

Spring 2025 Course Catalog



LIFELONG LEARNING INSTITUTE **TOGETHER WE RISE**

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



Registration begins Tuesday, December 10 at 10 a.m.
Register early for best selection.

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

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



UNIVERSITY of WISCONSIN
GREEN BAY

Join Us

Join Us at Lifelong Learning Institute

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



Yearly Membership Fee: \$150
One Semester Membership Fee: \$100

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



Register Early for Best Selection

Please be patient if you experience delays when registering. This may happen if too many people are registering at the same time.

Register for up to 15 classes during the initial registration period. After the initial registration period, an email will be sent with a list of classes that still may have openings. Members can register for additional classes. Available classes will also be posted on our website.



Confirmation Email

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

Registration is Online

Registration is only available online. You have registered correctly if you receive a screen that says, "Thank you for your registration. We have received your class list."

With nearly 220 interactive and engaging classes to choose from, LLI offers flexible options for all new and existing members.

Inside this Issue

Registration Process.....1	Monday Courses.....19	Friday Courses.....50
Course Categories..... 3	Tuesday Courses.....25	Campus Map.....56
Venues.....7	Wednesday Courses.....34	
Course Calendar 8	Thursday Courses.....41	

Registration Checklist



Registration opens on Tuesday, December 10 at 10 a.m.

Existing LLI members — look for an LLI email containing your personal registration link. Please email lli@uwgb.edu if your email address has changed. If you do not receive this email, go to the LLI website at www.uwgb.edu/lli and click the registration button.



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



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

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

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

Existing Member Registration

You will receive an email on the morning of Tuesday, December 10 when registration opens. IMPORTANT! If you have changed your email address since the last time you registered, please contact the LLI Office prior to registering at lli@uwgb.edu to update it in the system. If you do not receive an email, go to the LLI website at www.uwgb.edu/lli and click the registration button.

New Member Registration

Please register online at www.uwgb.edu/lli, click on the "Register for Classes" link and select the "Register Now" button.

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

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



Refund Policy

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

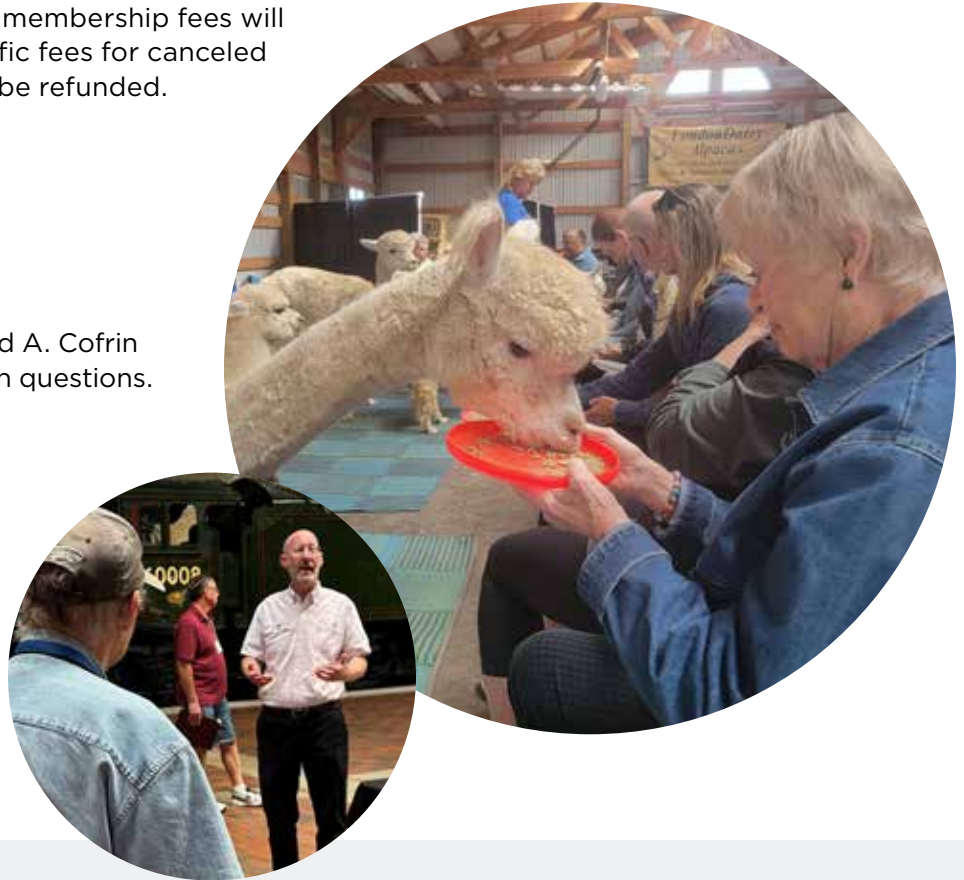


Contacting LLI

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

Phone: (920) 465-2356

Email: lli@uwgb.edu



Tuition Assistance

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

Donate to LLI

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

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

Arts

Drawing 101.....18
 Art Boot Camp42
 Fun, “Funky” Flowers.....56
 Create Your Own Designs in the Cricut Design Space software.....83
 Zentangle “Love”..... 131
 Art of Calligraphy148
 Kids Teaching Adults Art: If Kids Can Do It, Why Can’t We? 181
 Beginning Watercolor Session 2.....196

Crafts

Kawandi Quilting..... 8
 7 Step Chair Caning..... 84
 Painting With Encaustics (Colored Beeswax).....92
 Create a Suncatcher or Ornament..... 96
 Zentangle - What is it?.....108
 Zentangle - Advanced..... 114
 Knitting: A Primer in Lace Cowl 123
 Knit a Hat/Ski Mask (Easy Balaclava)..... 126
 Open Knitting 133
 Let’s Crochet.....186

Culinary

Enjoy a Taste of Italy: Making Crostata..... 3
 Creative Cookie Decorating164

Financial/Legal/Insurance

Preserving Your Retirement in Today’s Economy - Session A24
 The Post-Election Retirement Blueprint - Session A...50
 The Post-Election Retirement Blueprint - Session B... 52
 Legal Issues in Retirement 94
 Common Scams & Fraud Targeting Seniors.....102
 Understanding the Basics: Social Security and Medicare144
 Preserving Your Retirement in Today’s Economy - Session B..... 162

Fitness

Rediscover Joy Through Dance82
 Beginning Line Dancing 90
 Intermediate Line Dancing.....95
 Pickleball154

Fitness (Outdoors)

Biking is Fun at Any Age..... 191

Government & Politics

Continuing Issues.....37
 Local Green Bay Government Through the Eyes of a Retired Alder39

Health & Wellness

What is a Wellness Wheel..... 2
 Gentle Yoga: Mini-Series 4
 Slow Vinyasa Flow Yoga: Mini Series..... 5
 Hearing Changes as We Age..... 10
 Gentle Yoga21
 Slow Vinyasa Flow Yoga22
 Cognitive Stimulation - Try Something New.....35
 Hypnosis - Change False Perceptions and Change Your Life - Session A.....38
 Care For Your Hands as You Age.....41
 “Ins and Outs of Organ and Whole-Body Donation” 43
 Technology Use and Brain Wellness..... 44
 Hypnosis - Change False Perceptions and Change Your Life - Zoom Session47
 Hypnosis - Change False Perceptions and Change Your Life, Session B.....58
 Sleeping Through the Ages.....63
 The Art of Asking for Help.....67
 Exercise and the Benefits to Your Brain78
 Mindfulness For You and an Art Project For Your Practice..... 89
 Healing the Dying: What’s Involved and Learn a Method to Relieve Pain, Stress and Anxiety.....97
 Exceptional Equestrians..... 113
 Power of Smile 132
 Diabetes Mellitus II: What It Is (Part 1) Drugs to Manage It (Part 2) 2025 138
 Age in Place with Home Care and Supportive Care Management (Palliative Care)..... 139
 Grey Matters: Keeping Your Brain Healthy While Aging 152
 Juggling: You Can FINALLY Learn How!166
 Finding Balance Between Your Needs and Theirs...168
 Fun With Aromatherapy 175
 Neuro Bits for Balance and Quality of Life..... 176

Herbs for Healthy Skin 177
 Self-Massage for Stress Reduction and Pain Relief 178
 Oral Health: An Essential Element of Healthy Aging 190

History

First English Settlements in America 15
 Lost Lady: The Lady Elgin Tragedy 16
 China's World Dominance Plan 30
 From One Truck to a Powerhouse: The Story of Schneider Transportation 31
 Building of the Panama Canal 40
 Battle of the Bulge WWII 53
 Ancient Olympics and Famous Athletes of Antiquity 60
 Queen Marinette: Her Life and Times 61
 Fox River Locks 68
 The Ironclads and their Technology 71
 Wings of Morning - Air War in Europe 74
 The Code of the Samurai 85
 Dumbest Military Blunders of the 20th Century 93
 Tour of Mueller Wright House in Wrightstown 116
 Oneida Nation Museum (Session B) 117
 The Lust to Shop: From Romanticism to Modernism in a Shoebox 127
 WWII Stories from Relatives and Notable Participants 136
 History of the Port of Green Bay and Its Continuing Impact 141
 Quilted Legacies in Tough Times: 1900-1950 149
 Early History of the Green Bay Fire Department ... 155
 With Wings Like Eagles 156
 Assassination of Lincoln and the Saga of Dr. Mudd 163
 Tactics of Alexander the Great 188
 Aldo Leopold and the Land Ethic 189
 Oneida Nation Museum (Session A) 193

History (Walking Tour)

Authentic 1850's Designed Windmill Tour - Session B 79
 Get Your Parcel Quick: The Railway Express Agency 135
 A "Classic" Tour through the Eyes of the Automobile at The Automobile Gallery! 140
 Walking in the Shadow of History - The Great Green Bay Fire of 1880 160
 Authentic 1850's Designed Windmill Tour - Session A 161

Language & Culture

Beginning Spanish 6
 Intermediate Spanish 7

Literature & Writing

It's a Mystery to Me 1
 Publishing Your Great American Novel 36
 Les Miserables 59
 Victorian Sea Stories 64
 Writing Your Memoirs 98
 UP Stories (book club) 121
 Robert Burns: Scotland's World-Famous Poet 122
 Birds and Poetry 134
 Books and You 137
 Mary Oliver: America's Most Beloved Poet 151
 The Power of Story 174

Music

2001: A Space Odyssey and Beyond 11
 Aaron Copland: Quintessential American Composer 69
 Songs and Fingerplays For Your Grandchildren 107
 Group Piano 129
 Piano Ensemble 143
 Recorder Lessons (Part 2) 150

Religion

Mystics of the Middle Ages 12
 Formation of the New Testament Canon 146
 Eucharist Miracle Exhibit at Champion Shrine 147
 Judas Iscariot and His Gospel 157
 Franciscan Motherhouse Tour 159
 Jesus's Parables Through the Scholar's Lens 173

Science & Nature

Fostering Animals and Bottle Babies 20
 Damsels and Dragons of Wisconsin.....27
 Dawn of the Atomic Age32
 Reptiles & Amphibians.....55
 What’s Biting Me?..... 66
 What Does “A New Study Shows” Really Mean? An Inside Look at
 Headline-Grabbing Biomedical Research..... 75
 Drinking Water in Northeastern Wisconsin..... 88
 JPL and the Space Age: The Voyager Mission
 and Beyond..... 99
 Bay Beach Wildlife Sanctuary: Critters,
 Volunteering and You.....100
 Recycling and Solid Waste -
 Where Does It All Go?.....101
 Climate Change and Energy Policy103
 “Stake” Your Claim in The Garden.....105
 Birds of Prey at the Bay Beach
 Wildlife Sanctuary 106
 Ice Age Trail, Wisconsin’s National Scenic Trail..... 115
 Trail Camera Highlights 125
 Build a Plant Propagation Station..... 142
 Aquatic “Creepy Crawlies” & Water Quality.....167
 Wisconsin’s Best Kept Geological Secret:
 The Niagara Escarpment 179
 Pollinators & Native Plant Gardening.....187
 Functions of a Medical Examiner’s Office 197
 Wisconsin Bats.....203

Science & Nature (Outdoors)

Guided Walk in Baird Creek:
 Ecology and History Session A.....26
 Guided Walk in Baird Creek:
 Ecology and History Session B.....28
 Sap to Syrup57
 Spring Wildflowers at Maywood
 Environmental Park..... 119
 Sturgeon Spearing Traditions in Wisconsin 128
 Tour of Christopher Farm & Gardens170
 Barkhausen192
 Tour of Rosehill Gardens198

Special Interest

Look Homelessness in the Eye!.....195
 Brown County Volunteer Services.....17
 Veteran Voices V.....19
 Tour of Steinie’s Water Gardens.....25
 The Kewaunee Pierhead Lighthouse Tour
 Session C.....33
 The Kewaunee Pierhead Lighthouse Tour
 Session D..... 34
 Is it time to look at Death With Dignity
 for Wisconsin?.....45
 Board of Aging’s Ombudsman Program 46
 German Research: They Spoke German,
 But Were They From Germany? 48
 Introduction to eBikes with Suamico Bike
 Company..... 49
 Does Safety Equipment Save Lives?
 Only if It’s Used.....51
 How to Make Enrichment for Dogs and Cats..... 54
 Basics of Successful Gardening65
 Alpaca Ranch Tour..... 70
 The Science of Wastewater: Gold, Rain &
 Pipes from the FDR Era.....73
 Enstrom Helicopters Tour.....76
 Experience the Evolution of Lighthouse
 Fog Signals.....77
 Broadwinds Likes to “ Think Big”.....80
 Shoes of Joy, Suitcases of Hope.....81
 Considering GUN Ownership?
 Well Consider this too”91
 Hartman’s Towne & Country Greenhouse Tour.....110
 Lakeside Foods/ Frozen Vegetables Tour111
 Be A Kid Again - Mentor with Big Brothers
 Big Sisters..... 112
 The Kewaunee Pierhead Lighthouse Tour
 Session A..... 118
 The Kewaunee Pierhead Lighthouse Tour
 Session B.....120
 Great Decisions 2025..... 124
 Through the Lens of a Packer Photographer130
 The Salvation Army: from Donuts to Doing
 the Most Good 145
 Lifecycle of Drug Development..... 153

Advocacy for Those Experiencing Homelessness..... 158

Decorating Outdoor Living Spaces.....165

Picture Arranging Tips, Tricks, and Try's169

Home Staging - Dressed to Sell 171

How We Do Death and Dying - Part 2.....180

Exploration of Color Through the Color Wheel..... 182

Getting the Most Out of Your Photography183

9-1-1 A Look Behind the Scenes..... 185

Create Your Own Handmade Hypertufa Pot.....199

Former Governor Schriber Shares his Alzheimer's Journey with his Late Wife, Session A..... 200

Former Governor Schriber will share the Alzheimer's Journey of his Late Wife, Session B.... 201

Guess Who's Coming to Dinner 172

Technology

Tinkercad and 3D printing 9

Laser Cut a Coaster13

Make a Hanging Lamp23

Design and Build a Light Stand.....29

Internet Safety - Session A 86

Internet Safety - Session B87

STEM Innovation Center Tour at UW-Green Bay ...184

Tours

Rhythm and Culture of an Abbey: An Overview and Tour of St. Norbert Abbey.....14

Tour Krueger International (KI) - 100% Employee Owned62

Virtual Tour of Anne Frank House202

World & Travel

Mexico City: A "Walking" Photo Tour of This Historic City 72

Six Flags over San Antonio, The Riverwalk, and The Alamo..... 104

Cruising the Historic and Scenic Upper Green Bay and Northern Lake Michigan.....109

Scenery and Wildlife on Our Last Two Continents.....194

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.



Allouez Village Hall
1900 Libal St
Green Bay, WI 54301

Automobile Gallery
400 S Adams St
Green Bay, WI 54301

Baird Creek
*Detailed meeting place
instructions will be sent to
roster via email*

**Barkhausen Waterfowl
Preserve**
2024 Lakeview Dr
Suamico, WI 54173

**Broadwind Heavy
Fabrications**
101 S 16th St
Manitowoc, WI 54220

Bubolz Nature Preserve
4815 N Lynndale Dr
Appleton, WI 54913

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

**Christopher Farm &
Garden**
4047 Chapel Dr
New Franken, WI 54229

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

Exceptional Equestrians
1130 Orlando Dr
De Pere, WI 54115

**First Presbyterian
Green Bay**
200 S Ashland Ave
Green Bay WI 54303

Franciscan Motherhouse
4047 Chapel Dr
New Franken, WI 54229

Green Bay ADRC
300 S Adams St
Green Bay, WI 54301

**Green Bay Humane
Society**
1830 Radisson St
Green Bay, WI 54302

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

**Jeff's Piano Sales &
Service**
1674 E Mason St
Green Bay, WI 54301

**Kewaunee Pierhead
Lighthouse**
218 Ellis St
Kewaunee, WI 54216

Krueger International (KI)
*Detailed meeting place
instructions will be sent to
roster via email*

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

Little Chute Windmill
130 W Main St
Little Chute, WI 54140

London Dairy Alpacas
6827 WI 147
Two Rivers, WI 54241

**Maywood
Environmental Park**
3615 Mueller Rd
Sheboygan, WI 53083

Menominee Spies Library
3615 Mueller Rd
Sheboygan, WI 53083

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

Mueller Wright Home
431 Washington St
Wrightstown, WI 54180

**National Railroad Museum
Fuller Hall Theater**
2285 S Broadway
Green Bay, WI 54304

**The National Shrine of
Our Lady of Champion**
4047 Chapel Dr
New Franken, WI 54229

Oneida Nation Museum
W892 County Rd EE
De Pere, WI 54115

**River Cities Community
Pool**
1125 University Dr
Marinette, WI 54143

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

Rosehill Gardens
1125 University Dr
Marinette, WI 54143

Salvation Army
1125 University Dr
Marinette, WI 54143

Steinie's Water Garden
2923 Maplewood Rd
Two Rivers, WI 54241

St. Norbert Abbey
1125 University Dr
Marinette, WI 54143

Station 1 Brewing
1125 University Dr
Marinette, WI 54143

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

**Suamico Municipal
Service Center**
12781 Velp Ave
Suamico, WI 54313

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

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

Woodland Dunes
3000 Hawthorne Ave
Two Rivers, WI 54241

No.	Course Title	Time	Start	Subsequent Dates
1	It's a Mystery to Me	1-3 p.m.	1/6	2/3 3/3 4/7 5/5
172	Guess Who's Coming to Dinner		1/10	
35	Cognitive Stimulation - Try Something New	10 a.m.-12 p.m.	1/14	
82	Rediscover Joy Through Dance	10 a.m.-12 p.m.	1/15	
83	Create Your Own Designs in the Cricut Design Space software	10 a.m.-12 p.m.	1/15	
84	7 Step Chair Caning	1-3 p.m.	1/15	1/22 1/29 2/5 2/12 2/19
121	UP Stories (book club)	10 a.m.-12 p.m.	1/16	2/20 3/20 4/17
36	Publishing Your Great American Novel	1-3 p.m.	1/21	1/28 2/4
37	Continuing Issues	1-3 p.m.	1/21	2/4 2/18 3/4 3/18 4/1 4/15 4/29
85	The Code of the Samurai	10 a.m.-12 p.m.	1/22	
122	Robert Burns: Scotland's World-Famous Poet	10 a.m.-12 p.m.	1/23	
173	Jesus's Parables Through the Scholar's Lens	1-3 p.m.	1/24	1/31
2	What is a Wellness Wheel	10 a.m.-12 p.m.	1/27	
38	Hypnosis - Change False Perceptions and Change Your Life - Session A	10 a.m.-12 p.m.	1/28	
39	Local Green Bay Government Through the Eyes of a Retired Alder	10 a.m.-12 p.m.	1/28	
40	Building of the Panama Canal	1-3:15 p.m.	1/28	
86	Internet Safety - Session A	10 a.m.-12 p.m.	1/29	
87	Internet Safety - Session B	1-3 p.m.	1/29	

88	Drinking Water in Northeastern Wisconsin	1-3 p.m.	1/29				
123	Knitting: A Primer in Lace Cowl	1:30-3 p.m.	1/30	2/6	2/13	2/20	
124	Great Decisions 2025	10 a.m.-12 p.m.	1/30	2/13 4/10	2/27 5/1	3/13 5/15	3/27
125	Trail Camera Highlights	10 a.m.-12 p.m.	1/30				
126	Knit a Hat/Ski Mask (Easy Balaclava)	12-1:30 p.m.	1/30	2/6	2/13	2/20	
3	Enjoy a Taste of Italy: Making Crostata	10 a.m.-12 p.m.	2/3				
4	Gentle Yoga: Mini-Series	1-2 p.m.	2/3	2/10	2/17	2/24	
5	Slow Vinyasa Flow Yoga: Mini Series	2:30-3:30 p.m.	2/3	2/10	2/17	2/24	
41	Care For Your Hands as You Age	10 a.m.-12 p.m.	2/4				
42	Art Boot Camp	10 a.m.-12 p.m.	2/4	2/11	2/18	2/25	
43	“Ins and Outs of Organ and Whole-Body Donation”	10 a.m.-12 p.m.	2/4				
89	Mindfulness For You and an Art Project For Your Practice	10 a.m.-12 p.m.	2/5				
90	Beginning Line Dancing	10 a.m.-12 p.m.	2/5	2/12	2/19	2/26	
127	The Lust to Shop: From Romanticism to Modernism in a Shoebox	10 a.m.-12 p.m.	2/6				
128	Sturgeon Spearing Traditions in Wisconsin	10 a.m.-12 p.m.	2/6				
129	Group Piano	10-11:30 a.m.	2/6	2/13	2/20	2/27	
130	Through the Lens of a Packer Photographer	1-3 p.m.	2/6				
131	Zentangle “Love”	1-3 p.m.	2/6				
174	The Power of Story	10 a.m.-12 p.m.	2/7				

175	Fun With Aromatherapy	1-3 p.m.	2/7					
6	Beginning Spanish	10 a.m.-12 p.m.	2/10	2/17	2/24	3/3	3/10	3/17
7	Intermediate Spanish	12:15-2:15 p.m.	2/10	2/17	2/24	3/3	3/10	3/17
8	Kawandi Quilting	1-3 p.m.	2/10	2/17				
44	Technology Use and Brain Wellness	10 a.m.-12 p.m.	2/11					
45	Is it time to look at Death With Dignity for Wisconsin	10 a.m.-12 p.m.	2/11					
91	Considering GUN Ownership? Well Consider this too	10 a.m.-12 p.m.	2/12	2/19				
92	Painting With Encaustics (Colored Beeswax)	11:30 a.m.-2:30 p.m.	2/12					
132	Power of Smile	10 a.m.-12 p.m.	2/13					
133	Open Knitting	9:30-10:30 a.m.	2/13	3/13	4/10	5/8		
176	Neuro Bits for Balance and Quality of Life	1-2:30 p.m.	2/14					
177	Herbs for Healthy Skin	1-3 p.m.	2/14					
9	Tinkercad and 3D printing	10 a.m.-12 p.m.	2/17					
46	Board of Aging's Ombudsman Program	10 a.m.-12 p.m.	2/18					
47	Hypnosis - Change False Perceptions and Change Your Life - Zoom Session	10 a.m.-12 p.m.	2/18					
48	German Research: They Spoke German, But Were They From Germany?	10 a.m.-12 p.m.	2/18					
49	Introduction to eBikes with Suamico Bike Company	1-3 p.m.	2/18					

Registration Reminder

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

50	The Post-Election Retirement Blueprint - Session A	1-3 p.m.	2/18	
93	Dumbest Military Blunders of the 20th Century	10 a.m.-12 p.m.	2/19	
134	Birds and Poetry	10 a.m.-12 p.m.	2/20	
135	Get Your Parcel Quick: The Railway Express Agency	10 a.m.-12 p.m.	2/20	
136	WWII Stories from Relatives and Notable Participants	10 a.m.-12 p.m.	2/20	
137	Books and You	1-2:30 p.m.	2/20	3/20 4/17
178	Self-Massage for Stress Reduction and Pain Relief	1-3 p.m.	2/21	
51	Does Safety Equipment Save Lives? Only if It's Used	10 a.m.-12 p.m.	2/25	
52	The Post-Election Retirement Blueprint - Session B	1-3 p.m.	2/25	
94	Legal Issues in Retirement	10 a.m.-12 p.m.	2/26	3/5
138	Diabetes Mellitus II: What It Is (Part 1) Drugs to Manage It (Part 2) 2025	10 a.m.-12 p.m.	2/27	3/6
139	Age in Place with Home Care and Supportive Care Management	10-11 a.m.	2/27	
179	Wisconsin's Best Kept Geological Secret: The Niagara Escarpment	1-2:30 p.m.	2/28	
180	How We Do Death and Dying - Part 2	1-3 p.m.	2/28	
10	Hearing Changes as We Age	10 a.m.-12 p.m.	3/3	
53	Battle of the Bulge WWII	10 a.m.-12 p.m.	3/4	3/11 3/18
54	How to Make Enrichment for Dogs and Cats	10 a.m.-12 p.m.	3/4	
95	Intermediate Line Dancing	10 a.m.-12 p.m.	3/5	3/12 3/19 3/26
96	Create a Suncatcher or Ornament	1-3 p.m.	3/5	

140	A "Classic" Tour through the Eyes of the Automobile at The Automobile Gallery!	10 a.m.-12 p.m.	3/6	
141	History of the Port of Green Bay and Its Continuing Impact	10 a.m.-12 p.m.	3/6	
142	Build a Plant Propagation Station	10 a.m.-12 p.m.	3/6	
181	Kids Teaching Adults Art: If Kids Can Do It, Why Can't We?	1-3 p.m.	3/7	
11	2001: A Space Odyssey and Beyond	10 a.m.-12 p.m.	3/10	
12	Mystics of the Middle Ages	1-3 p.m.	3/10	3/17 3/24
55	Reptiles & Amphibians	10 a.m.-12 p.m.	3/11	
56	Fun, "Funky" Flowers	1-3 p.m.	3/11	
57	Sap to Syrup	9-11 a.m.	3/11	
97	Healing the Dying: What's Involved and Learn a Method to Relieve Pain, Stress and Anxiety	10 a.m.-12 p.m.	3/12	
98	Writing Your Memoirs	1-3 p.m.	3/12	3/19 3/26 4/2 4/9 4/16
143	Piano Ensemble	10-11:30 a.m.	3/13	3/20 3/27 4/3
144	Understanding the Basics: Social Security and Medicare	1-2:30 p.m.	3/13	
145	The Salvation Army: from Donuts to Doing the Most Good	8:30-10:30 a.m.	3/13	
182	Exploration of Color Through the Color Wheel	10 a.m.-12 p.m.	3/14	
13	Laser Cut a Coaster	10 a.m.-12 p.m.	3/17	
14	Rhythm and Culture of an Abbey: An Overview and Tour of St. Norbert Abbey	10-11:30 a.m.	3/17	
58	Hypnosis - Change False Perceptions and Change Your Life, Session B	10 a.m.-12 p.m.	3/18	
59	Les Miserables	10 a.m.-12 p.m.	3/18	

99	JPL and the Space Age: The Voyager Mission and Beyond	10 a.m.-12 p.m.	3/19	
100	Bay Beach Wildlife Sanctuary: Critters, Volunteering and You	1-3 p.m.	3/19	
200	Former Governor Schriber Shares his Alzheimer's Journey with his Late Wife, Session A	10 a.m.-12 p.m.	3/20	
146	Formation of the New Testament Canon	1-3 p.m.	3/20	
147	Eucharist Miracle Exhibit at Champion Shrine	1-3 p.m.	3/20	
183	Getting the Most Out of Your Photography	1-3 p.m.	3/21	
15	First English Settlements in America	10 a.m.-12 p.m.	3/24	
16	Lost Lady: The Lady Elgin Tragedy	1-3 p.m.	3/24	
60	Ancient Olympics and Famous Athletes of Antiquity	10 a.m.-12 p.m.	3/25	
61	Queen Marinette: Her Life and Times	10 a.m.-12 p.m.	3/25	
201	Former Governor Schriber will share the Alzheimer's Journey of his Late Wife, Session B	10 a.m.-12 p.m.	3/26	
148	Art of Calligraphy	10 a.m.-12 p.m.	3/27	4/3 4/10
184	STEM Innovation Center Tour at UW-Green Bay	10 a.m.-12 p.m.	3/28	
185	9-1-1 A Look Behind the Scenes	10 a.m.-12 p.m.	3/28	
17	Brown County Volunteer Services	1-3 p.m.	3/31	
62	Tour Krueger International (KI) - 100% Employee Owned	10 a.m.-12 p.m.	4/1	
101	Recycling and Solid Waste - Where Does It All Go?	10 a.m.-12 p.m.	4/2	
149	Quilted Legacies in Tough Times: 1900-1950	10-11:15 a.m.	4/3	
150	Recorder Lessons (Part 2)	1-2:30 p.m.	4/3	4/10 4/17 5/1 5/8 5/15

186	Let's Crochet	10 a.m.-12 p.m.	4/4	4/11	4/18				
187	Pollinators & Native Plant Gardening	10 a.m.-12 p.m.	4/4						
188	Tactics of Alexander the Great	10-11:30 a.m.	4/4						
189	Aldo Leopold and the Land Ethic	9-11 a.m.	4/4						
18	Drawing 101	10 a.m.-12 p.m.	4/7	4/14					
19	Veteran Voices V	10 a.m.-12 p.m.	4/7						
20	Fostering Animals and Bottle Babies	10 a.m.-12 p.m.	4/7						
21	Gentle Yoga	1-2 p.m.	4/7	4/14	4/28	5/5	5/12	5/19	
22	Slow Vinyasa Flow Yoga	2:30-3:30 p.m.	4/7	4/14	4/28	5/5	5/12	5/19	
63	Sleeping Through the Ages	10 a.m.-12 p.m.	4/8						
64	Victorian Sea Stories	10 a.m.-12 p.m.	4/8						
65	Basics of Successful Gardening	1-3 p.m.	4/8						
102	Common Scams & Fraud Targeting Seniors	10 a.m.-12 p.m.	4/9						
103	Climate Change and Energy Policy	10 a.m.-12 p.m.	4/9						
104	Six Flags over San Antonio, The Riverwalk, and The Alamo	10 a.m.-12 p.m.	4/9						
105	"Stake" Your Claim in The Garden	10 a.m.-12 p.m.	4/9						
106	Birds of Prey at the Bay Beach Wildlife Sanctuary	1-3 p.m.	4/9						
151	Mary Oliver: America's Most Beloved Poet	10 a.m.-12 p.m.	4/10						
152	Grey Matters: Keeping Your Brain Healthy While Aging	1-2:30 p.m.	4/10						

153	Lifecycle of Drug Development	1-3 p.m.	4/10	
154	Pickleball	1-3 p.m.	4/10	
190	Oral Health: An Essential Element of Healthy Aging	1-3 p.m.	4/11	
23	Make a Hanging Lamp	10 a.m.-12 p.m.	4/14	
24	Preserving Your Retirement in Today's Economy - Session A	1-3 p.m.	4/14	
66	What's Biting Me?	10 a.m.-12 p.m.	4/15	
67	The Art of Asking for Help	10-11 a.m.	4/15	
107	Songs and Fingerplays For Your Grandchildren	10 a.m.-12 p.m.	4/16	
108	Zentangle - What is it?	1-3 p.m.	4/16	
155	Early History of the Green Bay Fire Department	10 a.m.-12 p.m.	4/17	
156	With Wings Like Eagles	10 a.m.-12 p.m.	4/17	5/1
203	Wisconsin Bats	10 a.m.-12 p.m.	4/17	
157	Judas Iscariot and His Gospel	1-3 p.m.	4/17	
191	Biking is Fun at Any Age	10 a.m.-12 p.m.	4/18	5/2 5/9 5/16 5/23
25	Tour of Steinie's Water Gardens	10 a.m.-12 p.m.	4/28	
26	Guided Walk in Baird Creek: Ecology and History Session A	10 a.m.-12 p.m.	4/28	
27	Damsels and Dragons of Wisconsin	1-2:30 p.m.	4/28	
28	Guided Walk in Baird Creek: Ecology and History Session B	1-3 p.m.	4/28	
68	Fox River Locks	10 a.m.-12 p.m.	4/29	5/6

69	Aaron Copland: Quintessential American Composer	1-3 p.m.	4/29	
109	Cruising the Historic and Scenic Upper Green Bay and Northern Lake Michigan	10 a.m.-12 p.m.	4/30	
110	Hartman's Towne & Country Greenhouse Tour	10 a.m.-12 p.m.	4/30	
111	Lakeside Foods/ Frozen Vegetables Tour	1-3 p.m.	4/30	
158	Advocacy for Those Experiencing Homelessness	10 a.m.-12 p.m.	5/1	
159	Franciscan Motherhouse Tour	1-3 p.m.	5/1	
192	Barkhausen	9-11 a.m.	5/2	
29	Design and Build a Light Stand	10 a.m.-12 p.m.	5/5	
30	China's World Dominance Plan	1-3 p.m.	5/5	
70	Alpaca Ranch Tour	10 a.m.-12 p.m.	5/6	
71	The Ironclads and their Technology	10 a.m.-12 p.m.	5/6	
72	Mexico City: A "Walking" Photo Tour of This Historic City	10 a.m.-12 p.m.	5/6	
73	The Science of Wastewater: Gold, Rain & Pipes from the FDR Era	10 a.m.-12 p.m.	5/6	5/13
74	Wings of Morning - Air War in Europe	1-3 p.m.	5/6	5/13 5/20 5/27 6/3
75	What Does "A New Study Shows" Really Mean? An Inside Look at Headline-Grabbing Biomedical Research	1-3 p.m.	5/6	
76	Enstrom Helicopters Tour	1-3 p.m.	5/6	
160	Walking in the Shadow of History - The Great Green Bay Fire of 1880	1-3 p.m.	5/8	
161	Authentic 1850's Designed Windmill Tour - Session A	1-3 p.m.	5/8	
162	Preserving Your Retirement in Today's Economy - Session B	1-3 p.m.	5/8	

163	Assassination of Lincoln and the Saga of Dr. Mudd	1-3 p.m.	5/8	
164	Creative Cookie Decorating	1-3 p.m.	5/8	
193	Oneida Nation Museum (Session A)	10 a.m.-12 p.m.	5/9	
194	Scenery and Wildlife on Our Last Two Continents	10 a.m.-12 p.m.	5/9	
195	Look Homelessness in the Eye!	1-3 p.m.	5/9	
31	From One Truck to a Powerhouse: The Story of Schneider Transportation	10 a.m.-12 p.m.	5/12	
32	Dawn of the Atomic Age	1-3:15 p.m.	5/12	
77	Experience the Evolution of Lighthouse Fog Signals	10 a.m.-12 p.m.	5/13	
78	Exercise and the Benefits to Your Brain	10 a.m.-12 p.m.	5/13	
79	Authentic 1850's Designed Windmill Tour - Session B	10 a.m.-12 p.m.	5/13	
80	Broadwinds Likes to "Think Big"	1-3 p.m.	5/13	
112	Be A Kid Again - Mentor with Big Brothers Big Sisters	1-3 p.m.	5/14	
113	Exceptional Equestrians	1-3 p.m.	5/14	
114	Zentangle - Advanced	1-3 p.m.	5/14	5/21 5/28
115	Ice Age Trail, Wisconsin's National Scenic Trail	10 a.m.-12 p.m.	5/15	
165	Decorating Outdoor Living Spaces	10 a.m.-12 p.m.	5/15	
166	Juggling: You Can FINALLY Learn How!	10 a.m.-12 p.m.	5/15	5/22
167	Aquatic "Creepy Crawlies" & Water Quality	10 a.m.-12 p.m.	5/15	
168	Finding Balance Between Your Needs and Theirs	10-11 a.m.	5/15	

196	Beginning Watercolor Session 2	10 a.m.-12 p.m.	5/16	
81	Shoes of Joy, Suitcases of Hope	10 a.m.-12:15 p.m.	5/20	
116	Tour of Mueller Wright House in Wrightstown	10 a.m.-12 p.m.	5/21	
117	Oneida Nation Museum (Session B)	10 a.m.-12 p.m.	5/21	
118	The Kewaunee Pierhead Lighthouse Tour Session A	1-2:30 p.m.	5/21	
119	Spring Wildflowers at Maywood Environmental Park	1-3 p.m.	5/21	
120	The Kewaunee Pierhead Lighthouse Tour Session B	3-4:30 p.m.	5/21	
169	Picture Arranging Tips, Tricks, and Try's	10 a.m.-12 p.m.	5/22	
170	Tour of Christopher Farm & Gardens	1-3:30 p.m.	5/22	
171	Home Staging - Dressed to Sell	10 a.m.-12 p.m.	5/29	
197	Functions of a Medical Examiner's Office	1-3 p.m.	5/30	
33	The Kewaunee Pierhead Lighthouse Tour Session C	1-2:30 p.m.	6/2	
34	The Kewaunee Pierhead Lighthouse Tour Session D	3-4:30 p.m.	6/2	
198	Tour of Rosehill Gardens	10 a.m.-12 p.m.	6/6	
199	Create Your Own Handmade Hypertufa Pot	12-2 p.m.	6/6	
202	Virtual Tour of Anne Frank House	9-11 a.m.	TBD	

Attention Lifelong Learning Institute Members

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

Monday

1 It's a Mystery to Me

Location: Green Bay
Classroom: Green Bay ADRC
Presenter: Fred Delie
Date(s): 1/06, 2/03, 3/03, 4/07, 5/05
Time: 1-3 p.m.
Limit: 15

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

2 What is a Wellness Wheel *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Kim Patterson - Marketing Director
 CarePatrol NEW
Date(s): 1/27
Time: 10 a.m.-12 p.m.
Limit: 100

What is a Wellness Wheel? How does this tool help us live a longer, happier and healthier life? Join us for a clearer understanding of how to prioritize wellness in your life. Dive into the principles of the wellness wheel, including the various components of physical, emotional, intellectual, spiritual, social and purposeful wellness. Explore practical ways to improve each facet, including simple lifestyle changes and practical tools to enhance your overall well being.

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

Location: Green Bay
Classroom: First Presbyterian Church
Presenter: Terry Smith & Sue Schuette
Date(s): 2/03
Time: 10 a.m.-12 p.m.
Limit: 16
Fee: \$10, for course supplies payable at registration

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

4 Gentle Yoga: Mini-Series

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Date(s): 2/03, 2/10, 2/17, 2/24
Time: 1-2 p.m.
Limit: 25

Join Ginny for a gentle practice of mindfulness, stretches, gentle yoga poses and movements coordinated with the breath. This yoga can be done on the floor or in a chair or as a combination of both, according to your body's needs. You will need to bring a yoga mat and water bottle and wear comfortable, non-binding clothes or yoga apparel. Chairs will be available to use and if you'd like to bring props (block, towel, blanket, bolster, etc.) to enhance your practice, feel free, but they are not required. Ginny often incorporates mantra, seed sounds, visualization and meditation into her yoga sessions and each includes a 5-10 minute Savasana (final resting pose) for total relaxation.

5 Slow Vinyasa Flow Yoga: Mini Series

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Date(s): 2/03, 2/10, 2/17, 2/24
Time: 2:30-3:30 p.m.
Limit: 25

Ginny will lead you through a slow-paced practice of mindfulness, stretches, yoga poses and movements coordinated with the breath on the floor and standing. You will need to bring a yoga mat and water bottle and wear comfortable non-binding clothes or yoga apparel. If you'd like to bring props (block, towel, blanket, bolster etc.) to enhance your practice, feel free, but they are not required. Ginny often incorporates mantra, seed sounds, visualization and meditation into her yoga sessions and each includes a 5-10 minute Savasana (final resting pose) for total relaxation. This class is good for beginners and any yogi interested in a less intense, quiet, meditative, and restorative practice.

6 Beginning Spanish

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Margarita Johnson
Date(s): 2/10, 2/17, 2/24, 3/03, 3/10, 3/17
Time: 10 a.m.-12 p.m.
Limit: 30

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

7 Intermediate Spanish

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Margarita Johnson
Date(s): 2/10, 2/17, 2/24, 3/03, 3/10, 3/17
Time: 12:15-2:15 p.m.
Limit: 30

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

8 Kawandi Quilting *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Gretchen Berg
Date(s): 2/10, 2/17
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" square batting; 3) DMC - 8

weight cotton perle thread — white or light cream; 4) needle, sharp scissors, pins or sewing clips* (*JoAnn's Store); 5) scrap cotton fabric of various sizes.

9 Tinkercad and 3D printing

Location: Green Bay
Classroom: STEM Innovation Center, Green Bay Campus
Presenter: Dennis Rockhill
Date(s): 2/17
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$10, for course supplies payable at registration

Have you been wondering what 3d printing is all about? How does it work? How are the objects actually created before the print? Join us for a very introductory look at how it all works. You'll leave with a key chain tag that you created for yourself or a lucky someone else.

10 Hearing Changes as We Age *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Dr. Beth Gabavics, Doctor of Audiology
Date(s): 3/03
Time: 10 a.m.-12 p.m.
Limit: 50

Age-related hearing loss comes on gradually as we age and usually occurs in both ears. Causes of hearing loss will be identified, as well as health effects of hearing loss and ways to cope with hearing loss.

11 2001: A Space Odyssey and Beyond *NEW*

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

Learn how music has been inspired by flight, the sky, and space. Composers have portrayed ethereal subjects in many ways throughout history with some incredible results!

12 Mystics of the Middle Ages *NEW***Location:** Green Bay**Classroom:** Green Bay Campus RH 220 first two weeks, last week in RH 230**Presenter:** Sister Elise Cholewinski**Date(s):** 3/10, 3/17, 3/24**Time:** 1-3 p.m.**Limit:** 40

We will explore the meaning of being a mystic. Then we will look at the teachings of some of the great mystics of the Middle Ages. Finally, we will study the influence that they have had on modern spirituality.

13 Laser Cut a Coaster**Location:** Green Bay**Classroom:** STEM Innovation Center, Green Bay Campus**Presenter:** Dennis Rockhill**Date(s):** 3/17**Time:** 10 a.m.-12 p.m.**Limit:** 10**Fee:** \$15, for course supplies payable at registration

Laser cutting is taking the DIY world by storm! Take this class to experience the creative process of designing a personalized etched wood and cork drink coaster. We'll use Tinkercad to design and a Boss laser to cut and etch. No experience necessary!

14 Rhythm and Culture of an Abbey: An Overview and Tour of St. Norbert Abbey *NEW***Location:** De Pere**Classroom:** St. Norbert Abbey**Presenter:** James Neilson**Date(s):** 3/17**Time:** 10-11:30 a.m.**Limit:** 40

On the occasion of the 100th anniversary of the St. Norbert Abbey, this course will offer a brief lecture and a walking tour of the abbey. Participants will be invited to consider the origin and ethos of monastic culture, architecture and ritual, yesterday, today, and tomorrow. Directions: The Abbey address is 1016 N. Broadway, De Pere, WI 54115. However, you must use the driveway entrance on S. Webster

Avenue. Look for our large, stone, "St. Norbert Abbey," sign at the beginning of the driveway. The parking lot is on the right. If you get lost or will be late, please call 920-337-4300.

15 First English Settlements in America**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Paul Timm**Date(s):** 3/24**Time:** 10 a.m.-12 p.m.**Limit:** 35

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.

16 Lost Lady: The Lady Elgin Tragedy**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Paul Timm**Date(s):** 3/24**Time:** 1-3 p.m.**Limit:** 35

Lost Lady: The Lady Elgin Tragedy tells the background story of the politics, history, and legacy which led to 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 of Paul Hollander, was released in 2018 and made headlines throughout Wisconsin.

17 Brown County Volunteer Services ***NEW***

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Jenna Durkee, Glen Tilot, and Judy Tilque
Date(s): 3/31
Time: 1-3 p.m.
Limit: 40

Learn about volunteering with Brown County Volunteer Services with children in Child Protective Services. We have various volunteer opportunities including these programs: pals, parent pals, drivers, family interaction, community treatment center and guardians. Find a way to get involved in your community while making a difference.

18 Drawing 101

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Linda Glass
Date(s): 4/07, 4/14
Time: 10 a.m.-12 p.m.
Limit: 10

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

19 Veteran Voices V *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: John Maino
Date(s): 4/07
Time: 10 a.m.-12 p.m.
Limit: 150

John Maino, author of four books, who was embedded with our troops three times in hostile situations, will present and interview a new group of veterans from Vietnam, Iraq and Afghanistan, including a Gold Star family. This builds on John's fall 2020 Veteran Voices class, which is not a prerequisite.

20 Fostering Animals and Bottle Babies ***NEW***

Location: Green Bay
Classroom: Green Bay Humane Society
Presenter: Tania Huycke-Phillips & Katie Gut
Date(s): 4/07
Time: 10 a.m.-12 p.m.
Limit: 30

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

21 Gentle Yoga

Location: Green Bay
Classroom: Allouez Village Hall
Presenter: Ginny Lee Siscoe
Date(s): 4/07, 4/14, 4/28, 5/05, 5/12, 5/19
Time: 1-2 p.m.
Limit: 25

Join Ginny for a gentle practice of mindfulness, stretches, gentle yoga poses and movements coordinated with the breath. This yoga can be done on the floor or in a chair or as a combination of both, according to your body's needs. You will need to bring a yoga mat, water bottle and to wear comfortable, non-binding clothes or yoga apparel. Chairs will be available to use and if you'd like to bring props (block, towel, blanket, bolster, etc.) to enhance your practice feel free, but they are not required. Ginny often incorporates mantra, seed sounds, visualization and meditation into her yoga sessions and each includes a 5-10 minute Savasana (final resting pose) for total relaxation.

22 Slow Vinyasa Flow Yoga

Location: Green Bay

Classroom: Allouez Village Hall

Presenter: Ginny Lee Siscoe

Date(s): 4/07, 4/14, 4/28, 5/05, 5/12, 5/19

Time: 2:30-3:30 p.m.

Limit: 25

Ginny will lead you through a slow-paced practice of mindfulness, stretches, yoga poses and movements coordinated with the breath on the floor and standing. You will need to bring a yoga mat and water bottle and wear comfortable non-binding clothes or yoga apparel. If you'd like to bring props (block, towel, blanket, bolster etc.) to enhance your practice feel free, but they are not required. Ginny often incorporates mantra, seed sounds, visualization and meditation into her yoga sessions and each includes a 5-10 minute Savasana (final resting pose) for total relaxation. This class is good for beginners and any yogi interested in a less intense, quiet, meditative, and restorative practice.

23 Make a Hanging Lamp

Location: Green Bay

Classroom: STEM Innovation Center, Green Bay Campus

Presenter: Dennis Rockhill

Date(s): 4/14

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

Limit: 10

Fee: \$25, for course supplies payable at registration

Construct a hanging lamp from laser cut wood. Choose one of three basic designs and construct the frame with easy-to-follow instructions. Then get creative with the shade. This is a build project only- there is no CAD design involved.

24 Preserving Your Retirement in Today's Economy - Session A *NEW*

Location: Manitowoc

Classroom: UWGB Manitowoc Campus

Presenter: Andrea Zoeller, CFP & Sydney Thompson, CFP

Date(s): 4/14

Time: 1-3 p.m.

Limit: 24

In an era marked by financial volatility and economic uncertainties, safeguarding your retirement has never been more crucial. This

comprehensive course is designed with your financial security and peace of mind in focus. This program will provide an in-depth exploration of key aspects critical to maintaining and enhancing your retirement nest egg such as managing investment risks effectively, complexities of taxes in retirement and minimization strategies, long term care costs and protection strategies, fundamentals of estate planning and how to effectively transfer your wealth, and more!

25 Tour of Steinie's Water Gardens

Location: Two Rivers

Classroom: Steinie's Water Garden

Presenter: Judy Sleger

Date(s): 4/28

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

Limit: 25

Steinie's Water Gardens are a unique garden center with over 9000 sq ft of greenhouses specializing in fish and plants for ponds, water gardens and fountains. Tour their greenhouses with plants, koi and goldfish and explore what is available for those with backyard ponds/fountains. Explore the possibilities of creating beauty in your backyard. Knowledgeable staff available to answer questions regarding all aspects of water gardens.

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

Location: Green Bay

Classroom: Baird Creek

Presenter: Charles Frisk

Date(s): 4/28

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

Limit: 30

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

27 Damsels and Dragons of Wisconsin *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Dan Jackson
Date(s): 4/28
Time: 1-2:30 p.m.
Limit: 150

“Damsels and Dragons of Wisconsin” is designed to be a fun, informative introduction to the insect order Odonata which includes Dragonflies and Damselflies. It includes a discussion on the biology and life history of this order as well as pointers for their identification.

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

Location: Green Bay
Classroom: Baird Creek
Presenter: Charles Frisk
Date(s): 4/28
Time: 1-3 p.m.
Limit: 30

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

29 Design and Build a Light Stand

Location: Green Bay
Classroom: STEM Innovation Center, Green Bay Campus
Presenter: Dennis Rockhill
Date(s): 5/05
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$25, for course supplies payable at registration

Light stands are one of our most popular projects! Use Tinkercad to create a design that will be laser-etched into acrylic. Then build the stand and watch it glow in any color! No experience is necessary, we have easy to follow instructions and we help any step of the way.

30 China’s World Dominance Plan *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Bob Srenaski
Date(s): 5/05
Time: 1-3 p.m.
Limit: 150

Xi Jinping’s plan for China to achieve world economic dominance in the 21st century.

31 From One Truck to a Powerhouse: The Story of Schneider Transportation *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Paul Schneider & Wayne Lubner
Date(s): 5/12
Time: 10 a.m.-12 p.m.
Limit: 150

This presentation by a Schneider grandson and a long time vice president will discuss the nine decade history of Schneider Transportation, guided by its values and beliefs. They will discuss how this Green Bay trucking company rose to become an industry leader through a grandfather’s (Al) and a father’s (Don) Leap of Faith, faith in people, technology and leadership.

32 Dawn of the Atomic Age *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Gary Dallman
Date(s): 5/12
Time: 1-3:15 p.m.
Limit: 150

In 1896, Henri Becquerel accidentally discovered radioactivity. In August of 1945, just under 50 years later, two atomic bombs dropped on Japan ended WWII. This is the story of the investigation and discovery that is the dawn of the atomic age. This course has been revised and updated since last presented in 2020.

33 The Kewaunee Pierhead Lighthouse Tour Session C

Location: Kewaunee

Classroom: Kewaunee Pierhead Lighthouse

Presenter: Jake Heffernan

Date(s): 6/02

Time: 1-2:30 p.m.

Limit: 25

Fee: \$10, payable on day of class

The Kewaunee Pierhead Lighthouse was built in 1912 on the South Pier in the City of Kewaunee to guide the ships and rail ferries in and out of the harbor. Since 2011, it's been owned by the City of Kewaunee, and has been undergoing restoration work since 2017. Jake Heffernan, the historian for the lighthouse, will bring participants through the lighthouse and detail the history of the port, the lighthouse, and the efforts underway to restore the historic structure.

34 The Kewaunee Pierhead Lighthouse Tour Session D

Location: Kewaunee

Classroom: Kewaunee Pierhead Lighthouse

Presenter: Jake Heffernan

Date(s): 6/02

Time: 3-4:30 p.m.

Limit: 25

Fee: \$10, payable on day of class

The Kewaunee Pierhead Lighthouse was built in 1912 on the South Pier in the City of Kewaunee to guide the ships and rail ferries in and out of the harbor. Since 2011, it's been owned by the City of Kewaunee, and has been undergoing restoration work since 2017. Jake Heffernan, the historian for the lighthouse, will bring participants through the lighthouse and detail the history of the port, the lighthouse, and the efforts underway to restore the historic structure.

Tuesday

35 Cognitive Stimulation — Try Something New *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: LaReina Tipping, Program Manager

Date(s): 1/14

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

Limit: 50

By changing the way you use your brain every day, you can literally rewire it — and improve your brain function in the process. We're not just talking about playing Wordle or crossword puzzles! Seek out new, unusual or exciting experiences. Working through challenges and strong emotions, and even just interacting with others can make our brains healthier. Consider it nature's way to improve your brain health.

36 Publishing Your Great American Novel *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Linda Smith

Date(s): 1/21, 1/28, 2/04

Time: 1-3 p.m.

Limit: 20

You've written a novel, a memoir, a short story, a children's book, etc. and you wonder what to do with it. This class will share tools and a pathway to get your story idea in a reader's hands. This is a class about publishing your words for the world to enjoy your storytelling.

37 Continuing Issues

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Steve Jansen

Date(s): 1/21, 2/04, 2/18, 3/04, 3/18, 4/01, 4/15, 4/29

Time: 1-3 p.m.

Limit: 40

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.

38 Hypnosis — Change False Perceptions and Change Your Life — Session A *NEW*

Location: Green Bay

Classroom: Green Bay Campus Christie Theatre

Presenter: Jay Luck

Date(s): 1/28

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

Limit: 100

Hypnosis is not likely to be what you thought it was. It's over 3000 years old. In modern day, hypnosis is used to break bad habits and create habits that heal us: physically, emotionally, spiritually, relationally, professionally. The trainer has three clinics, 39 years in this work and tens of thousands of testimonials. Jay Luck is considered a master trainer in this field, author, and has had several TV appearances. We teach how it works to change a mindset to get goals with NO DRUGS (Session A.)

39 Local Green Bay Government Through the Eyes of a Retired Alder *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Mark Steuer

Date(s): 1/28

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

Limit: 50

An in-depth look at the inner workings of City Government through the experiences of a 12-year Alder (2012-2024), as well as discussions on Green Bay Planning efforts (1981-2024).

40 Building of the Panama Canal

Location: Manitowoc

Classroom: Manitowoc Campus Room TBD

Presenter: Gary Dallman

Date(s): 1/28

Time: 1-3:15 p.m.

Limit: 50

The building of the Panama Canal is arguably the greatest engineering accomplishment of human history. This class attempts to present the highlights of the amazing story of its construction.

41 Care For Your Hands as You Age *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Joanie Columbia, MD & Jeff Smith, OTR, CHT

Date(s): 2/04

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

Limit: 50

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

42 Art Boot Camp

Location: Green Bay

Classroom: Calvary Lutheran Church

Presenter: James Briggs

Date(s): 2/04, 2/11, 2/18, 2/25

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

Limit: 25

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

43 “Ins and Outs of Organ and Whole-Body Donation”

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Amanda Nelson, CST, PhD

Date(s): 2/04

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

Limit: 50

Have you ever checked the organ donor box on your driver's license? In this course, we'll discuss what more you need to know about the processes of organ, tissue, and whole-body donation. Optional tour of UWGB's human cadaver lab.

44 Technology Use and Brain Wellness**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** LaReina Tipping**Date(s):** 2/11**Time:** 10 a.m.-12 p.m.**Limit:** 50

Technology use can actually cause structural changes in the brain.

Pings, alerts, rings and notifications can shift our focus in a way that can lead to long lasting difficulties with paying attention. Difficulties paying attention can lead to poorer performance on academic, personal and professional tasks. Lets embrace neuroplasticity, be mindful and balance our technology use.

45 Is it time to look at Death With Dignity for Wisconsin**Location:** Green Bay**Classroom:** Green Bay Campus RH 230**Presenter:** Curtis Green**Date(s):** 2/11**Time:** 10 a.m.-12 p.m.**Limit:** 45

Presenter Curtis Green has been in the emergency business for 40 years. He has been the Coroner for Manitowoc County for the last 18 years. He has worked in large metropolitan areas as a paramedic as well. With decades of experience dealing with some of the most horrific deaths imaginable, he reflects on how people facing the end of their lives make the heartbreaking personal choice to end their suffering. This will be a review of suicides and the stories behind them. It will also be a forum to begin the discussion of whether assisted death is a topic to be discussed broadly in Wisconsin.

46 Board of Aging's Ombudsman Program *NEW***Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Andie Grassl - Volunteer Ombudsman Coordinator & Linda Dobbratz - Regional Ombudsman**Date(s):** 2/18**Time:** 10 a.m.-12 p.m.**Limit:** 50

Come and meet your representatives of the Ombudsman, Volunteer Ombudsman, and Medigap Helpline Programs! The State of WI Board on Aging and Long Term Care advocates for the rights, welfare, safety, and health of individuals ages 60 and older living in long term care settings or receiving long term care services. Learn about the role of an Ombudsman and find out how they support, empower, and advocate for the elderly in our communities.

47 Hypnosis — Change False Perceptions and Change Your Life — Zoom Session *NEW***Location:** Zoom**Classroom:** Zoom**Presenter:** Jay Luck**Date(s):** 2/18**Time:** 10 a.m.-12 p.m.**Limit:** 100

Hypnosis is not likely to be what you thought it was. It's over 3000 years old. In modern day hypnosis is used to break bad habits and create habits that heal us: physically, emotionally, spiritually, relationally and professionally. The trainer has three clinics, 39 years in this work and tens of thousands of testimonials. Jay Luck is considered a master trainer in this field, an author and has had several TV appearances. We teach how it works to change a mindset to get goals with NO DRUGS.

48 German Research: They Spoke German, but Were They From Germany? *NEW***Location:** Manitowoc**Classroom:** UWGB Manitowoc Campus**Presenter:** Dave Miller "The Ancestor Guy"**Date(s):** 2/18**Time:** 10 a.m.-12 p.m.**Limit:** 35

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 United States 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.

49 Introduction to eBikes with Suamico Bike Company *NEW*

Location: Suamico

Classroom: Station 1 Brewing

Presenter: Laura Grovogel & Matt Fisher

Date(s): 2/18

Time: 1-3 p.m.

Limit: 30

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

50 The Post-Election Retirement Blueprint – Session A *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: John D. Weninger, CFP

Date(s): 2/18

Time: 1-3 p.m.

Limit: 50

Join John Weninger, CFP, a Senior Wealth Advisor at Endowment Wealth Management as we discuss the financial implications of the 2024 election on your retirement. You'll learn proactive tax planning strategies, portfolio management, and estate planning best practices to help ensure a secure financial future. By the end of the course, you'll have actionable ideas to consider implementing.

51 Does Safety Equipment Save Lives? Only if It's Used *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Curtis Green, Manitowoc County Coroner

Date(s): 2/25

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

Limit: 45

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

52 The Post-Election Retirement Blueprint – Session B *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: John D. Weninger, CFP

Date(s): 2/25

Time: 1-3 p.m.

Limit: 50

Join John Weninger, CFP, a Senior Wealth Advisor at Endowment Wealth Management, as we discuss the financial implications of the 2024 election on your retirement. You'll learn proactive tax planning strategies, portfolio management, and estate planning best practices to help ensure a secure financial future. By the end of the course, you'll have actionable ideas to consider implementing.

53 Battle of the Bulge WWII *NEW*

Location: Green Bay

Classroom: Green Bay Campus Christie Theatre

Presenter: John Pfeister

Date(s): 3/04, 3/11, 3/18

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

Limit: 150

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.

54 How to Make Enrichment for Dogs and Cats *NEW*

Location: Green Bay
Classroom: Green Bay Humane Society
Presenter: Katie Gut
Date(s): 3/04
Time: 10 a.m.-12 p.m.
Limit: 24

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

55 Reptiles & Amphibians

Location: Marinette
Classroom: Marinette Campus
Presenter: Anne Bartels
Date(s): 3/11
Time: 10 a.m.-12 p.m.
Limit: 20

Learn about the reptile and amphibian species of Wisconsin and their characteristics, habits and threats to their survival.

56 Fun, “Funky” Flowers *NEW*

Location: Marinette
Classroom: Marinette Campus
Presenter: Linda Berry
Date(s): 3/11
Time: 1-3 p.m.
Limit: 15

Are you ready to chase away the winter “blahs” by putting some color back into your life? Then come create some abstract florals using watercolor, alcohol inks, pen and ink and various other mixed media techniques that can be used for cards, journals, gift tags, etc. No art experience necessary... just a willingness to have fun!

57 Sap to Syrup

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

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

58 Hypnosis — Change False Perceptions and Change Your Life, Session B *NEW*

Location: Green Bay
Classroom: Green Bay Campus Room TBD
Presenter: Jay Luck
Date(s): 3/18
Time: 10 a.m.-12 p.m.
Limit: 100

Hypnosis is not likely to be what you thought it was. It’s over 3000 years old. In modern day hypnosis it is used to break bad habits and create habits that heal us: physically, emotionally, spiritually, relationally, and professionally. The trainer has three clinics, 39 years in this work and tens of thousands of testimonials. Jay Luck is considered a master trainer in this field, an author and has had several TV appearances. We teach how it works to change a mindset to get goals with NO DRUGS (Session B)

59 Les Miserables *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Rebecca Nesvet
Date(s): 3/18
Time: 10 a.m.-12 p.m.
Limit: 50

One of the most popular novels of nineteenth century Europe was Les Miserables: Victor Hugo’s indictment of political systems that exploit poverty and promote injustice, and his call for a new kind of imagination to challenge those systems. Find out which bits of this gargantuan epic to read, why this novel has been deeply loved for almost

two centuries, and how it might speak not only to Hugo's generation but to ours as well.

60 Ancient Olympics and Famous Athletes of Antiquity *NEW*

Location: Green Bay

Classroom: Green Bay Campus Christie Theatre

Presenter: Greg Aldrete

Date(s): 3/25

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

Limit: 150

The ancient Olympic Games ran continuously for over 1,000 years and are one of the most famous and influential institutions of the classical world. Learn its origins, what events it included, who competed, why it ended, and the role of athletics in ancient civilization and religion. Also discover the entertaining and enlightening biographies of some of the most famous and colorful champion athletes of antiquity.

61 Queen Marinette: Her Life and Times *NEW*

Location: Marinette

Classroom: Marinette Campus

Presenter: Jimmie Cox

Date(s): 3/25

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

Limit: 20

Queen Marinette is described as being the mother to all early settlers and indigenous peoples along the Menominee River in the early 19th century on the Great Lakes frontier. A Wisconsin city and county bear her name. But who was she, really?

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

Location: Green Bay

Classroom: KI International — Specific location to be emailed to the class

Presenter: John Kersten

Date(s): 4/01

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. No photography is allowed. This tour will require walking for the entire duration of the tour. Parking is in the back lot. Enter the reception area in the front of the building next to the railroad tracks.

63 Sleeping Through the Ages

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: LaReina Tipping, Program Manager

Date(s): 4/08

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

Limit: 50

The importance of sleep on brain health: Sleep is an important part of our daily routine — in fact, you spend about one third of your life doing it!

Quality sleep — getting enough of it at the right times — is as essential to survival as food and water. Without sleep you can't form or maintain pathways in your brain that let you learn, create new memories, concentrate and respond quickly. Sleep also plays a key housekeeping role that removes toxins in your brain that build up while you are awake.

This presentation will highlight the importance of restorative sleep and how to set up a sleep routine to gain maximum sleep benefits — at all ages.

64 Victorian Sea Stories *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Rebecca Nesvet

Date(s): 4/08

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

Limit: 50

Victorian sailors' myths haunt us today. We will learn about two Victorian sea myths that survive in literature, music, and drama: the 'phantom ship' the Flying Dutchman; and the doomed voyage of explorer Sir John Franklin, whose ships were recently located in the Canadian Arctic.

65 Basics of Successful Gardening *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Dan Theno
Date(s): 4/08
Time: 1-3 p.m.
Limit: 40

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

66 What's Biting Me? *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Michael Draney
Date(s): 4/15
Time: 10 a.m.-12 p.m.
Limit: 150

If you think you are being bitten or otherwise attacked by some creepy-crawly, there are a lot of possibilities, and doing something about it requires that you have an accurate idea of who (if anyone!) is doing the biting. UW-Green Bay Entomologist Mike Draney will walk you through the possibilities for Wisconsin, and hopefully this will be a reassuring talk — it is VERY unlikely to be a brown recluse spider!

67 The Art of Asking for Help *NEW*

Location: Green Bay
Classroom: Green Bay ADRC
Presenter: Teri Bradford
Date(s): 4/15
Time: 10-11 a.m.
Limit: 20

Are you finding it difficult asking for help while caring for a loved one? Join us to learn the main reasons why family caregivers don't, but should, ask for help. We will also discuss ways to ask for and get the help you need.

68 Fox River Locks

Location: Green Bay
Classroom: Green Bay Campus Room TBD and De Pere locks
Presenter: Scott Thompson
Date(s): 4/29, 5/06
Time: 10 a.m.-12 p.m.
Limit: 45

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

69 Aaron Copland: Quintessential American Composer *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Janet Hathaway, PhD
Date(s): 4/29
Time: 1-3 p.m.
Limit: 150

Beginning with a brief consideration of what is meant by "American Music" we will then discuss the life and works of Aaron Copland (1900-1990). Copland's most familiar works include "Appalachian Spring", "Fanfare for the Common Man" and "Rodeo". We will explore several works from his wide-ranging output. The talk will conclude with a look at Copland's contemporary, Samuel Barber (1910-1981), who is best known for "Adagio for Strings" and "Knoxville: Summer of 1915" and revisit the question of "American Music".

70 Alpaca Ranch Tour

Location: Two Rivers
Classroom: London Dairy Alpaca Ranch
Presenter: Kevin Stoer & Laura
Date(s): 5/06
Time: 10 a.m.-12 p.m.
Limit: 50
Fee: \$8, payable on day of class

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

71 The Ironclads and their Technology ***NEW***

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Rich Carlstedt
Date(s): 5/06
Time: 10 a.m.-12 p.m.
Limit: 60

A lecture on the Ironclads by Rich Carlstedt, who has written a book about the Ironclads and serves as a consultant to the museum housing the USS Monitor.

72 Mexico City: A “Walking” Photo Tour of This Historic City

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Bill Dean
Date(s): 5/06
Time: 10 a.m.-12 p.m.
Limit: 50

From the Zocalo (city center), this tour will include most of the top historical sites of massive Mexico City. The presenter will use his own photographs from his frequent visits.

73 The Science of Wastewater: Gold, Rain & Pipes From the FDR Era

Location: Green Bay
Classroom: Green Bay Campus RH 230 and Green Bay Wastewater facility
Presenter: Erin Collar, Public Affairs & Education Specialist
Date(s): 5/06, 5/13
Time: 10 a.m.-12 p.m.
Limit: 40

Join us for an informative session that unravels the journey of wastewater through the complex network of pipes beneath our streets and rivers. In session one, we'll explore who's responsible for maintaining these systems, provide the latest updates on local projects, take a deep dive into the science of wastewater (including gold!) and essential tips to “Love Your Pipes.” Session two will include a tour of the Green Bay Facility to see it all in action.

74 Wings of Morning — Air War in Europe

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Bob Cook
Date(s): 5/06, 5/13, 5/20, 5/27, 6/03
Time: 1-3 p.m.
Limit: 150

In 1942 Joseph Stalin was complaining that the only people killing or being killed by the Germans were the Russians. He was wrong. During that period of time thousands of men flying bombers for the RAF and the USAAF had died in the skies over Germany as they carried the war to the German homeland. This class will discuss the strategy, weapons, tactics of that war over Germany from 1941-1945. The last class will be 30 minutes longer in order to view the movie 12 O' Clock High and provide time for discussion.

75 What Does “A New Study Shows” Really Mean? An Inside Look at Headline-Grabbing Biomedical Research

Location: Zoom
Classroom: Zoom
Presenter: Janes V, Lacey Jr. PhD
Date(s): 5/06
Time: 1-3 p.m.
Limit: 100

Biomedical research studies can generate exciting news about steps we can take to stay healthy, avoid disease, and live longer. Understanding how those studies are conducted can help the public see beyond the headlines” and navigate health advice that seems to constantly change. This lecture will describe how these studies do what they do and how consumers can deploy healthy skepticism about the latest health news.

76 Enstrom Helicopters Tour *NEW*

Location: Marinette
Classroom: Enstrom Helicopters, Menominee, MI
Presenter: Jackie Kamps
Date(s): 5/06
Time: 1-3 p.m.
Limit: 40

Please join us for a tour of the company that has been making helicopters since 1959. There are only a few helicopter manufacturers in the world and Enstrom is one of them, located in NE Wisconsin/

Upper Peninsula Michigan. Over 90% of the aircraft is made from raw materials in this plant where we employ approximately 160 people in all levels on manufacturing.

77 Experience the Evolution of Lighthouse Fog Signals

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Jake Heffernan

Date(s): 5/13

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

Limit: 40

Lighthouses have guided mariners along their journeys for hundreds of years. But when the fog rolls in and the light becomes invisible, what happens? Originally invented as an organ stop, the Diaphone was quickly modified to a compressed air horn. The large "Type F" and two-toned "Type F2T" diaphones became the most popular foghorn signal in the world for much of the 20th century until it was replaced by technology. After a power point presentation on the evolution of fog signals, you will experience that evolution with an outdoor demonstration of a canon, a steam whistle, and a small "Type B" diaphone using a trailer-mounted air compressor.

78 Exercise and the Benefits to Your Brain *NEW*

Location: Green Bay

Classroom: Green Bay Campus Room TBD

Presenter: LaReina Tipping, Program Manager

Date(s): 5/13

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

Limit: 50

Exercise or movement has amazing benefits for our overall health. Exercise increases energy, supports better sleep habits, boosts motivation, immune system 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.

79 Authentic 1850's Designed Windmill Tour — Session B

Location: Little Chute

Classroom: Little Chute Windmill

Presenter: Volunteers

Date(s): 5/13

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 1800s. Learn how technology harnessed wind power to benefit the lives of the Dutch by visiting a functioning authentic 1850's designed windmill that grinds grain into flour. Explore the Dutch artifacts found in the museum and even search out genealogy to find out if you are a descendant of an original founding citizen of Little Chute. A course fee of \$8 is due on day of class. Please register for Session A or B, not both.

80 Broadwinds Likes to "Think Big"

Location: Manitowoc

Classroom: Broadwind Heavy Fabrications

Presenter: Jim Meyer, Operations Manager & Dennis Janda

Date(s): 5/13

Time: 1-3 p.m.

Limit: 15

Participants will have an opportunity to see how Broadwind Heavy Fabrications fabricates some very large-scale projects, including cranes for the defense industry.

81 Shoes of Joy, Suitcases of Hope

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Lynn Murphy

Date(s): 5/20

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

Limit: 50

Guatemala is a developing country in Central America which endures extreme poverty. This poverty is entrenched in the rural areas of the mountains and jungle, where approximately 49% of the population lives. During this class, you will learn about the efforts of a local mission team from Bellin College which has been serving 5 of these rural communities, since 2016, through mobile health clinics and community outreach.

Wednesday

82 Rediscover Joy Through Dance *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Lisa Pritzl

Date(s): 1/15

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

Limit: 50

Empowerment Dance is celebrating its 7th year of providing inclusive dance experiences for seniors and individuals living with Parkinson's disease. Join Lisa Pritzl (Joyologist and Certified Teaching Artist) to harness the power of dance, music, and creativity to improve mobility, cognition, and overall quality of life. No dance experience or partner is needed. All are welcome regardless of ability level.

83 Create Your Own Designs in the Cricut Design Space software *NEW*

Location: Green Bay

Classroom: STEM Innovation Center, Green Bay Campus

Presenter: Lisa Olson

Date(s): 1/15

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

Limit: 10

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

Do you have a Cricut Machine and are struggling to create your own designs in the Cricut Design Space? Join us as we learn the basics of the Design Space software, so instead of paying to use other people's designs, you'll create your own!

84 7 Step Chair Caning

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Bill Seleen

Date(s): 1/15, 1/22, 1/29, 2/05, 2/12, 2/19

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 for caning. They should contact the presenter at least two weeks prior to

class regarding their chair selection and to receive tips for purchasing materials.

85 The Code of the Samurai *NEW*

Location: Green Bay

Classroom: Green Bay Campus Room TBD

Presenter: Brian Danzinger

Date(s): 1/22

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

Limit: 100

Take a journey to ancient Japan to learn about "Bushido", the code of the Samurai, as well as their tactics, lessons, and fascinating stories like the Forty-Seven Ranin. More than just a mythology, discover how their core values influenced military ceremony, leadership, and even cinema. A perfect course to discover your inner warrior, poet, and philosopher in the spirit of the Samurai.

86 Internet Safety — Session A

Location: Green Bay

Classroom: Green Bay Campus STEM Center

Presenter: Lisa Olson

Date(s): 1/29

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

Limit: 20

The Internet is constantly changing and we need to be ready to change how we use it. Please join us as we discuss the newest ways to stay safe online so we are protecting ourselves and our family members. We will also discuss the best ways to ensure our password protected accounts remain secure.

87 Internet Safety — Session B

Location: Green Bay

Classroom: Green Bay Campus STEM Center

Presenter: Lisa Olson

Date(s): 1/29

Time: 1-3 p.m.

Limit: 20

The internet is constantly changing and we need to be ready to change how we use it. Please join us as we discuss the newest ways to stay safe online so we are protecting ourselves and our family members. We will also discuss the best ways to ensure our password protected accounts remain secure.

88 Drinking Water in Northeastern Wisconsin *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: John Luczaj
Date(s): 1/29
Time: 1-3 p.m.
Limit: 150

Do you know where your drinking water comes from? The source of water we use varies dramatically across northeastern Wisconsin and includes both surface and groundwater resources. Join Professor John Luczaj in an overview of aquifers, water quality, and water quantity across our region.

89 Mindfulness For You and an Art Project For Your Practice *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Markley Catlin
Date(s): 2/05
Time: 10 a.m.-12 p.m.
Limit: 50

Learn the importance of mindfulness in your life. Enjoy a fun art project while you apply principles of mindfulness. Get useful web sites and apps for your phone and computer to continue to learn and practice mindfulness at home. Supplies: Please order online or go to an art store and purchase either of the following: 1) Watercolor pencils such as Faber-Castell Grip water color pencils with brush (~\$8.60); OR 2) Crayola Signature Premium Watercolor Crayon Sticks and paintbrush (~\$9.87).

90 Beginning Line Dancing

Location: Green Bay
Classroom: Calvary Lutheran Church
Presenter: Jim Huss
Date(s): 2/05, 2/12, 2/19, 2/26
Time: 10 a.m.-12 p.m.
Limit: 50

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

91 Considering GUN Ownership? Well Consider this too”

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Erik Walters, Public Safety Instructor, NWTC
Date(s): 2/12, 2/19
Time: 10 a.m.-12 p.m.
Limit: 50

A growing number of people, including older adults perceive that our world is rapidly becoming more dangerous. A common reaction is to own and carry a firearm. Whether you already own a gun or are considering joining the trend, Erik Walters, Public Safety/Civilian Firearms Instructor at NWTC in Green Bay will examine if that decision is the right choice for you.

92 Painting With Encaustics (Colored Beeswax)

Location: Suamico
Classroom: Suamico Municipal Service Center
Presenter: Deb O’Harrow
Date(s): 2/12
Time: 11:30 a.m.-2:30 p.m.
Limit: 8
Fee: \$10, for course supplies payable at registration

Following a brief history of the origin of encaustics the technique will be demonstrated after which participants will use their knowledge to paint a landscape on paper, using an iron and the beeswax medium. Learn a new way of painting and join in the fun! No prior painting experience is necessary to enjoy the class. The instructor will provide all the materials for this course. A \$10.00 fee is due to UW Green Bay upon confirmation of enrollment.

93 Dumbest Military Blunders of the 20th Century *NEW*

Location: Zoom
Classroom: Zoom
Presenter: James S Pula
Date(s): 2/19
Time: 10 a.m.-12 p.m.
Limit: 100

Often our everyday lives are shaped in some fashion or another by small events or miscalculations — forgetting to pay a bill, underestimating the cost of a home repair, or perhaps leaving a succulent turkey

in the oven too long so it becomes too dry. These are not life-changing events, but when small errors, personal rivalries, misjudgments, or more serious blunders are made in matters of great impact such as wars, the course of nations can be irrevocably changed. In this illustrated PowerPoint presentation we will examine a half-dozen of these events that changed the course of history in the 20th century, things like the Japanese victory at Tsushima in 1905 that changed the international dynamic in Asia, the fall of Singapore that greatly prolonged World War II in Asia, or Operation Market Garden that prolonged the same war in Europe.

94 Legal Issues in Retirement

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Matt Geimer, Mary Rose Orcutt & Bob Geimer

Date(s): 2/26, 3/05

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.

95 Intermediate Line Dancing

Location: Green Bay

Classroom: Calvary Lutheran Church

Presenter: Jim Huss

Date(s): 3/05, 3/12, 3/19, 3/26

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

Limit: 50

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

96 Create a Suncatcher or Ornament

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Jo Brinkley Chaudoir

Date(s): 3/05

Time: 1-3 p.m.

Limit: 15

Fee: \$15, payable on day of class

Take a metal form and your choice of crystals and create a beautiful Suncatcher or ornament for your window, mirror or tree!

97 Healing the Dying: What's Involved and Learn a Method to Relieve Pain, Stress and Anxiety *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Markley Catlin

Date(s): 3/12

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

Limit: 50

Learn about what it means to "heal the dying." In a hands-on activity, learn a very useful method of helping another person decrease pain, stress and anxiety. Help someone sleep better by feeling the warmth of human touch. Supplies: Please bring a small amount of an oil to massage and a pair of disposable gloves for your hands.

98 Writing Your Memoirs

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: Lou Ann Norsetter

Date(s): 3/12, 3/19, 3/26, 4/02, 4/09, 4/16

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.

99 JPL and the Space Age: The Voyager Mission and Beyond *NEW***Location:** Green Bay**Classroom:** Green Bay Campus Christie Theatre**Presenter:** Ken Haugen**Date(s):** 3/19**Time:** 10 a.m.-12 p.m.**Limit:** 150

This class will discuss the Jet Propulsion Laboratory (JPL) and the space age. The presenter will cover the amazing journey of the two Voyager satellites to Jupiter and beyond, with a tribute to Carl Sagan and the "Pale Blue Dot."

100 Bay Beach Wildlife Sanctuary: Critters, Volunteering and You**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Lori Bankson & Amy Harris**Date(s):** 3/19**Time:** 1-3 p.m.**Limit:** 50

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

101 Recycling and Solid Waste — Where Does It All Go?**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Mark Walter**Date(s):** 4/02**Time:** 10 a.m.-12 p.m.**Limit:** 40

This course will focus on the process of recycling and solid waste management in the U.S. and northeast Wisconsin with discussion about what happens to everything we throw out.

102 Common Scams & Fraud Targeting Seniors *NEW***Location:** Green Bay**Classroom:** Green Bay Campus Christie Theatre**Presenter:** Jeff Kersten**Date(s):** 4/09**Time:** 10 a.m.-12 p.m.**Limit:** 150

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

103 Climate Change and Energy Policy**Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Michael Kraft**Date(s):** 4/09**Time:** 10 a.m.-12 p.m.**Limit:** 50

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

THANK YOU

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

104 Six Flags over San Antonio, The Riverwalk, and The Alamo *NEW*

Location: Green Bay
Classroom: Green Bay Campus Venue TBD
Presenter: Steve Mayer
Date(s): 4/09
Time: 10 a.m.-12 p.m.
Limit: 150

There is far more to San Antonio than just Davy Crockett and the Alamo! During this course we will delve into the rich multicultural heritage of San Antonio and South Texas including the Battle at the Alamo, the six governmental flags that have flown over San Antonio, and the what/how/when/why of The Riverwalk. We will also explore the regional influence of missionaries, the Catholic Church, and the missions (The San Antonio Missions National Historical Park). With your exploration appetite whetted, we will discuss how to get to San Antonio, lodging, food, area sights/events, and best timing for your visit.

105 “Stake” Your Claim in The Garden

Location: Green Bay
Classroom: Green Bay Campus STEM Center
Presenter: Lisa Olson
Date(s): 4/09
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$15, for course supplies payable at registration

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

106 Birds of Prey at the Bay Beach Wildlife Sanctuary

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Lori Bankson & Amy Harris
Date(s): 4/09
Time: 1-3 p.m.
Limit: 50

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!

107 Songs and Fingerplays For Your Grandchildren

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Jan LaSota
Date(s): 4/16
Time: 10 a.m.-12 p.m.
Limit: 25

Learn piggyback songs (new words for familiar tunes) and fingerplays/poems for each month of the year to use with your preschool to lower elementary-aged grandchildren. Participants will leave with more than 100 fun songs and poems. Be prepared to join the group in singing and enjoying many catchy tunes.

108 Zentangle — What is it?

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Elizabeth Carlson
Date(s): 4/16
Time: 1-3 p.m.
Limit: 12
Fee: \$4, for course supplies payable at registration

Where drawing and relaxation meet to create beautiful patterns. No drawing experience necessary, just a willingness to learn, have fun and relax.

109 Cruising the Historic and Scenic Upper Green Bay and Northern Lake Michigan *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre & livestream
Presenter: Norman Schroeder
Date(s): 4/30
Time: 10 a.m.-12 p.m.
Limit: 150

The upper Bay of Green Bay, particularly the cities of Marinette, WI, Menominee, Escanaba and Fayette, MI, have a very interesting history. The many ports of Northern Lake Michigan are scenic and have many interesting tourist attractions. The presentation will highlight a composite of many boating travels to these areas but will also emphasize their ready availability to land-bound travelers.

110 Hartman's Towne & Country Greenhouse Tour

Location: Manitowoc
Classroom: Hartman's Towne & Country Greenhouse
Presenter: Tom Hartman
Date(s): 4/30
Time: 10 a.m.-12 p.m.
Limit: 20

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

111 Lakeside Foods/Frozen Vegetables Tour

Location: Green Bay
Classroom: Lakeside Foods
Presenter: Brian Gates
Date(s): 4/30
Time: 1-3 p.m.
Limit: 25

Tour Lakeside Foods Packaging Center in Manitowoc; where your vegetables you enjoy at dinner time are packaged daily. Lakeside Foods has been around since 1887, is a family-owned company, with the corporate headquarters right in Manitowoc. You will tour the facility where vegetables are frozen and are packaged on automated robotic production lines to be delivered to the grocery stores. Walking shoes are required.

112 Be A Kid Again — Mentor with Big Brothers Big Sisters

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Nancy Roth
Date(s): 5/14
Time: 1-3 p.m.
Limit: 30

Mentoring youth is a win-win for all involved! The child benefits from your friendship and lifetime of experiences and you benefit from being more active physically, mentally and socially. This class will explain the programs Big Brothers Big Sisters offers. You will also hear from a panel of mentors and be able to ask all your questions.

113 Exceptional Equestrians

Location: De Pere
Classroom: Exceptional Equestrians
Presenter: Aaron Geitner
Date(s): 5/14
Time: 1-3 p.m.
Limit: 20

Witness the healing power of horses through hippotherapy. Learn how equine hippotherapy strengthens and nurtures individuals of all ages. It helps improve their self esteem and aids in their achievement of functional skills. The class will learn about the facility and it's programs, tour the pediatric center and the sensory trail. Walking shoes are required.

114 Zentangle — Advanced

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Elizabeth Carlson
Date(s): 5/14, 5/21, 5/28
Time: 1-3 p.m.
Limit: 10
Fee: \$6, for course supplies payable at registration

For those who have attended previous Zentangle classes, we will learn and explore Renaissance and Translucen Z tiles, new patterns and techniques. Bring supplies from previous clas

115 Ice Age Trail, Wisconsin's National Scenic Trail *NEW*

Location: Manitowoc
Classroom: UWGB Manitowoc Campus
Presenter: Cheryl Gorsuch, Lakeshore Chapter Coordinator
Date(s): 5/15
Time: 10 a.m.-12 p.m.
Limit: 40

Learn about the Ice Age Trail, Wisconsin's National Scenic Trail. The history will start with the Wisconsin glaciation that formed a terminal moraine and left many unique geographical features. Discover how the trail was created with the National Park Service (NPS), Wisconsin Department of Natural Resources, and the Ice Age Trail Alliance. Learn about the volunteers who build, support, and promote the trail. Information will be provided about hiking the trail whether a section hiker or through hiker. In addition, Lakeshore Chapter events and hikes will be provided to participants.

116 Tour of Mueller Wright House in Wrightstown *NEW*

Location: Wrightstown

Classroom: Mueller Wright home

Presenter: Anna Cousins

Date(s): 5/21

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

Limit: 20

Tour of Mueller Wright home. Part of this an exhibit of a late Victorian Home. Another portion is a museum.

117 Oneida Nation Museum (Session B)

Location: De Pere

Classroom: Oneida Nation Museum

Presenter: Nathaniel Gerhardt

Date(s): 5/21

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

Limit: 20

Fee: \$5, payable on day of class

An oral and visual presentation about Oneida history and Culture. We will start with the Creation Story and then cover a variety of topics from Clan Systems, Longhouses, Matriarchal Government and Society, and more. Follow up with a tour through the Oneida Museum

118 The Kewaunee Pierhead Lighthouse Tour Session A

Location: Kewaunee

Classroom: Kewaunee Pierhead Lighthouse

Presenter: Jake Heffernan

Date(s): 5/21

Time: 1-2:30 p.m.

Limit: 25

Fee: \$10, payable on day of class

The Kewaunee Pierhead lighthouse was built in 1912 on the South Pier in Kewaunee to guide the ships and rail ferries in and out of the harbor. Since 2011, it's been owned by the City of Kewaunee, and has been undergoing restoration work since 2017. Jake Heffernan, the historian for the lighthouse, will bring participants through the lighthouse and detail the history of the port, the lighthouse, and the efforts underway to restore the historic structure.

119 Spring Wildflowers at Maywood Environmental Park *NEW*

Location: Sheboygan

Classroom: Maywood Environmental Park

Presenter: Kendra Kelling, Park Director

Date(s): 5/21

Time: 1-3 p.m.

Limit: 30

May is a month of exciting changes in the natural world! The forest floor becomes a carpet of colorful wildflowers, emergent and floating plants are blooming in the wetlands, and new growth is revealing itself day-by-day in the dynamic prairie ecosystem. Learn how to identify some native Wisconsin wildflowers and enjoy their beauty on a hike through Maywood Environmental Park. The group will also be observant of resident and migrating birds along the hike, as this is a great time of year and fantastic setting for birding. Bring binoculars and field guides if you have them. Please dress for the weather and bring a water bottle and sturdy footwear that can get muddy.

120 The Kewaunee Pierhead Lighthouse Tour Session B

Location: Kewaunee

Classroom: Kewaunee Pierhead Lighthouse

Presenter: Jake Heffernan

Date(s): 5/21

Time: 3-4:30 p.m.

Limit: 25

Fee: \$10, payable on day of class

The Kewaunee Pierhead Lighthouse was built in 1912 on the South Pier in Kewaunee, to guide the ships and rail ferries in and out of the harbor. Since 2011, it's been owned by the City of Kewaunee, and has been undergoing restoration work since 2017. Jake Heffernan, the historian for the lighthouse, will bring participants through the lighthouse and detail the history of the port, the lighthouse, and the efforts underway to restore the historic structure.

Thursday

121 UP Stories (book club)

Location: Zoom

Classroom: Zoom

Presenter: Diane Shepard

Date(s): 1/16, 2/20, 3/20, 4/17

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

Limit: 25

Explore the history, mystery and myth of Michigan's Upper Peninsula through the written word. All books have a connection to the UP through setting, author or subject.

122 Robert Burns: Scotland's World-Famous Poet *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Mike Murphy, with Cheryl Murphy, Harpist

Date(s): 1/23

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

Limit: 50

A brief introduction to the turbulent life, memorable poems, and famous songs (including "Auld Lang Syne") of Scotland's internationally-beloved poet. In the 18th century Burns was more famous than Shakespeare, and today, 300 years after his death, people all over the world still gather together on his birthday (January 25th) to wear kilts, eat haggis, drink Scotch and recite famous poems like "To a Mouse" — the poem that wisely reminds us that "the best laid plans of mice and men oft go astray." (This class was last presented in 2018.)

123 Knitting: A Primer in Lace Cowl *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: MaryLu Sachs, Della Mudry and Linda Chapman

Date(s): 1/30, 2/06, 2/13, 2/20

Time: 1:30-3 p.m.

Limit: 8

This class will make a cowl to learn the basics of lace and how to read charts. Materials:

DK weight yarn, 435 yards; Size 8-24 circular needles. You must know how to cast-on, knit, purl and read a pattern.

124 Great Decisions 2025

Location: Green Bay

Classroom: Union Congregational Church Green Bay

Presenter: Jeff Gibson

Date(s): 1/30, 2/13, 2/27, 3/13, 3/27, 4/10, 5/01, 5/15

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

Limit: 40

Fee: \$40, for course supplies payable at registration

Delve into foreign policy issues facing the US through the Great Decisions 2025 course sponsored by the Foreign Policy Association. Participants are expected to prepare for discussion sessions. A video prepared by the FPA will introduce the topic followed by facilitator led discussion. There are 8 sessions. Participants must purchase a briefing book from LLI or an online version through Amazon or another source of their preference. Topics this year are American Foreign Policy at a Crossroads, U.S. Changing Leadership of the World Economy, U.S.-China Relations, International Cooperation on Climate Change, The Future of NATO and European Security, AI and American National Security, India: Between China, the West, and the Global South, and After Gaza: American Policy in the Middle East.

G. John Ikenberry, Albert G. Milbank Professor of Politics and International Affairs at Princeton University, will serve as Guest Editor of Great Decisions 2025. In a recent survey of international relations scholars, Professor Ikenberry ranked among the top scholars who have produced the best and most interesting work in International Relations.

Sessions will be held at Union Congregational UCC at 706 S. Madison St with convenient parking and ADA compliant access.

125 Trail Camera Highlights *NEW*

Location: Two Rivers

Classroom: Woodland Dunes Nature Center

Presenter: Jessica Johnsrud and Kennedy Zittel

Date(s): 1/30

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

Limit: 40

Fee: \$5, payable on day of class

Woodland Dunes Nature Center has several off-trail cameras stationed in the preserve to monitor wildlife. Enjoy an indoor presentation of some the best photos and video clips collected over the

last few years and learn interesting facts about the animals captured on camera. After the indoor portion, take a short (optional) guided walk to look for signs of these animals (trail conditions permitting).

126 Knit a Hat/Ski Mask (Easy Balaclava) *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 230

Presenter: MaryLu Sachs, Della Mudry and Linda Chapman

Date(s): 1/30, 2/06, 2/13, 2/20

Time: 12-1:30 p.m.

Limit: 8

It's a simple hat with an opening for your face, but goes around your neck. You will learn to knit in the round, use double-pointed needles, decrease, bind-off and add on stitches. Materials: 220 yards of worsted weight yarn; Size 7 and size 8 double-pointed needles. (You can also use size 7 and 8 circular needles, 12") and size 8 double pointed. You must know how to knit, purl and cast-on.

127 The Lust to Shop: From Romanticism to Modernism in a Shoebox

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Susan Frost, M.A.

Date(s): 2/06

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

Limit: 50

Two French novels of the 1800s examine the cultural shift from romanticism to modernism as seen through the first consumer and the first department store. Gustav Flaubert's "Madame Bovary" and Emile Zola's "Au Bonheur des Dames" provide comprehensive insight into business and social change, the impact of new marketing techniques, and the establishment of a new class, the middle class, all relevant today. There is an interesting alignment with the "Dirt, Sticks, and Bricks" presentation by Garrett Bader.

128 Sturgeon Spearing Traditions in Wisconsin *NEW*

Location: New London

Classroom: Mosquito Hill Nature Center

Presenter: Adam Brandt

Date(s): 2/06

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

Limit: 100

Fee: \$6, payable on day of class

Wisconsin has had a long history and line of traditions with it's Lake Sturgeon. Naturalist Adam Brandt will discuss the natural history of Sturgeon and the human interest side such as our unique spearing season in the Badger State.

129 Group Piano

Location: Green Bay

Classroom: Jeff's Piano

Presenter: Heidi Lueck

Date(s): 2/06, 2/13, 2/20, 2/27

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 Alfred's Adult Lesson Book (ISBN 0882846167), which everyone should have on first day of class. This book can be purchased through area music stores or online.

130 Through the Lens of a Packer Photographer *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Charles (Chip) Manthey

Date(s): 2/06

Time: 1-3 p.m.

Limit: 30

An engaging and informative presentation showcasing life as a Professional Photographer starting with the Green Bay Packers Football special nights, coaches stories and more.

131 Zentangle “Love” *NEW*

Location: Marinette
Classroom: Marinette Campus
Presenter: Linda Berry
Date(s): 2/06
Time: 1-3 p.m.
Limit: 15

Come join me in creating a heart mobile using a variety of color and Zentangle patterns to reflect your love... of yourself and others. No prior experience necessary... just a willingness to learn something new!

132 Power of Smile *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Kim Patterson - Marketing Director Care Patrol NEW
Date(s): 2/13
Time: 10 a.m.-12 p.m.
Limit: 100

Dive into the fascinating link between Smiles and Heart Health. Learn about the physiological benefits of smiling and how this positive expression can play a role in reducing stress, lower blood pressure and promote overall health and wellbeing.

133 Open Knitting

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: MaryLu Sachs, Della Mudry and Linda Chapman
Date(s): 2/13, 3/13, 4/10, 5/08
Time: 9:30-11:30 a.m.
Limit: 25

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

134 Birds and Poetry

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Mike Murphy, with Cheryl Murphy, Harpist
Date(s): 2/20
Time: 10 a.m.-12 p.m.
Limit: 50

Birds have amazing abilities and for over a thousand years famous poets have written wonderful poems about them. This class features fascinating facts, stunning photos and memorable poems (accompanied by harp music) about a wide variety of both well-known and little-known birds, ranging from tiny kiwis and hummingbirds, pesky pigeons and majestic eagles to the charming blue-footed booby and the deadly cassowary. The poets who wrote about them include Shakespeare, Walt Whitman, Robert Frost, Emily Dickinson, and Ogden Nash.

135 Get Your Parcel Quick: The Railway Express Agency *NEW*

Location: Green Bay
Classroom: National Railroad Museum
Presenter: Justin Lambrecht & Eleanor Olbinski
Date(s): 2/20
Time: 10 a.m.-12 p.m.
Limit: 90
Fee: \$10, payable on day of class

Come along on a journey to explore the Railway Express Agency and how it handled parcel freight long before UPS, FedEx or Amazon! Learn about its formation, its unique structure and how it handled millions of packages every year from 1918 until 1975. There will be a display of artifacts after the talk and a tour around the REA delivery truck

136 WWII Stories from Relatives and Notable Participants *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Mark Steuer
Date(s): 2/20
Time: 10 a.m.-12 p.m.
Limit: 50

Numerous family members served during WWII. This class will tell of their unique stories. I have met other notable participants, whose stories will be shared and discussed.

137 Books and You *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Terri Gulyas
Date(s): 2/20, 3/20, 4/17
Time: 1-2:30 p.m.
Limit: 15

Explore various genres, themes, or authors. Members are invited to discuss a book of their own choosing within the assigned topic.

- 2/20: Book set in Chicago
- 3/20: Book set in Boston
- 4/17: Book set in Washington, DC

138 Diabetes Mellitus II: What It Is (Part 1) Drugs to Manage It (Part 2) 2025

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Brian Barkow, PharmD
Date(s): 2/27, 3/06
Time: 10 a.m.-12 p.m.
Limit: 150

This now two part course on diabetes mellitus (DM — primary focus is type II, but all welcome) is on the causes, symptoms, and non-medical management (Part 1) and updated pharmaceutical treatment options (Part 2). Many new therapies continue to hit the market each year and these updates will include most recent guidelines and treatments.

139 Age in Place with Home Care and Supportive Care Management (Palliative Care) *NEW*

Location: Green Bay
Classroom: Unity Hospice
Presenter: Samantha Brasier & Becca Abraham
Date(s): 2/27
Time: 10-11 a.m.
Limit: 30

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

140 A “Classic” Tour through the Eyes of the Automobile at The Automobile Gallery!

Location: Green Bay
Classroom: Automobile Gallery
Presenter: Darrel Burnett
Date(s): 3/06
Time: 10 a.m.-12 p.m.
Limit: 30
Fee: \$8, payable on day of class

Executive Director Darrel Burnett will put you in the ‘driver’s seat’ as you take a fast-paced, story-filled fun trip through more than a century of exclusive automobiles at The Automobile Gallery & Event Center. Experience the role the automobile has played in our history in the U.S. and around the world.

141 History of the Port of Green Bay and Its Continuing Impact *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Mark Walter
Date(s): 3/06
Time: 10 a.m.-12 p.m.
Limit: 40

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

142 Build a Plant Propagation Station

Location: Green Bay
Classroom: Green Bay Campus STEM Center
Presenter: Becki Krueger
Date(s): 3/06
Time: 10 a.m.-12 p.m.
Limit: 10
Fee: \$20, for course supplies payable at registration

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

143 Piano Ensemble

Location: Green Bay
Classroom: Jeff's Piano
Presenter: Heidi Lueck
Date(s): 3/13, 3/20, 3/27, 4/03
Time: 10-11:30 a.m.
Limit: 12

This course is geared toward beginners with some experience with reading music. However, early intermediate musicians will be given more challenging ensemble parts when available. The focus will be on the enjoyment of group playing. The class will use Alfred's Duet Book 1B (ISBN 0-7390-1376-9), which everyone should have on first day of class. This book can be purchased through area music stores or online.

144 Understanding the Basics: Social Security and Medicare

Location: Green Bay
Classroom: Green Bay ADRC
Presenter: Medicare Volunteer or ADRC Staff
Date(s): 3/13
Time: 1-2:30 p.m.
Limit: 25

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

145 The Salvation Army: from Donuts to Doing the Most Good

Location: Green Bay
Classroom: Salvation Army
Presenter: Renee Main, Nicole Hanley, & Tom Mulinix
Date(s): 3/13
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.

146 Formation of the New Testament Canon *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre and Livestream
Presenter: Benjamin Cruz-Uribe
Date(s): 3/20
Time: 1-3 p.m.
Limit: 150

The New Testament of the Bible contains 27 books. Where did they come from? How were they chosen? Why are only these books and not other old texts in the canon? This course will try to answer these questions and more about the interesting history of the formation of the New Testament canon. A course similar to this one was given four years ago.

147 Eucharist Miracle Exhibit at Champion Shrine *NEW*

Location: Green Bay
Classroom: Champion Shrine
Presenter: Kathy Ciha
Date(s): 3/20
Time: 1-3 p.m.
Limit: 25
Fee: \$1, payable on day of class

Explore the Eucharistic Miracles around the world in this international exhibition designed by Blessed Carlo Acutis. This world-renowned exhibit features over 153 Eucharistic Miracles that have taken place around the world and throughout the History of the Catholic Church. Each panel shows images, evidence and testimony to the true presence of God within the Eucharist. Participants are invited to attend Mass at 11 prior to the lecture and tour.

148 Art of Calligraphy

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Kay Barlament
Date(s): 3/27, 4/03, 4/10
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 Chancery style will be taught and other styles will also be presented. Be prepared for a fun class with lots of laughter — thanks to Kay!

149 Quilted Legacies in Tough Times: 1900-1950 *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Barb Hunt
Date(s): 4/03
Time: 10-11:15 a.m.
Limit: 25

What impact did WWI, the Depression, Dust Bowl years, and WWII have on daily life? How did FDR incorporate quilters and quilts into his New Deal program and what role did Wisconsin play? Let the vintage and feed sack quilts from Barb's collection show the resolve, resourcefulness and grit of the American people.

150 Recorder Lessons (Part 2) *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Recorders By The Bay. (Jan LaSota)
Date(s): 4/03, 4/10, 4/17, 5/01, 5/08, 5/15
Time: 1-2:30 p.m.
Limit: 8
Fee: \$8, for course supplies payable at registration

This class is designed for LLI members who took the alto recorder lesson course in fall 2024 or who feel comfortable playing basic notes on the alto or soprano recorder. Participants should bring a music stand. An \$8 fee is due to UWGB to cover the cost of the next level lesson book. Members of "Recorders By The Bay" will be leading the sessions. Class members will explore playing as an ensemble.

151 Mary Oliver: America's Most Beloved Poet *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Mike Murphy & Cheryl Murphy
Date(s): 4/10
Time: 10 a.m.-12 p.m.
Limit: 50

This class will discuss some of the most famous poems of Mary Oliver — poems that deal with the natural world, solitude, dogs, spirituality, immortality, and above all the mysteries of our daily existence and the need to pay close attention to everything around us. The fact that Oliver's

poems are philosophically insightful but written in a clear, simple, accessible style accounts for Oliver's incredible popularity: her books have sold millions of copies and won numerous awards including a Pulitzer Prize and the National Book Award. Harp music will accompany the reading of some poems.

152 Grey Matters: Keeping Your Brain Healthy While Aging

Location: Green Bay
Classroom: Green Bay ADRC
Presenter: Amy Staniforth & Heather Flick
Date(s): 4/10
Time: 1-2:30 p.m.
Limit: 20

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

153 Lifecycle of Drug Development *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Claudia Wheeler, RN, BSN & Rick Derks, PharmD
Date(s): 4/10
Time: 1-3 p.m.
Limit: 150

From its inception as an idea to its full realization as a drug; How do the scientists at Merck go from a mere concept to a fully realized life saving therapy that can potentially help millions? Join us as we follow a drug's lifecycle through the development process.

154 Pickleball *NEW*

Location: Marinette/Menominee
Classroom: River Cities Community Pool
Presenter: Jessie Shaw
Date(s): 4/10
Time: 1-3 p.m.
Limit: 20

Pickleball is a fun, social and friendly game. In this class we will learn the rules and view a pickleball court and the equipment necessary to play this trending game.

155 Early History of the Green Bay Fire Department *NEW***Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** David Siegel**Date(s):** 4/17**Time:** 10 a.m.-12 p.m.**Limit:** 50

This program will present the early history (1836-1895) of the Green Bay Fire Department, taken from the book, Forces of Change, released in May 2016. Major fires will be discussed, emphasizing the resulting subsequent changes to the fire department.

156 With Wings Like Eagles**Location:** Green Bay**Classroom:** Green Bay Campus Christie Theatre**Presenter:** Bob Cook**Date(s):** 4/17, 5/01**Time:** 10 a.m.-12 p.m.**Limit:** 150

World War II saw the development of the airplane as one of the primary weapons of war. The first real test of the bombing theories of the 1920's and 1930's was the Battle of Britain. Come and learn why the army that had conquered Western Europe couldn't get across 50 miles of water to invade Britain. We will discuss the airplanes, organization of both the RAF and the Luftwaffe. We will analyze the successes and failures of each and look at some of the myths about the battle.

157 Judas Iscariot and His Gospel *NEW***Location:** Green Bay**Classroom:** Green Bay Campus Christie Theatre and Livestream**Presenter:** Benjamin Cruz-Uribe**Date(s):** 4/17**Time:** 1-3 p.m.**Limit:** 150

Who was Judas Iscariot? What did Judas actually do? Did Judas have a choice? What happened to Judas? This course will try to answer these questions and more by looking at the Canonical Gospels and the recently discovered non-canonical Gospel of Judas. A course similar to this one was given 8 years ago.

158 Advocacy for Those Experiencing Homelessness *NEW***Location:** Green Bay**Classroom:** Green Bay Campus RH 220**Presenter:** Kate Markwardt**Date(s):** 5/01**Time:** 10 a.m.-12 p.m.**Limit:** 50

Statistics regarding numbers of folks unsheltered in Brown County will be discussed along with the strategies used by the Federal Government and local providers to better meet the needs of those experiencing homelessness. Learn how you can become an advocate for those in need and combat stereotypes and misinformation.

159 Franciscan Motherhouse Tour *NEW***Location:** Green Bay**Classroom:** Franciscan Motherhouse**Presenter:** Sister Caritas Strodthoff**Date(s):** 5/01**Time:** 1-3 p.m.**Limit:** 20

Tour the Motherhouse of the Franciscan Sisters of Christian Charity in Manitowoc and learn the history of the Sisters and their founding in 1869. Participate in a walking tour of the Motherhouse, seeing the changes over the years. Learn about the different parts of the world where the Sisters have worked and the different types of services they continue to perform. Walking shoes required. There are a few stairs to climb.

160 Walking in the Shadow of History – The Great Green Bay Fire of 1880**Location:** Green Bay**Classroom:** Meeting Location to Be Emailed to Class Participants**Presenter:** David Siegel**Date(s):** 5/08**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 sixty 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. The meeting site will be emailed to the roster.

161 Authentic 1850's Designed Windmill Tour — Session A

Location: Little Chute

Classroom: Little Chute Windmill

Presenter: Volunteers

Date(s): 5/08

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 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. A course fee of \$8 is due on day of class. Please register for Session A or B, not both.

162 Preserving Your Retirement in Today's Economy — Session B *NEW*

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Andrea Zoeller, CFP, NSSA & Sydney Thompson, CFP

Date(s): 5/08

Time: 1-3 p.m.

Limit: 50

In an era marked by financial volatility and economic uncertainties, safeguarding your retirement has never been more crucial. This comprehensive course is designed with your financial security and peace of mind in focus. This program will provide an in-depth exploration of key aspects critical to maintaining and enhancing your

retirement nest egg such as managing investment risks effectively, complexities of taxes in retirement and minimization strategies, long term care costs and protection strategies, fundamentals of estate planning and how to effectively transfer your wealth, and more!

163 Assassination of Lincoln and the Saga of Dr. Mudd *NEW*

Location: Green Bay

Classroom: Green Bay Campus Room TBD

Presenter: Gordon Dammann

Date(s): 5/08

Time: 1-3 p.m.

Limit: 50

Who was Dr. Mudd, and why was he sentenced to life in prison at Fort Jefferson after the assassination, escape trail, conviction, sentencing, and hanging of John Wilkes Booth and others in July, 1865. Also, learn about the recent efforts to have Dr. Mudd's good name restored.

164 Creative Cookie Decorating

Location: Green Bay

Classroom: First Presbyterian Church

Presenter: Karen Trembl

Date(s): 5/08

Time: 1-3 p.m.

Limit: 12

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

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

165 Decorating Outdoor Living Spaces

Location: Green Bay

Classroom: Green Bay Campus RH 220

Presenter: Vickie Linssen

Date(s): 5/15

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

Limit: 50

Warmer temperatures and sunny days will be luring you outside very soon. Whether lounging, entertaining, dining, or simple escape — from yards and terraces to patios and porches, decorator, Vickie Linssen, will share ideas to create your ideal outdoor living space.

166 Juggling: You Can FINALLY Learn How! *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Mike Draney & Jake Darrow
Date(s): 5/15, 5/22
Time: 10 a.m.-12 p.m.
Limit: 24
Fee: \$5, payable on day of class

It only takes persistence, not extraordinary ability, to juggle, and nearly anyone can learn how. Mike Draney and Jake Darrow, jugglers with over 75 years of experience between them, will show you how in three simple steps (and if you can already juggle, they 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. A \$5.00 fee is due the first day of class (for a set of juggling balls for you to keep).

167 Aquatic “Creepy Crawlies” & Water Quality *NEW*

Location: Marinette
Classroom: Marinette Campus
Presenter: Anne Bartels
Date(s): 5/15
Time: 10 a.m.-12 p.m.
Limit: 20

Explore the underwater world of aquatic insects and other invertebrates by observing and identifying specimens using identification keys and field guides. Examine the role of these animals in the food web, as well as adaptations that help them survive an aquatic environment. In addition, many aquatic critters are water quality indicators — participants take an inventory of different specimens and use the results to speculate how “healthy” the habitat is.

168 Finding Balance Between Your Needs and Theirs *NEW*

Location: Green Bay
Classroom: Green Bay ADRC
Presenter: Teri Bradford
Date(s): 5/15
Time: 10-11 a.m.
Limit: 20

They say you can't pour from an empty cup, and that's certainly the case when providing care to a loved one! It's important to find the balance between what they need, what you need and give yourself grace when feeling a little overwhelmed by life.

169 Picture Arranging Tips, Tricks, and Try's

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Vickie Linssen
Date(s): 5/22
Time: 10 a.m.-12 p.m.
Limit: 50

Picture arranging is always one of those “arts” that either you're good at or not. Principles like balance, scale, proportion, color, rhythm, and more, are as important to displaying art as they are to painting the art. But have no fear, much can be learned with a few basics.

170 Tour of Christopher Farm & Gardens

Location: Sheboygan
Classroom: Christopher Farm & Garden
Presenter: The Christopher Farm & Gardens
Date(s): 5/22
Time: 1-3:30 p.m.
Limit: 30

Fee: \$2, we ask for a \$2 donation which will go to Meals On Wheels of Sheboygan County

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

171 Home Staging — Dressed to Sell

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Vickie Linssen
Date(s): 5/29
Time: 10 a.m.-12 p.m.
Limit: 50

Staged homes sell faster and for more money. Home staging can be the best way to get top dollar by highlighting your home's strengths, downplay its weaknesses and appeal to the greatest number of buyers. Home staging is about getting a property sold for top dollar.

Friday

172 Guess Who's Coming to Dinner *NEW*

Location: Green Bay
Classroom: First class in RH 220, then subsequent meetings will be off-campus
Presenter: Marilyn Rabideau
Date(s): 1/10
Time: 10 a.m.-12 p.m.
Limit: 40

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

173 Jesus's Parables Through the Scholar's Lens *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Julie Black Harder
Date(s): 1/24, 1/31
Time: 1-3 p.m.
Limit: 50

Did you know that parables are among the most historically authentic sayings of Jesus? That they illustrated how to live out the Kingdom of God? That they usually contain a "twist" that Jesus' audience would have found unexpected or outrageous? In this course, we'll place Jesus' parables in his historical and cultural context, learn how radically counter-cultural they were, and consider how typical interpretations tend to take the "fangs" out of them. The presenter holds a Master's Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College. Participants should bring a bible (New Revised Standard Version preferred).

174 The Power of Story

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Shari Liesch
Date(s): 2/07
Time: 10 a.m.-12 p.m.
Limit: 40

This class will explore the power of story, your story through writing, poetry and narration. Story telling has been around since the beginning of time. Join as we explore and share.

175 Fun With Aromatherapy

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Katie Brewer
Date(s): 2/07
Time: 1-3 p.m.
Limit: 18
Fee: \$5, for course supplies payable at registration

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

176 Neuro Bits for Balance and Quality of Life *NEW*

Location: Marinette/Menominee
Classroom: Menominee Spies Library
Presenter: Debbie Corey & Amy Beattie
Date(s): 2/14
Time: 1-2:30 p.m.
Limit: 10

Spend some time with us to learn how small movements, joint stability and eye function may affect how your body functions. Learn some simple daily movements that can improve your daily activities and overall quality of life. This class will be held at Spies Library.

177 Herbs for Healthy Skin

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Katie Brewer
Date(s): 2/14
Time: 1-3 p.m.
Limit: 18
Fee: \$5, for course supplies 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.

178 Self-Massage for Stress Reduction and Pain Relief

Location: Zoom
Classroom: Zoom
Presenter: Katie Brewer
Date(s): 2/21
Time: 1-3 p.m.
Limit: 25

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

179 Wisconsin's Best Kept Geological Secret: The Niagara Escarpment

Location: Zoom
Classroom: Zoom
Presenter: Eric W. Fowle, AICP
Date(s): 2/28
Time: 1-2:30 p.m.
Limit: 75

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

180 How We Do Death and Dying – Part 2 *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Illene Cupit
Date(s): 2/28
Time: 1-3 p.m.
Limit: 50

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

181 Kids Teaching Adults Art: If Kids Can Do It, Why Can't We?

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Craig Knitt
Date(s): 3/07
Time: 1-3 p.m.
Limit: 30

Come to an art lesson taught by kids from the Boys and Girls Club. Thanks to the Wallace Foundation's "Youth Arts Initiative", they are now skilled and confident artists calling themselves the "Count on Me Academy" and teaching adults what they have learned. These skilled youth artists will lead course participants through a hands-on art lesson with support from Creative Arts Specialist, Craig Knitt. All materials will be provided for this fun and engaging art making lesson.

182 Exploration of Color Through the Color Wheel *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Shari Liesch
Date(s): 3/14
Time: 10 a.m.-12 p.m.
Limit: 40

Join us as we explore the meaning of color through the use of the color wheel. We will also explore color meaning through Chakra energy fields. The Chakras are energy fields in the body from the base of the spine (red), to the top of the head (purple or white). This information is helpful for art and quilting projects.

183 Getting the Most Out of Your Photography *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Charles (Chip) Manthey
Date(s): 3/21
Time: 1-3 p.m.
Limit: 30

Explore the operations for digital photography. This class will cover the basics of photography composition, lighting, and more.

184 STEM Innovation Center Tour at UW-Green Bay

Location: Green Bay
Classroom: STEM Innovation Center, Green Bay Campus
Presenter: John Katers and departmental representatives
Date(s): 3/28
Time: 10 a.m.-12 p.m.
Limit: 50

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

185 9-1-1 A Look Behind the Scenes *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Deputy Bryanne Gawlik & Public Safety Communications Dispatcher
Date(s): 3/28
Time: 10 a.m.-12 p.m.
Limit: 30

From communication professionals to first responders, this course is an in-depth look at what happens behind a 911 call. Included in this course is a quick overview of Senior-Citizen Self-Defense and a tour of the Brown County Public Safety Communication Center. Class will be hosted at the Brown County Public Safety Communications Center, 3028 Curry Lane, Green Bay, WI.

186 Let's Crochet

Location: Green Bay
Classroom: Green Bay Campus RH 230
Presenter: Pati Wiegand
Date(s): 4/04, 4/11, 4/18
Time: 10 a.m.-12 p.m.
Limit: 10

If you've always wanted to learn how to crochet, now is your time. Learn to make the beautiful 'whatever' you've always wanted to create. Join me and learn the basics of crocheting and begin a new pastime.

187 Pollinators & Native Plant Gardening

Location: Marinette
Classroom: Marinette Campus
Presenter: Anne Bartels
Date(s): 4/04
Time: 10 a.m.-12 p.m.
Limit: 20

Learn about pollinators and their habitat needs, how to attract pollinators, and tips on using native plants in your gardens/landscape.

188 Tactics of Alexander the Great *NEW*

Location: Green Bay
Classroom: Green Bay Campus Room TBD
Presenter: Scott Bartell
Date(s): 4/04
Time: 10-11:30 a.m.
Limit: 150

Alexander the Great was dominant on the ancient battlefield. In about a decade, he conquered an area the size of the United States and transformed the ancient world. This presentation will explore the reasons for his success and why Alexander's way of war was ahead of its time.

189 Aldo Leopold and the Land Ethic *NEW*

Location: Green Bay
Classroom: Green Bay Campus Room TBD
Presenter: David Voelker, PhD.
Date(s): 4/04
Time: 9-11 a.m.
Limit: 50

This course, facilitated by Professor David Voelker (History and Humanities), will explore the emergence of the ideas of an "ecological conscience" and the "land ethic" as articulated by Aldo Leopold who lived and worked in Wisconsin from 1924 until his death in 1928. The course will include discussions of several brief excerpts from Leopold's A Sand County Almanac. Suggested reading: A Sand County Almanac, by Aldo Leopold.

190 Oral Health: An Essential Element of Healthy Aging

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Jennifer Lanczy, RDH & Kaitlin Robles, RDH
Date(s): 4/11
Time: 1-3 p.m.
Limit: 50

This class is a review of dental conditions associated with aging, how to prevent these conditions and an overview of the oral/systemic connection.

191 Biking is Fun at Any Age

Location: Green Bay
Classroom: Outdoor, varies
Presenter: Del Tills
Date(s): 4/18, 5/02, 5/09, 5/16, 5/23
Time: 10 a.m.-12 p.m.
Limit: 200

We bike on trails in and out of the area, ranging in rides from 10-24 miles. Longer rides will extend the class time beyond noon. Bikers are responsible for getting their bikes to the trailhead. Multi-speed bikes are recommended and helmets are required. An itinerary with directions for each ride will be emailed to those signed up for the class. **A completed Assumption of Risk form must be on file in the LLI office prior to the first day of class. A State Trail Pass will be required for some rides. No class size limit. Optional for participants to meet for lunch following a ride (bring cash).

192 Barkhausen

Location: Suamico
Classroom: Barkhausen Waterfowl Preserve
Presenter: Jason Petrella
Date(s): 5/02
Time: 9-11 a.m.
Limit: 20
Fee: \$5, payable on day of class

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

193 Oneida Nation Museum (Session A)

Location: De Pere
Classroom: Oneida Nation Museum
Presenter: Nathaniel Gerhardt
Date(s): 5/09
Time: 10 a.m.-12 p.m.
Limit: 20
Fee: \$5, payable on day of class

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

194 Scenery and Wildlife on Our Last Two Continents *NEW*

Location: Green Bay
Classroom: Green Bay Campus RH 220
Presenter: Stu Hoar
Date(s): 5/09
Time: 10 a.m.-12 p.m.
Limit: 50

In early 2024, we visited the Antarctic. A month later we crossed the equator again to cross Africa off our bucket list. Both continents share penguins and beautiful scenery, but the similarity ends there. Antarctica has no permanent human population, while the part of Africa we visited had humans packed together so tightly it was hard to accept. Our photographs help to describe differences between the continents.

195 Look Homelessness in the Eye!

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Jen Schmohe Executive Director & Representatives of the Brown County Homeless and Housing Coalition (BCHHC)
Date(s): 5/09
Time: 1-3 p.m.
Limit: 100

Representatives from the Brown County Homeless and Housing Coalition (BCHHC), will share the reality of homelessness in Brown County. This non-profit organization spans all sectors of the community,

including but not limited, to schools, policing, hospitals, emergency, and long-term housing providers. Please join us for a panel discussion with leaders from BCHHC! Bring your questions and curiosity to learn about the challenges and wins this organization faces each day.

196 Beginning Watercolor Session 2

Location: Marinette/Menominee
Classroom: UWGB Marinette Campus
Presenter: James Lamalfa
Date(s): 5/16
Time: 10 a.m.-12 p.m.
Limit: 20

In this class we will further explore the use of color, backgrounds and perspective. Various techniques will be discussed. Your sketches will be used as subjects with some props supplied. Weather permitting the class will spend some time outside of the classroom. A list of supplies will be sent prior to the class date.

197 Functions of a Medical Examiner's Office

Location: Green Bay
Classroom: Green Bay Campus Room TBD
Presenter: Dr. Elizabeth Douglas
Date(s): 5/30
Time: 1-3 p.m.
Limit: 100

The Brown County Office of the Medical Examiner is an independent, forensic-pathologist lead 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.

Stay Connected!

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

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



198 Tour of Rosehill Gardens

Location: Hobart
Classroom: Rosehill Gardens
Presenter: Leo Bordeleau
Date(s): 6/06
Time: 10 a.m.-12 p.m.
Limit: 20

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

199 Create Your Own Handmade Hypertufa Pot *NEW*

Location: Hobart
Classroom: Rosehill Gardens
Presenter: Leo Bordeleau
Date(s): 6/06
Time: 12-2 p.m.
Limit: 10
Fee: \$50, payable on day of class

Visit Leo at Rose Hill Gardens and learn how to create your very own 14" Hypertufa Pot. Make something totally different than the ordinary flower pots you see when shopping and take pride in your own creation. You will keep your mold and Leo will demonstrate unmolding and carving using appropriate tools if you chose to not return on the 8th for his supervision.

200 Former Governor Schriber Shares his Alzheimer's Journey with his Late Wife, Session A *NEW*

Location: Green Bay
Classroom: Green Bay Campus Christie Theatre
Presenter: Cari Josephson Marty Schriber
Date(s): 3/20 (Please Note: This is a Thursday.)
Time: 10 a.m.-12 p.m.
Limit: 100

Marty Schriber will share his experience caring for his late wife, Elaine, as they navigated the Alzheimer's journey. Alzheimer caregiver services will be highlighted as there are many supports to help with the dimensions of the disease.

201 Former Governor Schriber will share the Alzheimer's Journey of his Late Wife, Session B *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Cari Josephson Marty Schriber
Date(s): 3/26 (Please Note: This is a Wednesday.)
Time: 10 a.m.-12 p.m.
Limit: 150

Marty Schriber will share his experience caring for his late wife, Elaine, as they navigated the Alzheimer's journey. Alzheimer's caregiver services will be highlighted as there are many supports to help with the dimensions of the disease.

202 Virtual Tour of Anne Frank House *NEW*

Location: Zoom
Classroom: Zoom
Presenter: Aaron Petterer
Date(s): TBD
Time: 9-11 a.m.
Limit: 50

This is a virtual tour of the rooms of the Anne Frank reconstructed to what they would have appeared during the Frank family's occupancy. There is a tour guide furnished by the museum.

203 Wisconsin Bats *NEW*

Location: New London
Classroom: Mosquito Hill Nature Center
Presenter: Ally Noll
Date(s): 4/17 (Please Note: This is a Thursday.)
Time: 10 a.m.-12 p.m.
Limit: 50

Bats have been the villains in many stories throughout history, but is that really fair? In reality, bats are the unsung heroes of the night sky, saving countless Wisconsin crops from insect attacks. Come learn about the different bats that live in Wisconsin and why these flying mammals are more important than you may think.

Campus Information

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

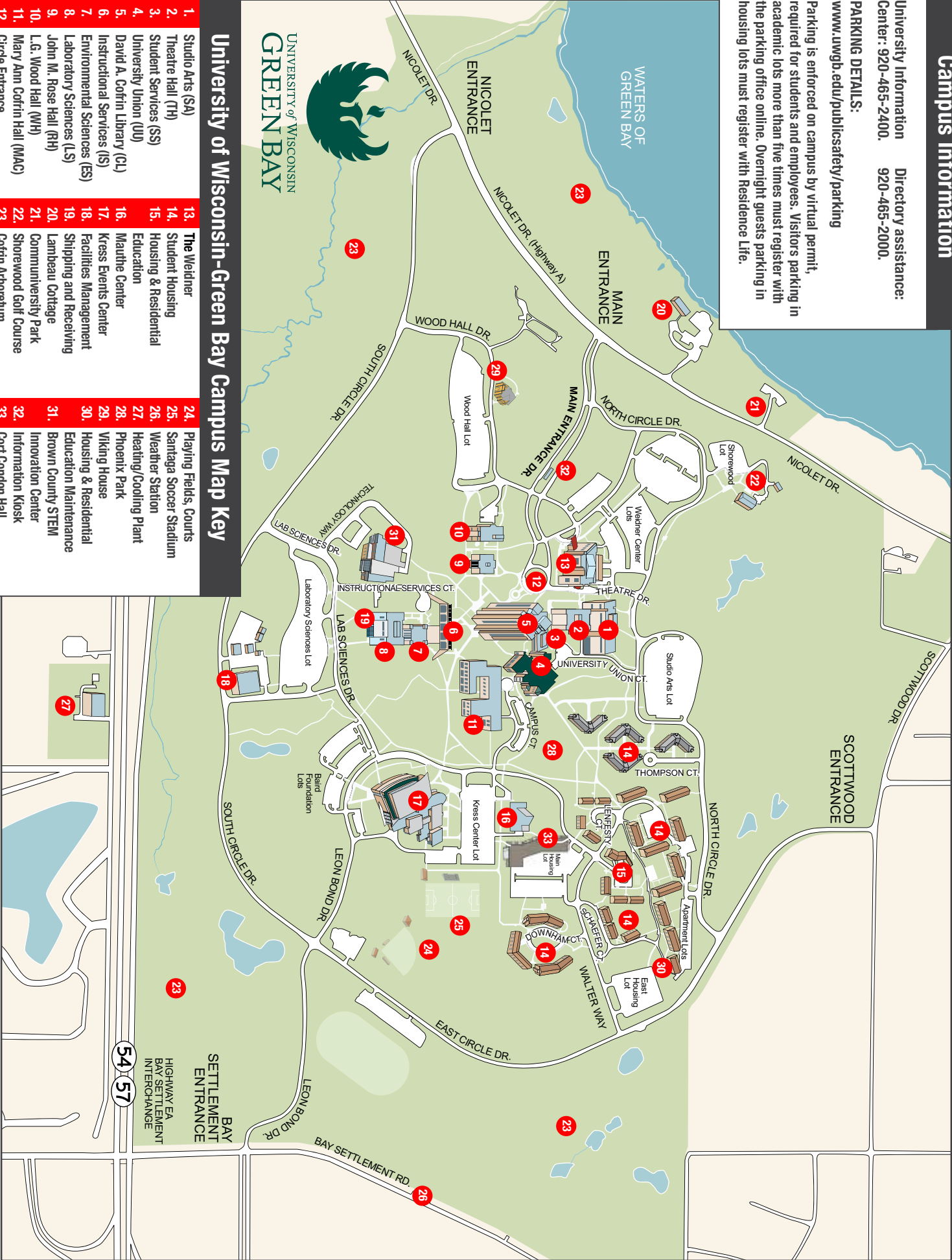
PARKING DETAILS:
www.uwgb.edu/publicsafety/parking

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



University of Wisconsin-Green Bay Campus Map Key

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



54 57
 HIGHWAY EA
 BAY SETTLEMENT
 INTERCHANGE

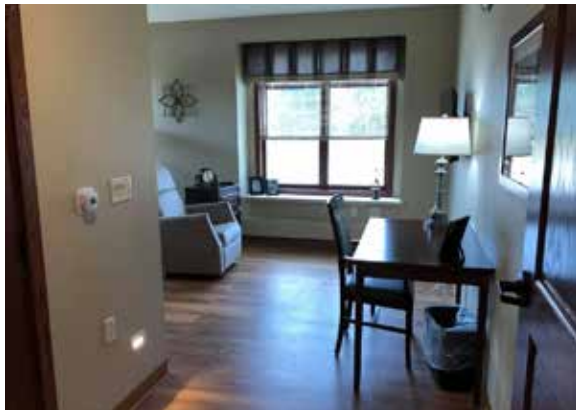


Rennes Group

*Renaissance
Residence
Rennes Health & Rehab Center*

Assisted Living, Memory Care, Rehab & Skilled Nursing Services

EXTRAORDINARY LIVES DESERVE EXCEPTIONAL CARE



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

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

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

www.rennesgroup.com

CONTACT US

Renaissance by Rennes Assisted Living

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

Rennes Health & Rehab Center

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

Residence by Rennes Assisted Living & Memory Care

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

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

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WITH US**





UNIVERSITY of WISCONSIN
GREEN BAY

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

QUICK LINKS

Registration begins Tuesday, December 10 at 10 a.m. and is first come, first serve. Register early for best selection.

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

THERE MAY BE WAIT TIMES AS YOU REGISTER. PLEASE BE PATIENT.



Contacting LLI

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

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