

Celebrating 35 YEARS OF LIFELONG LEARNING

Lifelong Learning Institute Fall 2026 Course Catalog



Become a paid member by
July 20 to receive a registration
link for August 4.

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

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



About LLI

The Lifelong Learning Institute (LLI) at UW-Green Bay is a vibrant, member-led community for adults who are passionate about learning, connection, and discovery. With hundreds of courses each year and flexible options to participate in person or online, LLI makes it easy to stay curious, engaged, and connected. Today, with more than 885 members, LLI is proud to be the second-largest program of its kind in Wisconsin.

A Program You Can Trust

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



250+
COURSES



25%
OF COURSES
AVAILABLE ONLINE



885+
MEMBERS



100%
FUN (NO TESTS
OR GRADES!)

Stay Connected & See What's Coming Up



Visit our blog for stories and updates.

blog.uwgb.edu/lli



Follow us on Facebook to join the conversation and stay in the loop.

www.fb.com/uwgb.lli

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Membership & Registration Checklist

1. Become a Member by July 20

You must be a member to register for classes. Become a member by July 20 at www.uwgb.edu/lli.

Annual Membership: \$150

You can still become a member after July 20. You will receive your registration link August 5 or later.

2. Receive Your Registration Time by July 31

You will receive an email with your personalized registration time for August 4 by July 31.

3. Prepare Your Class Selections

Prior to August 4, browse the catalog and pick up to 15 classes to register for. If classes are left after the initial registration, you can add more!

4. Register During Your Assigned Time on August 4

At your personalized registration time on August 4, you will receive a registration link. You will need to register for classes using this link. This email will come from lli@uwgb.edu. No registration link is available on the website.

Be sure to click "Submit" at the end of registration.

Upon successful registration you will see a screen with the UW-Green Bay logo or a party-hat symbol.

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

5. Mark Confirmed Courses Dates on Your Calendar

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

Registration Details

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

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

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

Have questions? Call (920) 465-2356



Refund Policy

New in Fall 2026, LLI will no longer be issuing refunds if a member chooses to cancel a course. Please keep this in mind when registering. Failure to pay course fees at least two weeks prior to the class start date will result in removal from the course.

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



Contacting LLI

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

Austin Straubel Airport

2077 Airport Drive, Suite 18
Green Bay, WI 54313

Baird Creek - Session A

Baird Creek Lower Parking lot
324 Baird Creek Rd.
Green Bay, WI 54311

Baird Creek - Session B

Christa McAuliffe Park Parking lot
3100 Sitka St.
Green Bay, WI 54311

Barkhausen Waterfowl Preserve

2024 Lakeview Dr.
Suamico, WI 54173

Bay Beach Wildlife Sanctuary

1660 East Shore Dr.
Green Bay, WI 54302

Bergstrom-Maher Museum of Glass

165 North Park Ave.
Neenah, WI 54956

Brown County Family Center

1076 St. Agnes Dr.
Green Bay, WI 54304

Bus Trip - Meet in Wood Hall

Parking Lot
144 Rose Lane
Green Bay, WI 54302

Calvary Lutheran Church

1301 S Ridge Rd.
Green Bay, WI 54304

Charles A. Grignon Mansion

1313 Augustine St.
Kaukauna, WI 54310

**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

Evergreen Theater

1806 Bond St.
Green Bay, WI 54303

**First Presbyterian Church
Green Bay**

200 S Ashland Ave.
Green Bay, WI 54303

First United Methodist Church

601 10th Ave.
Menominee, MI 49858

**Green Bay Salvation Army Corps
Community Center**

626 Union Court
Green Bay, WI 54303

Habitat for Humanity Restore

1967 Allouez Ave.
Green Bay, WI 54311

**Harmony Arboretum &
Demonstration Gardens**

1926 Hall Ave.
Marinette, WI 54143

Hazelwood Historic House

1008 S Monroe Ave.
Green Bay, WI 54301

Humane Society

1830 Radisson St.
Green Bay, WI 54302

Jeff's Piano Sales & Service

1674 E Mason St.
Green Bay, WI 54302

**Kress Events Center
UW-Green Bay Campus**

2358 Leon Bond Dr.
Green Bay, WI 54302

Krueger International (KI)

1330 Bellevue St.
Green Bay, WI 54302

**Lambeau Field Packers
Hall of Fame**

1265 Lombardi Ave.
Green Bay, WI 54304

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

**Mauthe Center
UW-Green Bay Campus**

2418 Leon Bond Dr.
Green Bay WI, 54311

Misfits Homegrown LLC

8623 Country Rd. JJ
Manitowoc, WI 54220

Mosquito Hill Nature Center

N3880 Rogers Rd.
New London, WI 54961

National Railroad Museum

2285 S Broadway
Ashwaubenon, WI 54304

National Shrine of Our Lady of Champion

4047 Chapel Dr.
Champion, WI 54229

NEW Beads and Jewelry

2069 Central Ct., Ste 44
Green Bay, WI 54311

NEW Water

2231 N. Quincy St.
Green Bay, WI 54302

Kahnekano-Lú Cultural Center

760 Airport Rd.
Oneida, WI 54155

Rennes Health & Rehab Center - Appleton

301 E Florida Ave.
Appleton, WI 54911

Rennes Health & Wellness Center - De Pere

200 S 9th St.
De Pere, WI 54115

Rennes Health & Rehab Center - Peshtigo East

701 Willow St.
Peshtigo, WI 54157

Rennes Health & Rehab Center - Peshtigo West

501 N Lake St.
Peshtigo, WI 54157

Rose Hall UW-Green Bay Campus

2390 Wood Hall Dr.
Green Bay, WI 54311

Sisters of St. Francis of the Holy Cross Convent

3110 Nicolet Dr.
Green Bay, WI 54311

Station 1 Brewing

1745 Riverside Dr.
Suamico, WI 54173

STEM Innovation Center UW-Green Bay Campus

2019 Technology Way
Green Bay, WI 54311

Still Bend/Schwartz House

3425 Adams St.
Two Rivers, WI 54241

Paintin' Pottery

502 George St.
De Pere, WI 54115

The Picklr

2610 Holmgren Way
Green Bay, WI 54304

The Promenade

2315 San Luis Place
Green Bay, WI 54304

Phoenix Rooms

UW-Green Bay Campus

2420 Nicolet Dr.
Green Bay, WI 54311
Located on Second Floor of University Union

Union Congregational Church

716 S Madison St.
Green Bay, WI 54301

United Hospice Depere

2079 Lawrence Dr., Suite B
De Pere, WI 54115

United Way Fox Cities

1455 Midway Rd.
Menasha, WI 54952

UW-Green Bay Manitowoc Campus

705 Viebahn St.
Manitowoc, WI 54220

Various Trails

3334 Sunset Beach Lane
Suamico, WI 54173

Willow Creek Lanes

2020 Verlin Rd.
Green Bay, WI 54311

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*.

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No.	Course Title	Time	Start	Subsequent Dates
94	History of Ireland in Music and Song	10 a.m.-12 p.m.	8/19	
95	Wire Wrapped Donut Pendant	10 a.m.-12 p.m.	8/19	
96	Journey to the Presidents' Graves - Session A	1-3 p.m.	8/19	
145	What Shapes Our Health: Understanding the Conditions That Help Us Thrive	10 a.m.-12 p.m.	8/20	
146	Learn American Mah Jongg: A Beginner's 2 hour Workshop	10 a.m.-12 p.m.	8/20	
147	Recorder Lessons (Part 5)	12:30-2 p.m.	8/20	9/3 9/24 10/8 10/22 11/5 11/19 12/3
148	Recorder Lessons (Part 2)	2:30-4 p.m.	8/20	9/3 9/24 10/8 10/22 11/5 11/19 12/3
1	Staying Sharp Through Creative Movement	10-11:30 a.m.	10/27	
2	Approach Matters in Dementia Care	12-2 p.m.	8/24	
3	An Introduction to the Reiki Experience	1-3 p.m.	8/24	
34	Pen and Ink Drawing	10 a.m.-12 p.m.	8/25	9/1 9/8 9/22 9/29
35	Intro to Tai Chi	1-3 p.m.	8/25	9/1 9/8 9/15
36	Care for Your Hands as You Age	1-3 p.m.	8/25	
97	Organizing and Digitizing Pictures and other Media	10 a.m.-12 p.m.	8/26	
98	Zentangle - Work at Your Own Pace	1-3 p.m.	8/26	9/2 9/9
149	TSA: Rules & Regulations	10 a.m.-12 p.m.	8/27	
150	Journey to the Presidents' Graves - Session B	1-3 p.m.	8/27	
37	On a Wisconsin Family Farm	10-11:30 a.m.	9/1	

No.	Course Title	Time	Start	Subsequent Dates
38	Update on the U.S. and Wisconsin Supreme Courts	10 a.m.-12 p.m.	9/1	
39	Grief and Loss	10 a.m.-12 p.m.	9/1	
99	What the Hell: the Transfer Portal, NIL and College Basketball	10 a.m.-11:30 a.m.	9/2	
100	Native Plants/ Gardening for Pollinators	10 a.m.-12 p.m.	9/2	
101	History of Astronomy in NE Wisconsin	10 a.m.-12 p.m.	9/2	
102	Discovering Glass: Art, History, and Community in Neenah, WI	2-3:30 p.m.	9/2	
151	UP Stories (Book Club)	10 a.m.-12 p.m.	9/3	10/1 11/5 12/3
152	Art Boot Camp	1:30-3:30 p.m.	9/3	9/10 9/17 9/24 10/1
153	Dollar Bill Origami Heart	1-3 p.m.	9/3	
40	Juggling: You can FINALLY learn how!	10 a.m.-12 p.m.	9/8	9/15
103	What is a "Normal Death"?	10 a.m.-12 p.m.	9/9	
104	PBM's and the Changing Landscape of Healthcare	10 a.m.-12 p.m.	9/9	
105	History of Costumes Fashion Show	10 a.m.-12 p.m.	9/9	
106	Farm to Table Tour	12-2 p.m.	9/9	
107	Bay Beach Wildlife Sanctuary	1-3 p.m.	9/9	
108	Protect Your Hearing - Protect Your Future	1-3 p.m.	9/9	
109	Lifelong Learning Choir	3:30-5 p.m.	9/9	
154	"For The Love Of Recorders" Concert	10 a.m.-12 p.m.	9/10	

No.	Course Title	Time	Start	Subsequent Dates
155	Wuthering Heights	10-11 a.m.	9/10	
156	Travelers' Observations of Pacific Sea Life , 1880 -1910	10-11:30 a.m.	9/10	
157	Pickleball 101	1-3 p.m.	9/10	
158	Understanding Lakes	1-3 p.m.	9/10	9/17 9/24
159	Beginning Birding - Session A	1-4 p.m.	9/10	
160	Open Knitting	9:30-11:30 a.m.	9/10	10/8 11/12 12/10
205	Biking is Fun at Any Age	10 a.m.-12 p.m.	9/11	9/18 9/25 10/2 10/9 10/16
4	Memory, Monuments, and Memorials	10 a.m.-12 p.m.	9/14	
5	Code Girls	1-3 p.m.	9/14	
6	It's a Mystery to Me	1-3:30 p.m.	9/14	10/5 11/2 12/7
7	Belgian Life, Past and Present, in Door County	8:30 a.m.-1 p.m.	9/14	
41	Alzheimer's Research Update and Advocacy Opportunities	10 a.m.-12 p.m.	9/15	
42	Lost to Time	10 a.m.-12 p.m.	9/15	9/22
43	Create a Suncatcher or Ornament	10 a.m.-12 p.m.	9/15	
44	Fox River Locks	10 a.m.-12 p.m.	9/15	9/22
45	Intro to Designing 3D Printing and Laser Cutting	10 a.m.-12 p.m.	9/15	9/16 9/17
46	Continuing Issues	1-3 p.m.	9/15	9/29 10/13 10/27 11/10 11/24 12/1 12/15
47	Lust to Shop: From Romanticism to Modernism in a Shoebox	3-5 p.m.	9/15	

No.	Course Title	Time	Start	Subsequent Dates
110	Dementia Friends	11 a.m.-12 p.m.	9/16	
111	Writing Your Memoirs	1-3 p.m.	9/16	9/30 10/7 10/14 10/21 10/28
161	Alpaca Ranch Experience	10 a.m.-12 p.m.	9/17	
162	Group Piano	10-11:30 a.m.	9/17	9/24 10/1 10/8
163	Books and You	1-2:30 p.m.	9/17	10/15 11/19 12/17
164	Authentic 1850's Designed Windmill Tour - Session A	1-3 p.m.	9/17	
165	Is The Book Better Than The Movie?	9 a.m.-12 p.m.	9/17	10/15 11/19 12/17
206	Still Bend: Frank Lloyd Wright House in Two Rivers - Session A	1:30 p.m.	9/18	
207	NATO at the Crossroads: Europe, America, and the Future of the Alliance	10 a.m.-12 p.m.	9/18	
208	Art Play Day #2	10 a.m.-12 p.m. & 1-3 p.m.	9/18	
8	Make a Hanging Pumpkin Lamp for Fall Decorating	10 a.m.-12 p.m.	9/21	
9	Walking in the Shadow of History- The Great Green Bay Fire of 1880	1-3 p.m.	9/21	
10	History of the Earth in Videos: Part 3	1-3 p.m.	9/21	9/28 10/5
11	Learning Shakespeare: King Lear	1-3 p.m.	9/21	9/28
48	The War of 1812 in Wisconsin	10 a.m.-12 p.m.	9/22	
49	It All Starts at Home: Simple Choices to Protect Our Waterways	10 a.m.-12 p.m.	9/22	9/29
50	My Life as a Forward Observer in Vietnam 1968-1969	10 a.m.-12 p.m.	9/22	
51	Authentic 1850's Designed Windmill Tour - Session B	10 a.m.-12 p.m.	9/22	

No.	Course Title	Time	Start	Subsequent Dates
52	Music & Sound - A Brain Enhancer?	12:30-2:30 p.m.	9/22	
53	Enslaved, Indentured, Free: Slavery in Wisconsin	1-3 p.m.	9/22	
54	Scandalous Minahan Walking Tour	1-3 p.m.	9/22	
166	Knitting a Sweater	1:30-3 p.m.	9/24	10/1 10/8 10/15
167	Musical Borrowing: Is It Legit?	10 a.m.-12 p.m.	9/24	
168	Railroad Strikes: America at a Standstill	10 a.m.-12 p.m.	9/24	
169	Sustainability and Solar Energy	10 a.m.-12 p.m.	9/24	
170	Beginning Knitting	12-1:30 p.m.	9/24	10/1 10/8 10/15
171	Leadership in the Community: Lessons from the Field	1-3 p.m.	9/24	
172	Salvation Army: from Donuts to Doing The Most Good	8:30-10:30 a.m.	9/24	
209	Cost of Victory: Life After World War II	10-11:30 a.m.	9/25	
210	From Pearl Harbor to Nagasaki	1-3 p.m.	9/25	10/2 10/9 10/16
211	Volunteering in Retirement	1-3 p.m.	9/25	
212	Barkhausen	9-11 a.m.	9/25	
12	Leaving a Paw Print: The Power of Smart Giving	10 a.m.-12 p.m.	9/28	
13	Leadership in Difficult Times: Lessons from Disasters and Wars	10-11:30 a.m.	9/28	10/5
14	Why Olympic Weightlifting - Session A	10-11:30 a.m.	9/28	
55	Care that Transitions with You	10 a.m.-12 p.m.	9/29	

No.	Course Title	Time	Start	Subsequent Dates
56	Honey Bees: Beekeeping and Pollinators	10 a.m.-12 p.m.	9/29	
57	Grignon Mansion Tour - Session A	1-3 p.m.	9/29	
112	Line Dancing	10 a.m.-12 p.m.	9/30	10/7 10/14 10/21 10/28 11/4
113	Nuclear Power & Electrical Generation	10 a.m.-12 p.m.	9/30	
114	GRB Airport Behind the Scenes - Session A	1-3 p.m.	9/30	
115	7-Step Chair Caning	1-3 p.m.	9/30	10/7 10/14 10/21 10/28 11/4
116	Me Time: Self Care Tips Everyone Can Use	1-3 p.m.	9/30	
117	Making AI Simple: Practical Tools for Everyday Life	2-4 p.m.	9/30	
173	Wrecks: How Accidents Have Improved Rail Safety	10 a.m.-12 p.m.	10/1	
174	Artificial Intelligence in Everyday Life	10 a.m.-12 p.m.	10/1	
175	Why Olympic Weightlifting - Session B	1-2:30 p.m.	10/1	
176	Beginning Birding - Session B	9a.m.-12p.m.	10/1	
15	Still Bend: Frank Lloyd Wright House in Two Rivers - Session B	1:30 p.m.	10/5	
16	What Makes a Piece of Music Romantic?	10 a.m.-12 p.m.	10/5	
17	Art of Furniture Arrangement	10 a.m.-12 p.m.	10/5	
18	Tat & Chat	1-3 p.m.	10/5	10/12 10/19 10/26
19	Baptism: It's Origin and Development	1-3 p.m.	10/5	10/12 10/19
58	Lost Lady: The Lady Elgin Tragedy	10 a.m.-12 p.m.	10/6	

No.	Course Title	Time	Start	Subsequent Dates
59	20,000 Years in the Blink of an Eye - The Past, Present and Future of the Great Lakes	10 a.m.-12 p.m.	10/6	
60	Home Health vs Home Care Services - What Our Community Needs to Know	10 a.m.-12 p.m.	10/6	
61	First English Settlements in America	1-3 p.m.	10/6	
62	Wartime Champions	1-3 p.m.	10/6	
118	Introduction To Observational Astronomy	10-11:30 a.m.	10/7	
120	Defining LDL vs HDL Cholesterol	10 a.m.-12 p.m.	10/7	
121	The World in Economic Disarray	10 a.m.-12 p.m.	10/7	
177	Films in Dialog: Hitchcock and Beyond	10 a.m.-12 p.m.	10/7	10/8 11/4 11/5
122	Enstrom Helicopter Tour	1-3 p.m.	10/7	
123	Grignon Mansion Tour - Session B	1-3 p.m.	10/7	
178	Classic 10 Pin Bowling	1:30-3:30 p.m.	10/8	10/15 10/22 10/29 11/5 11/12
179	Ancient Roman Secrets of Persuasive Public Speaking	10 a.m.-12 p.m.	10/8	
180	Earliest Christian Beliefs: The Didache	1-3 p.m.	10/8	
181	Local flavor: How to Make Pasties	9:30 a.m.-1 p.m.	10/8	
213	Oneida Nation Culture Center Tour - Session A	10 a.m.-12 p.m.	10/9	
20	Beginning Spanish II	10 a.m.-12 p.m.	10/12	10/19 10/26 11/2 11/9 11/16
21	Continuing Spanish	12:15-2:15 p.m.	10/12	10/19 10/26 11/2 11/9 11/16
22	Astronomy and History of the Western Calendar	1-3:15 p.m.	10/12	

No.	Course Title	Time	Start	Subsequent Dates
63	German Research: They Spoke German, But Were They From Germany?	10 a.m.-12 p.m.	10/13	
64	America's Forgotten Ally: Poland in the Second World War	10 a.m.-12 p.m.	10/13	
65	Home Staging The Seller's Edge	10 a.m.-12 p.m.	10/13	
66	Food is Medicine-Optimize Your Brain Health	10 a.m.-12 p.m.	10/13	
67	Panama Travel Course: Students and Spiders on a World-Changing Isthmus	1-2:45 p.m.	10/13	
68	Introduction to Electric Bikes with Suamico Bike Company	1-3 p.m.	10/13	
124	Owl Pellets	10 a.m.-12 p.m.	10/14	
125	Eat Right For Life	10 a.m.-12 p.m.	10/14	
126	Packers History: Lombardi's Legacy	10-11 a.m.	10/14	
182	Suicide as a Choice to End Suffering	10 a.m.-12 p.m.	10/15	
183	How to Find Your Patriot of the American Revolution	10 a.m.-12 p.m.	10/15	
184	Picture Perfect: A Snapshot of Photography in Culture	3-5 p.m.	10/15	
214	AZTECS: Before the Conquest 1200-1500 C.E.	10 a.m.-12 p.m.	10/16	
215	Functions of a Medical Examiner's Office	1-3 p.m.	10/16	
23	Gentle Yoga	1-2 p.m.	11/9	11/16 11/23 11/30 12/7 12/14
24	Vinyasa Flow Yoga	2:30-3:30 p.m.	11/9	11/16 11/23 11/30 12/7 12/14
69	Nutrition & Aging: Why What We Eat Matters	10 a.m.-12 p.m.	10/20	
70	Fraud and Scams Presentation	10 a.m.-12 p.m.	10/20	

No.	Course Title	Time	Start	Subsequent Dates
71	Tour Krueger International (KI) 100% Employee Owned	10 a.m.-12 p.m.	10/20	
72	Healing From Within: The Power of Gut Health	10 a.m.-12 p.m.	10/20	
73	Zentangle ... from Dark to Light	10 a.m.-12 p.m. & 1-3 p.m.	10/20	
74	Surviving Nazi Germany: The Power of Telling Your Story	1-2:30 p.m.	10/20	
75	Feed the Birds, NOT the Squirrels!	1-3 p.m.	10/20	
76	Staying Mentally Well as We Age	9-10:30 a.m.	10/20	
127	Curative Connections East Tour	10-11:30 a.m.	10/21	
128	Legal Issues in Retirement	10 a.m.-12 p.m.	10/21	10/28
129	Green Bay Packers Art Collection	10 a.m.-12 p.m.	10/21	
130	GRB Airport: Behind the Scenes - Session B	1-3 p.m.	10/21	
185	Navigating Medicare: Open Enrollment Period (OEP) 2027	10 a.m.-12 p.m.	10/22	
186	Art of Calligraphy	10 a.m.-12 p.m.	10/22	10/29 11/5
187	Painting On Fabric	10 a.m.-3 p.m.	10/22	
188	Piano Ensemble	10-11:30 a.m.	10/22	10/29 11/5 11/12
189	Understanding the Federal Reserve	1-3 p.m.	10/22	
190	Jeopardy: Easier than Celebrity Jeopardy?	1-3 p.m.	10/22	
216	Can Democracy Survive: Democratic Breakdown and the Path Forward	10 a.m.-12 p.m.	10/23	
217	Oneida Nation Cultural Center Tour - Session B	10 a.m.-12 p.m.	10/23	

No.	Course Title	Time	Start	Subsequent Dates
218	The Promenade - What is an Active Adult Community - Session A	1-3 p.m.	10/23	
77	Guided Walk in Baird Creek: Ecology and History - Session A	10 a.m.-12 p.m.	10/27	
78	Farm Tales and Cow Pies	10 a.m.-12 p.m.	10/27	
79	Guided Walk in Baird Creek: Ecology and History - Session B	1-3 p.m.	10/27	
131	Reflections on Travel: From Green Bay to the Globe	10 a.m.-12 p.m.	10/28	
132	Gong Demonstration and Sound Bath	1-3 p.m.	10/28	
191	Compress and Shock Foundation-CPR and AED Training	10 a.m.-12 p.m.	10/29	
192	Birds of Prey at the Bay Beach Wildlife Sanctuary	10 a.m.-12 p.m.	10/29	
193	Body in Motion: Functional Fitness for Life	1-3 p.m.	10/29	
219	Grandparent and Grandchild Kids Day Out	10 a.m.-12 p.m.	10/30	
25	A Bookshelf of Travel Memories	10 a.m.-12 p.m.	11/2	
26	Dirt, Sticks & Bricks 6.0	1-3 p.m.	11/2	
80	Nutrition & Aging: Why What We Eat Matters	10 a.m.-12 p.m.	11/3	
133	Roadside Geology of Michigan	10 a.m.-12 p.m.	11/4	
134	1900 to 2000: The American Century	10 a.m.-12 p.m.	11/4	11/11
135	Exercise & the Benefits to Our Brain Health	10 a.m.-12 p.m.	11/4	
136	Kawandi Quilting	1-3 p.m.	11/4	11/11
137	Mata Haris of WWII Allies' Women Spies and Agents	1-3 p.m.	11/4	11/11

No.	Course Title	Time	Start	Subsequent Dates
194	Sharing and Preserving Digital Photos	10 a.m.-12 p.m.	11/5	11/12
195	Jews and Christians: The Parting of the Ways	1-3 p.m.	11/5	
196	Adele Brice - Journey to Sainthood	1-3 p.m.	11/5	
220	Christmas 3-D Paper Creations: 16 Point German Star	1-3 p.m.	11/6	
221	Fun With Aromatherapy	1-3 p.m.	11/6	
27	Enjoy a Taste of Italy: Making Crostata	10 a.m.-12 p.m.	11/9	
81	Continuum of Care for Seniors	10 a.m.-12 p.m.	11/10	
82	Mosaic Tile Coasters Workshop	10 a.m.-12 p.m.	11/10	
83	Protests, COVID, and Hong Kong - Living in HK during chaotic times	10 a.m.-12 p.m.	11/10	
84	Drawing 101	10 a.m.-12 p.m.	11/10	11/17
85	The History of Music in Northeast Wisconsin from First Nations to Modern Times	1-3 p.m.	11/10	11/17
86	Sheepshead - The Card Game	1-3 p.m.	11/10	11/12 11/17
87	Pauline Epistles: The New Testament letters written by St. Paul, or in his name	1-3:15 p.m.	11/10	11/12 11/17 11/19
138	Illustrating Middle Grade Children's Books	10 a.m.-12 p.m.	11/11	
139	Travel Planning Made Simple: A Guide to Online Resources	10 a.m.-12 p.m.	11/11	
140	Beginning Punch Needle Rug Hooking	1-4 p.m.	11/11	

Attention Lifelong Learning Institute Members

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

No.	Course Title	Time	Start	Subsequent Dates
197	Winter is for the Birds	10 a.m.-12 p.m.	11/12	
198	Iceland's Dramatic Volcanic Geology	1-3:15 p.m.	11/12	
222	Embracing Our Creativity: Talents, Perseverance, Outcomes	10 a.m.-12 p.m.	11/13	
223	The Promenade - What is an Active Adult Community - Session B	1-3 p.m.	11/13	
224	Christmas 3 D Paper Creations: Triskele & Sphere Ornament	1-3 p.m.	11/13	
28	Design a Personalized Charm for Crocs!	10 a.m.-12 p.m.	11/16	
29	Pointed Pen Snowflakes & Flourishes	10 a.m.-12 p.m.	11/16	
88	You Can Kick Sugar - I Did!	10 a.m.-12 p.m.	11/17	
89	Diaper Need: From Awareness to Action	10 a.m.-12 p.m.	11/17	
90	Lumberjacks, Flapjacks and Blackjack	10 a.m.-12 p.m.	11/17	
91	Backyard Bird Feeding 101	1-3 p.m.	11/17	
141	Curative Connections West - Yesteryear Village Tour	10-11:30 a.m.	11/18	
142	Quill Pen Construction	10 a.m.-12 p.m.	11/18	
143	Cryptocurrency Scams	1-3 p.m.	11/18	
144	GRB Airport: Behind the Scenes - Session C	1-3 p.m.	11/18	
225	Christmas 3-D Paper Creations: Snowflake & Star	1-3 p.m.	11/20	
30	Create a Lithophane Ornament from Your Photo	10 a.m.-12 p.m.	11/30	
31	Traveling Outside the U.S.: What the World Teaches About Resilience	10-11:30 a.m.	11/30	12/7

No.	Course Title	Time	Start	Subsequent Dates
92	Learn About Neuroplasticity - Our brain's amazing ability to adapt, change and create new pathways.	10 a.m.-12 p.m.	12/1	
93	Unraveling the Atom: A Detective Story	10 a.m.-12:15 p.m.	12/1	
199	Winter Wildlife Survival	10 a.m.-12 p.m.	12/3	
200	Battle of the Bulge, WWII	10 a.m.-12 p.m.	12/3	12/10 12/17
201	Painting Pottery	10 a.m.-12 p.m.	12/3	
226	Herbs for Healthy Skin	1-3 p.m.	12/4	
32	Habitat for Humanity - Tour and DIY	10 a.m.-12 p.m.	12/7	
202	The Way We Do Death (Part 1)	1-3 p.m.	12/9	
203	National Popular Vote (NPV)	1-3 p.m.	12/10	
204	"Looking A Lot Like Christmas" Concert	10 a.m.-12 p.m.	12/17	
33	Christmas Carol - Live at Hazelwood Historic House	10 a.m.-12 p.m.	12/21	

Become a Member

Become a paid member by July 20 to receive a registration link for August 4. If you miss priority registration, you can still join as a member and select classes starting on August 5.

No.	Course Title	Time	Start	Subsequent Dates
300	Staying Sharp Through Creative Movement - Zoom	10-11:30 a.m.	10/27	
308	Care for Your Hands as You Age - Zoom	1-3 p.m.	8/25	
332	Organizing and Digitizing Pictures and other Media - Zoom	10 a.m.-12 p.m.	8/26	
347	TSA: Rules & Regulations - Zoom	10 a.m.-12 p.m.	8/27	
348	Journey to the Presidents' Graves - Session B - Zoom	1-3 p.m.	8/27	
309	On a Wisconsin Family Farm - Zoom	10-11:30 a.m.	9/1	
151	UP Stories (Book Club)	10 a.m.-12 p.m.	9/3	10/1 11/5 12/3
333	PBM's and the Changing Landscape of Healthcare - Zoom	10 a.m.-12 p.m.	9/9	
334	What is a "Normal Death"?- Zoom	10 a.m.-12 p.m.	9/9	
335	Protect Your Hearing - Protect Your Future - Zoom	1-3 p.m.	9/9	
349	Wuthering Heights - Zoom	10-11 a.m.	9/10	
350	Travelers' Observations of Pacific Sea Life , 1880-1910 - Zoom	10-11:30 a.m.	9/10	
301	Code Girls- Zoom	1-3 p.m.	9/14	
310	Alzheimer's Research Update and Advocacy Opportunities - Zoom	10 a.m.-12 p.m.	9/15	
163	Books and You	1-2:30 p.m.	9/17	10/15 11/19 12/17
364	NATO at the Crossroads: Europe, America, and the Future of the Alliance - Zoom	10 a.m.-12 p.m.	9/18	
32	Learning Shakespeare: King Lear - Zoom	1-3 p.m.	9/21	9/28
311	My Life as a Forward Observer in Vietnam 1968-1969 - Zoom	10 a.m.-12 p.m.	9/22	

No.	Course Title	Time	Start	Subsequent Dates
312	The War of 1812 in Wisconsin - Zoom	10 a.m.-12 p.m.	9/22	
313	Music & Sound - A Brain Enhancer? - Zoom	12:30-2:30 p.m.	9/22	
314	Enslaved, Indentured, Free: Slavery in Wisconsin - Zoom	1-3 p.m.	9/22	
351	Musical Borrowing: Is It Legit? - Zoom	10 a.m.-12 p.m.	9/24	
352	Leadership in the Community: Lessons from the Field - Zoom	1-3 p.m.	9/24	
365	Cost of Victory: Life After World War II - Zoom	10-11:30 a.m.	9/25	
366	From Pearl Harbor to Nagasaki - Zoom	1-3 p.m.	9/25	10/2 10/9 10/16
303	Leadership in Difficult Times: Lessons from Disasters and Wars - Zoom	10-11:30 a.m.	9/28	10/5
315	Honey Bees: Beekeeping and Pollinators- Zoom	10 a.m.-12 p.m.	9/29	
336	Nuclear Power & Electrical Generation - Zoom	10 a.m.-12 p.m.	9/30	
353	Artificial Intelligence in Everyday Life - Zoom	10 a.m.-12 p.m.	10/1	
304	What Makes a Piece of Music Romantic? - Zoom	10 a.m.-12 p.m.	10/5	
305	Baptism: It's Origin and Development - Zoom	1-3 p.m.	10/5	10/12 10/19
316	20,000 Years in the Blink of an Eye - The Past, Present and Future of the Great Lakes- Zoom	10 a.m.-12 p.m.	10/6	
317	Lost Lady: The Lady Elgin Tragedy - Zoom	10 a.m.-12 p.m.	10/6	
318	First English Settlements in America - Zoom	1-3 p.m.	10/6	
319	Wartime Champions - Zoom	1-3 p.m.	10/6	
337	The World in Economic Disarray - Zoom	10 a.m.-12 p.m.	10/7	

No.	Course Title	Time	Start	Subsequent Dates
354	Ancient Roman Secrets of Persuasive Public Speaking - Zoom	10 a.m.-12 p.m.	10/8	
355	Earliest Christian Beliefs: The Didache - Zoom	1-3 p.m.	10/8	
320	Food is Medicine-Optimize Your Brain Health - Zoom	10 a.m.-12 p.m.	10/13	
64	America's Forgotten Ally: Poland in the Second World War	10 a.m.-12 p.m.	10/13	
321	Panama Travel Course: Students and Spiders on a World-Changing Isthmus - Zoom	1-2:45 p.m.	10/13	
339	Eat Right For Life- Zoom	10 a.m.-12 p.m.	10/14	
340	Owl Pellets - Zoom	10 a.m.-12 p.m.	10/14	
356	How to Find Your Patriot of the American Revolution- Zoom	10 a.m.-12 p.m.	10/15	
357	Suicide as a Choice to End Suffering - Zoom	10 a.m.-12 p.m.	10/15	
322	Healing From Within: The Power of Gut Health - Zoom	10 a.m.-12 p.m.	10/20	
323	Surviving Nazi Germany: The Power of Telling Your Story - Zoom	1-2:30 p.m.	10/20	
324	Feed the Birds, NOT the Squirrels! - Zoom	1-3 p.m.	10/20	
358	Navigating Medicare: Open Enrollment Period (OEP) 227 - Zoom	10 a.m.-12 p.m.	10/22	
359	Understanding the Federal Reserve - Zoom	1-3 p.m.	10/22	
367	Can Democracy Survive: Democratic Breakdown and the Path Forward - Zoom	10 a.m.-12 p.m.	10/23	
325	Farm Tales and Cow Pies - Zoom	10 a.m.-12 p.m.	10/27	
341	Reflections on Travel: From Green Bay to the Globe - Zoom	10 a.m.-12 p.m.	10/28	
306	A Bookshelf of Travel Memories - Zoom	10 a.m.-12 p.m.	11/2	

No.	Course Title	Time	Start	Subsequent Dates
307	Dirt, Sticks & Bricks 6.0 - Zoom	1-3 p.m.	11/2	
342	Exercise & the Benefits to Our Brain Health - Zoom	10 a.m.-12 p.m.	11/4	
343	1900 to 2000: The American Century - Zoom	10 a.m.-12 p.m.	11/4	11/11
344	Mata Haris of WWII Allies' Women Spies and Agents - Zoom	1-3 p.m.	11/4	11/11
360	Jews and Christians: The Parting of the Ways - Zoom	1-3 p.m.	11/5	
326	Protests, COVID, and Hong Kong - Living in HK during chaotic times - Zoom	10 a.m.-12 p.m.	11/10	
327	The History of Music in Northeast Wisconsin from First Nations to Modern Times - Zoom	1-3 p.m.	11/10	11/17
328	Pauline Epistles: The New Testament letters written by St. Paul, or in his name - Zoom	1-3:15 p.m.	11/10	11/12 11/17 11/19
345	Travel Planning Made Simple: A Guide to Online Resources - Zoom	10 a.m.-12 p.m.	11/11	
329	You Can Kick Sugar - I Did! - Zoom	10 a.m.-12 p.m.	11/17	
330	Backyard Bird Feeding 101 - Zoom	1-3 p.m.	11/17	
346	Cryptocurrency Scams - Zoom	1-3 p.m.	11/18	
331	Learn About Neuroplasticity - Our brain's amazing ability to adapt, change and create new pathways - Zoom	10 a.m.-12 p.m.	12/1	
361	Battle of the Bulge, WWII - Zoom	10 a.m.-12 p.m.	12/3	12/10 12/17
362	The Way We Do Death (Part 1) - Zoom	1-3 p.m.	12/9	
363	National Popular Vote (NPV) - Zoom	1-3 p.m.	12/10	

Monday

1 - Staying Sharp Through Creative Movement *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Lisa Pritzl
Date(s): 10/27
Time: 10-11:30 a.m.
Limit: 50

Music does more than entertain, it powerfully activates the brain. In this session, we'll explore how rhythm, melody, and creative movement work together to support memory, focus, emotional well-being, and social connection in the retirement years. Through research, insights and gentle, accessible movement experiences, we'll actively move together while discovering how engaging with music can help keep both mind and body sharp.

2 - Approach Matters in Dementia Care *NEW*

Location: De Pere
Classroom: Rennes De Pere
Presenter: Sheri Fairman
Date(s): 8/24
Time: 12-2 p.m.
Limit: 25

Engage in an interactive workshop to enhance your approach in Dementia Care with Sheri Fairman from Dementia Care Solutions.

3 - An Introduction to the Reiki Experience

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Nicole Terrien & Brett Terrien
Date(s): 8/24
Time: 1-3 p.m.
Limit: 20

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

4 - Memory, Monuments, and Memorials *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Carol Emmons
Date(s): 9/14
Time: 10 a.m.-12 p.m.
Limit: 50

Monuments and memorials constitute one approach to making memory tangible. We'll look at examples across history and consider how they function as both aesthetic objects and cultural artifacts, as well as how they generate meaning.

5 - Code Girls

Location: Green Bay
Classroom: Christie Theatre
Presenter: Bob Cook
Date(s): 9/14
Time: 1-3 p.m.
Limit: 200

No one likes to send critical war information in the clear, i.e. without encryption. So, everyone devised codes to protect that information. Of course, if they encrypted it we needed to decrypt it so we would know what they were going to do. During WWII many young women, on both sides of the pond, worked diligently to do just that. We will look at the Bletchley Girls and our own women code breakers and examine how their work helped secure the eventual Allied victory.

6 - It's a Mystery to Me

Location: Green Bay
Classroom: Green Bay ADRC
Presenter: Fred Delie
Date(s): 9/14, 10/05, 11/02, 12/07
Time: 1-3:30 p.m.
Limit: 19

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

7 - Belgian Life, Past and Present, in Door County

Location: Brussels

Classroom: Bus Trip - Meet in the Wood Hall Parking Lot

Presenter: David Siegel & Sandy Orsted

Date(s): 9/14

Time: 8:30 a.m.-1 p.m.

Limit: 55

Fee: \$20, payable at registration

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

8 - Make a Hanging Pumpkin Lamp for Fall Decorating

Location: Green Bay

Classroom: Brown County STEM Innovation Center

Presenter: Dennis Rockhill & Lisa Olson

Date(s): 9/21

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

Limit: 10

Fee: \$40, payable at registration

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

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

Location: Green Bay

Classroom: Meeting Site Will Be Emailed to Class

Presenter: David Siegel

Date(s): 9/21

Time: 1-3 p.m.

Limit: 15

The Great Green Bay Fire of September 20, 1880 destroyed more buildings than any other fire in the city's entire history. The flames burned 100

buildings, including 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.

10 - History of the Earth in Videos: Part 3 *NEW*

Location: Green Bay

Classroom: Rose Hall 230

Presenter: Gary Dallman & Dean Cherry

Date(s): 9/21, 9/28, 10/05

Time: 1-3 p.m.

Limit: 50

Course is designed to give an overview of the physical, chemical and biological processes on Earth over the eons leading to the formation of the Earth as we know it, and the development of life on earth. This course consists of three class sessions, each of which are free-standing, but will be most beneficial if viewed sequentially. Each video, lasting 10-30 minutes, will be followed by a 10-minute discussion / reactions by class participants led by a moderator. Part 3 will show videos not seen in Parts 1 and 2.

11 - Learning Shakespeare: King Lear *NEW*

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Dr. Edward Risden

Date(s): 9/21, 9/28

Time: 1-3 p.m.

Limit: 50

If you've never closely read a Shakespeare play, we can come to understand his thought and practice by even a little careful study. This short course will include reading and examination of King Lear, one of the playwright's most troubling but rewarding works.

12 - Leaving a Paw Print: The Power of Smart Giving *NEW*

Location: Green Bay

Classroom: Humane Society

Presenter: Michelle Cheney & Tanya Ditzman

Date(s): 9/28

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

Limit: 30

During this course, we will provide an overview of the Wisconsin Humane Society, offer a tour of our shelter, and give you a chance to interact with some animals. The course will talk about ways of making a lasting impact on nonprofit organizations through smart, tax-wise giving strategies, and offer recommendations and resources for planned giving strategies that cost you nothing during your lifetime. No matter where you are financially or in the journey of life, anyone can get started giving back to our community nonprofits!

13 - Leadership in Difficult Times: Lessons from Disasters and Wars. *NEW*

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Dr. Lucy Arendt

Date(s): 9/28, 10/05

Time: 10-11:30 a.m.

Limit: 50

What do great leaders do when everything goes wrong? In this engaging session, we'll explore real stories from disaster recovery and powerful leadership lessons drawn from moments in history such as World War I and World War II. Along the way, we'll talk about resilience, decision-making under pressure, and the surprising ways ordinary people step up in extraordinary times. Plus there will be plenty of time for questions and conversation.

14 - Why Olympic Weightlifting - Session A *NEW*

Location: Green Bay

Classroom: Rose Hall 230

Presenter: David Gremore

Date(s): 9/28

Time: 10-11:30 a.m.

Limit: 30

The presenter says this sport has withstood the test of time. While so many other training systems have

fallen by the wayside, Olympic lifting has stood its ground. My 50 plus years of involvement and study has suggested to me that it has no equal. Olympic lifting enhances strength, power, flexibility, balance, timing and agility. All of these qualities go into the making of a good athlete and improve movement in the general population. The athletes in my program rarely got injured when participating in other sports. Most of the time Olympic lifters are on their feet as they would be in general sports participation. Checking the progress and improvement can be done with simple tests. This sport is year around and includes both sexes and all age groups. Session A and B are the same course. Please only sign up for one.

15 - Still Bend: Frank Lloyd Wright House in Two Rivers - Session B *NEW*

Location: Two Rivers

Classroom: Still Bend / Schwartz House

Presenter: Michael Ditmer

Date(s): 10/05

Time: 1:30 p.m.

Limit: 25

Fee: \$25, payable ahead of time via emailed link

Tour Still Bend, Frank Lloyd Wright's vision for a "dream house" for the average American family. Information about it was published in Life magazine in 1938. Wright was 71 years old when he built this "Usonian" home, his term for a distinctly American modern architecture. This docent-led tour lasts approximately 1 hour. Located at 3425 Adams St in Two Rivers. Street parking is available. Session A and B are the same course. Please register for session A or B, not both.

16 - What Makes a Piece of Music Romantic? *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Michael Alexander, DMA

Date(s): 10/05

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

Limit: 150

The 19th Century in music is often identified as the Romantic Period. What changed in music during this time that caused us to feel this music as being more passionate than what preceded it and followed it?

17 - Art of Furniture Arrangement

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Vickie Linssen
Date(s): 10/05
Time: 10 a.m.-12 p.m.
Limit: 40

Learn how to make your space both beautiful and easy to use. Decorator, Vickie Linssen will show you how to arrange your furniture to improve the flow of your home and highlight its best features. By the end of this session, you'll have the simple tools needed to turn any cluttered layout into a comfortable, balanced room.

18 - Tat & Chat

Location: Green Bay
Classroom: Rose Hall 315
Presenter: Sr. Agnes Fischer & Sue Johnson
Date(s): 10/05, 10/12, 10/19, 10/26
Time: 1-3 p.m.
Limit: 20

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

**19 - Baptism: It's Origin and Development
*NEW***

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Sister Elise Cholewinski
Date(s): 10/05, 10/12, 10/19
Time: 1-3 p.m.
Limit: 40

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

20 - Beginning Spanish II

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Margarita Johnson
Date(s): 10/12, 10/19, 10/26, 11/02, 11/9, 11/16
Time: 10 a.m.-12 p.m.
Limit: 40

This course is for those still very new to Spanish. The course will go beyond basic pronunciation and begin to get the students accustomed to speaking simple phrases and sentences in Spanish. It is a continuation of Beginning Spanish I without going through the very basic steps of learning pronunciation. 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 more comfortable speaking with fellow students and interested in moving into Continuing Spanish.

21 - Continuing Spanish

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Margarita Johnson
Date(s): 10/12, 10/19, 10/26, 11/02, 11/9, 11/16
Time: 12:15-2:15 p.m.
Limit: 40

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.

22 - Astronomy and History of the Western Calendar *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Gary Dallman
Date(s): 10/12
Time: 1-3:15 p.m.
Limit: 150

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

23 - Gentle Yoga

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Date(s): 11/9, 11/16, 11/23, 11/30, 12/7, 12/14
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.

24 - Vinyasa Flow Yoga

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Date(s): 11/9, 11/16, 11/23, 11/30, 12/7, 12/14
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.

25 - A Bookshelf of Travel Memories *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Stu Hoar
Date(s): 11/02
Time: 10 a.m.-12 p.m.
Limit: 50

Turning photographs taken during an adventure into a photobook helps you enjoy the adventure a second time and share your experience with others. The class will cover publishers, techniques, and instructive examples from the 34 books added to our home library over the past 20 years.

26 - Dirt, Sticks & Bricks 6.0

Location: Green Bay
Classroom: Christie Theatre
Presenter: Garritt R. Bader
Date(s): 11/02
Time: 1-3 p.m.
Limit: 150

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

27 - Enjoy a Taste of Italy: Making Crostata

Location: Green Bay
Classroom: First Presbyterian Church GB
Presenter: Terry Smith & Sue Schuette
Date(s): 11/09
Time: 10 a.m.-12 p.m.
Limit: 16
Fee: \$10, payable at registration

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

28 - Design a Personalized Charm for Crocs! *NEW*

Location: Green Bay
Classroom: Brown County STEM Innovation Center
Presenter: Lisa Olson
Date(s): 11/16
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$10, payable at registration

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

**29 - Pointed Pen Snowflakes & Flourishes
*NEW*****Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Julie Balza**Date(s):** 11/16**Time:** 10 a.m.-12 p.m.**Limit:** 15**Fee:** \$5, payable at registration

Use simple calligraphy style strokes to create stunning snowflakes, or other shapes. These are suitable for cards, gift tags, holiday envelopes, etc. You will receive templates, paper, and a calligraphy marker to use in class and take home. No calligraphy experience required.

30 - Create a Lithophane Ornament from Your Photo *NEW***Location:** Green Bay**Classroom:** Brown County STEM Innovation Center**Presenter:** Dennis Rockhill & Lisa Olson**Date(s):** 11/30**Time:** 10 a.m.-12 p.m.**Limit:** 10**Fee:** \$30, payable at registration

Submit a photo in advance and we will turn it into a lithophane for you, then teach you how to create an ornament for a Christmas tree! A lithophane is a thin plaque of translucent material that has been 3D printed so that when lit from behind, the different thicknesses show as different dimensional shapes. When the light shines through, the varying thicknesses create a detailed image. Submit a picture of your family, a pet, or anything that makes you smile. The lithophanes turn out best when there is a strong contrast between the subject(s) and the background.

31 - Traveling Outside the U.S.: What the World Teaches About Resilience *NEW***Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Dr. Lucy Arendt**Date(s):** 11/30, 12/07**Time:** 10-11:30 a.m.**Limit:** 50

What can traveling the world teach us about resilience, community, and the way people face challenges? In this lively session, we'll explore stories and lessons from journeys outside the United States, discovering how different cultures respond to adversity and support one another through difficult times. Expect engaging stories, surprising insights, and plenty of time to swap travel experiences and questions.

32 - Habitat for Humanity - Tour and DIY**Location:** Green Bay**Classroom:** Habitat for Humanity ReStore**Presenter:** Jennifer Maier & Ben Wilson**Date(s):** 12/07**Time:** 10 a.m.-12 p.m.**Limit:** 35

In one session: Tour Green Bay habitat for Humanity ReStore and Affiliate Office. Learn how Habitat for Humanity brings vision and mission to life. Work with Habitat staff on a fun DIY project.

33 - Christmas Carol - Live at Hazelwood Historic House *NEW***Location:** Green Bay**Classroom:** Hazelwood Historic House**Presenter:** Hazelwood Historic House Players**Date(s):** 12/21**Time:** 10 a.m.-12 p.m.**Limit:** 30**Fee:** \$5, payable on day of class

Go back in time at Hazelwood Historic House from the Brown County Historical Society with the characters from "A Christmas Carol". Get to speak with Charles Dickens. Enjoy the season touring our historic house, decorated for the season.

Tuesday

34 - Pen and Ink Drawing

Location: Green Bay
Classroom: Rose Hall 230
Presenter: James Briggs
Date(s): 8/25, 9/01, 9/08, 9/22, 9/29
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.

35 - Intro to Tai Chi *NEW*

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ed Ridsen
Date(s): 8/25, 9/01, 9/08, 9/15
Time: 1-3 p.m.
Limit: 20

Be prepared to have a fun time learning about the history and practice of tai ji chuan, better known as tai chi. This course will include an introduction to tai chi along with a demonstration and student participation.

36 - Care for Your Hands as You Age

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Joanie Columbia, MD & Jeffrey Smith, OT
Date(s): 8/25
Time: 1-3 p.m.
Limit: 50

Join Dr. Joanie Columbia, Prevea Orthopedic Hand Surgeon, and Jeffrey Smith, Prevea Occupational Therapist, to discuss common hand issues as you age. Learn ways to keep your hands strong and resilient to ward off issues for years to come.

37 - On a Wisconsin Family Farm

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Corey Geiger
Date(s): 9/01
Time: 10 a.m.-11:30 a.m.
Limit: 50

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

38 - Update on the U.S. and Wisconsin Supreme Courts

Location: Green Bay
Classroom: RH 250
Presenter: Dan Spielmann
Date(s): 9/01
Time: 10 a.m.-12 p.m.
Limit: 150

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

39 - Grief and Loss *NEW*

Location: De Pere
Classroom: Unity Hospice De Pere (Lawrence Dr)
Presenter: Illene Cupit
Date(s): 9/01
Time: 10 a.m.-12 p.m.
Limit: 45

The word grief is the simple shorthand we use for what is actually a highly complex mixture of thoughts and feelings, writes Alan Wolfelt, author of "The Journey Through Grief". It provides an

overview of the varied experience of grief and the way grief impacts one's mind, body, and spirit. Rather than a presentation on how to get over grief, we will cover ways to care for yourself and others who are grieving throughout the grief journey.

40 - Juggling: You can FINALLY learn how!

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Mike Draney & Jake Darrow

Date(s): 9/08, 9/15

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

Limit: 24

Fee: \$5, payable on day of class

It takes persistence, not extraordinary ability, to juggle, and nearly anyone can learn how. UWGB Biology professor Michael Draney and Green Bay engineer Jake Darrow, jugglers with over 75 years of combined experience, will show you how in three simple steps (and if you can already juggle, he will show you how to get beyond where you are now). We'll also cover the past and future of an ancient skill that's good for the body, brain, and spirit. Bring \$5 cash on the first class to receive three juggling balls to keep. Note: Two sessions: first session is 1/2 Powerpoint, 1/2 juggling; the second session is 1/4 Powerpoint, 3/4 juggling.

41 - Alzheimer's Research Update and Advocacy Opportunities *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Wendy Betley, Senior Program Director & Delaney Zimmer, Grassroots Advocacy Manager

Date(s): 9/15

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

Limit: 100

Join us for an in-depth look at the most recent advancements in Alzheimer's research and what they mean for the aging community. We will also discuss how to lend your voice to the cause through effective advocacy, ensuring you stay both informed and engaged.

42 - Lost to Time *NEW*

Location: Green Bay

Classroom: Mauthe Center on the UWGB Campus

Presenter: Michael Lyga

Date(s): 9/15, 9/22

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

Limit: 50

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

43 - Create a Suncatcher or Ornament

Location: Green Bay

Classroom: N.E.W. Beads and Jewelry

Presenter: Jo Brinkley

Date(s): 9/15

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

Limit: 15

Fee: \$15, payable on day of class

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

44 - Fox River Locks

Location: Green Bay

Classroom: Rose Hall 230

Presenter: Scott Thompson

Date(s): 9/15, 9/22

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

Limit: 45

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

45 - Intro to Designing 3D Printing and Laser Cutting

Location: Green Bay

Classroom: Brown County STEM Innovation Center

Presenter: Lisa Olson

Date(s): 9/15, 9/16, 9/17

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

Limit: 10

Fee: \$60, payable at registration

Have you or someone you know purchased, or plan to purchase a 3D printer? 3D printers are becoming a common household item where most people are paying to purchase files to print. Instead of paying someone to design your project, come learn how to design it yourself so you can get exactly what you want! Over the course of 3 days we will introduce you to Tinkercad, a free online CAD software program, then lead you through 3 personalized projects (keychain, die and a wooden picture frame) that will lay the foundation for you to design more on your own in the future.

46 - Continuing Issues

Location: Green Bay

Classroom: Rose Hall 230

Presenter: Steve Jansen

Date(s): 9/15, 9/29, 10/13, 10/27, 11/10, 11/24, 12/1, 12/15

Time: 1-3 p.m.

Limit: 45

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.

47 - 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): 9/15

Time: 3-5 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 Zolas "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.

48 - The War of 1812 in Wisconsin *NEW*

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Mary Elise Antoine

Date(s): 9/22

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

Limit: 50

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

49 - It All Starts at Home: Simple Choices to Protect Our Waterways *NEW*

Location: Green Bay

Classroom: NEW Water

Presenter: NEW Water Staff

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

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

Limit: 30

From your home to our local waterways, water takes an incredible journey. Come discover how it's treated after you use it, and why everyday habits matter more than you might think. You'll learn surprising facts, like just how tiny is tiny, how unflushables can cause costly basement backups, and what is the forever chemical PFAS and how can we work to reduce PFAS in the environment. In this informative series, you'll explore how wastewater treatment works, enjoy a live tour, and pick up some simple tips to help protect our area waterways!

50 - My Life as a Forward Observer in Vietnam 1968-1969

Location: Green Bay
Classroom: Christie Theatre
Presenter: Darryl Johnson
Date(s): 9/22
Time: 10 a.m.-12 p.m.
Limit: 150

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

51 - Authentic 1850's Designed Windmill Tour - Session B

Location: Little Chute
Classroom: Little Chute Windmill
Presenter: Volunteers
Date(s): 9/22
Time: 10 a.m.-12 p.m.
Limit: 16
Fee: \$8, payable on day of class

Experience history and discover how Little Chute came to be through immigration in the mid 1800's. Learn how technology harnessed wind power to benefit the lives of the Dutch people 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 descendant of an original founding citizen of Little Chute. Session A and B are the same course. Please only sign up for one.

52 - Music & Sound - A Brain Enhancer? *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: La Reina Tipping, MSW
Date(s): 9/22
Time: 12:30-2:30 p.m.
Limit: 150

Music has long been recognized not only as a source of enjoyment but also as a powerful tool for healing. Join us for an interactive educational

session on how engaging with music can provide a range of emotional well-being support and physical body benefits that can positively impact brain function. This presentation will uncover therapeutic tips for individuals dealing with various health challenges and tips to incorporate whole-body benefits into music therapy.

53 - Enslaved, Indentured, Free: Slavery in Wisconsin

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Mary Elise Antoine
Date(s): 9/22
Time: 1-3 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.

54 - Scandalous Minahan Walking Tour

Location: Green Bay
Classroom: Hazelwood Historic House
Presenter: Lynda Drews
Date(s): 9/22
Time: 1-3 p.m.
Limit: 20
Fee: \$18, payable on day of class

Join author Lynda Drews on a walk past 17 Astor Historic district homes previously occupied by the characters in her turn of the 20th century true crime book, "The Maid and the Socialite," the brave women behind Green Bay's Scandalous Minahan Trials. The walk is about 2 miles and takes 2 hours. It is beneficial to read "The Maid and the Socialite" book before the tour, but not necessary. Limited parking at The Hazelwood Historic House so please park on Eliza St nearby. Please arrive 10 minutes prior to class to pay fee.

55 - Care that Transitions with You *NEW*

Location: De Pere
Classroom: Rennes De Pere
Presenter: Casey Burkett
Date(s): 9/29
Time: 10 a.m.-12 p.m.
Limit: 25

A comprehensive breakdown of Palliative care, Hospice care and Nonmedical Homecare.

56 - Honey Bees: Beekeeping and Pollinators *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Bob Michiels
Date(s): 9/29
Time: 10 a.m.-12 p.m.
Limit: 50

We'll discuss Honey Bees, biology, types, roles, and their challenges. Beekeeping, how to become a beekeeper, the challenges that beekeepers face, equipment and tools. We will also discuss other pollinators, the importance of them, and how to help.

57 - Grignon Mansion Tour - Session A

Location: Kaukauna
Classroom: Grignon Mansion
Presenter: Mary Seleen
Date(s): 9/29
Time: 1-3 p.m.
Limit: 12
Fee: \$10, payable on day of class

For over 200 years the Grignon name was known and respected throughout the fur trading community of the Western Great Lakes region. Participants in this class will tour the 1837 home of Charles and Mary Grignon and hear how this influential family transitioned through the economic and cultural changes of the time from life in the wilderness of New France to building the Mansion in the Woods. Session A and B are the same course. Please only sign up for one.

58 - Lost Lady: The Lady Elgin Tragedy

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Paul Timm
Date(s): 10/06
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.

59 - 20,000 Years in the Blink of an Eye - The Past, Present and Future of the Great Lakes *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Titus Seilheimer
Date(s): 10/06
Time: 10 a.m.-12 p.m.
Limit: 150

Dive into the Great Lakes! Take a biological journey of discovery from the shaping of the Great Lakes by the glaciers, to human alterations, and into uncertain futures.

60 - Home Health vs Home Care Services - What Our Community Needs to Know *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Kim Patterson
Date(s): 10/06
Time: 10 a.m.-12 p.m.
Limit: 50

Navigating care options for a loved one can feel overwhelming. This presentation is designed to help families and community members clearly understand the differences between home care and home health services - and when each is appropriate. Both are different services and, unfortunately, many times they are thought of as the same thing.

61 - First English Settlements in America

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Paul Timm
Date(s): 10/06
Time: 1-3 p.m.
Limit: 50

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

62 - Wartime Champions *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Tony Walter
Date(s): 10/06
Time: 1-3 p.m.
Limit: 50

Green Bay area in 1944, coping with the war and enjoying a triumphant Packers season. Find out about those days of team and war in the Green Bay area.

63 - German Research: They Spoke German, But Were They From Germany?

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Dave Miller
Date(s): 10/13
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.

64 - America's Forgotten Ally: Poland in the Second World War *NEW*

Location: Zoom
Classroom: Zoom Only
Presenter: James S. Pula
Date(s): 10/13
Time: 10 a.m.-12 p.m.
Limit: 300

Most people know very little about Polish participation in World War II other than the German invasion that overran the country, beginning the conflict in 1939. Actually, Polish armed forces fought throughout the war in Scandinavia, North Africa, the Middle East, Western Europe and Eastern Europe. This illustrated PowerPoint presentation will review all the ways in which Polish forces contributed to the ultimate Allied victory. Following the presentation and a brief break, there will be a second presentation on basic Polish genealogy for those interested in tracing their family's ancestry.

65 - Home Staging The Seller's Edge

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Vickie Linssen
Date(s): 10/13
Time: 10 a.m.-12 p.m.
Limit: 40

A strategic roadmap to prepare your property for the market. Participants will learn how to highlight their home's best features through staging techniques, effectively reducing time on the market and maximizing sale price. From depersonalization to furniture arrangement, this class covers high-impact changes that create a powerful first impression for buyers.

66 - Food is Medicine-Optimize Your Brain Health *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: La Reina Tipping, MSW
Date(s): 10/13
Time: 10 a.m.-12 p.m.
Limit: 150

Our brain's constant supply of fuel comes from the foods we eat. Emerging research from the fields of neuroscience and nutrition shows that by changing what you eat, you can improve your mental and emotional well-being. You can stabilize your moods. You can improve your focus. You can even make your brain grow. Join us to learn how food affects the brain's structure and function.

67 - Panama Travel Course: Students and Spiders on a World-Changing Isthmus

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Michael L. Draney
Date(s): 10/13
Time: 1-2:45 p.m.
Limit: 50

Since 2007, Biology professors from UW-Green Bay and St. Norbert College have brought groups of students to Panama on an amazing two week travel course. In this talk, Dr. Michael Draney will discuss why Panama is a particularly good place for a biology travel course, and will focus on his research on spider biodiversity in Panama, which was made possible by the course.

68 - Introduction to Electric Bikes with Suamico Bike Company

Location: Green Bay
Classroom: Station 1 Brewing
Presenter: Laura Grovogel & Matt Fisher
Date(s): 10/13
Time: 1-3 p.m.
Limit: 30

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

69 - Nutrition & Aging: Why What We Eat Matters *NEW*

Location: Appleton
Classroom: Rennes Appleton
Presenter: Melanie Sanford, RDN
Date(s): 10/20
Time: 10 a.m.-12 p.m.
Limit: 30

Why does what we eat matter? How does nutrition change as we age? Join us to learn about the unique nutrition needs for individuals as we age. We will dive into the importance of protein, fiber, vitamin D, and vitamin B12. We will also explore quick and easy foods and recipes as well as sample some nutritious foods!

70 - Fraud and Scams Presentation

Location: Manitowoc
Classroom: Manitowoc Campus
Presenter: Sgt. Paul Krock
Date(s): 10/20
Time: 10 a.m.-12 p.m.
Limit: 65

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

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

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

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

72 - Healing From Within: The Power of Gut Health *NEW*

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

More and more research shows a strong connection between the gut and the brain. Understanding this connection can help us support digestion, medication effectiveness, energy levels, and overall quality of life. Small changes can make a meaningful difference.

73 - Zentangle ... from Dark to Light *NEW*

Location: Peshtigo
Classroom: Rennes Peshtigo West
Presenter: Linda Berry
Date(s): 10/20
Time: 10a.m.-12p.m. and 1p.m.-3p.m.
Limit: 15

In this two session class in one day, you will learn some simple zentangle patterns and then be prepared to “make them come alive” on the paper with shading techniques. We will explore a variety of different color tiles and how to add more interest. No zentangle experience necessary. Please feel free to bring your lunch.

74 - Surviving Nazi Germany: The Power of Telling Your Story

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Tammy Borden
Date(s): 10/20
Time: 1-2:30 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.

75 - Feed the Birds, NOT the Squirrels! *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Whitney Froelich
Date(s): 10/20
Time: 1-3 p.m.
Limit: 50

Love feeding the birds, but frustrated that the squirrels and other critters devour your expensive bird seed? Join Whitney from Wild Birds Unlimited and learn about different methods for preventing critters from ruining the fun of bird feeding.

76 - Staying Mentally Well as We Age *NEW*

Location: Menasha
Classroom: United Way Fox Cities
Presenter: Dr Lee Vogel
Date(s): 10/20
Time: 9-10:30 a.m.
Limit: 30

This session explores mental health and emotional well-being as we age, with a focus on staying mentally well throughout retirement and beyond. Participants will learn how to recognize when something may not feel “quite right” for themselves or others and gain an overview of common mental health issues experienced by older adults, including dementia, depression, and anxiety. Using practical, common-sense approaches, the course emphasizes awareness, prevention, and simple strategies to support mental wellness, independence, and quality of life.

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

Location: Green Bay
Classroom: Meet at Lower Parking Lot, 324 Baird Creek Rd
Presenter: Charles Frisk
Date(s): 10/27
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).

78 - Farm Tales and Cow Pies *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Daryl Wermedal
Date(s): 10/27
Time: 10 a.m.-12 p.m.
Limit: 50

We share tales about growing up on dairy farms during the baby boomer years. Imagine the smell of fresh cut hay, feel the softness of a baby chick in your hands. Your farm remains a part of who you are regardless of your current address.

79 - Guided Walk in Baird Creek: Ecology and History - Session B

Location: Green Bay
Classroom: Meet at Christa McAuliffe Parking Lot, 3100 Sitka St
Presenter: Charles Frisk
Date(s): 10/27
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.

80 - Nutrition & Aging: Why What We Eat Matters *NEW*

Location: Peshtigo
Classroom: Rennes Peshtigo West
Presenter: Melanie Sanford, RDN, CD
Date(s): 11/03
Time: 10 a.m.-12 p.m.
Limit: 30

Why does what we eat matter? How does nutrition change as we age? Join us to learn about the unique nutrition needs for individuals as we age. We will dive into the importance of protein, fiber, vitamin D, and vitamin B12. We will also explore quick and easy foods and recipes as well as sample some nutritious foods!

81 - Continuum of Care for Seniors

Location: De Pere
Classroom: Rennes De Pere
Presenter: Amy Cavil, Kristy Tilkens, & Stephanie Carignan
Date(s): 11/10
Time: 10 a.m.-12 p.m.
Limit: 25

Gain an understanding of the continuum of care for seniors and what it entails, while learning more about the services Rennes offers and how we support individuals throughout the aging process.

82 - Mosaic Tile Coasters Workshop *NEW*

Location: Chilton
Classroom: Ledge View Nature Center
Presenter: Sabrena Werner Louise Marum
Date(s): 11/10
Time: 10 a.m.-12 p.m.
Limit: 20
Fee: \$20, payable on day of class

In this workshop, participants will explore the world of mosaics. They will work with raw and polished glass pieces to make 4 designs for a set of 4 coasters. Each design will be set in mortar to create a durable surface.

83 - Protests, COVID, and Hong Kong - Living in HK during chaotic times *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Brent Brayko & Brenda Brayko
Date(s): 11/10
Time: 10 a.m.-12 p.m.
Limit: 100

Hong Kong has experienced significant social, political and cultural upheaval in recent years. Through stories and pictures, international educators in Hong Kong from 2014-2021, Brent and Brenda Brayko will share their first-hand experiences. Have your questions answered about the Pro-Democracy protests, the impact of the COVID shut down in Hong Kong and China's re-assertion of its power over this Special Administrative Region (SAR). Brenda and Brent Brayko both taught in the Green Bay area for almost 20 years before heading to Korea and then Hong Kong with their family to work for American international schools from 2010 to 2021.

84 - Drawing 101

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Linda Glass
Date(s): 11/10, 11/17
Time: 10 a.m.-12 p.m.
Limit: 10

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

85 - The History of Music in Northeast Wisconsin from First Nations to Modern Times *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Mark Steuer
Date(s): 11/10, 11/17
Time: 1-3 p.m.
Limit: 150

A comprehensive look at musical performers, bands, and musical genres over the past four centuries. Genres will include First Nations, French and voyageur, British military, American military, Civil War, 19th Cent. American, immigrant, jazz, blues, country, folk, rock, punk, barbershop, polka, gospel, ethnic, and others. Emphases will include a look at local bands and noted acts from Northeast Wisconsin over time.

86 - Sheepshead - The Card Game *NEW*

Location: Green Bay
Classroom: The Promenade
Presenter: Barb & Bob LeClaire
Date(s): 11/10, 11/12, 11/17
Time: 1-3 p.m.
Limit: 20

Learn how to play Sheepshead, a German in origin, trick-taking game. It is typically played by 5 players using a 32-card deck (7's through Aces). Each card has a different point value and trick taking authority. The object of the game is to take 61 points out of a possible 120 points. Learn what trump is and what Schneider means and how not to Mauer. This course is 3 sessions so we can practice.

87 - Pauline Epistles: The New Testament letters written by St. Paul, or in his name *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Julie Black Harder
Date(s): 11/10, 11/12, 11/17, 11/19
Time: 1-3:15 p.m.
Limit: 50

The Pauline Epistles have profoundly influenced Christianity, which is striking, since apparently Paul never even met Jesus! Further, of the 13 Pauline letters, only 7 were written by Paul himself. Paul has a reputation for denigrating women but, actually, in his authentic letters, he treats women as near equals to men both in church leadership and in marriage relationships. In this class we'll explore all this and more. The presenter holds a Master's Degree in Theology and Biblical Studies and has taught Religious Studies at St. Norbert College. Students will need a Bible, NRSV preferred.

88 - You Can Kick Sugar - I Did!

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Lynn Gerlach
Date(s): 11/17
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 more healthful diet.

89 - Diaper Need: From Awareness to Action *NEW*

Location: Menasha

Classroom: United Way Fox Cities

Presenter: Renae Verstegen

Date(s): 11/17

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

Limit: 25

Diaper insecurity affects nearly half of U.S. families with children under age 4 and has serious impacts on infant health and family well-being. This course explores diaper need in the Fox Cities and the role of the Kimberly-Clark Eastern Wisconsin Diaper Bank in addressing this growing issue. Participants will learn about the local impact of diaper insecurity and take part in a hands-on diaper repacking activity to support families served by community agencies.

90 - Lumberjacks, Flapjacks and Blackjack *NEW*

Location: Peshtigo

Classroom: Rennes Peshtigo West

Presenter: Jimmie Cox

Date(s): 11/17

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

Limit: 25

Learn a new language ... Lumberjack Lingo! Learn what lumberjacks ate, wore and did for fun. Learn some logging history, see authentic photographs, hear authentic lumberjack stories.

91 - Backyard Bird Feeding 101

Location: Green Bay

Classroom: Rose Hall 230

Presenter: Whitney Froelich

Date(s): 11/17

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.

92 - Learn About Neuroplasticity - Our brain's amazing ability to adapt, change and create new pathways

Location: Green Bay

Classroom: Christie Theatre

Presenter: La Reina Tipping, MSW

Date(s): 12/01

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

Limit: 150

Learn about neuroplasticity - our brain's amazing ability to adapt, change and create new pathways in response to new information or damage. Neuroplasticity 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!

93 - Unraveling the Atom: A Detective Story *NEW*

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Gary Dallman

Date(s): 12/01

Time: 10 a.m.-12:15 p.m.

Limit: 50

The course looks at the great intellectual adventure that led from the ancient Greek atomos to the quantum atom, along with the arrangement of atoms on the periodic table and how atoms bond together to create the diversity of our universe.

Wednesday

94 - History of Ireland in Music and Song

Location: Green Bay

Classroom: Christie Theatre

Presenter: Mike Murphy

Date(s): 8/19

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

Limit: 150

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

95 - Wire Wrapped Donut Pendant *NEW*

Location: Green Bay
Classroom: N.E.W. Beads and Jewelry
Presenter: Jo Brinkley
Date(s): 8/19
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$25, payable on day of class

Let's make a beautiful necklace! Learn to use wire to wrap a donut shaped gemstone to hang on a chain or cord of your choice and wait to receive many compliments on your creation. Many choices to make and lots of fun to be had.

96 - Journey to the Presidents' Graves - Session A *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Russell Beckman
Date(s): 8/19
Time: 1-3 p.m.
Limit: 50

A high school history teacher recounts his nearly 50 year journey to visit the graves of every deceased President. The presentation is based on the teacher's essay that was published in Issue 78 of the White House History Quarterly. Stories and photos of the journey will be presented along with ample opportunities for discussion. Session A and B are the same course. Please only sign up for one.

97 - Organizing and Digitizing Pictures and other Media

Location: Green Bay
Classroom: Christie Theatre
Presenter: Mollie Bartelt & Gary Lewins
Date(s): 8/26
Time: 10 a.m.-12 p.m.
Limit: 150

Learn the steps and options to make your project a success. This includes 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. This is a repeat of LLI class #149 (in person) and #356 (zoom) presented in the Spring 2026 semester.

98 - Zentangle - Work at Your Own Pace

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Elizabeth Carlson
Date(s): 8/26, 9/02, 9/09
Time: 1-3 p.m.
Limit: 15

All are welcome, no drawing experience necessary. We will review beginner class basics. Previous attendees may bring unfinished projects and continue to work on them. New patterns and techniques will be introduced.

99 - What the Hell: the Transfer Portal, NIL and College Basketball *NEW*

Location: Green Bay
Classroom: Kress Events Center
Presenter: Doug Gottlieb & Kayla Karius
Date(s): 9/02
Time: 10 a.m.-11:30 a.m.
Limit: 50

UWGB basketball coaches will provide a tutorial on the Transfer Portal and NIL and how coaches must adapt to thrive and survive.

100 - Native Plants/ Gardening for Pollinators

Location: Peshtigo
Classroom: Harmony Arboretum & Demonstration Gardens
Presenter: Anne Bartels
Date(s): 9/02
Time: 10 a.m.-12 p.m.
Limit: 25

Learn about creating diverse habitat with native plants for pollinators and other wildlife. Participants will learn why native plants are important, about native plant species in our area, and where to find resources to create/improve habitat at home. Examples of native plants and wildlife dependent on these habitats will be shown, and resources will be available to participants to take home. This program will be held at the Harmony Arboretum & Demonstration Gardens located at N3890 County Rd. E, Peshtigo WI 54157 (last presented at Harmony Arboretum in 2021).

101 - History of Astronomy in NE Wisconsin *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Gerry Kocken
Date(s): 9/02
Time: 10 a.m.-12 p.m.
Limit: 150

Students will learn which individuals have impacted astronomy in our area from 1891 to the present time. The presenter will review Who's Who in local astronomy, who made what equipment and where the equipment ended up. He is a member of the Neville Museum Astronomical Society. Similar clubs in Appleton, Sheboygan and Sturgeon Bay will be identified.

102 - Discovering Glass: Art, History, and Community in Neenah, WI *NEW*

Location: Neenah
Classroom: Bergstrom-Mahler Museum of Glass
Presenter: Casey Eichhorn
Date(s): 9/02
Time: 2-3:30 p.m.
Limit: 20

Explore the beauty and history of glass through this engaging, curator-led experience. Participants will learn about the Bergstrom-Mahler Museum of Glass's origins, its diverse collection of historic and contemporary glass art, and how the institution connects art with the community through exhibitions and programs. The course will also introduce opportunities for continued involvement with the museum, including events, membership, and volunteering. Perfect for paperweight collectors and curious art enthusiasts, alike, this welcoming session offers a deeper appreciation of glass and the vibrant role the museum plays in the Fox Valley.

103 - What is a "Normal Death"? *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Curtis Green
Date(s): 9/09
Time: 10 a.m.-12 p.m.
Limit: 50

From the perspective of a seasoned Death Inspector, I will discuss situations that Coroners/MEs encounter in the course of our work.

104 - PBM's and the Changing Landscape of Healthcare *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Nicole Schreiner, PharmD
Date(s): 9/09
Time: 10 a.m.-12 p.m.
Limit: 150

PBM's are the middleman between the pharmacy and the insurer. Learn how PBM practices are changing, how patients access their prescription medications and how poor reimbursement to the pharmacy is affecting the viability of community pharmacies.

105 - History of Costumes Fashion Show *NEW*

Location: Green Bay
Classroom: Evergreen Theater
Presenter: Ruth Novak & Judy Patefield
Date(s): 9/09
Time: 10 a.m.-12 p.m.
Limit: 25

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

106 - Farm to Table Tour *NEW*

Location: Manitowoc
Classroom: Misfits Homegrown LLC
Presenter: Amy Johnson & Bryce Fischer
Date(s): 9/09
Time: 12-2 p.m.
Limit: 20

Tour a Farm to Table at Misfits Homegrown LLC. Farm includes chickens, ducks, goats, peacocks, calves, finished steers and a storefront with homegrown products. Other local farmers are potential participants.

107 - Bay Beach Wildlife Sanctuary *NEW*

Location: Green Bay
Classroom: Bay Beach Wildlife Sanctuary
Presenter: Jody Sperduto
Date(s): 9/09
Time: 1-3 p.m.
Limit: 30

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

108 - Protect Your Hearing - Protect Your Future *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Cassandra DeGreef
Date(s): 9/09
Time: 1-3 p.m.
Limit: 50

One in 10 people suffer from hearing loss and it is important to understand how hearing loss can impact everyday life. Join us to learn about the causes, prevention, and warning signs of hearing loss, as well as how to communicate effectively when a friend or family member has hearing loss.

109 - Lifelong Learning Choir

Location: Green Bay
Classroom: Union Congregational Church
Presenter: LLI Choir Directors and Coordinators
Date(s): 9/09
Time: 3:30-5 p.m.
Limit: 100

Love to sing or just curious about giving it a try? Join the LLI Choir when you select your classes! This option is open to anyone interested and does not count toward your class limit. The choir proudly performs at our festive annual Winter Social. The choir meets beginning September 9 and running through November 18. Please note: there will be no rehearsal the week of Thanksgiving. A dress rehearsal for the Winter Social will be held on Tuesday, December 1. No pressure, just music, community, and fun. We'd love to have you sing along with us!

110 - Dementia Friends *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Heather Flick
Date(s): 9/16
Time: 11 a.m.-12 p.m.
Limit: 25

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

111 - Writing Your Memoirs

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Jennifer Rouse
Date(s): 9/16, 9/30, 10/07, 10/14, 10/21, 10/28
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.

112 - Line Dancing

Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: James Huss
Date(s): 9/30, 10/07, 10/14, 10/21, 10/28, 11/4
Time: 10 a.m.-12 p.m.
Limit: 50

Line dancing is an enjoyable form of moderate exercise that is good for memory, balance and coordination. No partner needed! This 6 week course will involve the use of Beginning Line Dance steps for those who are new to line dancing during 1st hour, and Intermediate steps for those with more experience during 2nd hour. Participants are welcome to attend one or both hours.

113 - Nuclear Power & Electrical Generation *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Larry Epstein
Date(s): 9/30
Time: 10 a.m.-12 p.m.
Limit: 40

Provide a snap-shot of the current status of nuclear generation of electricity in the world and U.S. and planned new generation in the U.S. Explain how nuclear energy is used to make electricity. Describe Small Modular Reactors (SMRs) and their future use. Identify the types of hazardous radioactive waste created and other sources of radiation in our lives.

114 - GRB Airport Behind the Scenes - Session A *NEW*

Location: Green Bay
Classroom: Austin Straubel Airport
Presenter: Rachel Engeler
Date(s): 9/30
Time: 1-3 p.m.
Limit: 20

Do you ever wonder what happens at the airport behind the scenes? Come join us as we pull back the curtains. Class will be held at the airport with both a presentation and a tour. Park in the Parking lot at the GB Austin Straubel International Airport. Session A, B, and C are the same course. Please only sign up for one.

115 - 7-Step Chair Caning

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Bill Seleen
Date(s): 9/30, 10/07, 10/14, 10/21, 10/28, 11/4
Time: 1-3 p.m.
Limit: 8

Members will learn the 7-Step Method for caning a chair by hand. They will learn how to lay out the vertical and horizontal strands, how to weave a lace designed seat, and finish by adding the binding. Members taking this course need to provide their own chair and materials. **Contact the instructor at least two weeks prior to class regarding your chair selection and to receive tips for purchasing materials.

116 - Me Time: Self Care Tips Everyone Can Use

Location: Green Bay
Classroom: Christie Theatre
Presenter: Brenda Brayko
Date(s): 9/30
Time: 1-3 p.m.
Limit: 100

Taught by author, Brenda Brayko, "Me Time; Self-Care in a Challenging World", the tools experienced and explained in this class nurture you and bring better balance to your mind, body, and soul. "Me Time" includes specific step-by-step instructions for each tool while infusing and engaging along with interesting personal anecdotes. Categories include tools to calm and focus the mind, feed the intellect, nourish the body, feed the spirit, open the heart, and be nourished by nature.

117 - Making AI Simple: Practical Tools for Everyday Life *NEW*

Location: Menasha
Classroom: United Way Fox Cities
Presenter: Pete Dulcamara
Date(s): 9/30
Time: 2-4 p.m.
Limit: 25

Artificial Intelligence (AI) is rapidly becoming part of everyday life, but it doesn't have to be complicated or intimidating. In this interactive session, Pete Dulcamara will introduce AI in a simple, approachable way, showing how anyone can use it, regardless of age or technical background. Participants will explore practical, real-world applications of AI, from everyday problem-solving to staying connected, informed and organized. This session is designed to build confidence, spark curiosity and help attendees see AI as a helpful tool that can enhance daily life. No prior experience is required.

118 - Introduction To Observational Astronomy *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Gerry Kocken
Date(s): 10/07
Time: 10 a.m.-11:30 a.m.
Limit: 50

This class covers the night sky essentials. That includes how to locate planets, prominent stars and constellations. The presenter will explain how to use guide stars to find directions and navigate routes. Phases of the moon will be discussed. Notes about auroras, comets, meteors and satellites will be included. Students will learn how to select equipment. Astronomical Societies in NE Wisconsin will be identified.

120 - Defining LDL vs HDL Cholesterol *NEW*

Location: De Pere
Classroom: Rennes De Pere
Presenter: Thomas Sturino
Date(s): 10/07
Time: 10 a.m.-12 p.m.
Limit: 25

Defining LDL vs HDL Cholesterol. Find out where they are present, how to limit intake, how to limit absorption and how to keep things delicious at the same time!

121 - The World in Economic Disarray *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Bob Srenaski
Date(s): 10/07
Time: 10 a.m.-12 p.m.
Limit: 150

Not since the post WWI period has the world been in such economic disarray. In this new dysfunctional world environment, will China succeed in its quest to displace the U.S. for world dominance, or will a new association of mid-level economic countries successfully challenge both the United States and China?

122 - Enstrom Helicopter Tour

Location: Menominee
Classroom: Enstrom Helicopter Corporation
Presenter: Jackie Kamps
Date(s): 10/07
Time: 1-3 p.m.
Limit: 30

Enstrom Helicopter Corporation is an American manufacturer of light, single-engine helicopters, based in Menominee, Michigan, known for its piston and turbine models used for training, commercial and government purposes. The company, a leader in helicopter building since 1959, has agreed to open its doors once more for a tour of their amazing facility.

123 - Grignon Mansion Tour - Session B

Location: Kaukauna
Classroom: Grignon Mansion
Presenter: Mary Seleen
Date(s): 10/07
Time: 1-3 p.m.
Limit: 12
Fee: \$10, payable on day of class

For over 200 years the Grignon name was known and respected throughout the fur trading community of the Western Great Lakes region. Participants in this class will tour the 1837 home of Charles and Mary Grignon and hear how this influential family transitioned through the economic and cultural changes of the time from life in the wilderness of New France to building the Mansion in the Woods. Session A and B are the same course. Please only sign up for one.

124 - Owl Pellets *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Anne Bartels
Date(s): 10/14
Time: 10 a.m.-12 p.m.
Limit: 25

Learn about Wisconsin's native owl species and other raptor's adaptations for hunting, and their place in food chains. Dissect an owl pellet, try to identify prey and bones, and make a bone collage of the parts found if desired.

125 - Eat Right For Life *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Danielle Witbro
Date(s): 10/14
Time: 10 a.m.-12 p.m.
Limit: 50

This practical and informative session equips you with the knowledge and tools you need to make healthier choices now and in the future. Through clear, real-world guidance on topics like balanced nutrition, macronutrients, and smarter grocery shopping, participants learn how to build sustainable habits that fit their busy lifestyles. The focus is on simple, realistic changes that create long-term results.

126 - Packers History: Lombardi's Legacy *NEW*

Location: Green Bay
Classroom: Lambeau Field - Packers Hall of Fame
Presenter: Brent Hensel & Justine Kaempfer
Date(s): 10/14
Time: 10-11 a.m.
Limit: 45
Fee: \$20, payable ahead of time via emailed link

Vince Lombardi's time as head coach of the GBP shaped the team and the league that impacts professional football to this day. Hear from Hall of Fame Curator Brent Hensel about Lombardi's legendary career, influence and legacy. Hall of Fame admission is included in the course fee.

127 - Curative Connections East Tour

Location: Green Bay
Classroom: Curative Connections East
Presenter: Kari Moody & Maria Manjarrez
Date(s): 10/21
Time: 10 a.m.-11:30 a.m.
Limit: 25

Join us for a tour of Curative Connections East, one of three locations. Curative Connections is the local expert providing adult day programs and transportation for people with memory loss and dementia, disabilities, and brain injury. Through 11 person-centered programs, we serve approximately 1,600 community members each week.

128 - Legal Issues in Retirement

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Matthew Geimer & Mary Rose Orcutt
Date(s): 10/21, 10/28
Time: 10 a.m.-12 p.m.
Limit: 50

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

129 - Green Bay Packers Art Collection *NEW*

Location: Green Bay
Classroom: Lambeau Field - Packers Hall of Fame
Presenter: Justine Kaempfer
Date(s): 10/21
Time: 10 a.m.-12 p.m.
Limit: 30
Fee: \$20, payable ahead of time via emailed link

The GBP collection displays nearly 150 pieces of art throughout the Premium Level Suites and hallways of historic Lambeau Field. The collection was created by twenty artists, many with Wisconsin ties, who worked with their media of choice, from sketches to photographs, mixed media to oil on canvas, assemblage and more to create one of a kind pieces that pay homage to the GBP and the community that has always supported this historic franchise. The GBP Hall of Fame presents a guided tour opportunity to spend the morning exploring a portion of this collection.

130 - GRB Airport: Behind the Scenes - Session B *NEW***Location:** Green Bay**Classroom:** Austin Straubel Airport**Presenter:** Rachel Engeler**Date(s):** 10/21**Time:** 1-3 p.m.**Limit:** 20

Have you ever wondered what happens at the airport behind the scenes? Come join us as we pull back the curtains! Class will be held at the airport as a presentation and a tour to see airport operations. Park in the parking lot at the GB Austin Straubel International Airport. Session A, B, and C are the same course. Please only sign up for one.

131 - Reflections on Travel: From Green Bay to the Globe *NEW***Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Christopher Ledvina**Date(s):** 10/28**Time:** 10 a.m.-12 p.m.**Limit:** 50

Take a trip around the world without leaving your seat. In this session, I'll showcase photos and stories that have shaped my perspective, highlighting the foods, people and landscapes that make travel so rewarding. Expect humor, travel mishaps, and plenty of inspiration for your next getaway. Trips: Scotland solo trip, Living in Prague, Visits to Paris, Venice, Rose and Capri.

132 - Gong Demonstration and Sound Bath**Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Brenda Brayko**Date(s):** 10/28**Time:** 1-3 p.m.**Limit:** 150

Come stressed. Leave refreshed. Restore balance to your mind, body and spirit through the relaxing vibes of beautiful gongs, chimes, and other instruments. Brenda Brayko of Celestial Sound will provide a short demonstration of the gongs and an overview of the benefits of therapeutic sound before your guided relaxing seated experience. Optional (bring your yoga mat to experience the gong bath lying down.)

133 - Roadside Geology of Michigan *NEW***Location:** Green Bay**Classroom:** Mauthe Center on the UWGB Campus**Presenter:** John Luczaj**Date(s):** 11/04**Time:** 10 a.m.-12 p.m.**Limit:** 150

Join Professor Luczaj for a tour of the Roadside Geology of Michigan. Explore the beautiful geologic history of Michigan on a virtual trip through time from 3.6 billion years ago to the present. Topics will include copper and iron mining, the Michigan basin, and the rich and complex glacial and post-glacial history of the state.

134 - 1900 to 2000: The American Century *NEW***Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Daniel Winske**Date(s):** 11/04, 11/11**Time:** 10 a.m.-12 p.m.**Limit:** 75

The hundred years from 1900 to 2000 have been called the "American Century" for good reason. This course will focus on the people and events that transformed the United States from an emerging power in the early 1900s to the world's lone superpower by the year 2000. From its crucial role in the victories in World Wars I and II, to its economic dominance, technological advancement, and cultural influence, America had a tremendous impact on the world that is still being felt today. The latter part of the course will focus on a crucial question: As the 20th century begins to recede into history, what will be said about the 21st century? Will history someday say that it was another American Century?

135 - Exercise & the Benefits to Our Brain Health *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: La Reina Tipping, MSW

Date(s): 11/04

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

Limit: 150

Exercise or movement has amazing benefits for our overall health. Exercise increases energy, supports better sleep habits, boosts motivation/immune system, and helps youth handle physical and emotional challenges. Specific chemicals, such as BDNF (Brain-Derived Neurotrophic Factor) are released to promote neuroplasticity. Exercise can be as simple as playing, dancing, and being physically active.

136 - Kawandi Quilting

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Gretchen Berg

Date(s): 11/04, 11/11

Time: 1-3 p.m.

Limit: 15

Kawandi Quilting is a method of hand stitching a quilt using scrap fabric. In this class, we will hand stitch a small quilt measuring 12" x 12". Participants should have some sewing experience and scrap fabric available. Class Supply List: 1) 1 - 14" square cotton fabric; 2) 1 - 12" batting; 3) DMC - 8 weight cotton perle thread - white or light cream; 4) needle, sharp scissors, pins or sewing clips; 5) Scrap cotton fabric of various sizes.

137 - Mata Haris of WWII Allies' Women Spies and Agents *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Bob Cook

Date(s): 11/04, 11/11

Time: 1-3 p.m.

Limit: 200

One of the best kept secrets of WWII were the women who acted as part of the Resistance in Occupied Europe and the women sent in by the British and Americans as spies and agents. Many of these women labored in anonymity during the war. In the post-war period most of them returned to civilian life with little or no fanfare. We will explore the lives and exploits of these forgotten heroes.

138 - Illustrating Middle Grade Children's Books

Location: Green Bay

Classroom: Rose Hall 230

Presenter: Robb Mommaerts

Date(s): 11/11

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

Limit: 50

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

139 - Travel Planning Made Simple: A Guide to Online Resources *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Christopher Ledvina

Date(s): 11/11

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

Limit: 150

Learn how to take advantage of digital tools that make travel easier than ever. We'll look at trusted websites and apps that can help you choose destinations, find deals, and stay organized before and during your trip. This session is perfect for anyone who wants to plan smarter and travel better, without the hassle.

140 - Beginning Punch Needle Rug Hooking

Location: Green Bay

Classroom: Rose Hall 230

Presenter: Kaz Stone

Date(s): 11/11

Time: 1-4 p.m.

Limit: 8

Fee: \$10, payable at registration

An opportunity to try a new craft! In this beginner friendly class you will learn the basics of punch needle rug hooking while making a Santa ornament. You will learn to stretch the foundation cloth onto a frame, use a punch needle, and finish the piece. No previous experience with punch needle is necessary. The instructor will have her personal tools and materials available for use during class.

141 - Curative Connections West - Yesteryear Village Tour**Location:** Green Bay**Classroom:** Curative Connections West**Presenter:** Kari Moody & Maria Mankarrez**Date(s):** 11/18**Time:** 10 a.m.-11:30 a.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 agitation. Participants can explore spaces like a diner, auto garage, passenger train car, and more.

142 - Quill Pen Construction**Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Bill Daleiden**Date(s):** 11/18**Time:** 10 a.m.-12 p.m.**Limit:** 10

Create and take home a traditional writing tool that was used to write the Declaration of Independence. The presenter will demonstrate techniques for cursive writing with a quill pen. Attendees should bring an exacto knife or box cutter to class

143 - Cryptocurrency Scams *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Jeff Kersten**Date(s):** 11/18**Time:** 1-3 p.m.**Limit:** 150

The Wisconsin Bureau of Consumer Protection will discuss the history of cryptocurrency, Bitcoin, blockchain technology, safekeeping considerations, and the many risks associated with buying and investing in cryptocurrency. Due to the global use and unregulated nature of cryptocurrency, there are numerous unique scams consumers need to be aware of and red flags to watch out for. By the end

of the presentation, attendees will have a better understanding of this alternative currency, its use in today's scams and fraud, and how they can protect their money.

144 - GRB Airport: Behind the Scenes - Session C *NEW***Location:** Green Bay**Classroom:** Austin Straubel Airport**Presenter:** Rachel Engeler**Date(s):** 11/18**Time:** 1-3 p.m.**Limit:** 20

Have you ever wondered what happens at the airport behind the scenes? Come and join us as we pull back the curtains. Class will be held at the airport, first as a presentation then a tour of airport operations. This class will involve parking in the lot at GB Austin Straubel International Airport. Session A, B, and C are the same course. Please only sign up for one.

Thursday**145 - What Shapes Our Health: Understanding the Conditions That Help Us Thrive. *NEW*****Location:** Menasha**Classroom:** United Way Fox Cities**Presenter:** Beth Clay, Vice President of Community Impact**Date(s):** 8/20**Time:** 10 a.m.-12 p.m.**Limit:** 30

This two-hour session introduces seniors and retirees to the key findings of the Tri-County Community Health Report, a collaborative assessment created by local public health agencies, health systems, and nonprofit partners. Participants will explore how vital conditions - such as housing, transportation, education, and economic stability - shape health outcomes, and why wealth inequality remains a major driver of disparities. The course highlights regional trends, community voices, and priority opportunities for action, including mental health and strengthening belonging across Calumet, Outagamie, and Winnebago Counties.

146 - Learn American Mah Jongg: A Beginner's 2 hour Workshop *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Amy Lukas
Date(s): 8/20
Time: 10 a.m.-12 p.m.
Limit: 16

Curious about American Mah Jongg but not sure where to start? Join this session for a relaxed, hand-on introduction to this classic tile game. In this two hour workshop, you'll be introduced to: basic rules of the game, how to identify the 152 tiles used in the game, an overview of the National Mah Jongg League card, which is used in every game and simple strategies for playing a game. This class is for total beginners. Bring your curiosity - we'll bring the tiles.

147 - Recorder Lessons (Part 5) *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Jan LaSota & Dorothy Summers
Date(s): 8/20, 9/03, 9/24, 10/08, 10/22, 11/5, 11/19, 12/3
Time: 12:30-2 p.m.
Limit: 8

This 8-session class is designed for LLI members who took the recorder lessons course (Part 4) in spring 2026. Participants should bring their music stand, lesson book and previously distributed sheet music. Members of Recorders By The Bay will be leading the sessions. Class members will continue exploring ensemble playing as they learn new notes/fingerings.

148 - Recorder Lessons (Part 2) *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Jan LaSota & Dorothy Summers
Date(s): 8/20, 9/03, 9/24, 10/08, 10/22, 11/5, 11/19, 12/3
Time: 2:30-4 p.m.
Limit: 8

This 8-session class is designed for LLI members who took the beginning alto recorder lessons course in spring 2026. Participants should bring their music stand, lesson book and previously

distributed sheet music. Members of Recorders By The Bay will be leading the sessions. Class members will continue learning new notes/ fingerings and will explore ensemble playing.

149 - TSA: Rules & Regulations

Location: Green Bay
Classroom: Christie Theatre
Presenter: Frank Pipia, Jr. & Greg Koentopp
Date(s): 8/27
Time: 10 a.m.-12 p.m.
Limit: 150

Class will cover topics such as TSA precheck, prohibited items, what causes a search of your bag, personal items or yourself and the changes over time of the TSA process. You will also learn about all the methods of transportation TSA monitors besides airports.

150 - Journey to the Presidents' Graves - Session B *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Russell Beckman
Date(s): 8/27
Time: 1-3 p.m.
Limit: 50

A high school history teacher recounts his nearly 50 year journey to visit the graves of every deceased President. The presentation is based on the teacher's essay that was published in Issue 78 of the White House History Quarterly. Stories and photos of the journey will be presented along with ample opportunities for discussion. Session A and B are the same course. Please only sign up for one.

151 - UP Stories (Book Club)

Location: Zoom
Classroom: Zoom Only
Presenter: Diane Shepard
Date(s): 9/03, 10/01, 11/05, 12/03
Time: 10 a.m.-12 p.m.
Limit: 25

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

152 - Art Boot Camp

Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: James Briggs
Date(s): 9/03, 9/10, 9/17, 9/24, 10/1
Time: 1:30-3:30 p.m.
Limit: 25

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

153 - Dollar Bill Origami Heart *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Tom Kenevan
Date(s): 9/03
Time: 1-3 p.m.
Limit: 12

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

154 - "For The Love Of Recorders" Concert *NEW*

Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Recorders By The Bay (Jan LaSota)
Date(s): 9/10
Time: 10 a.m.-12 p.m.
Limit: 200

Members of Recorders By The Bay have chosen their favorite pieces to perform for you during this concert. Selections span centuries from medieval times to the mid 1900s and include varied styles of music. Recorders By The Bay will perform on early woodwind and string instruments. Information about the instruments and the musical pieces will be shared.

155 - Wuthering Heights *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Rebecca Nesvet
Date(s): 9/10
Time: 10-11 a.m.
Limit: 50

Emily Bronte's 1847 novel *Wuthering Heights* is a Gothic cult classic, set on the Yorkshire Moors and featuring a story of undying love or obsession and a mysterious antihero, Heathcliff. His characterisation as a "lascar," a "gypsy" and a "dark child" raises question about what Bronte knew, and what she wanted to say, about colonial subjects and people of color in an increasingly diverse United Kingdom. A new Hollywood film adaptation starring Frankenstein's Jacob Elordi and Margot Robbie gives us the opportunity to revisit the novel or to discover it for the first time. No advance reading necessary - but the lecture will help those who wish to read *Wuthering Heights* to understand it.

156 - Travelers' Observations of Pacific Sea Life , 1880-1910 *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Dr. Diana Ahmad
Date(s): 9/10
Time: 10-11:30 a.m.
Limit: 50

In the late 1880s, Americans who sailed to the Pacific Islands noticed many things in the oceans. Some thought of the creatures as their friends. Some studied them scientifically. Looking at the ocean's life enlivened the journey.

157 - Pickleball 101

Location: Green Bay
Classroom: The Picklr Green Bay
Presenter: Sue Bodilly
Date(s): 9/10
Time: 1-3 p.m.
Limit: 30
Fee: \$10, payable on day of class

Participate in the fastest growing sport in the world, pickleball! In this two hour session, you will learn the rules, techniques and beginning strategy to play America's favorite pastime for seniors. Paddles, balls and instruction provided. It will require your active participation. Wear tennis shoes and bring a water bottle. Class location is indoors.

158 - Understanding Lakes *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: George Howlett, Jr.
Date(s): 9/10, 9/17, 9/24
Time: 1-3 p.m.
Limit: 20

From Oregon's Crater Lake to the New York Finger Lakes, from a small pond at Fallen Timbers to the Great Lakes, from a pure cirque lake at the base of a Glacier in Wyoming to hypertrophic lower Green Bay, from a 4.2 pH acid Turtle Lake to marl rich White Clay Lake, George Howlett Jr., hydrologist and limnologist, takes participants on an excursion to understand the physical, chemical and biological structure of lakes. NOTE: participants will meet in classroom for the first two sessions and then meet at UWGB's Communiversity Park for the final class.

159 - Beginning Birding - Session A *NEW*

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Robert Mead
Date(s): 9/10
Time: 1-4 p.m.
Limit: 20

This is an introductory class on birding (i.e. birdwatching). This class will include one hour of didactic learning followed by a 90-minute bird hike on the UWGB campus. We can provide binoculars if you need them. Session A and B are the same course. Please only sign up for one.

160 - Open Knitting

Location: Green Bay
Classroom: Rose Hall 315
Presenter: MaryLu Sachs & Linda Chapman
Date(s): 9/10, 10/08, 11/12, 12/10
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.

161 - Alpaca Ranch Experience

Location: Two Rivers
Classroom: London Dairy Alpacas
Presenter: Kevin Stoer & Laura Prellwitz
Date(s): 9/17
Time: 10 a.m.-12 p.m.
Limit: 50
Fee: \$8, payable on day of class

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

162 - Group Piano

Location: Green Bay
Classroom: Jeff's Piano Sales & Service
Presenter: Heidi Lueck
Date(s): 9/17, 9/24, 10/01, 10/08
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 first day of class. This book can be purchased through area music stores or online.

163 - Books and You**Location:** Zoom**Classroom:** Zoom Only**Presenter:** Terri Gulyas**Date(s):** 9/17, 10/15, 11/19, 12/17**Time:** 1-2:30 p.m.**Limit:** 12

Students read a variety of books about wide ranging topics. This semester the topics are 1) the Uyghurs of China, 2) an athlete, 3) a graphic novel, and 4) Indigenous people of Russia

164 - Authentic 1850's Designed Windmill Tour - Session A**Location:** Little Chute**Classroom:** Little Chute Windmill**Presenter:** Volunteers**Date(s):** 9/17**Time:** 1-3 p.m.**Limit:** 16**Fee:** \$8, payable on day of class

Experience history and discover how Little Chute came to be through immigration in the mid 1800s. Learn how technology harnessed wind power to benefit the lives of the Dutch people 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 descendant of an original founding citizen of Little Chute. Session A and B are the same course. Please only sign up for one.

165 - Is The Book Better Than The Movie?**Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Paul Steffek**Date(s):** 9/17, 10/15, 11/19, 12/17**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 being discussed prior to class, if possible. The first book/movie this semester is The Curious Case of Benjamin Button.

166 - Knitting a Sweater**Location:** Green Bay**Classroom:** Rose Hall 315**Presenter:** MaryLu Sachs & Linda Chapman**Date(s):** 9/24, 10/01, 10/08, 10/15**Time:** 1:30-3 p.m.**Limit:** 10

Knitters must know how to cast-on and the basic knit and purl stitches. Participants will learn how to knit a sweater. Pattern: Amara by Berroco or Cozy Cardigan by Darn Good Yarn. Both are free on Ravelry. If you are having trouble getting the pattern, just come to class, I will have patterns available. Check the pattern for the amount of yarn and size needle for the size you are planning to make. You must bring to class a swatch that you knitted with the yarn you are using for the sweater. Other supplies: Stitch marker; Measuring Tape; Scissors; Darning Needle.

167 - Musical Borrowing: Is It Legit? *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Janet Hathaway, Ph.D.**Date(s):** 9/24**Time:** 10 a.m.-12 p.m.**Limit:** 150

This talk explores how composers borrow and transform musical ideas into their works, generating new levels of meaning. Composers quote, rework, refer, and use other techniques to make connections across musical works. Musical borrowing exists from medieval chants and self-borrower Handel through popular music, including the Beatles.

168 - Railroad Strikes: America at a Standstill *NEW***Location:** Green Bay**Classroom:** National Railroad Museum**Presenter:** Katie Turner**Date(s):** 9/24**Time:** 10 a.m.-12 p.m.**Limit:** 100**Fee:** \$12, payable on day of class

Strikes have become a weapon in the working man's arsenal to fight against unjust and unsafe working conditions. From the first major strike in 1877 to the labor disputes of today, railroad strikes have had the power to bring the nation to a standstill. These strikes paint the picture of the everyday working American.

169 - Sustainability and Solar Energy

Location: Green Bay
Classroom: St. Francis Convent
Presenter: Sister Rose Jochmann
Date(s): 9/24
Time: 10 a.m.-12 p.m.
Limit: 35

Learn how the Sisters of St. Francis of the Holy Cross (Bay Settlement Franciscans) have been living sustainably and hear about the photovoltaic system installed on their property. Sister Rose will share their reasons for going solar, the installation process, and their current solar production. Jesse Michalski from Eland Electric will be present to answer questions about solar energy. This 1.5 hour presentation (10-11:30) will be held in a classroom at the St. Francis Convent (3110 Nicolet Drive, Green Bay), followed by a half hour tour (11:30-12) of the solar site for those interested. The tour will involve walking on uneven ground and the solar site is not handicap accessible.

170 - Beginning Knitting

Location: Green Bay
Classroom: Rose Hall 315
Presenter: MaryLu Sachs & Linda Chapman
Date(s): 9/24, 10/01, 10/08, 10/15
Time: 12-1:30 p.m.
Limit: 8

Come and learn the fundamentals of knitting. You will learn to cast on, knit, purl, bind off, make simple stitch patterns and weave in ends. This 4 session class will get you started in hand knitting. Supply list: 1) 200 yards of worsted weight yarn. Yarn should be a solid light color and smooth, not textured. 2) Size 8 US needles. 3) Tapestry needle.

171 - Leadership in the Community: Lessons from the Field *NEW*

Location: Green Bay
Classroom: Phoenix Rooms (located in University Union above Christie Theatre)
Presenter: Mark Murphy
Date(s): 9/24
Time: 1-3 p.m.
Limit: 170

This engaging, in-person session will feature Mark Murphy sharing insights on leadership, civic responsibility, and community impact through the

lens of his involvement with the Green Bay Packers. Drawing from firsthand experience in professional sports and community engagement, Mike will explore how leadership extends beyond the field and into meaningful service and relationship-building within a community. Designed specifically for Lifelong Learning members, this session will blend storytelling, leadership principles, and real-world examples in a format that encourages reflection and discussion. Program Format will include a 40 - 50 minute presentation followed by 20 - 30 minute moderated Q&A and audience discussion.

172 - Salvation Army: from Donuts to Doing The Most Good

Location: Green Bay
Classroom: Green Bay Salvation Army Corps Community Center
Presenter: Renee Main, Michaela Koepp, & Kristen Johnson (Donut Lassie History)
Date(s): 9/24
Time: 8:30-10:30 a.m.
Limit: 30

Come along with us as we share the story of The Salvation Army, from our history of the WWI Doughnut Girls to Emergency Disaster Services and doing the most good in the Greater Green Bay community. Join us at our Salvation Army Corps facility for learning, a tour, and donuts and coffee

173 - Wrecks: How Accidents Have Improved Rail Safety *NEW*

Location: Green Bay
Classroom: National Railroad Museum
Presenter: Ava Shepherd
Date(s): 10/01
Time: 10 a.m.-12 p.m.
Limit: 100
Fee: \$12, payable on day of class

This presentation looks at some of the United States most devastating rail accidents and how they influence laws and regulations for rail safety. Afterwards, we will look at some of the museum's rolling stock that have been in accidents as well as exploring innovations that have improved safety.

174 - Artificial Intelligence in Everyday Life *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Dr. Rebecca Nesvet & Robert Riordan**Date(s):** 10/01**Time:** 10 a.m.-12 p.m.**Limit:** 150

What is Artificial Intelligence (AI)? What kinds of AI are in the media right now? How is AI utilized in everyday contexts ranging from communication and retail to healthcare? What concerns do some scientists, writers, teachers, business leaders and artists have with AI? And what role can, or should, AI have in our lives today? Two UWGB professor members of the UWGB AI Think Tank will respond to these urgent questions.

175 - Why Olympic Weightlifting - Session B *NEW***Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** David Gremore**Date(s):** 10/01**Time:** 1-2:30 p.m.**Limit:** 30

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

176 - Beginning Birding - Session B *NEW***Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Robert Mead**Date(s):** 10/01**Time:** 9a.m.-12p.m.**Limit:** 20

This is an introductory class on birding (i.e. birdwatching). This class will include one hour of didactic learning followed by a 90-minute bird hike on the UWGB campus. We can provide binoculars if you need them. Session A and B are the same course. Please only sign up for one.

177 - Films in Dialog: Hitchcock and Beyond *NEW***Location:** Green Bay**Classroom:** Rose Hall 220 and Neville Museum (see description for details)**Presenter:** David Coury & Carol Emmons**Date(s):** 10/07, 10/08, 11/04, 11/05**Time:** 10 a.m.-12 p.m. & 7-9 p.m. (see description for details)**Limit:** 50

Join us in viewing two films with discussions the following day. First we will see Alfred Hitchcock's *Rear Window*, and later a Polish film inspired by it: Krzysztof Kieslowski's "A Short Film About Love." The film screenings are part of the Green Bay Film Society lineup, and are free and open to the public at the Neville Museum. In the campus classroom, we'll focus on unpacking the films in terms of their visuals, narratives, and context. Note: "Rear Window" will be shown at Neville Museum on Wednesday, October 7, 7 - 9 p.m. "A Short Film About Love" will be shown at Neville Museum on Wednesday, November 4, 7 - 9 p.m. The classroom discussions will take place in Rose Hall 220 from 10 a.m.-12 p.m. on 10/8 and 11/5.

178 - Classic 10 Pin Bowling

Location: Green Bay

Classroom: Willow Creek Lanes

Presenter: April Falish, Special Events Coordinator

Date(s): 10/08, 10/15, 10/22, 10/29, 11/5, 11/12

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

Limit: 72

Fee: \$10 each week, payable on day of class

Time to get out and introduce or reintroduce yourself to the American 10 pin Bowling game with the automatic scoring system. The first class will include demonstrations and guidance for you less experienced bowlers. Any skill level is welcome! During each weekly session you will play 2 games of bowling. The use of bowling balls and shoes is included in the fee. You may use your own bowling equipment if you choose.

179 - Ancient Roman Secrets of Persuasive Public Speaking *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Greg Aldrete

Date(s): 10/08

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

Limit: 150

Ancient Rome was a society in which oratory played a pivotal role, and Marcus Tullius Cicero is often regarded as the greatest public speaker of all time. Learn the rhetorical tricks used by Cicero and other Romans that made them such effective orators.

180 - Earliest Christian Beliefs: The Didache *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Professor Benjamin Cruz-Uribe

Date(s): 10/08

Time: 1-3 p.m.

Limit: 150

Many modern day Christians want to know what the 1st generation of Christians actually believed. There exists a document, titled "The Didache," which was written around 50 A.D. This course will examine this source and show what were the beliefs of the first Christians who either saw or heard from the original disciples.

181 - Local flavor: How to Make Pasties

Location: Menominee

Classroom: First United Methodist Church

Menominee MI

Presenter: Jane Yaeger

Date(s): 10/08

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

Limit: 15

Fee: \$15, payable on day of class

Learn how to make wonderful pasties (meat hand pies) from scratch. Roll the dough, make the filling and crimp the pie edge. Taste some during class and take some product home to bake. If possible bring an apron, rolling pin and hair cover.

182 - Suicide as a Choice to End Suffering *NEW*

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Curtis Green

Date(s): 10/15

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

Limit: 50

From the perspective of a Death Investigator, can we achieve a statutory right to death with dignity in Wisconsin?

183 - How to Find Your Patriot of the American Revolution *NEW*

Location: Green Bay

Classroom: Christie Theatre

Presenter: Valerie Plasky

Date(s): 10/15

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

Limit: 150

Ever wonder if you have an ancestor who supported the American Revolution? Here's a chance to find some easier ways to find your Patriot, and find out how to qualify to join the Sons or Daughters of the American Revolution. We'll also cover some tips on how to advance and document your genealogy research.

184 - Picture Perfect: A Snapshot of Photography in Culture *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Susan Frost
Date(s): 10/15
Time: 3-5 p.m.
Limit: 40

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

185 - Navigating Medicare: Open Enrollment Period (OEP) 2027

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Stefanie Weyenberg
Date(s): 10/22
Time: 10 a.m.-12 p.m.
Limit: 50

Join us to learn about 2027 Medicare plan changes, coverage options, and see a live demo of the Medicare Plan Finder. Discover helpful resources to make choosing a plan easier.

186 - Art of Calligraphy

Location: Green Bay
Classroom: Rose Hall 230
Presenter: Kay Barlament
Date(s): 10/22, 10/29, 11/05
Time: 10 a.m.-12 p.m.
Limit: 12

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

187 - Painting On Fabric

Location: Marinette
Classroom: The Cottages at Lake Park
Presenter: Pam Bonner
Date(s): 10/22
Time: 10 a.m.-3 p.m.
Limit: 20

This fall we will focus on the Cardinal (bird) as our subject for this art form. It will be an all-day class so you may bring a lunch or plan to pick-up lunch in the area. Also bring a container to hold water for painting. Paints and brushes are provided.

188 - Piano Ensemble

Location: Green Bay
Classroom: Jeff's Piano Sales & Service
Presenter: Heidi Lueck
Date(s): 10/22, 10/29, 11/05, 11/12
Time: 10-11:30 a.m.
Limit: 12

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

189 - Understanding the Federal Reserve *NEW*

Location: Green Bay
Classroom: Christie Theatre
Presenter: Bob Srenaski
Date(s): 10/22
Time: 1-3 p.m.
Limit: 150

Its decisions affect our financial lives and world economic conditions, and now it is under attack. That's really important and we'll talk about it.

190 - Jeopardy: Easier than Celebrity Jeopardy? *NEW*

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Sue Johnson
Date(s): 10/22
Time: 1-3 p.m.
Limit: 45

We've done President Trivia, Midwest Trivia and Baby Boomer Trivia. This time it will be like regular Jeopardy with a wide range of topics but much easier than Celebrity Jeopardy. Do you know when zip codes started or when Birth Control became available? How about where is the Potato Museum or how hot it gets inside the vaults in the New Orleans cemeteries? Come enjoy; there might be treats!

191 - Compress and Shock Foundation-CPR and AED Training

Location: Allouez
Classroom: Allouez Village Hall
Presenter: Bob Zemple & Brenen R. Skalitzke
Date(s): 10/29
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.

192 - Birds of Prey at the Bay Beach Wildlife Sanctuary *NEW*

Location: Green Bay
Classroom: Bay Beach Wildlife Sanctuary
Presenter: Lori Bankson & Amy Harris
Date(s): 10/29
Time: 10 a.m.-12 p.m.
Limit: 60

Learn about the different birds of prey that call Bay Beach Wildlife Sanctuary home! Also learn about their wild counterparts. Get up close with some ambassador birds and learn how you can volunteer with them at Bay Beach Wildlife Sanctuary. Class will be held at Bay Beach Wildlife Sanctuary in the Nature Center Auditorium.

193 - Body in Motion: Functional Fitness for Life *NEW*

Location: Peshtigo
Classroom: Rennes Peshtigo East
Presenter: Erin Ferry, PT, DPT & Madi Martin, OTR
Date(s): 10/29
Time: 1-3 p.m.
Limit: 30

Discover how resistance and bodyweight-resisted exercises can boost strength, mobility, and daily performance. This lecture introduces exercises and techniques utilized in the therapy gym to enhance movement patterns, improve functional activity, and achieve fitness goals. Ideal for anyone looking to optimize their physical health, functionality and safety awareness as we age. An Overview of seated UE and postural exercises, standing LE exercises, home safety set-up and what to look for, Physiological factors of longevity, Fall assessment and prevention, The 6th Vital Sign: gait speed and walking considerations, and therapy services.

194 - Sharing and Preserving Digital Photos

Location: Manitowoc
Classroom: Manitowoc Campus
Presenter: Ann Keckonen
Date(s): 11/05, 11/12
Time: 10 a.m.-12 p.m.
Limit: 65

Many people are taking thousands of digital photos with cell phones, tablets or cameras, but most of these pictures never make it to a safe storage program. This course will be a demonstration on how to preserve precious family photos and how to share them easily with friends and family. The second week will be a working session addressing questions that may arise during the week that participants are using a free program to get started on organizing and storing their photos.

195 - Jews and Christians: The Parting of the Ways *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Professor Benjamin Cruz-Uribe**Date(s):** 11/05**Time:** 1-3 p.m.**Limit:** 150

At Pentecost in 30 A.D., the room contained all the men and women who were going to found a religion that would in modern times be called Christianity. All these people were members of the Jewish faith. In the beginning, Christianity was a Jewish sect. Over the next 370 years, Judaism and Christianity would slowly split apart to become two distinct religions. This course will cover the timeline and key events that led to this remarkable break.

196 - Adele Brice - Journey to Sainthood *NEW***Location:** Champion**Classroom:** National Shrine of Our Lady of Champion**Presenter:** Kathy Ciha**Date(s):** 11/05**Time:** 1-3 p.m.**Limit:** 50**Fee:** \$3, payable on day of class

This class will talk about Adele Brice's life and the appearance of the Blessed Mother to her. We will also learn about her journey to Sainthood.

197 - Winter is for the Birds *NEW***Location:** New London**Classroom:** Mosquito Hill Nature Center**Presenter:** Ally Noll**Date(s):** 11/12**Time:** 10 a.m.-12 p.m.**Limit:** 100**Fee:** \$5, payable on day of class

Birds are excellent winter survivors. The ability to fly thousands of miles without a compass, or withstand below freezing temperatures without boots are skills only our feathered friends have mastered! Discover the science behind migration and unique adaptations of birds that allow them to survive our harsh Wisconsin winters.

198 - Iceland's Dramatic Volcanic Geology**Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** Annette Weissbach & Al Nass**Date(s):** 11/12**Time:** 1-3:15 p.m.**Limit:** 45

Iceland is a barren and beautiful country dissected by an active volcanic zone. A grand display of character exists in every inch of its landscape! This course will introduce you to the geology and geothermal nature of Iceland and also touch on some history and local economics. Focus for this course is on geology - not tourism.

199 - Winter Wildlife Survival**Location:** Peshtigo**Classroom:** Rennes Peshtigo West**Presenter:** : Anne Bartels**Date(s):** 12/03**Time:** 10 a.m.-12 p.m.**Limit:** 25

Participants will learn about winter survival strategies and adaptations of animals, using short videos and discussion with hands-on materials like mammal pelts. If weather allows, an outdoor hike to search for wildlife signs is also an option (last presented in 2022).

200 - Battle of the Bulge, WWII**Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** John Pfeister**Date(s):** 12/03, 12/10, 12/17**Time:** 10 a.m.-12 p.m.**Limit:** 100

We will review Hitler's surprise counter-offensive in the Belgian Ardennes forest that would become the largest and deadliest battle of WWII on the Western Front. We will learn how the US Army turned an almost certain defeat into a resounding victory and crushed Germany's last hope for winning the war.

201 - Painting Pottery *NEW*

Location: De Pere
Classroom: Paintin' Pottery
Presenter: Faith, Carolyn, & Megan
Date(s): 12/03
Time: 10 a.m.-12 p.m.
Limit: 20
Fee: Price depends on project selected, payable on day of class

Have a wonderful time choosing a project to paint - anything from dinnerware, decor to ornaments. You paint the pottery of your choice and it will be glazed and fired by staff for you to pick up when finished. Cost is determined by the pottery piece you chose to create as your own.

202 - The Way We Do Death (Part 1)

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Illene Cupit
Date(s): 12/09
Time: 1-3 p.m.
Limit: 50

The fact that people die still remains a taboo topic of discussion in our contemporary society. Yet the many rapid changes that confront us, such as technological advancements, medical practices and their ethics with regard to dying and death, and isolation of people as they grieve, demand that we bring death "out of the closet". This overview will highlight some of our major contemporary concerns and bring forth an open dialog of what we must consider with regard to the end of life. This session will also include dealing with death and the holidays.

203 - National Popular Vote (NPV)

Location: Green Bay
Classroom: Christie Theatre
Presenter: Lynn Gerlach & League of Women Voters Panel
Date(s): 12/10
Time: 1-3 p.m.
Limit: 100

The 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.

204 - "Looking A Lot Like Christmas" Concert *NEW*

Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Recorders By The Bay (Jan LaSota)
Date(s): 12/17
Time: 10 a.m.-12 p.m.
Limit: 200

Enjoy holiday music from several centuries and many different countries. Recorders By The Bay will perform, playing early woodwind and string instruments. Information about the instruments and the varied pieces will be shared. You'll certainly recognize many of the musical selections and discover some new-to-you holiday tunes. Be ready to join in a few sing-along tunes.

Friday

205 - Biking is Fun at Any Age

Location: Green Bay
Classroom: Various Trails
Presenter: Del Tills
Date(s): 9/11, 9/18, 9/25, 10/02, 10/9, 10/16
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 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).

206 - Still Bend: Frank Lloyd Wright House in Two Rivers - Session A *NEW***Location:** Two Rivers**Classroom:** Still Bend / Schwartz House**Presenter:** Michael Ditmer**Date(s):** 9/18**Time:** 1:30 p.m.**Limit:** 25**Fee:** \$25, payable ahead of time via emailed link

Tour Still Bend, Frank Lloyd Wright's vision for a "dream house" for the average American family published in Life magazine in 1938. Wright was 71 years old when he built this "Usonian" home, his term for a distinctly American modern architecture. This docent-led tour lasts approximately 1 hour. Located at 3425 Adams St in Two Rivers. Street parking is available. Session A and B are the same course. Please register for session A or B, not both.

207 - NATO at the Crossroads: Europe, America, and the Future of the Alliance *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Clifford Ganyard Ph.D.**Date(s):** 9/18**Time:** 10 a.m.-12 p.m.**Limit:** 150

What happens when the world's most important military alliance faces new threats and political strain at the same time? After a brief consideration of the history of NATO, this talk looks at how NATO's role in the world has changed over the past 30 years, the challenges brought on by global instability it has faced more recently, and Europe's push to take more responsibility for its own defense and what that means for international security going forward.

208 - Art Play Day #2 *NEW***Location:** Peshtigo**Classroom:** Rennes Peshtigo West**Presenter:** Linda Berry**Date(s):** 9/18**Time:** 10 a.m.-12 p.m. and 1-3 p.m.**Limit:** 12

Come join the fun as we play with abstract watercolors and gel print botanicals. It's a great way to try something new. No art experience necessary... just the desire to have fun! This is a two session class in one day ... so please feel free to bring your lunch.

209 - Cost of Victory: Life After World War II *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Scott Bartell**Date(s):** 9/25**Time:** 10-11:30 a.m.**Limit:** 150

While the buildup and conflicts of World War II are often taught or heavily represented, what is less frequently discussed is what happened when the dust settled. This presentation will focus on everyday life in the areas most impacted following the end of World War II, and the attempts made to somehow return to normalcy.

210 - From Pearl Harbor to Nagasaki *NEW***Location:** Green Bay**Classroom:** Christie Theatre**Presenter:** Bob Cook**Date(s):** 9/25, 10/02, 10/09, 10/16**Time:** 1-3 p.m.**Limit:** 200

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.

211 - Volunteering in Retirement *NEW*

Location: Green Bay
Classroom: Brown County Family Center
Presenter: Judy Tilque
Date(s): 9/25
Time: 1-3 p.m.
Limit: 20

Learn about a range of volunteer opportunities that are well suited for retirees. Tour our Brown County Family Center where children visit with their parents when they are removed from the home.

212 - Barkhausen

Location: Green Bay
Classroom: Barkhausen Waterfowl Preserve
Presenter: Jason Petrella
Date(s): 9/25
Time: 9-11 a.m.
Limit: 20
Fee: \$5, payable on day of class

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

213 - Oneida Nation Culture Center Tour - Session A

Location: Oneida
Classroom: Kahnekano·lú Cultural Center
Presenter: Nathaniel Gerhardt
Date(s): 10/09
Time: 10 a.m.-12 p.m.
Limit: 20
Fee: \$10, payable on day of class

See the new museum and participate in an oral and visual presentation about Oneida History and culture. We start with the Creation Story and then cover a variety of topics from Clan Systems, Longhouses, Matriarchal Government and Society and more. Follow the lecture with a tour of the new museum. Session A and B are the same course, please only sign up for one.

214 - AZTECS: Before the Conquest 1200-1500 C.E. *NEW*

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

This class will be an overview of the Aztecs and the establishment of their capital at Tenochtitlan (Mexico City) before the arrival of the Spanish.

215 - Functions of a Medical Examiner's Office

Location: Green Bay
Classroom: Rose Hall 220
Presenter: Dr. Elizabeth Douglas
Date(s): 10/16
Time: 1-3 p.m.
Limit: 50

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

216 - Can Democracy Survive: Democratic Breakdown and the Path Forward *NEW*

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

Around the world, democracy is facing growing pressure, from the slow erosion of norms and institutions to moments of sudden political breakdown. Drawing on historical examples, this lecture explores what democratic backsliding and collapse is, why it happens, the conditions under which democracy has survived, and the choices citizens and communities still have in shaping democracy's future.

217 - Oneida Nation Cultural Center Tour - Session B**Location:** Oneida**Classroom:** Kahnekano·lú Cultural Center**Presenter:** Nathaniel Gerhardt**Date(s):** 10/23**Time:** 10 a.m.-12 p.m.**Limit:** 20**Fee:** \$10, payable on day of class

See the new museum and participate in an oral and visual presentation about Oneida History and culture. We will start with the Creation Story and then cover a variety of topics from Clan Systems, Longhouses, Matriarchal Government and Society, and more. We will follow with a tour of the New Oneida Cultural Center. Session A and B are the same course. Please only sign up for one.

218 - The Promenade - What is an Active Adult Community - Session A**Location:** Green Bay**Classroom:** The Promenade**Presenter:** Mary Beth Fumelle**Date(s):** 10/23**Time:** 1-3 p.m.**Limit:** 30

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

219 - Grandparent and Grandchild Kids Day Out *NEW***Location:** Green Bay**Classroom:** Brown County STEM Innovation Center**Presenter:** Dennis Rockhill & Lisa Olson**Date(s):** 10/30**Time:** 10 a.m.-12 p.m.**Limit:** 10**Fee:** \$40, payable at registration

Friday October 30 is a day off school for most students in Northeast Wisconsin, so bring your grandchild, niece, nephew or young friend, and build a project together! The RC Ghost is built from our RC tank-drive car project. It's called tank-drive because it is steered similar to the way a tank steers

- instead of front wheels that rotate from side to side, the two side wheels turn at different speeds (or opposite each other) to turn. This makes it very maneuverable vehicle - perfect for the ghost.

220 - Christmas 3-D Paper Creations: 16 Point German Star**Location:** Green Bay**Classroom:** Rose Hall 230**Presenter:** James Huss**Date(s):** 11/06**Time:** 1-3 p.m.**Limit:** 10

Participants will use origami folding techniques to construct a 3-D 16 point German Star Ornament.

221 - Fun With Aromatherapy**Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Katie Brewer**Date(s):** 11/06**Time:** 1-3 p.m.**Limit:** 18**Fee:** \$4, payable at registration

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

222 - Embracing Our Creativity: Talents, Perseverance, Outcomes *NEW***Location:** Green Bay**Classroom:** Rose Hall 220**Presenter:** Shari Liesch, APNP, CDE**Date(s):** 11/13**Time:** 10 a.m.-12 p.m.**Limit:** 40

Join as we explore creativity. Be it knitting, music, instrumental, vocals, writing, communication - the list goes on and on. Creativity is all around us. This will be an interactive discussion defining creativity and the exploration of individual processes, accomplishments, and journey that taps into individual creativity.

223 - The Promenade - What is an Active Adult Community - Session B

Location: Green Bay

Classroom: The Promenade

Presenter: Mary Beth Fumelle

Date(s): 11/13

Time: 1-3 p.m.

Limit: 30

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

224 - Christmas 3 D Paper Creations: Triskele & Sphere Ornament

Location: Green Bay

Classroom: Rose Hall 220

Presenter: James Huss

Date(s): 11/13

Time: 1-3 p.m.

Limit: 10

Participants will use fold, cut, and paste techniques to construct a 3-D triskele ornament and sphere ornament.

225 - Christmas 3-D Paper Creations: Snowflake & Star

Location: Green Bay

Classroom: Rose Hall 220

Presenter: James Huss

Date(s): 11/20

Time: 1-3 p.m.

Limit: 10

Participants will use fold, cut, and paste techniques to construct a 3-D snowflake and star.

226 - Herbs for Healthy Skin

Location: Green Bay

Classroom: Rose Hall 220

Presenter: Katie Brewer

Date(s): 12/04

Time: 1-3 p.m.

Limit: 18

Fee: \$5, payable at registration

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.

Online Monday

300 - Staying Sharp Through Creative Movement - Zoom *NEW*

Location: Zoom

Presenter: Lisa Pritzl

Date(s): 10/27

Time: 10-11:30 a.m.

Music does more than entertain, it powerfully activates the brain. In this session, we'll explore how rhythm, melody, and creative movement work together to support memory, focus, emotional well-being, and social connection in the retirement years. Through research, insights and gentle, accessible movement experiences, we'll actively move together while discovering how engaging with music can help keep both mind and body sharp.

301 - Code Girls - Zoom

Location: Zoom

Presenter: Bob Cook

Date(s): 9/14

Time: 1-3 p.m.

No one likes to send critical war information in the clear, i.e. without encryption. So, everyone devised codes to protect that information. Of course, if they encrypted it we needed to decrypt it so we would know what they were going to do. During WWII many young women, on both sides of the pond, worked diligently to do just that. We will look at the Bletchley Girls and our own women code breakers and examine how their work helped secure the eventual Allied victory.

302 - Learning Shakespeare: King Lear - Zoom *NEW*

Location: Zoom

Presenter: Dr. Edward Risdén

Date(s): 9/21, 9/28

Time: 1-3 p.m.

If you've never closely read a Shakespeare play, we can come to understand his thought and practice by even a little careful study. This short course will include reading and examination of King Lear, one of the playwright's most troubling but rewarding works.

303 - Leadership in Difficult Times: Lessons from Disasters and Wars - Zoom *NEW*

Location: Zoom
Presenter: Dr. Lucy Arendt
Date(s): 9/28, 10/05
Time: 10-11:30 a.m.

What do great leaders do when everything goes wrong? In this engaging session, we'll explore real stories from disaster recovery and powerful leadership lessons drawn from moments in history such as World War I and World War II. Along the way, we'll talk about resilience, decision-making under pressure, and the surprising ways ordinary people step up in extraordinary times. Plus there will be plenty of time for questions and conversation.

304 - What Makes a Piece of Music Romantic? - Zoom *NEW*

Location: Zoom
Presenter: Michael Alexander, DMA
Date(s): 10/05
Time: 10 a.m.-12 p.m.

The 19th Century in music is often identified as the Romantic Period. What changed in music during this time that caused us to feel this music as being more passionate than what preceded it and followed it?

305 - Baptism: It's Origin and Development - Zoom *NEW*

Location: Zoom
Presenter: Sister Elise Cholewinski
Date(s): 10/05, 10/12, 10/19
Time: 1-3 p.m.

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

306 - A Bookshelf of Travel Memories - Zoom *NEW*

Location: Zoom
Presenter: Stu Hoar
Date(s): 11/02
Time: 10 a.m.-12 p.m.

Turning photographs taken during an adventure into a photobook helps you enjoy the adventure a

second time and share your experience with others. The class will cover publishers, techniques, and instructive examples from the 34 books added to our home library over the past 20 years.

307 - Dirt, Sticks & Bricks 6.0 - Zoom

Location: Zoom
Presenter: Garritt R. Bader
Date(s): 11/02
Time: 1-3 p.m.

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

Online Tuesday

308 - Care for Your Hands as You Age - Zoom

Location: Zoom
Presenter: Dr. Joanie Columbia, MD & Jeffrey Smith, OT
Date(s): 8/25
Time: 1-3 p.m.

Join Dr. Joanie Columbia, Prevea Orthopedic Hand Surgeon, and Jeffrey Smith, Prevea Occupational Therapist, to discuss common hand issues as you age. Learn ways to keep your hands strong and resilient to ward off issues for years to come.

309 - On a Wisconsin Family Farm - Zoom

Location: Zoom
Presenter: Corey Geiger
Date(s): 9/01
Time: 10 a.m.-11:30 a.m.

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

310 - Alzheimer's Research Update and Advocacy Opportunities - Zoom *NEW*

Location: Zoom

Presenter: Wendy Betley, Senior Program Director & Delaney Zimmer, Grassroots Advocacy Manager

Date(s): 9/15

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

Join us for an in-depth look at the most recent advancements in Alzheimer's research and what they mean for the aging community. We will also discuss how to lend your voice to the cause through effective advocacy, ensuring you stay both informed and engaged.

311 - My Life as a Forward Observer in Vietnam 1968-1969 - Zoom

Location: Zoom

Presenter: Darryl Johnson

Date(s): 9/22

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

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

312 - The War of 1812 in Wisconsin - Zoom *NEW*

Location: Zoom

Presenter: Mary Elise Antoine

Date(s): 9/22

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

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

313 - Music & Sound - A Brain Enhancer? - Zoom *NEW*

Location: Zoom

Presenter: La Reina Tipping MSW

Date(s): 9/22

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

Music has long been recognized not only as a source of enjoyment but also as a powerful tool for healing. Join us for an interactive educational session on how engaging with music can provide a range of emotional well-being support and physical body benefits that can positively impact brain function. This presentation will uncover therapeutic tips for individuals dealing with various health challenges and tips to incorporate whole-body benefits into music therapy.

314 - Enslaved, Indentured, Free: Slavery in Wisconsin - Zoom

Location: Zoom

Presenter: Mary Elise Antoine

Date(s): 9/22

Time: 1-3 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.

315 - Honey Bees: Beekeeping and Pollinators - Zoom *NEW*

Location: Zoom

Presenter: Bob Michiels

Date(s): 9/29

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

We'll discuss Honey Bees, biology, types, roles, and their challenges. Beekeeping, how to become a beekeeper, the challenges that beekeepers face, equipment and tools. We will also discuss other pollinators, the importance of them, and how to help.

316 - 20,000 Years in the Blink of an Eye - The Past, Present and Future of the Great Lakes - Zoom *NEW***Location:** Zoom**Presenter:** Titus Seilheimer**Date(s):** 10/06**Time:** 10 a.m.-12 p.m.

Dive into the Great Lakes! Take a biological journey of discovery from the shaping of the Great Lakes by the glaciers, to human alterations, and into uncertain futures.

317 - Lost Lady: The Lady Elgin Tragedy - Zoom**Location:** Zoom**Presenter:** Paul Timm**Date(s):** 10/06**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.

318 - First English Settlements in America - Zoom**Location:** Zoom**Presenter:** Paul Timm**Date(s):** 10/06**Time:** 1-3 p.m.

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

319 - Wartime Champions - Zoom *NEW***Location:** Zoom**Presenter:** Tony Walter**Date(s):** 10/06**Time:** 1-3 p.m.

Green Bay area in 1944, coping with the war and enjoying a triumphant Packers season. Find out about those days of team and war in the Green Bay area.

320 - Food is Medicine-Optimize Your Brain Health - Zoom *NEW***Location:** Zoom**Presenter:** La Reina Tipping MSW**Date(s):** 10/13**Time:** 10 a.m.-12 p.m.

Our brain's constant supply of fuel comes from the foods we eat. Emerging research from the fields of neuroscience and nutrition shows that by changing what you eat, you can improve your mental and emotional well-being. You can stabilize your moods. You can improve your focus. You can even make your brain grow. Join us to learn how food affects the brain's structure and function.

321 - Panama Travel Course: Students and Spiders on a World-Changing Isthmus - Zoom**Location:** Zoom**Presenter:** Michael L. Draney**Date(s):** 10/13**Time:** 1-2:45 p.m.

Since 2007, Biology professors from UW-Green Bay and St. Norbert College have brought groups of students to Panama on an amazing two week travel course. In this talk, Dr. Michael Draney will discuss why Panama is a particularly good place for a biology travel course, and will focus on his research on spider biodiversity in Panama, which was made possible by the course.

322 - Healing From Within: The Power of Gut Health - Zoom *NEW*

Location: Zoom

Presenter: Kim Patterson

Date(s): 10/20

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

More and more research shows a strong connection between the gut and the brain. Understanding this connection can help us support digestion, medication effectiveness, energy levels, and overall quality of life. Small changes can make a meaningful difference.

323 - Surviving Nazi Germany: The Power of Telling Your Story - Zoom

Location: Zoom

Presenter: Tammy Borden

Date(s): 10/20

Time: 1-2:30 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.

324 - Feed the Birds, NOT the Squirrels! - Zoom *NEW*

Location: Zoom

Presenter: Whitney Froelich

Date(s): 10/20

Time: 1-3 p.m.

Love feeding the birds, but frustrated that the squirrels and other critters devour your expensive bird seed? Join Whitney from Wild Birds Unlimited and learn about different methods for preventing critters from ruining the fun of bird feeding.

325 - Farm Tales and Cow Pies - Zoom *NEW*

Location: Zoom

Presenter: Daryl Wermedal

Date(s): 10/27

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

We share tales about growing up on dairy farms during the baby boomer years. Imagine the smell of fresh cut hay, feel the softness of a baby chick in your hands. Your farm remains a part of who you are regardless of your current address.

326 - Protests, COVID, and Hong Kong - Living in HK during chaotic times - Zoom *NEW*

Location: Zoom

Presenter: Brent Brayko

Date(s): 11/10

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

Hong Kong has experienced significant social, political and cultural upheaval in recent years. Through stories and pictures, international educators in Hong Kong from 2014-2021, Brent and Brenda Brayko will share their first-hand experiences. Have your questions answered about the Pro-Democracy protests, the impact of the COVID shut down in Hong Kong and China's re-assertion of its power over this Special Administrative Region (SAR). Brenda and Brent Brayko both taught in the Green Bay area for almost 20 years before heading to Korea and then Hong Kong with their family to work for American international schools from 2010 to 2021.

327 - The History of Music in Northeast Wisconsin from First Nations to Modern Times - Zoom *NEW*

Location: Zoom

Presenter: Mark Steuer

Date(s): 11/10, 11/17

Time: 1-3 p.m.

A comprehensive look at musical performers, bands, and musical genres over the past four centuries. Genres will include First Nations, French and voyageur, British military, American military, Civil War, 19th Cent. American, immigrant, jazz, blues, country, folk, rock, punk, barbershop, polka, gospel, ethnic, and others. Emphases will include a look at local bands and noted acts from Northeast Wisconsin over time.

328 - Pauline Epistles: The New Testament letters written by St. Paul, or in his name - Zoom *NEW***Location:** Zoom**Presenter:** Julie Black Harder**Date(s):** 11/10, 11/12, 11/17, 11/19**Time:** 1-3:15 p.m.

The Pauline Epistles have profoundly influenced Christianity, which is striking, since apparently Paul never even met Jesus! Further, of the 13 Pauline letters, only 7 were written by Paul himself. Paul has a reputation for denigrating women but, actually, in his authentic letters, he treats women as near equals to men both in church leadership and in marriage relationships. In this class we'll explore all this and more. The presenter holds a Master's Degree in Theology and Biblical Studies and has taught Religious Studies at St. Norbert College. Students will need a Bible, NRSV preferred.

329 - You Can Kick Sugar - I Did! - Zoom**Location:** Zoom**Presenter:** Lynn Gerlach**Date(s):** 11/17**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 more healthful diet.

330 - Backyard Bird Feeding 101 - Zoom**Location:** Zoom**Presenter:** Whitney Froelich**Date(s):** 11/17**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.

331 - Learn About Neuroplasticity - Our brain's amazing ability to adapt, change and create new pathways - Zoom**Location:** Zoom**Presenter:** La Reina Tipping MSW**Date(s):** 12/01**Time:** 10 a.m.-12 p.m.

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!

Online Wednesday**332 - Organizing and Digitizing Pictures and other Media - Zoom****Location:** Zoom**Presenter:** Mollie Bartelt & Gary Lewins**Date(s):** 8/26**Time:** 10 a.m.-12 p.m.

Learn the steps and options to make your project a success. This includes 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. This is a repeat of LLI class #149 (in person) and #356 (zoom) presented in the Spring 2026 semester.

333 - PBM's and the Changing Landscape of Healthcare - Zoom *NEW***Location:** Zoom**Presenter:** Nicole Schreiner, PharmD**Date(s):** 9/09**Time:** 10 a.m.-12 p.m.

PBM's are the middleman between the pharmacy and the insurer. Learn how PBM practices are changing, how patients access their prescription medications and how poor reimbursement to the pharmacy is affecting the viability of community pharmacies.

334 - What is a “Normal Death”? - Zoom *NEW*

Location: Zoom
Presenter: Curtis Green
Date(s): 9/09
Time: 10 a.m.-12 p.m.

From the perspective of a seasoned Death Inspector, I will discuss situations that Coroners/MEs encounter in the course of our work.

335 - Protect Your Hearing - Protect Your Future - Zoom *NEW*

Location: Zoom
Presenter: Cassandra DeGreef
Date(s): 9/09
Time: 1-3 p.m.

One in 10 people suffer from hearing loss and it is important to understand how hearing loss can impact everyday life. Join us to learn about the causes, prevention, and warning signs of hearing loss, as well as how to communicate effectively when a friend or family member has hearing loss.

336 - Nuclear Power & Electrical Generation - Zoom *NEW*

Location: Zoom
Presenter: Larry Epstein
Date(s): 9/30
Time: 10 a.m.-12 p.m.

Provide a snap-shot of the current status of nuclear generation of electricity in the world and U.S. and planned new generation in the U.S. Explain how nuclear energy is used to make electricity. Describe Small Modular Reactors (SMRs) and their future use. Identify the types of hazardous radioactive waste created and other sources of radiation in our lives.

337 - The World in Economic Disarray - Zoom *NEW*

Location: Zoom
Presenter: Bob Srenaski
Date(s): 10/07
Time: 10 a.m.-12 p.m.

Not since the post WWI period has the world been in such economic disarray. In this new dysfunctional world environment, will China succeed in its quest to displace the U.S. for world dominance, or will a new association of mid-level economic countries successfully challenge both the U.S. and China?

339 - Eat Right For Life - Zoom *NEW*

Location: Zoom
Presenter: Danielle Witbro
Date(s): 10/14
Time: 10 a.m.-12 p.m.

This practical and informative session equips you with the knowledge and tools you need to make healthier choices now and in the future. Through clear, real-world guidance on topics like balanced nutrition, macronutrients, and smarter grocery shopping, participants learn how to build sustainable habits that fit their busy lifestyles. The focus is on simple, realistic changes that create long-term results.

340 - Owl Pellets - Zoom *NEW*

Location: Zoom
Presenter: Anne Bartels
Date(s): 10/14
Time: 10 a.m.-12 p.m.

Learn about Wisconsin's native owl species and other raptor's adaptations for hunting, and their place in food chains. Dissect an owl pellet, try to identify prey and bones, and make a bone collage of the parts found if desired.

341 - Reflections on Travel: From Green Bay to the Globe - Zoom *NEW***Location:** Zoom**Presenter:** Christopher Ledvina**Date(s):** 10/28**Time:** 10 a.m.-12 p.m.

Take a trip around the world without leaving your seat. In this session, I'll showcase photos and stories that have shaped my perspective, highlighting the foods, people and landscapes that make travel so rewarding. Expect humor, travel mishaps, and plenty of inspiration for your next getaway. Trips: Scotland solo trip, Living in Prague, Visits to Paris, Venice, Rose and Capri.

342 - Exercise & the Benefits to Our Brain Health - Zoom *NEW***Location:** Zoom**Presenter:** La Reina Tipping MSW**Date(s):** 11/04**Time:** 10 a.m.-12 p.m.

Exercise or movement has amazing benefits for our overall health. Exercise increases energy, supports better sleep habits, boosts motivation/immune system, and helps youth handle physical and emotional challenges. Specific chemicals, such as BDNF (Brain-Derived Neurotrophic Factor) are released to promote neuroplasticity. Exercise can be as simple as playing, dancing, and being physically active.

343 - 1900 to 2000: The American Century - Zoom *NEW***Location:** Zoom**Presenter:** Daniel Winske**Date(s):** 11/04, 11/11**Time:** 10 a.m.-12 p.m.

The hundred years from 1900 to 2000 have been called the "American Century" for good reason. This course will focus on the people and events that transformed the United States from an emerging power in the early 1900s to the world's lone superpower by the year 2000. From its crucial role in the victories in World Wars I and II, to its economic dominance, technological advancement, and cultural influence, America had a tremendous impact on the world that is still being felt today. The latter part of the course will focus on a crucial question: As the 20th century begins to recede into history, what will be said about the 21st century? Will history someday say that it was another American Century?

344 - Mata Haris of WWII Allies' Women Spies and Agents - Zoom *NEW***Location:** Zoom**Presenter:** Bob Cook**Date(s):** 11/04, 11/11**Time:** 1-3 p.m.

One of the best kept secrets of WWII were the women who acted as part of the Resistance in Occupied Europe and the women sent in by the British and Americans as spies and agents. Many of these women labored in anonymity during the war. In the post-war period most of them returned to civilian life with little or no fanfare. We will explore the lives and exploits of these forgotten heroes.

345 - Travel Planning Made Simple: A Guide to Online Resources - Zoom *NEW***Location:** Zoom**Presenter:** Christopher Ledvina**Date(s):** 11/11**Time:** 10 a.m.-12 p.m.

Learn how to take advantage of digital tools that make travel easier than ever. We'll look at trusted websites and apps that can help you choose destinations, find deals, and stay organized before and during your trip. This session is perfect for anyone who wants to plan smarter and travel better, without the hassle.

346 - Cryptocurrency Scams - Zoom *NEW***Location:** Zoom**Presenter:** Jeff Kersten**Date(s):** 11/18**Time:** 1-3 p.m.

The Wisconsin Bureau of Consumer Protection will discuss the history of cryptocurrency, Bitcoin, blockchain technology, safekeeping considerations, and the many risks associated with buying and investing in cryptocurrency. Due to the global use and unregulated nature of cryptocurrency, there are numerous unique scams consumers need to be aware of and red flags to watch out for. By the end of the presentation, attendees will have a better understanding of this alternative currency, its use in today's scams and fraud, and how they can protect their money.

Online Thursday

347 - TSA: Rules & Regulations - Zoom

Location: Zoom

Presenter: Frank Pipia Jr. & Greg Koentopp

Date(s): 8/27

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

Class will cover topics such as TSA precheck, prohibited items, what causes a search of your bag, personal items or yourself and the changes over time of the TSA process. You will also learn about all the methods of transportation TSA monitors besides airports.

348 - Journey to the Presidents' Graves - Session B - Zoom *NEW*

Location: Zoom

Presenter: Russell Beckman

Date(s): 8/27

Time: 1-3 p.m.

A high school history teacher recounts his nearly 50 year journey to visit the graves of every deceased President. The presentation is based on the teacher's essay that was published in Issue 78 of the White House History Quarterly. Stories and photos of the journey will be presented along with ample opportunities for discussion. Session A and B are the same course, please only sign up for one.

349 - Wuthering Heights - Zoom *NEW*

Location: Zoom

Presenter: Rebecca Nesvet

Date(s): 9/10

Time: 10-11 a.m.

Emily Bronte's 1847 novel Wuthering Heights is a Gothic cult classic, set on the Yorkshire Moors and featuring a story of undying love or obsession and a mysterious antihero, Heathcliff. His characterisation as a "lascar," a "gypsy" and a "dark child" raises question about what Bronte knew, and what she wanted to say, about colonial subjects and people of color in an increasingly diverse United Kingdom. A new Hollywood film adaptation starring Frankenstein's Jacob Elordi and Margot Robbie gives us the opportunity to revisit the novel or to discover it for the first time. No advance reading necessary - but the lecture will help those who wish to read Wuthering Heights to understand it.

350 - Travelers' Observations of Pacific Sea Life , 1880-1910 - Zoom *NEW*

Location: Zoom

Presenter: Dr. Diana Ahmad

Date(s): 9/10

Time: 10-11:30 a.m.

In the late 1880s, Americans who sailed to the Pacific Islands noticed many things in the oceans. Some thought of the creatures as their friends. Some studied them scientifically. Looking at the ocean's life enlivened the journey.

351 - Musical Borrowing: Is It Legit? - Zoom *NEW*

Location: Zoom

Presenter: Janet Hathaway, PhD.

Date(s): 9/24

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

This talk explores how composers borrow and transform musical ideas into their works, generating new levels of meaning. Composers quote, rework, refer, and use other techniques to make connections across musical works. Musical borrowing exists from medieval chants and self-borrower Handel through popular music, including the Beatles.

352 - Leadership in the Community: Lessons from the Field - Zoom *NEW*

Location: Zoom

Presenter: Mark Murphy

Date(s): 9/24

Time: 1-3 p.m.

This engaging, in-person session will feature Mark Murphy sharing insights on leadership, civic responsibility, and community impact through the lens of his involvement with the Green Bay Packers. Drawing from firsthand experience in professional sports and community engagement, Mike will explore how leadership extends beyond the field and into meaningful service and relationship-building within a community. Designed specifically for Lifelong Learning members, this session will blend storytelling, leadership principles, and real-world examples in a format that encourages reflection and discussion. Program Format will include a 40 - 50 minute presentation followed by 20 - 30 minute moderated Q&A and audience discussion.

353 - Artificial Intelligence in Everyday Life - Zoom *NEW***Location:** Zoom**Presenter:** Dr. Rebecca Nesvet & Robert Riordan**Date(s):** 10/01**Time:** 10 a.m.-12 p.m.

What is Artificial Intelligence (AI)? What kinds of AI are in the media right now? How is AI utilized in everyday contexts ranging from communication and retail to healthcare? What concerns do some scientists, writers, teachers, business leaders and artists have with AI? And what role can, or should, AI have in our lives today? Two UWGB professor members of the UWGB AI Think Tank will respond to these urgent questions.

354 - Ancient Roman Secrets of Persuasive Public Speaking - Zoom *NEW***Location:** Zoom**Presenter:** Greg Aldrete**Date(s):** 10/08**Time:** 10 a.m.-12 p.m.

Ancient Rome was a society in which oratory played a pivotal role, and Marcus Tullius Cicero is often regarded as the greatest public speaker of all time. Learn the rhetorical tricks used by Cicero and other Romans that made them such effective orators.

355 - Earliest Christian Beliefs: The Didache - Zoom *NEW***Location:** Zoom**Presenter:** Professor Benjamin Cruz-Urbe**Date(s):** 10/08**Time:** 1-3 p.m.

Many modern day Christians want to know what the 1st generation of Christians actually believed. There exists a document, titled "The Didache," which was written around 50 A.D. This course will examine this source and show what were the beliefs of the first Christians who either saw or heard from the original disciples.

356 - How to Find Your Patriot of the American Revolution - Zoom *NEW***Location:** Zoom**Presenter:** Valerie Plasky**Date(s):** 10/15**Time:** 10 a.m.-12 p.m.

Ever wonder if you have an ancestor who supported the American Revolution? Here's a chance to find some easier ways to find your Patriot, and find out how to qualify to join the Sons or Daughters of the American Revolution. We'll also cover some tips on how to advance and document your genealogy research.

357 - Suicide as a Choice to End Suffering - Zoom *NEW***Location:** Zoom**Presenter:** Curtis Green**Date(s):** 10/15**Time:** 10 a.m.-12 p.m.

From the perspective of a Death Investigator, can we achieve a statutory right to death with dignity in Wisconsin?

358 - Navigating Medicare: Open Enrollment Period (OEP) 2027 - Zoom**Location:** Zoom**Presenter:** Stefanie Weyenberg**Date(s):** 10/22**Time:** 10 a.m.-12 p.m.

Join us to learn about 2027 Medicare plan changes, coverage options, and see a live demo of the Medicare Plan Finder. Discover helpful resources to make choosing a plan easier.

359 - Understanding the Federal Reserve- Zoom *NEW***Location:** Zoom**Presenter:** Bob Srenaski**Date(s):** 10/22**Time:** 1-3 p.m.

Its decisions affect our financial lives and world economic conditions, and now it is under attack. That's really important and we'll talk about it.

360 - Jews and Christians: The Parting of the Ways - Zoom *NEW*

Location: Zoom

Presenter: Professor Benjamin Cruz-Uribe

Date(s): 11/05

Time: 1-3 p.m.

At Pentecost in 30 A.D., the room contained all the men and women who were going to found a religion that would in modern times be called Christianity. All these people were members of the Jewish faith. In the beginning, Christianity was a Jewish sect. Over the next 370 years, Judaism and Christianity would slowly split apart to become two distinct religions. This course will cover the timeline and key events that led to this remarkable break.

361 - Battle of the Bulge, WWII - Zoom

Location: Zoom

Presenter: John Pfeister

Date(s): 12/03, 12/10, 12/17

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

We will review Hitler's surprise counter-offensive in the Belgian Ardennes forest that would become the largest and deadliest battle of WWII on the Western Front. We will learn how the US Army turned an almost certain defeat into a resounding victory and crushed Germany's last hope for winning the war.

362 - The Way We Do Death (Part 1) - Zoom

Location: Zoom

Presenter: Illene Cupit

Date(s): 12/09

Time: 1-3 p.m.

The fact that people die still remains a taboo topic of discussion in our contemporary society. Yet the many rapid changes that confront us, such as technological advancements, medical practices and their ethics with regard to dying and death, and isolation of people as they grieve, demand that we bring death "out of the closet". This overview will highlight some of our major contemporary concerns and bring forth an open dialog of what we must consider with regard to the end of life. This session will also include dealing with death and the holidays.

363 - National Popular Vote (NPV) - Zoom

Location: Zoom

Presenter: Lynn Gerlach & League of Women Voters Panel

Date(s): 12/10

Time: 1-3 p.m.

The 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.

Online Friday

364 - NATO at the Crossroads: Europe, America, and the Future of the Alliance - Zoom *NEW*

Location: Zoom

Presenter: Clifford Ganyard PhD

Date(s): 9/18

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

What happens when the world's most important military alliance faces new threats and political strain at the same time? After a brief consideration of the history of NATO, this talk looks at how NATO's role in the world has changed over the past 30 years, the challenges brought on by global instability it has faced more recently, and Europe's push to take more responsibility for its own defense and what that means for international security going forward.

365 - Cost of Victory: Life After World War II - Zoom *NEW*

Location: Zoom

Presenter: Scott Bartell

Date(s): 9/25

Time: 10-11:30 a.m.

While the buildup and conflicts of World War II are often taught or heavily represented, what is less frequently discussed is what happened when the dust settled. This presentation will focus on everyday life in the areas most impacted following the end of World War II, and the attempts made to somehow return to normalcy.

366 - From Pearl Harbor to Nagasaki - Zoom *NEW***Location:** Zoom**Presenter:** Bob Cook**Date(s):** 9/25, 10/02, 10/09, 10/16**Time:** 1-3 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.

367 - Can Democracy Survive: Democratic Breakdown and the Path Forward - Zoom *NEW***Location:** Zoom**Presenter:** Clifton Ganyard PhD**Date(s):** 10/23**Time:** 10 a.m.-12 p.m.

Around the world, democracy is facing growing pressure, from the slow erosion of norms and institutions to moments of sudden political breakdown. Drawing on historical examples, this lecture explores what democratic backsliding and collapse is, why it happens, the conditions under which democracy has survived, and the choices citizens and communities still have in shaping democracy's future.

64 - America's Forgotten Ally: Poland in the Second World War *NEW***Location:** Zoom**Presenter:** James S. Pula**Date(s):** 10/13 (Note: This is a Tuesday)**Time:** 10 a.m.-12 p.m.

Most people know very little about Polish participation in World War II other than the German invasion that overran the country, beginning the

conflict in 1939. Actually, Polish armed forces fought throughout the war in Scandinavia, North Africa, the Middle East, Western Europe and Eastern Europe. This illustrated PowerPoint presentation will review all the ways in which Polish forces contributed to the ultimate Allied victory. Following the presentation and a brief break, there will be a second presentation on basic Polish genealogy for those interested in tracing their family's ancestry.

151 - UP Stories (Book Club)**Location:** Zoom**Presenter:** Diane Shepard**Date(s):** 9/03, 10/01, 11/05, 12/03 (Note: These are Thursdays)**Time:** 10 a.m.-12 p.m.**Limit:** 25

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

163 - Books and You**Location:** Zoom**Presenter:** Terri Gulyas**Date(s):** 9/17, 10/15, 11/19, 12/17 (Note: These are Thursdays)**Time:** 1-2:30 p.m.**Limit:** 12

Students read a variety of books about wide ranging topics. This semester the topics are 1) the Uyghurs of China, 2) an athlete, 3) a graphic novel, and 4) Indigenous people of Russia

THANK YOU

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

Campus Information

University Information
Center: 920-465-2400

Directory assistance:
920-465-2000

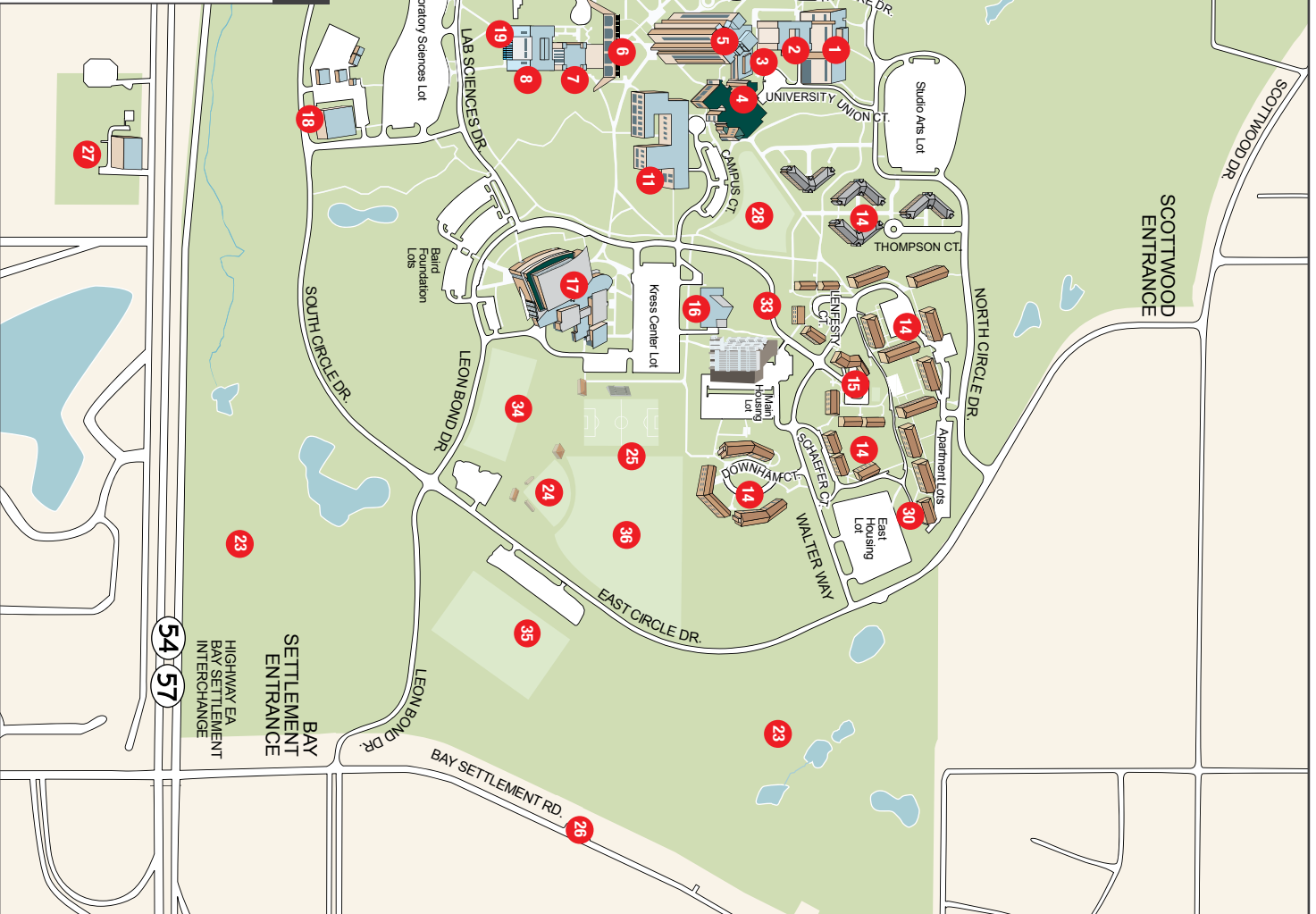
PARKING DETAILS:
www.uwgb.edu/parking

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

University of Wisconsin-Green Bay Campus Map Key



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





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

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TOGETHER WE RISE



LLI FALL 2026 REMINDERS

Become a member by July 20 to receive your registration link for August 4.

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



Registration Process

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

Contact LLI

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

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