their contributions to the Union victory.

345 - The Tax Man Cometh... - Zoom *NEW*

Location: Zoom

Presenter: Daniel J. Winske

Date(s): 1/22, 1/29

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

In this course, area business owner and CPA, Dan Winske, will guide you through the fundamentals of individual income taxation. In addition to addressing key concepts and terminology, the course will answer the question "How are my taxes affected by the new tax law (One Big Beautiful Bill Act) that was passed in 2025?" The course will also focus on other tax topics such as Social Security benefits, traditional IRAs, Roth IRAs, Roth IRA conversions, 401(k)-type retirement plans, when you have to start taking retirement account distributions and how much, and income tax-saving strategies. Questions will be encouraged.

346 - Holy Communion: Diversity in theology and practice - Zoom *NEW***Location:** Zoom**Presenter:** Julie Black Harder**Date(s):** 1/22**Time:** 1-2:15 p.m.

Different Christian denominations understand “Holy Communion” quite differently, including “what happens” during this ritual and who “gets to” partake. Such diversity is not new; e.g., early Christian writings demonstrate variations in the words Jesus spoke at the Last Supper. In this class, we’ll explore both the ancient and the current diversity in the theologies and practices surrounding Communion. The presenter holds a Master’s Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College.

347 - Inside the Secret Service - Zoom *NEW***Location:** Zoom**Presenter:** Mike Murphy**Date(s):** 1/22**Time:** 1-3 p.m.

An introduction to the expensive and complex operation of the federal agency charged with protecting the President. Includes discussion not only of the variety of ways the President is protected in the White House, in motorcades and on the golf course, but also of some of the recent screw-ups and scandals and the constant challenge of new weapons and new technology, including drone swarms.

348 - The Way We Do Death Part 2 - Zoom**Location:** Zoom**Presenter:** Illene Cupit**Date(s):** 1/29**Time:** 1-3 p.m.

All humans (and most likely some animal species) experience the emotional consequences of losing someone whom they have loved. This universal experience, known as grief, encompasses emotional, physical, psychological and spiritual dimensions. There are many aspects of grief that we all have in common, and yet it is highly individualized in terms of who died, our relationship to the deceased, how the death occurred and the coping strategies that

are used to negotiate the grief. This workshop will go beyond stages to fully explore current knowledge and thinking about grief. In addition, we will discuss the remarkable resiliency that most humans have in the face of loss. It is not necessary to have taken Part 1 of this series to enjoy Part 2.

349 - Is it time to look at Death With Dignity in Wisconsin? - Zoom**Location:** Zoom**Presenter:** Curtis Green**Date(s):** 2/5**Time:** 10 a.m.-12 p.m.

Presenter Curtis Green has been in the emergency business for 40 years. He has been the Coroner for Manitowoc County for the last 19 years. He has worked in large metropolitan areas as a paramedic as well. With decades of experience dealing with some of the most horrific deaths imaginable he reflects on how people facing the end of their lives make the heartbreaking personal choice to end their suffering. This will be a review of suicides and the stories behind them. It will also be a forum to begin the discussion of whether assisted death is a topic to be discussed broadly in Wisconsin.

350 - German Research: They Spoke German, but Were They From Germany? - Zoom**Location:** Zoom**Presenter:** Dave Miller “The Ancestor Guy”**Date(s):** 2/5**Time:** 10 a.m.-12 p.m.

Many of our ancestors spoke German, but were they really from what we now call the Republic of Germany? Genealogist Dave Miller will explore the ancestors who spoke German when they arrived in the U.S. and whether these ancestors were really from what we now refer to as Germany. He will discuss the history of the ancestors who spoke German when they arrived in the U.S. and their origins, and what the world looked like back then. Keep in mind, the German Empire didn’t begin until 1871, so these ancestors may have been living in what was then Prussia, Bohemia, Bavaria, Saxony, or even France when they were born. You might be surprised to hear how those immigrant ancestors’ grandparents or great grandparents may even have moved from somewhere else. And Dave will discuss why they moved to the Midwest, especially Wisconsin.

351 - History of Christian Baptism - Zoom *NEW*

Location: Zoom

Presenter: Benjamin W. Cruz-Uribe

Date(s): 2/19

Time: 1-3 p.m.

Baptism may be a universal ceremony across all Christian denominations but there still exist some extreme views on what baptism means theologically and how it is to be administered. This course explores the history of this Christian Rite from its earliest beginning to the present, showing the changes that evolved across time.

352 - Spiders: Tiny Tool-Using Tigers - Zoom

Location: Zoom

Presenter: Mike Draney

Date(s): 2/26

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

Spiders are one of the most diverse and ecologically important groups of animals on Earth, and they have a prominent place in human cultures and the human mind as well. Arachnologist Michael Draney will attempt to answer any questions you might have about these interesting animals, and try to convey the fascination that has led him to devote his scientific career to their study. We will take a visual and intellectual journey across the planet and through geological time to see how spiders have become so successful in nearly every terrestrial environment. Hopefully, you may begin to see spiders as beautiful creatures, and replace fear and loathing with wonder and respect.

353 - Blood Thinners: Why, How and What? (2026 Update) - Zoom

Location: Zoom

Presenter: Brian Barkow, PharmD

Date(s): 3/5, 3/12

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

This updated and now two part presentation will review (Part One) the clinical reasons for being on anticoagulation (blood thinning) and (Part Two) how the medications work and what ones would be preferred in different situations.

354 - Common Scams & Frauds - Zoom

Location: Zoom

Presenter: Jeff Kersten

Date(s): 3/5

Time: 1-3 p.m.

The Wisconsin Bureau of Consumer Protection will discuss the details of common scams, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful factsheets from The Bureau of Consumer Protection will be available. As Wisconsin's lead agency for consumer protection, the Bureau of Consumer Protection at the Wisconsin Department of Agriculture Trade and Consumer Protection, provides information and education, mediates complaints, investigates cases, and takes enforcement actions to fight fraudulent and deceptive practices that harm consumers and honest businesses.

355 - America 250! Patriots, Pioneers and Progeny - Zoom *NEW*

Location: Zoom

Presenter: Valerie Plasky

Date(s): 3/26

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

As America prepares to celebrate its 250th birthday, join us for an inspiring presentation honoring the patriots of the American Revolutionary War. Pioneers, Patriots & Progeny will explore the courageous lives of those who fought for independence and the journeys their descendants took to settle in Northeast Wisconsin. Discover how the spirit of liberty lives on through generations and how these early heroes helped shape our region and our nation.

356 - Organize and Digitize Your Photos and Other Media - Zoom

Location: Zoom

Presenter: Gary Lewins & Mollie Bartelt

Date(s): 3/26

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

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.

357 - Understanding the Basics: Social Security & Medicare - Zoom**Location:** Zoom**Presenter:** Tara Palmbach, Medicare Volunteer & Brandon Raymond, ADRC Staff**Date(s):** 3/26**Time:** 1-2:30 p.m.

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

358 - Judas Iscariot and His Gospel - Zoom *NEW***Location:** Zoom**Presenter:** Benjamin W. Cruz-Urbe**Date(s):** 4/2**Time:** 1-3 p.m.

Who was Judas Iscariot? What did Judas actually do? Did Judas have a choice? What happened to Judas? This course will try to answer these questions and more by looking at the Canonical Gospels and the recently discovered non-canonical Gospel of Judas. A course similar to this one was given 9 years ago.

359 - Famous Masterpieces From Terrible Tragedies - Zoom *NEW***Location:** Zoom**Presenter:** Mike Murphy**Date(s):** 4/16**Time:** 10 a.m.-12 p.m.

Explore how three famous works of art - "Picasso's Guernica", "Gericault's Raft of the Medusa", "Goya's Third of May 1808" - and Tennyson's famous "Charge of the Light Brigade" all emerged artistically from very different terrible tragedies. This class blends history, art and literature to show how disastrous events can inspire works of lasting power and meaning.

360 - Submarine War in the Pacific - Zoom *NEW***Location:** Zoom**Presenter:** Bob Cook**Date(s):** 4/23, 4/30, 5/7**Time:** 10 a.m.-12 p.m.

In one of the lesser-known parts of WWII, the Silent Service dramatically reduced Japan's war making capacity. We will discuss the history of the submarine and the tactics used in the war against Japan.

361 - History of the Holy Eucharist - Zoom *NEW***Location:** Zoom**Presenter:** Benjamin W. Cruz-Urbe**Date(s):** 4/23**Time:** 1-3 p.m.

The Holy Eucharist may be a universal ceremony across all Christian denominations but there still exist some extreme views on what the Eucharist means theologically and how it is to be administered. This course explores the history of the beliefs and practices associated with this Christian Rite starting with the First Christian generation up to the present, showing the changes that evolved across time.

362 - America's Troubled Health System - Zoom *NEW***Location:** Zoom**Presenter:** Bob Srenaski**Date(s):** 5/7**Time:** 10 a.m.-12 p.m.

Privatization of Medicare, Medicaid cuts, invasion of private equity speculators, assisted living, road to poverty-it's the most outrageously expensive, profit driven system in the world-that needs a complete overhaul.

363 - How to Deal with Angry People: 10 Strategies - Zoom *NEW*

Location: Zoom

Presenter: Ryan Martin

Date(s): 5/7

Time: 1-3 p.m.

Dealing with angry people is hard, but unavoidable. From tense meetings to awkward family dinners, unchecked anger can hijack our lives. In this talk, I'll present 10 proven strategies to manage anger in others while staying grounded yourself. Drawing on decades of research and real-world examples, I'll offer tools for setting boundaries, staying calm under pressure, and choosing the best response in the moment.

364 - Manifest Destiny: An Often Misunderstood Concept about the United States - Zoom *NEW*

Location: Zoom

Presenter: Diana L. Ahmad, Ph. D.

Date(s): 5/21

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

In 1845, journalist John L. O'Sullivan coined the term "Manifest Destiny ". Simply defined, it was the belief that the United States was destined to spread its empire across North America. An ideal concept, Manifest Destiny served as justification for 19th century expansion to California and Oregon. Its significance lies in its belief of American self-confidence and sense of superiority. This talk explains what Manifest Destiny means and its impact on the United States.

Online Friday

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

Location: Zoom

Presenter: Eric W. Fowle, AICP

Date(s): 2/6

Time: 1-2:30 pm

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

366 - Self Massage for Stress Reduction and Pain Relief - Zoom

Location: Zoom

Presenter: Katie Brewer

Date(s): 2/20

Time: 1-2:30

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

367 - Capture of the Remagen Bridge during WWII - Zoom *NEW*

Location: Zoom

Presenter: John Pfeister

Date(s): 3/6

Time: 1-3 p.m.

By early 1945, Hitler's army was in retreat and unable to prevent the advance of the allies on it's Eastern Front. The Germans were destroying the bridges across the Rhine River to slow the allied advance. This class will examine the surprise capture of the German held Ludendorff Bridge at Remagen that allowed the Americans to pour into the heart of Germany and bring WWII to a quick end.

368 - Two Very Different Adventures - Zoom *NEW***Location:** Zoom**Presenter:** Stu Hoar**Date(s):** 4/24**Time:** 10 a.m.-12 p.m.

We visited Greenland and the Canadian Arctic last summer and in December we visited Egypt. The Arctic featured natural beauty, glaciers, icebergs, and our first experience with an August snowstorm. Egypt has more than 3,000 years of history displayed in temples, pyramids, and statues. The class will focus on photographs from both trips and a discussion of travel planning.

369 - Emperor Justinian's Bad Luck - Zoom *NEW***Location:** Zoom**Presenter:** Scott Bartell**Date(s):** 5/1**Time:** 10-11:30 a.m.

The Roman Emperor Justinian had grand ambitions and plans to revitalize the Empire. Unfortunately, despite his successes, his reign was plagued with unfortunate disasters - both natural and manmade - that regularly tested his resilience and often threatened to derail his grandiose vision. We'll look at the ups and down of Justinian's reign and his overall impact on the ancient world.

370 - Wartime Champions - Zoom *NEW***Location:** Zoom**Presenter:** Tony Walter**Date(s):** 5/1**Time:** 1-3 p.m.

Green Bay area in 1944, coping with the war and enjoying a triumphant Packer Season.

371 - WWII Internment Camps - Zoom**Location:** Zoom**Presenter:** Bob Cook**Date(s):** 5/8**Time:** 10 a.m.-12 p.m.

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.

372 - Books and You - Zoom**Location:** Green Bay**Classroom:** Zoom**Presenter:** Terri Gulyas**Date(s):** 2/13, 3/19, 4/16**Time:** 1-2:30 p.m.**Limit:** 30

Books and You examines different titles, fiction or nonfiction, that relate to a specific topic. We've read about apartheid, banned books, immigration, diasporas across the world, rural healthcare, poverty, past presidents, and many other issues. If a topic doesn't appeal to you, please read and share about a book that is meaningful to you. As global citizens, we expand our knowledge by reading about our wider world to gain an appreciation of different cultures and an understanding and acceptance of all people. Topics for this semester include: February: book about a senior citizen, March: book about the Philippines or Southeast Asia, April: book about rebels.

Campus Information

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

PARKING DETAILS:

www.uwgb.edu/publicsafety/parking

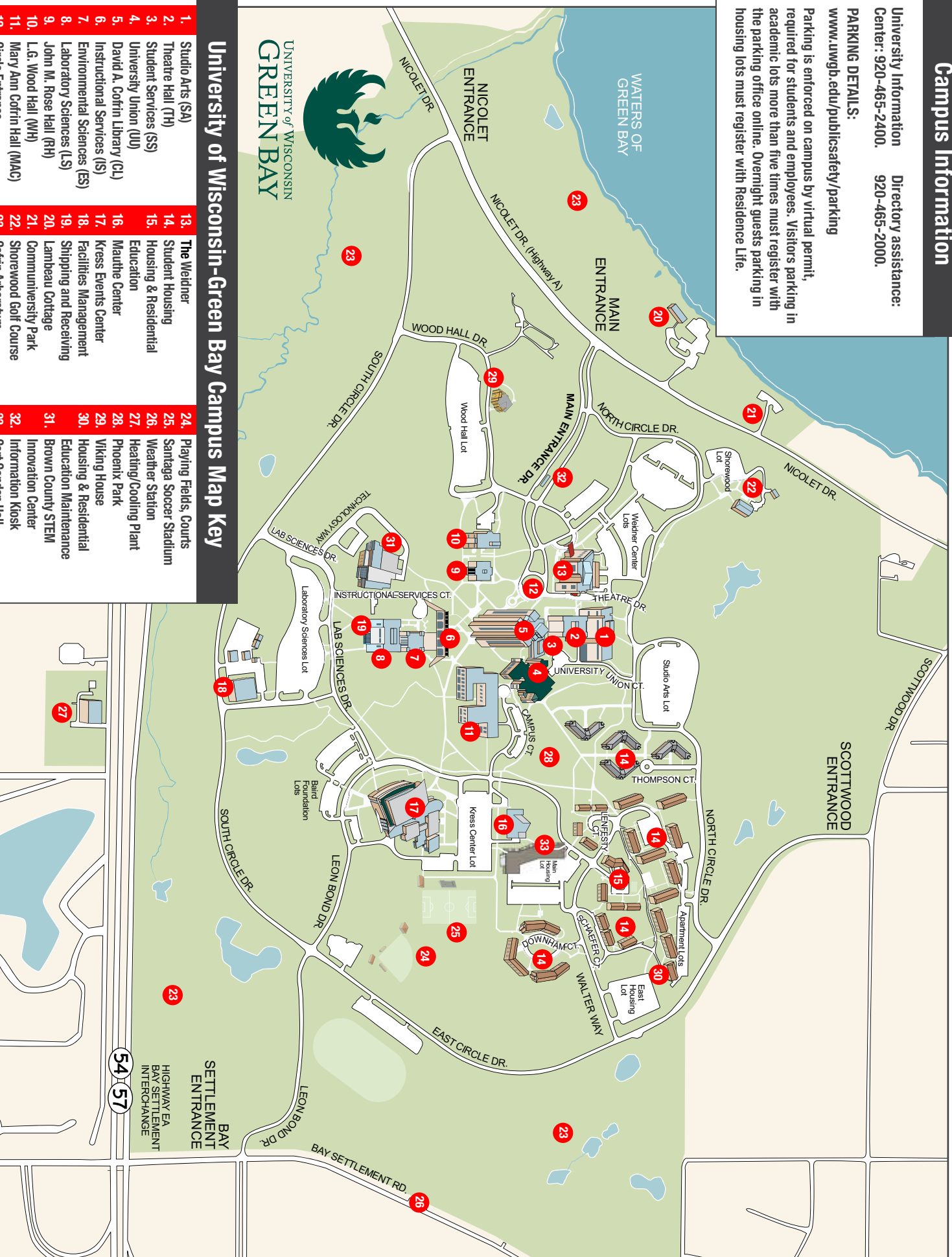
Parking is enforced on campus by virtual permit, required for students and employees. Visitors parking in academic lots more than five times must register with the parking office online. Overnight guests parking in housing lots must register with Residence Life.

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. Mauthe 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	



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BAY SETTLEMENT
INTERCHANGE

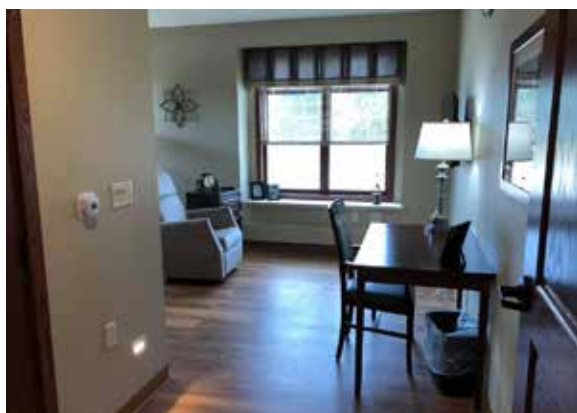


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QUICK LINKS

If you are new to LLI, become a paid member by December 1. Go to www.uwgb.edu/lli and click **BECOME A MEMBER**.

Already a member? If you joined in July or August, you'll automatically receive your registration link—no action needed.

BECOME A NEW MEMBER BY DECEMBER 1 TO RECEIVE YOUR REGISTRATION LINK FOR DECEMBER 9.

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.



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.



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