

# Fall 2024 Course Catalog



LIFELONG LEARNING INSTITUTE

# FORWARD TOGETHER

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



Registration begins Wednesday, July 31 at 10 a.m.  
Register early for best selection.

**Learn more and register at [www.uwgb.edu/li](http://www.uwgb.edu/li)**



UNIVERSITY of WISCONSIN  
**GREEN BAY**

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**Allouez Village Hall**  
1900 Libal Street  
Green Bay, WI 54301

**Anuta Center**  
1105 9th Street  
Menominee, MI

**Baird Creek**  
Session A: Christa McAuliffe  
Park Parking Lot  
3100 Sitka St  
Green Bay, WI  
Session B: Lower  
Parking Lot  
324 Baird Creek Rd  
Green Bay, WI

**Barkhausen Waterfowl Preserve**  
2024 Lakeview Drive  
Suamico WI 54173

**Breadsmith Bakery of Green Bay**  
2325 Holmgren Way  
Ashwaubenon, WI 54304

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

**C. D. Buzz Besandy Anadromous Fish Facility**  
4961 Hill Road  
Kewaunee, WI 54216

**Cherney Maribel Caves Park**  
15401 County Rd R  
Maribel, WI 54227

**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 Methodist Church**  
601 10th Street  
Menominee, MI 49858

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

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

**Green Bay Habitat for Humanity Restore**  
1967 Allouez Ave  
Green Bay, WI 54311

**Hamilton Wood Type & Printing Museum**  
1816 10th Street  
Two Rivers, WI 54241

**Hammen Family Orchard & Winery**  
W4794 County Rd E  
Bonduel, WI 54107

**Harmony Arboretum**  
N3890 County E  
Peshtigo, WI 54157

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

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

**Kiwanis Park Pickleball Courts**  
3517 River Drive  
Allouez, WI 54301

**Krueger International (KI)**  
*Detailed meeting place instructions will be sent to attendees*

**Lakeside Foods**  
*Detailed meeting place instructions will be sent to attendees*  
508 Jay St  
Manitowoc, WI 54220

**Lambeau Field - Packers Hall of Fame**  
1265 Lombardi Ave  
Green Bay, WI 54304

**Ledge View Nature Center**  
W2348 Short Rd  
Chilton, WI 53014

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

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

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

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

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

**NEW Zoo**  
4378 Reforestation Rd  
Green Bay, WI 54313

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

**Paradise North Distillery**  
101 Bay Beach Rd Suite 5  
Green Bay, WI 54302

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

**Sabbatical Brewery**  
835 S 29th St  
Manitowoc, WI 54220

**Silarian Vineyards**  
11715 Hilltop Rd  
Reedsville, WI 54230

**St. Francis Convent**  
3110 Nicolet Dr  
Green Bay, WI 54311

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

**Unity Grief & Education Center**  
2079 Lawrence Dr Suite B  
De Pere, WI 54115

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

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

**UW-Green Bay, Sheboygan Campus**  
1 University Dr  
Sheboygan, WI 53081

**Vintage of Ada**  
W4024 WI-32  
Elkhart Lake, WI 53020

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

**Woodland Dunes**  
3000 Hawthorne Ave  
Two Rivers, WI 54241

No.	Course Title	Time	Start	Subsequent Dates
1	Lost Lady: The Lady Elgin Tragedy	10 a.m.-12 p.m.	8/12	
2	Leap into Green Bay History	10 a.m.-12 p.m.	8/12	8/14 8/19 8/21
3	Lewis and Clark: All the Stars Aligned	1-3 p.m.	8/12	
83	Suncatchers/Ornaments	1-3 p.m.	8/14	
126	Magnificent Monarchs	10 a.m.-12 p.m.	8/15	
127	Reflections of Vietnam	10-11:30 a.m.	8/15	
128	Books and You	1-2:30 p.m.	8/15	9/19 10/17 11/21 12/19
129	Vietnam Memories of a US Navy Corpsman	1-3 p.m.	8/15	
130	Reader's Theatre (you can do it)	1-3 p.m.	8/15	8/22 8/29
176	9-1-1 Start to Finish	10 a.m.-12 p.m.	8/16	
4	Tour of Harmony Arboretum Peshtigo, WI	10 a.m.-12 p.m.	8/19	
41	Ten Warning Signs of Alzheimer's & Healthy Living for Your Brain and Body	10 a.m.-12 p.m.	8/20	
42	Kewaunee Pierhead Lighthouse Tour, Session C	11 a.m.-12:30 p.m.	8/20	
43	Archery Introduction	9 a.m.-12 p.m.	8/20	
84	Carolyn's Caverns (Interpretive Cave Tour)	10 a.m.-12:30 p.m.	8/21	
85	Artificial Intelligence, Those Chatbots, and You	1-3 p.m.	8/21	
86	From the Holocaust to Civil Rights	1-3 p.m.	8/21	
131	Woodland Dunes Guided Walk, Native Pollinators and Natural History	10 a.m.-12 p.m.	8/22	

<b>132</b>	West of the Lake Garden Tour	1-3 p.m.	8/22						
<b>177</b>	Ireland in Music and Song	10 a.m.-12 p.m.	8/23						
<b>5</b>	Grey Matters: Keeping Your Brain Healthy While Aging	1:00-2:30 p.m.	8/26						
<b>6</b>	Powerful Tools for Caregivers - Series Teaser	10-11:30 a.m.	8/26						
<b>7</b>	Tour of Manitowoc's Sabbatical Brewing Company	1-3 p.m.	8/26						
<b>44</b>	Monstera Leaf Macrame Workshop	10 a.m.-1 p.m.	8/27						
<b>45</b>	Accordion: Ins and Outs of the 'Squeeze Box'	10 a.m.-12 p.m.	8/27						
<b>87</b>	Ten Warning Signs of Alzheimer's & Healthy Living for Your Brain and Body	10 a.m.-12 p.m.	8/28						
<b>88</b>	Get Wild: The NEW Zoo Insider Encounter Tour and Private Giraffe Feeding	11:30 a.m.-1:45 p.m.	8/28						
<b>133</b>	Financial Planning for Caregivers	1-2 p.m.	8/29						
<b>134</b>	Make and Take: Plant Based Traditional Soap Making	10 a.m.-12 p.m.	8/29						
<b>135</b>	Telling Time in the Earth System: Reading Sediment Layers to "Counting Atoms!"	1-3 p.m.	8/29						
<b>46</b>	Love, Love, Love - That's What It's All About!	10 a.m.-12 p.m.	9/3						
<b>89</b>	Lakeside Foods Tour	10 a.m.-12 p.m.	9/4						
<b>90</b>	Bringing a National Estuarine Research Reserve (NERR) to the Bay of Green Bay	1-3 p.m.	9/4						
<b>136</b>	Biltmore Estate - Where the Vanderbilt's Ran a Dairy Farm!	10 a.m.-12 p.m.	9/5						
<b>178</b>	Biking is Fun at Any Age	10 a.m.-2 p.m.	9/6	9/13	9/20	9/27	10/4	10/11	
<b>179</b>	Let's Crochet	10 a.m.-12 p.m.	9/6	9/13					
<b>180</b>	SOS-Save Our Soil!	10 a.m.-12 p.m.	9/6						

<b>8</b>	Gentle Yoga	1-2 p.m.	9/9	9/16	9/23	9/30	10/7	10/14
<b>9</b>	It's a Mystery to Me	1-3 p.m.	9/9	10/7	11/4	12/9		
<b>10</b>	Fox River Locks	10 a.m.-12 p.m.	9/9	9/16				
<b>11</b>	Try America's Fastest-Growing Sport; Pickleball!	1-3 p.m.	9/9					
<b>12</b>	Tat & Chat	1-3 p.m.	9/9	9/16	9/23	9/30		
<b>13</b>	Slow Vinyasa Flow Yoga	2:30-3:30 p.m.	9/9	9/16	9/23	9/30	10/7	10/14
<b>47</b>	Clearing the Clutter	10 a.m.-12 p.m.	9/10					
<b>48</b>	Composting: The Key to a Great Garden!	10 a.m.-12 p.m.	9/10					
<b>49</b>	Buddy Holly, Vince Lombardi and Green Bay, Wisconsin	10 a.m.-12 p.m.	9/10	9/12	9/17	9/19		
<b>50</b>	MEXICO CITY: A "Walking" Photo Tour of This Historic City	10-11:30 a.m.	9/10					
<b>51</b>	Continuing Issues	1-3 p.m.	9/10	9/24 11/12	10/8 11/26	10/22 12/10	10/29	
<b>91</b>	Beginning Line Dancing	10 a.m.-12 p.m.	9/11	9/18	10/2	10/9		
<b>92</b>	Beginning Watercolor	10 a.m.-12 p.m.	9/11					
<b>93</b>	Internet Safety	10 a.m.-12 p.m.	9/11					
<b>94</b>	Packers History: Truth vs Myth	10-11 a.m.	9/11					
<b>95</b>	Lifelong Learning Choir	3:30-5 p.m.	9/11					

## Registration Reminder

New members please visit [www.uwgb.edu/lii](http://www.uwgb.edu/lii) to register.  
 Current members will be emailed a registration link.



<b>137</b>	UP Stories (Book Club)	10 a.m.-12 p.m.	9/12	10/10	11/7	12/12
<b>138</b>	Kewaunee Pierhead Lighthouse Tour, Session A	11 a.m. -12:30 p.m.	9/12			
<b>139</b>	Kewaunee Pierhead Lighthouse Tour, Session B	1-2:30 p.m.	9/12			
<b>140</b>	Vintage of Ada	1-3 p.m.	9/12			
<b>141</b>	Silarian Vineyards History and Tour	1-3 p.m.	9/12			
<b>142</b>	How Secure Is Your Vote	1-3 p.m.	9/12			
<b>143</b>	Creative Cookie Decorating for Fall	1-3 p.m.	9/12			
<b>144</b>	Open Knitting	9-11 a.m.	9/12	10/10	11/7	12/12
<b>14</b>	“Stake” Your Claim in The Garden	10 a.m.-12 p.m.	9/16			
<b>15</b>	Leonard Bernstein’s Candide and non-Bernstein Concertos	10 a.m.-12 p.m.	9/16			
<b>16</b>	Alto Recorder Lessons	10-11:30 a.m.	9/16	9/23	9/30	10/7 10/14 10/21
<b>52</b>	“Did Roosevelt Know? A Pearl Harbor Mystery”	10 a.m.-12 p.m.	9/17			
<b>53</b>	Historical Research at Menominee’s Aunuta Center	10 a.m.-12 p.m.	9/17			
<b>55</b>	History & Mystery in Medieval Italy	1-3 p.m.	9/17			
<b>56</b>	Common Shoulder Pathologies and a Review of Shoulder Replacement	1-3 p.m.	9/17			
<b>96</b>	Authentic 1980s Windmill Tour, Session A	10 a.m.-12 p.m.	9/18			
<b>97</b>	Mail by Rail: The Railway Post Office Service	10 a.m.-12 p.m.	9/18			
<b>98</b>	Update on the U.S. and Wisconsin Supreme Courts	10 a.m.-12 p.m.	9/18			
<b>99</b>	When and Why Did the Roman Empire Fall?	1-3 p.m.	9/18			

# COURSE CALENDAR

<b>100</b>	Exceptional Equestrians	1-3 p.m.	9/18	
<b>145</b>	Sustainability and Solar Energy	10 a.m.-12 p.m.	9/19	
<b>146</b>	How do Birds Fly?	10 a.m.-12 p.m.	9/19	
<b>147</b>	Authentic 1980s Designed Windmill Tour, Session B	1-3 p.m.	9/19	
<b>181</b>	Dying, Death and Loss in a Post-Pandemic World	1-3 p.m.	9/20	
<b>182</b>	Barkhausen Waterfowl Preserve	9-11 a.m.	9/20	
<b>17</b>	Alpaca Ranch Tour	10 a.m.-12 p.m.	9/23	
<b>18</b>	Cherney Maribel Caves and New Hope Cave, Session A	10 a.m.-12 p.m.	9/23	
<b>20</b>	Cherney Maribel Caves and New Hope Cave Session B	1-3 p.m.	9/23	
<b>57</b>	Art Boot Camp	10 a.m.-12 p.m.	9/24	10/1 10/8 10/15
<b>58</b>	Is It Time to Look at Death with Dignity for Wisconsin?	10 a.m.-12 p.m.	9/24	
<b>59</b>	Discover the Joy of Pageant Attributes After 60. A Class for Graceful Women	10 a.m.-12 p.m.	9/24	
<b>19</b>	Hammen Apple Orchard and Pressing with Wine/Cider Making Tour, Session A	11 a.m.-1 p.m.	9/24	
<b>60</b>	Walk Through Wisconsin History at Heritage Hill	1-2:30 p.m.	9/24	
<b>61</b>	Five Chef Secrets To Take Your Cooking From Fair to Fantastic	1-3 p.m.	9/24	
<b>148</b>	Anticoagulation (Blood Thinners): What, Why and How?	10 a.m.-12 p.m.	9/26	
<b>149</b>	Victorian Penny Dreadfuls: "Pernicious Trash?"	10-11:30 a.m.	9/26	
<b>150</b>	Take a Ride Through Wisconsin History at Heritage Hill	1-2:30 p.m.	9/26	
<b>151</b>	Canonical Gospels: Translation Facts and Issues	1-3 p.m.	9/26	10/3

<b>195</b>	Belgian Life, Past and Present, in Door County	See Description	9/28	
<b>21</b>	Hammen Apple Orchard and Pressing with Wine/Cider Making Tour, Session B	11 a.m.-1 p.m.	9/30	
<b>22</b>	Strength & Balance for Seniors	1-3 p.m.	9/30	
<b>62</b>	Mature Makeup and Skincare	10 a.m.-12 p.m.	10/1	
<b>63</b>	My Life as a Forward Observer (FO) in the Vietnam War	10 a.m.-12 p.m.	10/1	
<b>54</b>	Walking in the Shadow of History - The Great Green Bay Fire of 1880	1-3 p.m.	10/1	
<b>101</b>	Identity Theft: Protect and Prevent	10 a.m.-12 p.m.	10/2	
<b>102</b>	A 30+ Year Look at Gunshot Deaths in Manitowoc County	10 a.m.-12 p.m.	10/2	
<b>103</b>	Anticipatory Grief	10 a.m.-12 p.m.	10/2	
<b>152</b>	Knitting a Felted Bag: The Sheep Tote	1:30-3 p.m.	10/3	10/10 10/17 10/24
<b>153</b>	Presidential Elections 2024	10 a.m.-12 p.m.	10/3	
<b>154</b>	Ten Masterpieces Everyone Should Know!	10 a.m.-12 p.m.	10/3	
<b>155</b>	Group Piano	1-2:30 p.m.	10/3	10/10 10/17 10/24
<b>156</b>	Beginning Knitting	12-1:30 p.m.	10/3	10/10 10/17 10/24
<b>183</b>	Exploring Chakra Energies Through Poetry, Writing & Sharing	10 a.m.-12 p.m.	10/4	

### 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](http://www.uwgb.edu/lli) for the most updated course schedule.

# COURSE CALENDAR

<b>184</b>	Let's Make Homemade Greeting Cards (Session A)	10 a.m.-12 p.m.	10/4	
<b>23</b>	Christian Spirituality	1-3 p.m.	10/7	10/14 10/21
<b>64</b>	Changes in Medicine From the end of the Civil War Through the End of WWI	10 a.m.-12 p.m.	10/8	
<b>65</b>	"Zentangle on the Rocks"	1-3 p.m.	10/8	10/15
<b>104</b>	Uncovering the Truth Through Writing Research	10 a.m.-12 p.m.	10/9	
<b>105</b>	What is AI?	10 a.m.-12 p.m.	10/9	
<b>106</b>	Native American Finger Weaving	1-3 p.m.	10/9	
<b>107</b>	Local Flavor: How to Make Pasties	9:30 a.m.-12 p.m.	10/9	
<b>108</b>	Fisheries in Regards to Natural Resources (Session A)	9-11 a.m.	10/9	
<b>157</b>	Learn the Art of Scroll Sawing	10 a.m.-12 p.m.	10/10	
<b>158</b>	Sharing and Preserving Digital Photos	10 a.m.-12 p.m.	10/10	10/17
<b>159</b>	UW-Green Bay and St. Norbert College in Panama	10 a.m.-12 p.m.	10/10	
<b>160</b>	Prescription Drug Prices: Understanding & Playing the Game (2024 Update)	10 a.m.-12 p.m.	10/10	10/17
<b>185</b>	Climate Change and Energy Policy	10 a.m.-12 p.m.	10/11	
<b>186</b>	Oneida Nation Museum (Session A)	10 a.m.-12 p.m.	10/11	
<b>24</b>	Fall Walk in the Woods	10 a.m.-3 p.m.	10/14	
<b>25</b>	Beginning Spanish	10 a.m.-12 p.m.	10/14	10/21 10/28 11/4 11/11 11/18
<b>26</b>	Intermediate Spanish	12:15-2:15 p.m.	10/14	10/21 10/28 11/4 11/11 11/18
<b>66</b>	Tour Krueger International 100% Employee Owned	10 a.m.-12 p.m.	10/15	

<b>67</b>	Breadsmith Bakery Tour	10 a.m.-12 p.m.	10/15	
<b>68</b>	History of the Earth in Videos	10 a.m.-12 p.m.	10/15	10/22 10/29
<b>69</b>	Trout Stream Habitat	10 a.m.-12 p.m.	10/15	
<b>70</b>	Vladimir Putin's Weaponization of the Ukraine War	1-3 p.m.	10/15	
<b>71</b>	Quilted Christmas Wall Hanging	9 a.m.-12 p.m.	10/15	10/22 10/29
<b>109</b>	Legal Issues in Retirement	10 a.m.-12 p.m.	10/16	10/23
<b>110</b>	Intermediate Line Dancing	10 a.m.-12 p.m.	10/16	10/23 10/30 11/6 11/13
<b>111</b>	An Overview of Deaths as Documented and Certified in Manitowoc County	10 a.m.-12 p.m.	10/16	
<b>112</b>	Advanced Directives: Who Will Be Your Voice?	10 a.m.-12 p.m.	10/16	
<b>113</b>	Seven Step Chair Caning	1-3 p.m.	10/16	10/23 10/30 11/6 11/13 11/20
<b>114</b>	Fisheries in Regards to Natural Resources (Session B)	9-11 a.m.	10/16	
<b>161</b>	Painting On Fabric	10 a.m.-3 p.m. w/ 1 hr. lunch	10/17	
<b>162</b>	Guided Walk in Baird Creek: Ecology and History Session A	10 a.m.-12 p.m.	10/17	
<b>163</b>	Guided Walk in Baird Creek: Ecology and History Session B	1-3 p.m.	10/17	
<b>164</b>	Paradise North Distillery Tour and Tastings	2-3:30 p.m.	10/17	
<b>187</b>	Nature's Recyclers	10 a.m.-12 p.m.	10/18	
<b>27</b>	Habitat for Humanity Tour and DIY	10 a.m.-12 p.m.	10/21	
<b>28</b>	Design Your Own Domino Mexican Train Hub	10 a.m.-12 p.m.	10/21	
<b>72</b>	Navigating Medicare: Open Enrollment Period (OEP) 2025	1:30-3 p.m.	10/22	

# COURSE CALENDAR

<b>115</b>	Evolution of Football Equipment	10-11 a.m.	10/23						
<b>165</b>	Kayaking Blind	10 a.m.-12 p.m.	10/24						
<b>166</b>	Wonderful World of Fossils	1-3 p.m.	10/24						
<b>188</b>	Oneida Nation Museum (Session B)	10 a.m.-12 p.m.	10/25						
<b>29</b>	Sex and Gender: Complex Mosaics in a Black-and-White World	1-3 p.m.	10/28						
<b>73</b>	Aren't You Sweet: Exploring the World of Honeybees and Native Pollinators	1-4 p.m.	10/29						
<b>116</b>	Writing Your Memoirs	1-3 p.m.	10/30	11/6	11/13	11/20	12/11	12/18	
<b>167</b>	Piano Ensemble	1-2:30 p.m.	10/31	11/7	11/14	11/21			
<b>168</b>	Present State of the U.S. Electoral College	1-3 p.m.	10/31						
<b>189</b>	Let's Make Homemade Greeting Cards! (Session B)	10 a.m.-12 p.m.	11/1						
<b>190</b>	Passport to Geologic Wonders, Part 3	1-3 p.m.	11/1						
<b>30</b>	Mandala Art	10 a.m.-12 p.m.	11/4						
<b>31</b>	Seniors! Game On Continued with NEW GAMES!	10 a.m.-12 p.m.	11/4						
<b>32</b>	Music in Film	10 a.m.-12 p.m.	11/4						
<b>33</b>	Spectrum of Attitudes and Lenses in Biblical Interpretation	1-2:30 p.m.	11/4	11/7					
<b>34</b>	Dirt, Sticks & Bricks 4.0	1-3 p.m.	11/4						
<b>35</b>	History of Trains	1-3 p.m.	11/4						
<b>117</b>	Mulva Cultural Center	10 a.m.-12:30 p.m.	11/6						
<b>118</b>	Drawing 101	10 a.m.-12 p.m.	11/6	11/13					

<b>169</b>	Art of Calligraphy	10 a.m.-12 p.m.	11/7	11/14 11/21
<b>170</b>	Care of the Caregiver	10-11 a.m.	11/7	
<b>171</b>	Why is my Cat Fat? Animal & Human Nutrition	1-3 p.m.	11/7	
<b>191</b>	Nature/Culture: The Art of Landscape Gardens	10 a.m.-12 p.m.	11/8	
<b>192</b>	Fun With Aromatherapy	1-3 p.m.	11/8	
<b>36</b>	Simply Dreamy Danish Almond Puff	10 a.m.-12 p.m.	11/11	
<b>37</b>	Historical-Critical Lens Applied to the Biblical Creation Accounts	1-3:15 p.m.	11/11	11/14 11/18
<b>74</b>	The Nutcracker: How a Strange German Tale became a Russian Ballet	10 a.m.-12 p.m.	11/12	
<b>75</b>	PAKAL: The Royal Tomb of the Great Maya King	10-11:30 a.m.	11/12	
<b>76</b>	The Future of Transportation	1-3 p.m.	11/12	
<b>77</b>	Collage 101	1-3 p.m.	11/12	11/19
<b>119</b>	Travel Tips	10 a.m.-12 p.m.	11/13	
<b>120</b>	Social Media Awareness	10 a.m.-12 p.m.	11/13	
<b>121</b>	Neurographic Art	1-3 p.m.	11/13	
<b>172</b>	The Nutcracker: How a Strange German Tale Became a Russian Ballet	10 a.m.-12 p.m.	11/14	
<b>173</b>	Here's the Story of Wisconsin Ungulates	10 a.m.-12 p.m.	11/14	
<b>174</b>	Presidential Facts and Trivia	1-3 p.m.	11/14	
<b>193</b>	Skins and Skulls	10 a.m.-12 p.m.	11/15	
<b>38</b>	Compress & Shock Foundation CPR and AED Training	10 a.m.-12 p.m.	11/18	

<b>39</b>	Build & Personalize Your Own Growler or 6 Pack Carrier	10 a.m.-12 p.m.	11/18	11/25
<b>78</b>	Lust to Shop: From Romanticism to Modernism in a Shoebox	10 a.m.-12 p.m.	11/19	
<b>79</b>	From Bedpan Commandos to Cadet Nurses	10 a.m.-12 p.m.	11/19	11/26
<b>80</b>	Forces of Change in the 21st Century: CHINA	1-3 p.m.	11/19	
<b>122</b>	Empowering Discussion with Financial & Tax Advisors - an Engineer's Thoughts	10 a.m.-12 p.m.	11/20	
<b>123</b>	Christmas 3-D Paper Creations	10 a.m.-12 p.m.	11/20	12/11
<b>124</b>	Hamilton Wood Type and Printing Museum	10 a.m.-12 p.m.	11/20	
<b>81</b>	Manitowoc County Joint Dispatch Tour	10 a.m.-12 p.m.	12/3	
<b>82</b>	"On the Shoulders of Giants," The Work of Galileo and Newton	1-3:15 p.m.	12/3	
<b>175</b>	Iceland's Dramatic Volcanic Geology	1-3 p.m.	12/5	
<b>194</b>	Herbal Recipes for Optimum Health	1-3 p.m.	12/6	
<b>40</b>	Eat, Drink and Be Jolly	10 a.m.-12 p.m.	12/9	
<b>125</b>	Fa, La, La, La, La.....The Season's Here!	10 a.m.-12 p.m.	12/11	

## Are You Receiving LLI's Emails?

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## Monday

### 1 Lost Lady: The Lady Elgin Tragedy

**Location:** Manitowoc

**Classroom:** Manitowoc Campus F170

**Presenter:** Paul Timm

**Coordinator:** Pati Wiegand

**Date(s):** 8/12

**Time:** 10 a.m.-12 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 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 Paul Hollander, was released in 2018 and made headlines throughout Wisconsin.

### 2 Leap into Green Bay History (N)

**Location:** Green Bay

**Classroom:** Green Bay Campus Christie Theatre

**Presenter:** Mark Steuer

**Coordinator:** Wes Carvenough

**Date(s):** 8/12, 8/14, 8/19, 8/21

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

**Limit:** 150

This is a new class offering that will take one on a study of Green Bay's storied history from the times of First Nation peoples up into the 21st Century. Themes presented will include Great Lakes Cartography from the 17th Century, First Nations settlement, colonial rule, Ft. Howard, City development, industry, education, religion, cultural events and others. Powerpoint, maps and graphics will aid here.

### 3 Lewis and Clark: All the Stars Aligned

**Location:** Manitowoc

**Classroom:** Manitowoc Campus F170

**Presenter:** Paul Timm

**Coordinator:** Becky Lowry

**Date(s):** 8/12

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

**Limit:** 35

In 1803, President Jefferson was responsible for the acquisition of the Louisiana Purchase. He would send

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

### 4 Tour of Harmony Arboretum Peshtigo, WI (N)

**Location:** Peshtigo

**Classroom:** Harmony Arboretum

**Presenter:** Linda Warren

**Coordinator:** Linda Berry

**Date(s):** 8/19

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

**Limit:** 40

You will be delighted by this hidden gem in Marinette County. You will get a tour of Harmony, which is an "All American Display Garden". There will also be a prairie tour and please feel free to bring your lunch and stay awhile!

### 5 Grey Matters: Keeping Your Brain Healthy While Aging (N)

**Location:** Green Bay

**Classroom:** Green Bay ADRC

**Presenter:** Amy Staniforth & Heather Flick

**Coordinator:** Shirley Garthwaite

**Date(s):** 8/26

**Time:** 1:00-2:30pm

**Limit:** 20

Learn about factors that impact your brain health, how the brain and body are connected, and 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. This class takes place at the ADRC, 300 S. Adams St., Green Bay WI 54301.

### 6 Powerful Tools for Caregivers - Series Teaser (N)

**Location:** Green Bay

**Classroom:** Green Bay ADRC

**Presenter:** Teri Bradford & Peggy George

**Coordinator:** Shirley Garthwaite

**Date(s):** 8/26

**Time:** 10-11:30 a.m.

**Limit:** 15

Learn to THRIVE while taking care of someone you love. This class will focus on how to identify and reduce your stress and introduce you to one of the “tools” discussed in the Powerful Tools for Caregivers course.

If you like this class and want to add more “tools” to your caregiver toolbox, consider signing up for the full 6-week Powerful Tools for Caregiver sessions offered in September and October at the ADRC. This class takes place at the ADRC, 300 S. Adams St. Green Bay, WI 54301.

## 7 Tour of Manitowoc’s Sabbatical Brewing Company

**Location:** Manitowoc  
**Classroom:** Sabbatical Brewery  
**Presenter:** Will Schneider  
**Coordinator:** Liz Koehler  
**Date(s):** 8/26  
**Time:** 1-3 p.m.  
**Limit:** 30

From grain to glass, enjoy a guided tour at Sabbatical Brewing Co. by owner and brewer, Will Schneider. Nestled in the Oriental Mill building, located in Manitowoc’s historic Custerdale neighborhood, you’ll receive part brewing lesson, part history lesson. The tour will culminate with a guided tasting in the taproom of four different Sabbatical beers, for a small fee, if desired.

## 8 Gentle Yoga

**Location:** Allouez  
**Classroom:** Allouez Village Hall  
**Presenter:** Ginny Lee Siscoe  
**Coordinator:** Sue Johnson  
**Date(s):** 9/09, 9/16, 9/23, 9/30, 10/07, 10/14  
**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.

## 9 It’s a Mystery to Me

**Location:** Green Bay  
**Classroom:** Green Bay ADRC Room 143  
**Presenter:** Fred Delie  
**Coordinator:** Fred Delie  
**Date(s):** 9/09, 10/07, 11/04, 12/09  
**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.

## 10 Fox River Locks (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220 first day of class; De Pere Locks second date  
**Presenter:** Scott Thompson  
**Coordinator:** Sue Johnson  
**Date(s):** 9/09, 9/16  
**Time:** 10 a.m.-12 p.m. first day; 10-11 a.m. second day  
**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 De Pere lock by Voyager Park where you will see how the lock operates.

## 11 Try America’s Fastest - Growing Sport: Pickleball!

**Location:** Green Bay  
**Classroom:** Kiwanis Park Pickleball Courts  
**Presenter:** Sue Bodilly  
**Coordinator:** Lisa Schneider-Wettstein  
**Date(s):** 9/09  
**Time:** 1-3 p.m.  
**Limit:** 19

(N) - New Course

Pickleball is a cross between tennis, badminton and ping pong. Its simplicity and reduced court-size makes it the paddle sport for everyone, young and old. Learn the rules, scoring and strategy from experienced instructors. Course will require a liability waiver. Bring water and tennis shoes. All other equipment is provided. This will be held at Kiwanis Park, Allouez.

### 12 Tat & Chat

**Location:** Green Bay

**Classroom:** Rose Hall 315 (3rd Floor Conference Room)

**Presenter:** Sr. Agnes Fischer

**Coordinator:** Mary Cook

**Date(s):** 9/09, 9/16, 9/23, 9/30

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

**Limit:** 15

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

### 13 Slow Vinyasa Flow Yoga

**Location:** Allouez

**Classroom:** Allouez Village Hall

**Presenter:** Ginny Lee Siscoe

**Coordinator:** Sue Johnson

**Date(s):** 9/09, 9/16, 9/23, 9/30, 10/07, 10/14

**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.

### 14 “Stake” Your Claim in The Garden (N)

**Location:** Green Bay

**Classroom:** STEM Innovation Center on Green Bay Campus

**Presenter:** Dennis Rockhill & Lisa Olson

**Coordinator:** Cindy Johnson

**Date(s):** 9/16

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

**Limit:** 10

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

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

### 15 Leonard Bernstein's Candide and non-Bernstein Concertos (N)

**Location:** Green Bay

**Classroom:** Green Bay Campus Christie Theatre

**Presenter:** Michael Alexander, Chancellor, DMA

**Coordinator:** Jim Hinckley

**Date(s):** 9/16

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

**Limit:** 150

Learn how Leonard Bernstein perfected the modern overture in Candide and how concertos have evolved over time. What makes something virtuosic and how does a soloist interact with an orchestra?

### 16 Alto Recorder Lessons (N)

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** Recorders By The Bay (Jan LaSota)

**Coordinator:** Jan LaSota

**Date(s):** 9/16, 9/23, 9/30, 10/07, 10/14, 10/21

**Time:** 10-11:30 a.m.

**Limit:** 8

**Fee:** \$8 Lesson Book; \$40 for Recorder(if needed), payable at registration

Participate in 6 lessons as you learn to play the ALTO recorder. Participants must be able to read music in the treble clef. Bring a music stand if you have one. An \$8 fee is due to UWGB to cover the cost of the lesson book. If you need an alto recorder, send in an additional \$40. Members of 'Recorders by the Bay' will be leading the sessions.

## 17 Alpaca Ranch Tour

**Location:** Two Rivers  
**Classroom:** London Dairy Alpacas  
**Presenter:** Kevin Stoer & Laura Prellwitz  
**Coordinator:** Liz Koehler  
**Date(s):** 9/23  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50  
**Fee:** \$7, payable on the 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 rain or shine. A \$7 fee is due at class.

## 18 Cherney Maribel Caves and New Hope Cave (Session A)

**Location:** Maribel  
**Classroom:** Cherney Maribel Caves  
**Presenter:** Andy Krahn and Mike Sobush  
**Coordinator:** Jane Hertel  
**Date(s):** 9/23  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 20  
**Fee:** \$5, payable on the day of class

Take a 2-hour walking Tour of the Maribel Caves, visiting the caves in the park, the artesian spring and the inside of New Hope Cave. Learn the history of the Maribel Caves Hotel and view the ruins from the park. Hiking shoes (caves can be muddy), an umbrella and raincoat may be needed depending on the weather. Register for Session A or B. A \$5.00 fee is due the day of the class.

## 19 Hammen Apple Orchard and Pressing with Wine/Cider Making Tour (Session A) (N)

**Location:** Bonduel  
**Classroom:** Hammen Family Orchard & Winery  
**Presenter:** Paul Hammen  
**Coordinator:** Lisa Schneider-Wettstein  
**Date(s):** 9/24  
**Time:** 11 a.m.-1 p.m.  
**Limit:** 25  
**Fee:** \$6 (if wine tasting is chosen), payable on the day of class

Join Paul Hammen of Hammen Family Orchard and Winery in Bonduel, WI for a tour of their family-owned and operated fruit orchard with over 270 different varieties of apple trees, including several heirloom varieties. Tour the orchards, taste the apples, see the winery and watch apple pressing using their custom-made hand-built press. Opportunities to sample fresh cider right from the press. For a fee of \$6.00, you can also sample 5 of their wines and keep the glass as a souvenir. Over 40 different house made seasonal wines, including grape, different fruit varieties, ciders and mead, all from locally grown/sourced products. The gift shop and wine bar will be open after the tour.

## 20 Cherney Maribel Caves and New Hope Cave (Session B)

**Location:** Maribel  
**Classroom:** Cherney Maribel Caves  
**Presenter:** Andy Krahn and Mike Sobush  
**Coordinator:** Jane Hertel  
**Date(s):** 9/23  
**Time:** 1-3 p.m.  
**Limit:** 20  
**Fee:** \$5, payable on the day of class

Take a 2-hour walking tour of the Maribel Caves, visiting the caves in the park, the artesian spring and the inside of New Hope Cave. Learn the history of the Maribel Caves Hotel and view the ruins from the park. Hiking shoes (caves can be muddy), an umbrella and raincoat may be needed depending on the weather. Register for Session A or B. A \$5.00 fee is due the day of the class.

## 21 Hammen Apple Orchard and Pressing with Wine/Cider Making Tour (Session B) (N)

**Location:** Bonduel  
**Classroom:** Hammen Family Orchard & Winery  
**Presenter:** Paul Hammen  
**Coordinator:** Cindy Johnson  
**Date(s):** 9/30  
**Time:** 11 a.m.-1 p.m.  
**Limit:** 25  
**Fee:** \$6 (if wine tasting is chosen), payable on the day of class

Join Paul Hammen of Hammen Family Orchard and Winery in Bonduel, WI for a tour of their family-owned and operated fruit orchard with over

(N) - New Course

270 different varieties of apple trees, including several heirloom varieties. Tour the orchards, taste the apples, see the winery and watch apple pressing using their custom-made hand-built press. Opportunities to sample fresh cider right from the press. For a fee of \$6.00, you can also sample 5 of their wines and keep the glass as a souvenir. Over 40 different house made seasonal wines, including grape, different fruit varieties, ciders and mead, all from all locally grown/sourced products. The gift shop and wine bar will be open after the tour.

## 22 Strength & Balance for Seniors

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** Nick Baudhuin

**Coordinator:** Jan LaSota

**Date(s):** 9/30

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

**Limit:** 50

This course will include education on the principles of strength training, muscular anatomy and the anatomy and physiology of the three sensory systems that play a role in our ability to maintain balance. The course will cover the reasons strength and balance issues arise as we age. Participants will also learn the benefits of strengthening and strategies to improve balance.

## 23 Christian Spirituality

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** Sister Elise Cholewinski

**Coordinator:** Judy Hastert

**Date(s):** 10/07, 10/14, 10/21

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

**Limit:** 50

In this course we will look at the difference between spirituality and religion and become familiar with the basic elements of the Christian spiritual life. The lives of several prominent figures in the history of Christian spirituality will be presented. Various forms of prayer, developed by some of these figures, will be described.

## 24 Fall Walk in the Woods (N)

**Location:** Door County

**Classroom:** Bailey's Harbor, see description for details

**Presenter:** Sue Schuette

**Coordinator:** Ann Larscheid

**Date(s):** 10/14

**Time:** 10 a.m.-3 p.m.

**Limit:** 25

Enjoy a beautiful fall color day in Door County. We will hike UWGB's property in Baileys Harbor, stop at a fish market, have a picnic lunch (pack your own), hike a Door County Land Trust Trail, and stop at an apple orchard. Each participant will need to find their own ride - possibly carpool to Baileys Harbor - Highway 57. We will meet at 10:00 a.m. at Anclam Park (right on Highway 57) and carpool from there to UWGB's property. Dress for the weather.

## 25 Beginning Spanish

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 230

**Presenter:** Margarita Johnson

**Coordinator:** Mary Gajeski

**Date(s):** 10/14, 10/21, 10/28, 11/04, 11/11, 11/18

**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.

## 26 Intermediate Spanish

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 230

**Presenter:** Margarita Johnson

**Coordinator:** Mary Cook

**Date(s):** 10/14, 10/21, 10/28, 11/04, 11/11, 11/18

**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.

## 27 Habitat for Humanity Tour and DIY

**Location:** Green Bay  
**Classroom:** Habitat for Humanity  
**Presenter:** Jennifer Maier & Ben Wilson  
**Coordinator:** Kathy Bergner  
**Date(s):** 10/21  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 20

In one session:

- Tour Green Bay Habitat for Humanity ReStore and Affiliate Office
- Learn how Habitat for Humanity brings vision and mission to life
- Work with Habitat staff on a fun DIY project

## 28 Design Your Own Domino Mexican Train Hub (N)

**Location:** Green Bay  
**Classroom:** STEM Innovation Center on Green Bay Campus  
**Presenter:** Dennis Rockhill & Lisa Olson  
**Coordinator:** Judy Hastert  
**Date(s):** 10/21  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 10  
**Fee:** \$15, payable at registration for course supplies

Do you love to play Mexican Train Dominoes with your family and friends? Ditch the boring Mexican Train Hub that came with your game and design your own using CAD (Computer Aided Design) software. You never used CAD? No problem! We'll walk you through the process using a simple program called Tinkercad to design your hub.

## 29 Sex and Gender: Complex Mosaics in a Black-and-White World

**Location:** Green Bay  
**Classroom:** Green Bay Campus Christie Theatre  
**Presenter:** Daniel Meinhardt  
**Coordinator:** Gerry Konop  
**Date(s):** 10/28  
**Time:** 1-3 p.m.  
**Limit:** 150

Awareness of the complex nature of gender is growing, however few people know that biological sex also comes in more than two forms. In this

course we'll cover the basic biology of sex determination, then examine situations that deviate from typical male and female states, including individuals who are born with the outer anatomy of a typical female, only to develop male anatomy spontaneously at puberty.

## 30 Mandala Art

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 230  
**Presenter:** Dawn Seubert  
**Coordinator:** Jane Hertel  
**Date(s):** 11/04  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 12  
**Fee:** \$10, payable at registration for course supplies

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

## 31 Seniors! Game On Continued with NEW GAMES!

**Location:** Two Rivers  
**Classroom:** Read Apple Toy Shoppe  
**Presenter:** Pam Duveneck  
**Coordinator:** Liz Koehler  
**Date(s):** 11/04  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 24

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

## 32 Music in Film (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Christie Theatre  
**Presenter:** Janet Hathaway, PhD  
**Coordinator:** Jim Hinckley

(N) - New Course

**Date(s):** 11/04  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

The nature of film music has changed since the advent of silent film with its live accompaniment, but the various roles music plays within movies have remained relatively constant. Music serves to establish setting, heighten emotion, underscore or foreshadow narrative elements, even comment ironically on characters or action, all while engaging the audience more deeply in the film. This class will begin with a historical overview of music in film, keeping in mind the relationship of film music to other cultural currents (Romanticism, jazz, popular song). To illustrate how music can function in a movie, we will draw examples from notable composers, including several with Academy Award recognition.

### 33 Spectrum of Attitudes and Lenses in Biblical Interpretation

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Julie Black Harder  
**Coordinator:** Dean Cherry  
**Date(s):** 11/04, 11/07  
**Time:** 1-2:30 p.m.  
**Limit:** 50

In this course we will explore the variety of lenses through which the Bible can be interpreted. Elements of this spectrum include questions such as: Did God inspire the Bible? If so, how? What kind(s) of truth does the Bible convey? What kind of authority does the Bible carry? Answers to these questions differ widely, depending on one's lens. Discover your own lens and analyze those of some major denominations. The presenter holds a Masters Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College.

### 34 Dirt, Sticks & Bricks 4.0

**Location:** Green Bay  
**Classroom:** Green Bay Campus, Venue TBD  
**Presenter:** Garritt R. Bader  
**Coordinator:** Ann Larscheid  
**Date(s):** 11/04  
**Time:** 1-3 p.m.  
**Limit:** 150

Back by popular demand! See that even newer building? Wondering what else has changed in the

past year? Local real estate developer Garritt Bader will once again provide insight on his current and future projects as well as those of other developers and how they're changing the face of Green Bay.

### 35 History of Trains (N)

**Location:** Marinette  
**Classroom:** Marinette Campus T-149  
**Presenter:** James Lamalfa  
**Coordinator:** Eileen Beyer  
**Date(s):** 11/04  
**Time:** 1-3 p.m.  
**Limit:** 30

The class will cover the history of trains from early rail use in USA and Britain and bring us to the latest passenger service on Amtrak. A personal collection of operating trains will be on display. Images from train travel and catalogs will be available. The Algoma Central RR which runs into Canada will also be a topic of discussion.

### 36 Simply Dreamy Danish Almond Puff

**Location:** Green Bay  
**Classroom:** First Presbyterian Church  
**Presenter:** Terry Smith & Sue Schuette  
**Coordinator:** Cindy Johnson  
**Date(s):** 11/11  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 16  
**Fee:** \$5, payable at registration for course supplies

In this hands-on class, we will create a buttery, kringle-like almond pastry popular in Wisconsin with this simple method. The taste and presentation will rival something a professional pastry chef spent hours creating. We will sample this warm delight while sharing some easy baking tips and tricks. A materials fee of \$5 is due at the time of registration.

### 37 Historical-Critical Lens Applied to the Biblical Creation Accounts

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Julie Black Harder  
**Coordinator:** Dean Cherry  
**Date(s):** 11/11, 11/14, 11/18  
**Time:** 1-3:15 p.m.  
**Limit:** 50

Learn how scholars analyze biblical texts, using standard historical-critical methods. Then apply these methods to the two Biblical creation

accounts. The degree to which these two stories differ and the messages that their authors were sending may surprise you! Participants will need to bring a Bible. A New Revised Standard Version translation is preferred. The presenter holds a Master's Degree in Theology and Biblical Studies and has taught religious studies courses at St. Norbert College.

## 38 Compress & Shock Foundation CPR and AED Training

**Location:** Allouez  
**Classroom:** Allouez Village Hall  
**Presenter:** Zachary Bennehoff  
**Coordinator:** Gary Lewins  
**Date(s):** 11/18  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 25

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

## 39 Build & Personalize Your Own Growler or 6 Pack Carrier

**Location:** Green Bay  
**Classroom:** STEM Innovation Center on Green Bay Campus  
**Presenter:** Dennis Rockhill  
**Coordinator:** Ed Smith  
**Date(s):** 11/18, 11/25  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 10  
**Fee:** \$50, payable at registration for course supplies

Looking for a great gift or conversation piece? Join us as we assemble your choice of either a 2-growler or 6-pack carrier-both elegantly made with stained wood with leather accents. Then we'll use Lightburn laser software to design and etch a message that will go on the carrier. No experience is necessary. Add your own message, or pick one of the suggested celebratory messages.

## 40 Eat, Drink and Be Jolly (N)

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

Come enjoy a holly jolly morning making and sharing holiday treats and traditions. In this hands-on class, we will learn to make Amish Cashew Crunch, Chocolate Swiss Roll, and a warm holiday beverage while sharing our creations and traditions.

## Tuesday

## 41 Ten Warning Signs of Alzheimer's & Healthy Living for Your Brain and Body (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Cari Josephson  
**Coordinator:** Jan LaSota  
**Date(s):** 8/20  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

The 10 Warning Signs will help you recognize the common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor. Healthy Living for Your Brain and Body teaches about research in the area of diet, exercise, cognitive activity, social engagement and how to incorporate these recommendations into a plan for healthy aging.

## 42 Kewaunee Pierhead Lighthouse Tour, Session C

**Location:** Kewaunee  
**Classroom:** Kewaunee Pierhead Lighthouse  
**Presenter:** Jake Heffernan  
**Coordinator:** Mary Gajeski  
**Date(s):** 8/20  
**Time:** 11 a.m.-12:30 p.m.  
**Limit:** 25  
**Fee:** \$10, payable on the day of class

The Kewaunee Pierhead lighthouse was built in 1912 on the South Pier in Kewaunee to guide the ships

(N) - New Course



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.

### 43 Archery Introduction

**Location:** Green Bay

**Classroom:** STEM Innovation Center on Green Bay Campus

**Presenter:** Doug Thompson, 4-H Youth Development

**Coordinator:** Lisa Schneider-Wettstein

**Date(s):** 8/20

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

**Limit:** 14

An archery experience for beginners who want a fun morning learning how to shoot a bow and arrow. All equipment is geared for those of any age and ability. Your certified archery instructor will have you hitting bullseyes and popping balloons even if you have never used a bow.

### 44 Monstera Leaf Macrame Workshop (N)

**Location:** Chilton

**Classroom:** Ledge View Nature Center

**Presenter:** Louise Marum, Naturalist Supervisor

**Coordinator:** Kathy Bergner

**Date(s):** 8/27

**Time:** 10 a.m.-1 p.m.

**Limit:** 20

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

Create a Monstera leaf wall hanging on a piece of driftwood. You can choose to craft one large leaf or layer any number of smaller leaves. Many different earthy colors to choose from. This is a simple technique. Step by step directions and all materials will be provided, except you will need to bring your own sharp scissors.

### 45 Accordion: Ins and Outs of the 'Squeeze Box' (N)

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** Dale Johnson & Scott Sadro

**Coordinator:** Mary Cook

**Date(s):** 8/27

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

**Limit:** 50

Ins and outs and ups and downs of the accordion, the much maligned yet strangely loveable squeezebox. For the first half of the twentieth century, the accordion was arguably the most popular musical instrument in the country. However, despite its lofty status during the golden age of the accordion, it fell out of popularity during the late 1950's until it became little more than a punchline in a series of bad jokes. What happened and why?

### 46 Love, Love, Love - That's What It's All About! (N)

**Location:** Green Bay

**Classroom:** Calvary Lutheran Church

**Presenter:** Recorders By The Bay (Jan LaSota)

**Coordinator:** Karen Dallman

**Date(s):** 9/03

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

**Limit:** 150

Enjoy a concert highlighting songs about love: romantic love, love of nature, love of dancing and love of life. Songs will include medieval to modern music. Recorders By The Bay (an instrumental group formed in 1998) will perform, show their early woodwind and string instruments and describe the music played. Several sing-along selections will be included.

### 47 Clearing the Clutter

**Location:** Sheboygan

**Classroom:** Sheboygan Campus 3103

**Presenter:** Bill Horsch

**Coordinator:** Sue Johnson

**Date(s):** 9/10

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

**Limit:** 35

This course will give you instructions on clearing up the clutter from your life. The class teaches the benefits of decluttering, where to begin, specific methods, and room to room guidelines.

### 48 Composting: The Key to a Great Garden! (N)

**Location:** Marinette

**Classroom:** Marinette Campus Theatre Hall

**Presenter:** Rick Dittrich

**Coordinator:** Linda Berry

**Date(s):** 9/10

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

**Limit:** 20

Rick will explain the difference between “Hot” and “Cold” Composting and what you should and shouldn’t include in your compost bin. He will also share some tricks he has learned over the years to produce some great compost!

## **49 Buddy Holly, Vince Lombardi and Green Bay, Wisconsin (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus, Venue TBD  
**Presenter:** Mark Steuer  
**Coordinator:** Wes Carvenough  
**Date(s):** 9/10, 9/12, 9/17, 9/19  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

This is a new course offering that will take one on a study of HOF musician Buddy Holly and Coach Vince Lombardi’s time in the New York City area from October 1958 to February 1959. Both men lived and worked in the New York City area, until fatefully, they both ended up in Green Bay, Wisconsin on February 2, 1959. Pictures, autographs, memorabilia, music and stories from the music and football fields will be shared from these famed individuals.

## **50 MEXICO CITY: A “Walking” Photo Tour of This Historic City (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Bill Dean  
**Coordinator:** Karen Dallman  
**Date(s):** 9/10  
**Time:** 10-11:30 a.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.

## **51 Continuing Issues**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 230  
**Presenter:** Steve Jansen  
**Coordinator:** Mike DeGrand  
**Date(s):** 9/10, 9/24, 10/08, 10/22, 10/29, 11/12, 11/26, 12/10  
**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 members’ opinions and not condemn. Members are asked to email suggested topics of discussion 4 days prior to each class at: sjansen9@new.rr.com.

## **52 “Did Roosevelt Know? A Pearl Harbor Mystery” (N)**

**Location:** Zoom  
**Classroom:** Zoom  
**Presenter:** James S. Pula  
**Coordinator:** Kris Lewins  
**Date(s):** 9/17  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 200

On the calm lazy Sunday morning of December 7, 1941, Japanese naval aircraft launched a surprise attack on Pearl Harbor, Hawaii, dragging the US into World War II. But how could this possibly happen? Who was to blame? This illustrated presentation explores the theory that the president knew what was to happen but said nothing in order to bring the US into World War II in support of the British.

## **53 Historical Research at Menominee’s Anuta Center (and hints to help with your own research) (N)**

**Location:** Marinette/Menominee  
**Classroom:** Anuta Center, Menominee  
**Presenter:** Amber Polzin  
**Coordinator:** Diane Shepard  
**Date(s):** 9/17  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 20

We will meet with one of Menominee’s historians , Amber Polzin, who will tell us about the work that goes on at the Anuta historical center and the items stored from which they glean information. There will be time for participants to explore computers, old editions of newspapers and photos, as well.

(N) - New Course

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

**Location:** Green Bay

**Classroom:** Meeting Location Will Be Sent To Class Participants

**Presenter:** David Siegel

**Coordinator:** Gerry Konop

**Date(s):** 10/1

**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.

### 55 History & Mystery in Medieval Italy

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** H.G. Watts

**Coordinator:** Karen Dallman

**Date(s):** 9/17

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

**Limit:** 50

Millions know of St. Francis, but few realize a Roman noblewoman shares his crypt in Assisi...and was the only female at his deathbed. What may have bonded the two is at the heart of H.G. Watts' historical novel, "Blood of the Seven Suns." The author will share some surprising sights and insights gathered on her many trips to Italy.

### 56 Common Shoulder Pathologies and a Review of Shoulder Replacement (N)

**Location:** Green Bay

**Classroom:** Green Bay Campus Christie Theatre

**Presenter:** Shawn Hennigan MD & Kyle Senn PA

**Coordinator:** Shirley Garthwaite

**Date(s):** 9/17

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

**Limit:** 150

We will briefly review shoulder anatomy and pathologies including tears and arthritis. Common management options will be outlined, with a more detailed overview of shoulder arthroplasty (replacement).

### 57 Art Boot Camp (N)

**Location:** Green Bay

**Classroom:** Venue TBD

**Presenter:** Jim Briggs

**Coordinator:** Mary Gajeski

**Date(s):** 9/24, 10/01, 10/08, 10/15

**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.

### 58 Is It Time to Look at Death with Dignity for Wisconsin? A Coroner's Decades Long Perspective (N)

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** Curtis Green

**Coordinator:** Ann Larscheid

**Date(s):** 9/24

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

**Limit:** 35

Presenter Curtis Green has been in the emergency business for 40 years. He has been the Coroner for Manitowoc Co. 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 believes a thorough review of how people facing the end of their lives make the heartbreaking personal choice to end their suffering is important. 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.

## 59 Discover the Joy of Pageant Attributes After 60. A Class for Graceful Women (N)

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 230

**Presenter:** Julie Artus, Mrs. Wisconsin America 2020 & Avrianna Artus, UNM Miss Wis Preteen Nat Am Miss Preteen 2021

**Coordinator:** Ellen Framness

**Date(s):** 9/24

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

**Limit:** 30

Looking for a new adventure? Join us for an inspiring class on the world of pageant attributes tailored just for you. Learn to celebrate grace, confidence, and empowerment at any age. You will learn to boost your physical and mental well-being, connect you with others, and unleash your creativity. Come and join us and discover the beauty and wisdom you can bring to the world after 60.

## 60 Walk Through Wisconsin History at Heritage Hill

**Location:** Green Bay

**Classroom:** Heritage Hill

**Presenter:** Claire E Gwaltney, Director of Engagement & Visitor Services

**Coordinator:** Mary Cook

**Date(s):** 9/24

**Time:** 1-2:30 p.m.

**Limit:** 30

**Fee:** \$15, paid in advance. A link to pay will be sent to the class

Take a 90 minute walking tour of Heritage Hill State Historical Park with an expert guide. Participants will receive an overview of Northeast Wisconsin history from the 1600's to the early 20th century while touring multiple historic buildings. Participants can expect a tour that touches on topics as varied as French fur traders, 1830's military life, 19th century immigration, and more, all while enjoying a picturesque, natural setting.

## 61 Five Chef Secrets To Take Your Cooking From Fair to Fantastic

**Location:** Zoom

**Classroom:** Zoom

**Presenter:** Chef Todd Mohr, CCE

**Coordinator:** Kris Lewins

**Date(s):** 9/24

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

**Limit:** 500

This course reveals the differences between the way home cooks and culinary students are taught to cook. You'll discover the five most important skills that tomorrow's chefs must master, the same ones that will empower you to cook any ingredient, for any diet, or any desire, like a chef.

## 62 Mature Makeup and Skincare

**Location:** Zoom

**Classroom:** Zoom

**Presenter:** Cheri Larson

**Coordinator:** Ann Larscheid

**Date(s):** 10/01

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

**Limit:** 150

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

## 63 My Life as a Forward Observer (FO) in the Vietnam War

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** Darryl Johnson

**Coordinator:** Gerry Konop

**Date(s):** 10/01

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

**Limit:** 50

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

(N) - New Course

### **64 Changes in Medicine From the end of the Civil War Through the End of World War I (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Dr. Gordon E. Dammann  
**Coordinator:** Kris Lewins  
**Date(s):** 10/08  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 35

The end of the Civil War marked a turning point in medicine that brought new medical knowledge to humankind. This lecture will show the changes in medicine from the end of the Civil War up to the end of World War I.

### **65 “Zentangle on the Rocks” (N)**

**Location:** Marinette  
**Classroom:** Marinette Campus T-149  
**Presenter:** Linda Berry  
**Coordinator:** Linda Berry  
**Date(s):** 10/08, 10/15  
**Time:** 1-3 p.m.  
**Limit:** 12

Come create your very own stacking rocks (cairns) to calm, find inner peace and ground you. We will learn new Zentangle patterns, use lots of color and be amazed at the results in this two part class. No experience necessary.

### **66 Tour Krueger International 100% Employee Owned**

**Location:** Green Bay  
**Classroom:** Krueger International  
**Presenter:** John Kersten  
**Coordinator:** Ann Larscheid  
**Date(s):** 10/15  
**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.

### **67 Breadsmith Bakery Tour**

**Location:** Green Bay  
**Classroom:** Breadsmith Bakery  
**Presenter:** Bret Van Asten  
**Coordinator:** Liz Koehler  
**Date(s):** 10/15  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 15

Tour the local Breadsmith Bakery in Green Bay. Owner Bret Van Asten will share the history of Breadsmith, then guide us through a tour of the bakery. Go behind the scenes to learn the steps in preparing, making, kneading, and baking, and watch the bakers and equipment in action.

### **68 History of the Earth in Videos (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Christie Theatre  
**Presenter:** Norm Schroeder, Gary Dallman & Dean Cherry  
**Coordinator:** Karen Dallman  
**Date(s):** 10/15, 10/22, 10/29  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

This course is designed to give an overview of the formation of the Earth as a planet; the formation of the early chemical and atmospheric environment for formation of life; the development of life on Earth. This course consists of three class sessions, each of which is free-standing, but will be most beneficial if viewed sequentially. Each video, lasting 10-30 minutes, will be followed by a 10-minute discussion/reactions by class participants.

### **69 Trout Stream Habitat (N)**

**Location:** Marinette  
**Classroom:** Marinette Campus Theatre Hall  
**Presenter:** Paul Schroeder  
**Coordinator:** Linda Berry  
**Date(s):** 10/15  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 15

This class will highlight how to improve trout stream habitat ... learned from years of work on the Upper Middle Inlet in Marinette County. All of the work was closely supervised by WDNR and US Fish and Game.

## 70 Vladimir Putin's Weaponization of the Ukraine War

**Location:** Green Bay  
**Classroom:** Green Bay Campus Christie Theatre  
**Presenter:** Heidi Sherman PhD  
**Coordinator:** Kris Lewins  
**Date(s):** 10/15  
**Time:** 1-3 p.m.  
**Limit:** 150

This class will examine how the Russian President is using history to justify his war against Ukraine. We will focus on Kievan Rus, but also look at ways he weaponizes other periods of Russia's past. Why, for example, a month after the invasion did Vladimir Putin take time out of his schedule to talk to reporters about the parentage of a 9th Century Viking?

## 71 Quilted Christmas Wall Hanging (N)

**Location:** Sheboygan  
**Classroom:** Sheboygan Campus 3105  
**Presenter:** Lori Roelse  
**Coordinator:** Jeanne Pfeiffer  
**Date(s):** 10/15, 10/22, 10/29  
**Time:** 9 a.m.-12 p.m.  
**Limit:** 6

Let's make a quilted wall hanging! We will learn how to do strip piecing, make triangles, and sew a hanging sleeve. By the end of session 3, you will know all of the steps in the process of making a quilt and will have a completed wall hanging or table runner. There will be some work that needs to be completed at home between sessions in order to be ready for the next steps.

Link to picture of project: <https://bit.ly/4a3tbJs>

Supplies needed: A sewing machine you know how to operate, 2 bobbins, scissors, seam ripper, stick pins, needle for hand sewing

Fabric: Woven, cotton fabrics: ivory/off-white: 3 different fat quarters or quarter yards; green: 2 different fat quarters or quarter yards; red: 2 different fat quarters or quarter yards; binding: 1/4 yard (this can be the same as one of your greens or reds); backing: 1/2 yard; Cotton or all-purpose thread to match your fabric.

## 72 Navigating Medicare: Open Enrollment Period (OEP) 2025

**Location:** Green Bay  
**Classroom:** Green Bay ADRC  
**Presenter:** Medicare SHP Volunteer or ADRC Benefit Specialist  
**Coordinator:** Shirley Garthwaite  
**Date(s):** 10/22  
**Time:** 1:30-3 p.m.  
**Limit:** 25

Join us to learn about changes and options coming for 2025 Medicare OEP, including the changes implemented from the Inflation Reduction Act 2022. Up to date information about plan and coverage changes, demonstration of the on-line Medicare Plan finder tool and other on-line resources will be available. A voluntary donation of \$10 on the day of the class would be greatly appreciated. If possible, please bring your own device (computer, ipad, phone, etc.) so that you can look at the online Medicare Plan Finder Tool.

## 73 Aren't You Sweet: Exploring the World of Honeybees and Native Pollinators

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Julie Mazzoleni, Brown County Beekeepers Association  
**Coordinator:** Ed Smith  
**Date(s):** 10/29  
**Time:** 1-4 p.m.  
**Limit:** 50

Buzz on into the fascinating world of honeybees, learn about the different casts in the hive, their individual roles and why the hive itself is referred to as a "superorganism." View a demo hive box and wax frames used for beekeeping. You will also discover how you can identify and support the many native pollinators in Wisconsin's gardens and why they are at risk. Presenter, Julie Mazzoleni, is an active member of the Brown County Beekeepers Association, Former Vice President of the Association and has received the Wisconsin Honey Producers Association Education Award for Excellence. Fresh, local raw honey will be available.

(N) - New Course

### **74 The Nutcracker: How a Strange German Tale became a Russian Ballet and an American Christmas Tradition**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 230  
**Presenter:** Angie Flanagan  
**Coordinator:** Kathy Bergner  
**Date(s):** 11/12  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

The original story of the Nutcracker is a tale of imagination and the consequences of growing up. As a ballet, it is also, like America, a story of immigration, transformation and revolution. Discover the history and adventure of America's most loved ballet.

### **75 PAKAL: The Royal Tomb of the Great Maya King**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Bill Dean  
**Coordinator:** Karen Dallman  
**Date(s):** 11/12  
**Time:** 10-11:30 a.m.  
**Limit:** 50

This course will offer a brief overview of Pakal, the great Maya king. Events leading to the 1947 discovery and 1952 opening of Pakal's royal tomb will be discussed. The presenter's personal experience of entering the actual tomb in December of 2012 will also be shared.

### **76 The Future of Transportation (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Charles M Trippe, Jr  
**Coordinator:** Pati Wiegand  
**Date(s):** 11/12  
**Time:** 1-3 p.m.  
**Limit:** 50

Transportation is undergoing rapid change in the United States and across the globe, with electric passenger vehicles, autonomous vehicles, small unmanned aircraft(drones), and electric "urban mobility" passenger aircraft in service or under development. Every mode of transportation - aviation, maritime, rail, mass transit, and motor vehicles - will be affected by new technologies and new regulations

intended to ensure safety and to minimize carbon emissions. This course will provide an overview of new transportation technologies and the likely regulatory framework in which those technologies will operate.

### **77 Collage 101 (N)**

**Location:** Marinette  
**Classroom:** Marinette Campus T-149  
**Presenter:** Linda Berry  
**Coordinator:** Linda Berry  
**Date(s):** 11/12, 11/19  
**Time:** 1-3 p.m.  
**Limit:** 12

Do you love bits and pieces of paper? Have you wondered how people put colorful papers together in an interesting way? Well, this is a fun, very basic class that will show you how to collect great papers, how to add interest to them and then put them all together! You will be creating gift tags in this two part class just in time for the holidays!

### **78 Lust to Shop: From Romanticism to Modernism in a Shoebox (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Susan M. Frost, M.A.  
**Coordinator:** Jan LaSota  
**Date(s):** 11/19  
**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.

### **79 From Bedpan Commandos to Cadet Nurses**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Christie Theatre  
**Presenter:** Bob Cook  
**Coordinator:** Pati Wiegand  
**Date(s):** 11/19, 11/26  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

We needed nurses in the armed forces in WWII. How did we get them? What were their experiences? Where did they serve? How did we replace them on the home front? We will answer these questions and meet some truly amazing women.

## **80 Forces of Change in the 21st Century: CHINA (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Christie Theatre  
**Presenter:** Bob Srenaski  
**Coordinator:** Pati Wiegand  
**Date(s):** 11/19  
**Time:** 1-3 p.m.  
**Limit:** 150

An examination of China's aggressive actions in the South China Sea that threaten world prosperity and peace.

## **81 Manitowoc County Joint Dispatch Tour**

**Location:** Manitowoc  
**Classroom:** Manitowoc County Dispatch Center  
**Presenter:** Angela Obry  
**Coordinator:** Ellen Framness  
**Date(s):** 12/03  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 15

Take a peek behind the scenes to see what happens what when you have an emergency and dial 911.

## **82 "On the Shoulders of Giants," The Work of Galileo and Newton (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Christie Theatre  
**Presenter:** Gary Dallman  
**Coordinator:** Karen Dallman  
**Date(s):** 12/03  
**Time:** 1-3:15 p.m.  
**Limit:** 150

There is an old maxim: "To be ignorant of motion is to be ignorant of nature." Galileo accepted the challenge of describing the motion of falling objects and the age of experimental science began. Newton then explains free fall in the classical theory of universal gravitation. This class tells their story.

# Wednesday

## **83 Suncatchers/Ornaments (N)**

**Location:** Green Bay  
**Classroom:** N.E.W. Beads and Jewelry  
**Presenter:** Jo Brinkley Chaudoir  
**Coordinator:** Pati Wiegand  
**Date(s):** 8/14  
**Time:** 1-3 p.m.  
**Limit:** 12  
**Fee:** \$15, payable on the day of class

Take a bit of metal and a beautiful selection of crystals and create your very own suncatcher or change the colors and create a beautiful Christmas ornament.

## **84 Carolyn's Caverns (Interpretive Cave Tour) (N)**

**Location:** Chilton  
**Classroom:** Ledge View Nature Center  
**Presenter:** Louise Marum, Naturalist Supervisor  
**Coordinator:** Lisa Schneider-Wettstein  
**Date(s):** 8/21  
**Time:** 10 a.m. - 12:30 p.m.  
**Limit:** 25  
**Fee:** \$7, payable on the day of class

Join naturalist, Louise Marum, for a guided tour of Carolyn's Caverns at Ledge View Nature Center in Chilton. Learn how caves are formed, some geological history of this area and about the animals that use these caves. Participants will be doing a walking/crawling tour and will need to use a staircase to enter the 4-cave system connected by crawl tunnels; or you can use a ladder to individually access each cave. These are wild caves and there are no paved walkways or electricity. Closed toe shoes and a flashlight are required and long pants, long sleeves, crawl gloves and knee pads are highly recommended. The cave can be muddy in places. Tour lasts approximately 2-2.5 hours.

## **85 Artificial Intelligence, Those Chatbots, and You (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Christie Theatre  
**Presenter:** Chuck Murphy  
**Coordinator:** Karen Dallman

(N) - New Course



**Date(s):** 8/21  
**Time:** 1-3 p.m.  
**Limit:** 150

Discover how chatbots can boost your health, wealth, and happiness in this engaging, non-technical class. This class will be fun and interactive, and you'll leave with a checklist of practical prompts for productive future chats with those bots.

### **86 From the Holocaust to Civil Rights**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Debbie Simon Konkol, Joanne Simon Weinberg, & Chris Simon Halverson  
**Coordinator:** Mary Cook  
**Date(s):** 8/21  
**Time:** 1-3 p.m.  
**Limit:** 50

In an updated version, the Simon sisters tell of their pilgrimage to Germany and France to retrace their grandmother's murder during the Holocaust. They tell of meeting the author of a book, the director of a documentary about the 86 victims, and their father's fight for civil and human rights alongside Martin Luther King during the Selma March. They will also discuss a recent visit to the University of Strasbourg and its complicity in the murders.

### **87 Ten Warning Signs of Alzheimer's & Healthy Living for Your Brain and Body (N)**

**Location:** Zoom  
**Classroom:** Zoom  
**Presenter:** Cari Josephson  
**Coordinator:** Dean Cherry  
**Date(s):** 8/28  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

The 10 Warning Signs will help you recognize the common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor. Healthy Living for Your Brain and Body teaches about research in the area of diet, exercise, cognitive activity, social engagement and how to incorporate these recommendations into a plan for healthy aging.

### **88 Get Wild: The NEW Zoo Insider Encounter Tour and Private Giraffe Feeding (N)**

**Location:** Suamico  
**Classroom:** NEW Zoo  
**Presenter:** NEW Zoo Staff Member  
**Coordinator:** Lisa Schneider-Wettstein  
**Date(s):** 8/28  
**Time:** 11:30 a.m.-1:45 p.m.  
**Limit:** 30  
**Fee:** \$30, paid in advance. A link to pay will be sent to the class

Join Northeast WI Zoo experts behind-the-scenes at the NEW Zoo for an Insider's Encounter. See the inner workings of the Zoo's nutrition center and animal hospital and enjoy a private encounter with the tortoises and giraffes! You'll learn all about the wild ways zoo staff care for the animals, while hearing stories and enjoying experiences you can't get anywhere else. Price of the tour and private feeding encounter with the giraffes includes entry into zoo, so stay as long as you want after class.

### **89 Lakeside Foods Tour**

**Location:** Manitowoc  
**Classroom:** Lakeside Foods  
**Presenter:** Tim Poff  
**Coordinator:** Sue Johnson  
**Date(s):** 9/04  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 20

Tour the Manitowoc downtown processing plant and watch the fall vegetables being trucked in, washed, cleaned and processed. Lakeside Foods has been around since 1887. It is a family-owned company with the corporate headquarters in Manitowoc. The tour will start outside as the trucks arrive with vegetables and then we head inside to watch them being processed. Closed toed shoes are required. Directions to the plant will be sent.

### **90 Bringing a National Estuarine Research Reserve (NERR) to the Bay of Green Bay: Programs and Opportunities for the Region (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Christie Theatre  
**Presenter:** Emily Tyner  
**Coordinator:** Karen Dallman

**Date(s):** 9/04

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

**Limit:** 200

The University of Wisconsin-Green Bay is excited to be leading the designation of a new National Estuarine Research Reserve (NERR) on the bay of Green Bay. The NERR system is a national network of 30 sites across the coastal US, including the Great Lakes, designed to protect and study estuaries and their coastal wetlands. This course will share information about the NERR system, the timeline for Green Bay's designation, and future opportunities and programs that will come with having a National Estuarine Research Reserve in the region.

## 91 Beginning Line Dancing

**Location:** Green Bay

**Classroom:** Calvary Lutheran Church

**Presenter:** Jim Huss

**Coordinator:** Mary Cook

**Date(s):** 9/11, 9/18, 10/02, 10/09

**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!

## 92 Beginning Watercolor (N)

**Location:** Marinette

**Classroom:** Marinette Campus T-149

**Presenter:** James Lamalfa

**Coordinator:** Eileen Beyer

**Date(s):** 9/11

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

**Limit:** 20

Learn or relearn a new art skill in a beginning watercolor class. The class will begin with your sketch and a discussion of the properties of watercolor paints. A painting session will follow with tips on paint color and shading techniques. Weather permitting the class will spend some time outside the classroom for inspiration. A list of supplies will be sent prior to the class date.

## 93 Internet Safety (N)

**Location:** Green Bay

**Classroom:** STEM Innovation Center on Green Bay Campus

**Presenter:** Lisa Olson

**Coordinator:** Gary Lewins

**Date(s):** 9/11

**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.

## 94 Packers History: Truth vs Myth

**Location:** Green Bay

**Classroom:** Lambeau Field - Packers Hall of Fame

**Presenter:** Brent Hensel

**Coordinator:** Pati Wiegand

**Date(s):** 9/11

**Time:** 10-11 a.m.

**Limit:** 45

**Fee:** \$20 paid in advance. A link to pay will be sent to the class

With over a century of history, the Packers' legacy is steeped in mythology. How do we separate fact from legend and lore? Let's let Packers Hall of Fame's curator, Brent Hensel, set the record straight. Hall of Fame admission is included in the course fee. The course will be hosted at Packers Hall of Fame in the Lambeau Field Atrium. The course fee of \$20 is to be paid directly to the Packers Hall of Fame.

## 95 Lifelong Learning Choir

**Location:** Green Bay

**Classroom:** Union Congregational Church

**Presenter:** Wes Carvenough

**Coordinator:** Wes Carvenough

**Date(s):** 9/11

**Time:** 3:30-5 p.m.

**Limit:** 100

Do you enjoy singing? Then consider signing up for the Lifelong Learning Choir. We will be the entertainment for the holiday luncheon at Riverside

(N) - New Course

on December 4. We sing 2, 3, and 4 part music. Our rehearsals will start in early September after Labor Day. The practices will be on Wednesdays from 3:30 to 5:00 at Union Congregational Church, 716 S. Madison. If you sign up for choir during registration it does not count toward your 15 classes. We are a fun group and hope you will consider joining us. If you sign up you will receive an email closer to the start with additional information. Our director will be Rhonda Knoespel and our accompanist will be Teresa Schroepfer.

### **96 Authentic 1980s Windmill Tour (Session A)**

**Location:** Little Chute

**Classroom:** Little Chute Windmill

**Presenter:** Volunteers

**Coordinator:** Terri Gulyas

**Date(s):** 9/18

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

**Limit:** 16

**Fee:** \$8, payable on the day of class

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

### **97 Mail by Rail: The Railway Post Office Service (N)**

**Location:** Green Bay

**Classroom:** National Railroad Museum Green Bay

**Presenter:** Daniel Liedtke & Justin Lambrecht

**Coordinator:** Pati Wiegand

**Date(s):** 9/18

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

**Limit:** 100

**Fee:** \$10, payable on the day of class

History of mail delivery by railroad starting in the 1830's through the 1960's. Explore why the mail was so important to railroads and passenger service and why the loss of the mail contract led to the near loss of passenger rail service.

### **98 Update on the U.S. and Wisconsin Supreme Courts**

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** Dan Spielmann

**Coordinator:** Jim Hinckley

**Date(s):** 9/18

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

**Limit:** 50

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

### **99 When and Why Did the Roman Empire Fall? (N)**

**Location:** Green Bay

**Classroom:** Green Bay Campus Christie Theatre

**Presenter:** Greg Aldrete

**Coordinator:** Dean Cherry

**Date(s):** 9/18

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

**Limit:** 150

The question "Why did the Roman Empire fall?" is perhaps the most famous of all those asked about history, and for centuries it has provoked fierce arguments among both academics and the general public. An associated and no less hotly debated

# THANK YOU

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

question is “When did the Roman Empire fall?” This course will critically examine both questions, review the main arguments that have been put forward regarding them, challenge some of the assumptions that underlie these questions, and explore the related scholarly debates concerning the controversial period labeled “Late Antiquity.”

## 100 Exceptional Equestrians

**Location:** De Pere  
**Classroom:** Exceptional Equestrians  
**Presenter:** Aaron Geitner  
**Coordinator:** Sue Johnson  
**Date(s):** 9/18  
**Time:** 1-3 p.m.  
**Limit:** 20

Witness the healing powers of horses through hippotherapy. Learn how equine hippotherapy strengthens and nurtures individuals of all ages. It helps improve their core body strength which aids in their achievement of functional skills. It also aids in improving their self-esteem. The class will learn about the facility and its programs and tour the pediatric center, stables and the sensory trail. Walking shoes are required.

## 101 Identity Theft: Protect and Prevent (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Christie Theatre  
**Presenter:** Jeff Kersten  
**Coordinator:** Gary Lewins  
**Date(s):** 10/02  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

Identity theft continues to be the fastest growing crime in the United States. The more you learn about it, the less vulnerable you are. The presenter, from the Wisconsin Bureau of Consumer Protection, will explain the different types of identity theft, how to recognize it and how to prevent it - including information about fraud alerts and security freezes. Receive tips for safeguarding personal information and how to recover from identity theft. Helpful brochures will be available.

## 102 A 30+ Year Look at Gunshot Deaths in Manitowoc County (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus, Room TBD  
**Presenter:** Curtis Green  
**Coordinator:** Sue Johnson  
**Date(s):** 10/02  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 35

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

## 103 Anticipatory Grief

**Location:** Zoom  
**Classroom:** Zoom  
**Presenter:** Elizabeth DenDekker, MSW, LCSW, Bereavement Specialist  
**Coordinator:** Dean Cherry  
**Date(s):** 10/02  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

Anticipatory grief encompasses many kinds of losses. It typically is associated with grief that occurs before death. Anticipatory grief often occurs for those who have a loved one living with a chronic illness like Alzheimers and Parkinsons disease. However, this type of grief also includes life losses, such as loss due to separation or divorce, loss of a career or job, stress from financial changes, changing roles in the family, or the loss of future hopes and dreams of what could be. Learn about how to honor and cope with anticipatory grief.

## 104 Uncovering the Truth Through Writing Research (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Lynda Drews

(N) - New Course

**Coordinator:** Myrna Dickinson

**Date(s):** 10/09

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

**Limit:** 50

Join local author Lynda Drews as she talks about the research she uncovered to complete two books: her true crime memoir, "Run at Destruction: A True Fatal Love Triangle," and her historical true crime story, "The Maid and the Socialite: The Women Behind Green Bay's Scandalous Minahan Trials."

### 105 What is AI? (N)

**Location:** Green Bay

**Classroom:** STEM Innovation Center on Green Bay Campus

**Presenter:** Lisa Olson

**Coordinator:** Gerry Konop

**Date(s):** 10/09

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

**Limit:** 20

Artificial Intelligence (AI) is all around us. We need to be aware of what AI is so we can live in a world where there is no escaping it. We need to understand what parts of our world are using AI so we can prepare and stay safe.

### 106 Native American Finger Weaving (N)

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** Jeanne Mease

**Coordinator:** Jane Hertel

**Date(s):** 10/09

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

**Limit:** 12

Come explore the art of Native American finger weaving with yarn and a few household supplies. This technique was used by Indigenous peoples, early settlers and fur traders to make large sash weavings. You will learn a bit about the history of the craft and its uses. Come learn to weave with just your fingers! You could make a bookmark, bracelet, keyring or just enjoy learning something new. Use up some of your leftover yarn or what the instructor will provide.

### 107 Local Flavor: How to Make Pasties

**Location:** Marinette/Menominee

**Classroom:** First United Methodist Church, Menominee MI

**Presenter:** Jane Yaeger & Dawn Thoune

**Coordinator:** Diane Shepard

**Date(s):** 10/09

**Time:** 9:30 a.m. - 12 p.m.

**Limit:** 15

**Fee:** \$13, payable at registration for course supplies

Learn how to make wonderful pasties (meat handpies) from scratch-roll the dough, make the filling and crimp the pie edge! Eat one at the class and take two home to bake.

### 108 Fisheries in Regards to Natural Resources (Session A) (N)

**Location:** Kewaunee

**Classroom:** C.D. "Buzz" Besandy Anadromous Fish Facility WI DNR - Kewaunee

**Presenter:** Taylor Buelow

**Coordinator:** Gary Lewins

**Date(s):** 10/09

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

**Limit:** 20

Through a guided tour we will explore the history of the great lakes, the need for fisheries management, the C. D. "Buzz" Besadny Anadromous Fisheries Facility, water quality parameters, and other ways the Wisconsin DNR manage fish in Wisconsin. Hopefully, we will also view the spawning migration of Sturgeon.

### 109 Legal Issues in Retirement

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** Matt Geimer, Mary Rose Orcutt & Bob Geimer

**Coordinator:** Gary Lewins

**Date(s):** 10/16, 10/23

**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.

### 110 Intermediate Line Dancing

**Location:** Green Bay

**Classroom:** Calvary Lutheran Church

**Presenter:** Jim Huss

**Coordinator:** Nancy McGrew

**Date(s):** 10/16, 10/23, 10/30, 11/06, 11/13

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

**Limit:** 50

Intermediate Line Dancing is appropriate if you understand beginning 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!

## **111 An Overview of Deaths as Documented and Certified in Manitowoc County During the Covid Pandemic Years (N)**

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 230

**Presenter:** Curtis Green

**Coordinator:** Gerry Konop

**Date(s):** 10/16

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

**Limit:** 35

During the COVID years Manitowoc Co. had approximately 3000 deaths. We will review the cause and manners of death for the time period from late 2019 through 2022 with a comparison to general state and national statistics. We will not only look at the deaths determined to be from COVID but other natural causes as well as accidents, suicides and other relevant death statistics.

## **112 Advanced Directives: Who Will Be Your Voice?**

**Location:** Zoom

**Classroom:** Zoom

**Presenter:** Jennifer Haase, MAC, SW, Manager of Psychosocial Services & Connie Thimmig, MSOLC, Education & Solutions Consultant

**Coordinator:** Pati Wiegand

**Date(s):** 10/16

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

**Limit:** 50

You always have a voice in your own health care decisions, but what happens if you are no longer able to make your own medical decisions due to illness or mental incapacity? Who will be your voice? Have you had the conversation with your family and friends? Will your wishes be heard? Learn about the benefits of completing an advance directive for both you and your family.

## **113 Seven Step Chair Caning**

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 230

**Presenter:** Bill Seleen

**Coordinator:** Mary Mueller

**Date(s):** 10/16, 10/23, 10/30, 11/06, 11/13, 11/20

**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.

## **114 Fisheries in Regards to Natural Resources (Session B) (N)**

**Location:** Kewaunee

**Classroom:** C.D. "Buzz" Besandy Anadromous Fish Facility WI DNR - Kewaunee

**Presenter:** Taylor Buelow

**Coordinator:** Coordinator needed - contact the LLI office to volunteer

**Date(s):** 10/16

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

**Limit:** 20

Through a guided tour we will explore the history of the great lakes, the need for fisheries management, the C.D. "Buzz" Besandy Anadromous fisheries Facility, water quality parameters and other ways the Wisconsin DNR manage fish in Wisconsin. Hopefully, we will also view the spawning migration of Sturgeon.

## **115 Evolution of Football Equipment**

**Location:** Green Bay

**Classroom:** Lambeau Field - Packers Hall of Fame

**Presenter:** Brent Hensel

**Coordinator:** Pati Wiegand

**Date(s):** 10/23

**Time:** 10-11 a.m.

**Limit:** 45

**Fee:** \$20 paid in advance. A link to pay will be sent to the class

(N) - New Course

From the leatherhead helmets of yesteryear to the incredible technology of today, gain an understanding of how it all evolved to make the game safer and advanced to allow players to play more comfortably and freely. Hall of Fame admission is included in the course fee. The course will be hosted at Packers Hall of Fame in the Lambeau Field Atrium. The course fee of \$20 is to be paid directly to the Packers Hall of Fame.

### 116 Writing Your Memoirs

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Lou Ann Norsetter  
**Coordinator:** Jim Huss  
**Date(s):** 10/30, 11/06, 11/13, 11/20, 12/11, 12/18  
**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.

### 117 Mulva Cultural Center (N)

**Location:** De Pere  
**Classroom:** Mulva Cultural Center  
**Presenter:** Claudia Damiani  
**Coordinator:** Sue Johnson  
**Date(s):** 11/06  
**Time:** 10 a.m. - 12:30 p.m.  
**Limit:** 20  
**Fee:** \$23, payable on the day of class

Tour of the Mulva Center to include a building tour, film and unguided tour of the Shark exhibit from the Australian museum. Guests will experience breathtaking shark models, artifacts and the impact climate change has had on shark habitats. Learn about 180 shark species swimming in an immersive setting. This class includes a guided tour of the Mulva center, a film on the sharks and time for everyone to browse the shark exhibit on their own.

### 118 Drawing 101 (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 230  
**Presenter:** Linda Glass  
**Coordinator:** Jan LaSota  
**Date(s):** 11/06, 11/13  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 10

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

### 119 Travel Tips (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** David Schonke  
**Coordinator:** Karen Dallman  
**Date(s):** 11/13  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 25

This class is a participation/discussion for both experienced travelers and those with less or no experience. Topics will be introduced by the participants and by the presenter. If you are an experienced traveler, please attend and share your knowledge. If you are seeking better understanding of preparing and enjoying travel, please attend with questions and concerns.

### 120 Social Media Awareness (N)

**Location:** Green Bay  
**Classroom:** STEM Innovation Center on Green Bay Campus  
**Presenter:** Lisa Olson  
**Coordinator:** Nancy Whitfield  
**Date(s):** 11/13  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 20

We all love to look on Facebook and Instagram to see pictures of our family and friends. Unfortunately there are also “bots” out there that are preying on us and bombarding us with information intended to scare, intimidate us or prey upon our kindness. Join us in a conversation where we discuss ways to avoid feeding into these algorithms that are putting our mental health in jeopardy.

## 121 Neurographic Art

**Location:** Marinette  
**Classroom:** Marinette Campus T-149  
**Presenter:** Peggy Tafelski  
**Coordinator:** Eileen Beyer  
**Date(s):** 11/13  
**Time:** 1-3 p.m.  
**Limit:** 15  
**Fee:** \$3, payable at registration for course supplies

Neurographic art techniques can help to release tension. This one session class is a “no fear” intuitive approach to creativity. No art experience is necessary to create an original design and to sense calmness while creating.

## 122 Empowering Discussion with Financial & Tax Advisors - an Engineer's Thoughts (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Christie Theatre  
**Presenter:** Steve Mayer  
**Coordinator:** Gary Lewins  
**Date(s):** 11/20  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

“Sleeping well at night” knowing you are invested wisely and paying only necessary taxes are implicit goals for many people. Belief that we are achieving these goals can be elusive. We trust our financial advisors and tax preparers to be our fiduciaries (act in our best behalf, put our interests ahead of their own). Are they? Do they talk to each other or are you the go between or DIY'er? Knowledge is Power. Using fellow retiree case studies as the course basis, this course is intended to help you “sleep better at night” by better empowering you to ask confident questions of your financial advisors and tax preparers. The intent is education/empowerment. THIS IS NOT TAX OR FINANCIAL ADVICE.

## 123 Christmas 3-D Paper Creations

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Jim Huss  
**Coordinator:** Nancy Whitfield  
**Date(s):** 11/20, 12/11  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 10

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

## 124 Hamilton Wood Type and Printing Museum

**Location:** Two Rivers  
**Classroom:** Hamilton Wood Type and Printing Museum  
**Presenter:** Gina Korakian-Melnyk  
**Coordinator:** Jane Hertel  
**Date(s):** 11/20  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 25  
**Fee:** \$5, payable on the day of class

Hamilton Manufacturing was America's largest and longest surviving wood type maker for the printing industry. You will be given a tour of over 40,000 sq ft of printing history, seeing the process, machines, presses and product. A \$5.00 admission fee is due on the day of class.

## 125 Fa, La, La, La, La.....The Season's Here! (N)

**Location:** Green Bay  
**Classroom:** Calvary Lutheran Church  
**Presenter:** Recorders By The Bay (Jan LaSota)  
**Coordinator:** Shirley Garthwaite  
**Date(s):** 12/11  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

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

(N) - New Course



## Thursday

### 126 Magnificent Monarchs (N)

**Location:** Chilton  
**Classroom:** Ledge View Nature Center  
**Presenter:** Louise Marum, Naturalist Supervisor  
**Coordinator:** Jim Huss  
**Date(s):** 8/15  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 40  
**Fee:** \$5, payable on the day of class

Learn about one of the most magnificent insects on the planet today with Louise Marum, Naturalist Supervisor at Ledge View Nature Center in Chilton. Discover the impact of this winged wonder from cultural and spiritual to scientific and agricultural significance. You will learn about the multigenerational migration of the North American populations, their sanctuaries and life cycle needs. Discover what you can do on your own property to create a habitat for these important pollinators. After the presentation, hike out on the property to the butterfly garden and prairies to look for butterflies. Bag lunches are welcome to enjoy the grounds at your leisure.

### 127 Reflections of Vietnam (N)

**Location:** Green Bay  
**Classroom:** Mauthe Center on Green Bay Campus  
**Presenter:** Michael Weaver, Chaplain Vietnam Veterans of America, Chapter #351  
**Coordinator:** Gerry Konop  
**Date(s):** 8/15  
**Time:** 10-11:30 a.m.  
**Limit:** 100

An interactive presentation about the Vietnam War with veterans who served in the country. The event includes an 85 foot museum-quality display as a backdrop with actual military equipment used in the war zone. The afternoon class "Vietnam Memories of a US Navy Corpsman" is a further presentation about the Vietnam War experience, but must be registered for separately.

### 128 Books and You

**Location:** Zoom  
**Classroom:** Zoom  
**Presenter:** Teresa Gulyas  
**Coordinator:** Terri Gulyas  
**Date(s):** 8/15, 9/19, 10/17, 11/21, 12/19  
**Time:** 1-2:30 p.m.  
**Limit:** 16

This course seeks to engage readers in works exploring various genres, themes, or authors from diverse settings. If the topic does not resonate with you, you are invited to discuss a book of your own choosing that has intrigued you.

- 8/15: book that has been banned by a school in Wisconsin
- 9/19: book about artificial intelligence
- 10/17: book that is set in Russia
- 11/21: book about a Supreme Court Judge
- 12/19: book about December holiday

### 129 Vietnam Memories of a US Navy Corpsman (N)

**Location:** Green Bay  
**Classroom:** Mauthe Center on Green Bay Campus  
**Presenter:** Bob Shedd  
**Coordinator:** Gerry Konop  
**Date(s):** 8/15  
**Time:** 1-3 p.m.  
**Limit:** 100

Bob will share pictures and stories of his experiences as a Navy Hospital Corpsman - Surgical Technician, in Vietnam 1966-1967, showing you various surgical scenes in a provisional hospital, two combat medical missions, and a tent hospital. In addition, he will show closeup scenes of Vietnam civilians, breathtaking aerial views of this beautiful country, and enable you to experience being alongside himself and how he and his fellow corpsmen lived during his twelve months in country.

The morning class, "Reflections of Vietnam", given by other vets, complete with large display, is available for more on the Vietnam War experience, but must be registered for separately.

## 130 Reader's Theatre (you can do it) (N)

**Location:** Marinette Camous  
**Classroom:** Marinette Campus Theatre Hall  
**Presenter:** Diane Shepard  
**Coordinator:** Diane Shepard  
**Date(s):** 8/15, 8/22, 8/29  
**Time:** 1-3 p.m.  
**Limit:** 15

We will explore the world of Reader's Theatre from it's history through Performance.

- Class 1: History and performance by a local reader's theatre group
- Class 2: Script selection and practice
- Class 3: Presentation

It will be enriching and fun.

## 131 Woodland Dunes Guided Walk, Native Pollinators and Natural History (N)

**Location:** Two Rivers  
**Classroom:** Woodland Dunes  
**Presenter:** Jessica Johnsrud and Max Kometzke  
**Coordinator:** Jane Hertel  
**Date(s):** 8/22  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 25  
**Fee:** \$5, payable on the day of the class

Learn about the mission of Woodland Dunes, explore the Nature Center and join staff on a guided walk along Blazing Star Trail (3/4 mile). This trail features a diverse range of native pollinator plants and you will learn some identification tricks and natural history. We will discuss the monarch tagging program and try to catch and tag one of these interesting insects.

## 132 West of the Lake Garden Tour

**Location:** Manitowoc  
**Classroom:** West of the Lake Garden  
**Presenter:** West of the Lake Garden Staff  
**Coordinator:** Jane Hertel  
**Date(s):** 8/22  
**Time:** 1-3 p.m.  
**Limit:** 25

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

## 133 Financial Planning for Caregivers (N)

**Location:** Green Bay  
**Classroom:** Green Bay ADRC  
**Presenter:** Teri Bradford  
**Coordinator:** Shirley Garthwaite  
**Date(s):** 8/29  
**Time:** 1-2 p.m.  
**Limit:** 25

It's hard to put a price tag on caring for a loved one, but it can come with several expected and unexpected costs. Join us as we explore the financial challenges that today's caregivers face. Gain valuable information, tips and resources to help navigate the key components of caregiving. This class takes place at ADRC, 300 S. Adams St., Green Bay, WI 54301.

## 134 Make and Take: Plant Based Traditional Soap Making

**Location:** Chilton  
**Classroom:** Ledge View Nature Center  
**Presenter:** Louise Marum, Naturalist Supervisor  
**Coordinator:** Vickie Keigley  
**Date(s):** 8/29  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 24  
**Fee:** \$15, payable at registration for course supplies

No melt and pour here! Learn the traditional soap making method so you can create safe, plant-based bars for your family and friends. This class will cover all the equipment you need, options for ingredients and the process for soap making. You will be guided in making your own soap bars during this hands-on workshop and take home three different bars. Feel free to bring a bag lunch for after class and enjoy the center.

(N) - New Course

### **135 Telling Time in the Earth System: Reading Sediment Layers to “Counting Atoms!” (N)**

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** Shawn J. Malone

**Coordinator:** Karen Dallman

**Date(s):** 8/29

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

**Limit:** 50

This course will explore the scientific field of Geochronology, that is, how do we tell time in a geologic context. We will explore how early geologists went about establishing the relative order of events using simple physical and biologic principles, and how modern methodologies allow geologists to assign an age to these events in the record. In addition, we will see how, through combinations of these tools, both new and old, we can tell the story of the Earth.

### **136 Biltmore Estate - Where the Vanderbilt’s Ran a Dairy Farm! (N)**

**Location:** Green Bay

**Classroom:** Green Bay Campus Christie Theatre

**Presenter:** Steve Mayer

**Coordinator:** Jan LaSota

**Date(s):** 9/05

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

**Limit:** 150

Come and explore the Vanderbilt family history, the marvels of the Biltmore Estate, the beautiful landscape architecture and gardens at Biltmore, as well as the history of dairy farming and wine making at the estate. With your exploration appetite whetted, we will discuss how to include Biltmore/Asheville NC in your travel plans - how to get there, lodging, dining, on property sights/events, Great Smoky Mountain area sights/events, etc.

### **137 UP Stories (Book Club)**

**Location:** Zoom

**Classroom:** Zoom

**Presenter:** Diane Shepard

**Coordinator:** Diane Shepard

**Date(s):** 9/12, 10/10, 11/07, 12/12

**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 will have a connection to the UP through setting, author or subject.

### **138 Kewaunee Pierhead Lighthouse Tour (Session A)**

**Location:** Kewaunee

**Classroom:** Kewaunee Pierhead Lighthouse

**Presenter:** Jake Heffernan

**Coordinator:** Gary Lewins

**Date(s):** 9/12

**Time:** 11 a.m. -12:30 p.m.

**Limit:** 25

**Fee:** \$10, payable on the 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, its 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.

### **139 Kewaunee Pierhead Lighthouse Tour (Session B)**

**Location:** Kewaunee

**Classroom:** Kewaunee Pierhead Lighthouse

**Presenter:** Jake Heffernan

**Coordinator:** Kris Lewins

**Date(s):** 9/12

**Time:** 1-2:30 p.m.

**Limit:** 25

**Fee:** \$10, payable on the 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, its 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.

## 140 Vintage of Ada

**Location:** Elkhart Lake  
**Classroom:** Vintage of Ada  
**Presenter:** Susan Puls  
**Coordinator:** Jeanne Pfeiffer  
**Date(s):** 9/12  
**Time:** 1-3 p.m.  
**Limit:** 24

Back By Popular Demand! Join Susan Puls at her lovely country vintage shop in Ada to learn all about the difference between “vintage” and “antique”, how to determine the worth of a piece in the “hot” vintage market, and all things “Pyrex”. Susan owns a charming shop specializing in retro, cottage and repurposed furniture, kitchen, and garden goods for us to browse.

## 141 Silarian Vineyards History and Tour

**Location:** Reedsville  
**Classroom:** Silarian Vineyards  
**Presenter:** Jeremy & Brenda Haese  
**Coordinator:** Liz Koehler  
**Date(s):** 9/12  
**Time:** 1-3 p.m.  
**Limit:** 30

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

## 142 How Secure Is Your Vote

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Michelle Seidl  
**Coordinator:** Sue Johnson  
**Date(s):** 9/12  
**Time:** 1-3 p.m.  
**Limit:** 50

The class will go through the election process from voter registration, including absentee ballots, to voting day and the processing of your vote.

The presenter is a village clerk who will walk you through the entire process including a video on election security.

## 143 Creative Cookie Decorating for Fall

**Location:** Green Bay  
**Classroom:** First Presbyterian Church  
**Presenter:** Karen Trembl  
**Coordinator:** Cindy Johnson  
**Date(s):** 9/12  
**Time:** 1-3 p.m.  
**Limit:** 12  
**Fee:** \$5, payable at registration for course supplies

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

## 144 Open Knitting (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 230  
**Presenter:** MaryLu Sachs, Della Mudry and Linda Chapman  
**Coordinator:** Theresa Reiter  
**Date(s):** 9/12, 10/10, 11/07, 12/12  
**Time:** 9-11 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.

## 145 Sustainability and Solar Energy

**Location:** Green Bay  
**Classroom:** St. Francis Convent  
**Presenter:** Sister Rose Jochmann  
**Coordinator:** Kris Lewins  
**Date(s):** 9/19  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 30

Learn how the Sisters of St. Francis of the Holy Cross (Bay Settlement Franciscans) have been living

(N) - New Course

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

### 146 How do Birds Fly? (N)

**Location:** New London

**Classroom:** Mosquito Hill Nature Center

**Presenter:** Ally Noll

**Coordinator:** Mary Gajeski

**Date(s):** 9/19

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

**Limit:** 35

**Fee:** \$5, payable on the day of class

Flight, an idea that once captured the human imagination, is now just an airline ticket away. However, humans are far from being the true masters of aerial acoustics. Learn how birds adapted for flight, the science behind flying, and how birds use flight as a tool.

### 147 Authentic 1980s Designed Windmill Tour (Session B)

**Location:** Little Chute

**Classroom:** Little Chute Windmill

**Presenter:** Volunteers

**Coordinator:** Jim Huss

**Date(s):** 9/19

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

**Limit:** 16

**Fee:** \$8, payable on the day of class

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

### 148 Anticoagulation (Blood Thinners): What, Why and How? (N)

**Location:** Green Bay

**Classroom:** Green Bay Campus, Venue TBD

**Presenter:** Brian Barkow, PharmD

**Coordinator:** Sue Johnson

**Date(s):** 9/26

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

**Limit:** 120

This 2 hour presentation will review the clinical reasons for utilizing anticoagulants (blood thinners), along with how the different medications function, what the newer agents are, and why one would be preferred over another.

### 149 Victorian Penny Dreadfuls: “Pernicious Trash?” (N)

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** Rebecca Nesvet

**Coordinator:** Karen Dallman

**Date(s):** 9/26

**Time:** 10-11:30 a.m.

**Limit:** 50

In Victorian Britain, families read fiction together in cheap newspapers, magazines, and “penny part” serials (the ancestors of comic books). Later, all this was demonized as “penny dreadfuls” and “penny bloods.” Find out what stories penny bloods told, why Victorian families enjoyed them, and why later guardians of morality and social order tried to shut it all down. There will be real examples printed in the 1840s-90s brought to class. Please bring crayons or markers for a coloring exercise.

### 150 Take a Ride Through Wisconsin History at Heritage Hill

**Location:** Green Bay

**Classroom:** Heritage Hill

**Presenter:** Claire E Gwaltney, Director of Engagement & Visitor Services

**Coordinator:** Kris Lewins

**Date(s):** 9/26

**Time:** 1-2:30 p.m.

**Limit:** 24

**Fee:** \$20, paid in advance. A link to pay will be sent to the class

Take a 90 minute tram tour of Heritage hill State Historical Park with an expert guide. Participants will receive an overview of Northeast Wisconsin history from the 1600's to early 20th century while touring multiple historic buildings. Participants can expect a tour that touches on topics as varied as French fur traders, 1830's military life, 19th century immigration, and more, all while enjoying a picturesque natural setting.

## 151 Canonical Gospels: Translation Facts and Issues (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus, Venue TBD  
**Presenter:** Benjamin Cruz-Uribe  
**Coordinator:** Jim Huss  
**Date(s):** 9/26, 10/03  
**Time:** 1-3 p.m.  
**Limit:** 150

Why do the Gospels in the 52 English versions of the Bible have different translations? Is there a way to determine which one is more correct? In what language were the Gospels written? This course will try to answer these and many other questions dealing with the issues of translating the Canonical Gospels. Each participant should bring a Bible to this class.

## 152 Knitting a Felted Bag: The Sheep Tote (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 230  
**Presenter:** MaryLu Sachs, Della Mudry & Linda Chapman  
**Coordinator:** Karen Dallman  
**Date(s):** 10/03, 10/10, 10/17, 10/24  
**Time:** 1:30-3 p.m.  
**Limit:** 10

We will be knitting a tote for your projects. Participants must know how to knit, purl, knit in the round and use double-pointed needles. It is a felted project. The pattern is by Fiber Trends, designed by Bev Galeskas and is available on Ravlery for \$6.95.

Supply List:

1. Bulky weight 100% wool. Any other yarn will not felt properly. 620 yds.
2. Size 11 24# circular US needle. 2 double-pointed needles size 13.

3. Crochet hook size L or N.
4. Stitch markers.
5. Tapestry needle.

## 153 Presidential Elections 2024

**Location:** Green Bay  
**Classroom:** Green Bay Campus, Venue TBD  
**Presenter:** Michael Kraft  
**Coordinator:** Pati Wiegand  
**Date(s):** 10/03  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

An overview of presidential elections in the United States today, with a focus on the 2024 nominating process and campaign, both nationwide and in Wisconsin. The course covers the importance of presidential elections for American government as well as the historical context that affects today's political environment. It reviews the basics of presidential elections, such as the nominating process, party conventions, media coverage, the role of the Electoral College, and voter participation. It also discusses the purposes and effects of campaigns, the role of campaign contributions, and recent proposals for both campaign reforms and changes in the presidential election process at both the state and national level.

## 154 Ten Masterpieces Everyone Should Know! (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** James Neilson  
**Coordinator:** Karen Dallman  
**Date(s):** 10/03  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

This class is a survey of ten works of art that reveal timeless thoughts about life's rich pageant and art's contribution to our sense of identity and purpose in the world. Beloved masterpieces and "masterpieces yet to be acknowledged" will be presented in a classic art-appreciation format.

(N) - New Course

**155 Group Piano**

**Location:** Green Bay  
**Classroom:** Jeff's Piano Sales & Service  
**Presenter:** Heidi Lueck  
**Coordinator:** Jane Hertel  
**Date(s):** 10/03, 10/10, 10/17, 10/24  
**Time:** 1-2:30 p.m.  
**Limit:** 10

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.

**156 Beginning Knitting (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 230  
**Presenter:** MaryLu Sachs, Della Mudry, and Linda Chapman  
**Coordinator:** Theresa Reiter  
**Date(s):** 10/03, 10/10, 10/17, 10/24  
**Time:** 12-1:30 p.m.  
**Limit:** 8

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

Supply list:

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

**157 Learn the Art of Scroll Sawing (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Barry Bender  
**Coordinator:** Jim Huss  
**Date(s):** 10/10  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 25

This course outlines the fundamentals of scroll sawing. Multiple aspects will be covered as well. Class will include demonstration and a power point

presentation of completed projects

**158 Sharing and Preserving Digital Photos (N)**

**Location:** Manitowoc  
**Classroom:** Manitowoc Campus F170  
**Presenter:** Ann Keckonen  
**Coordinator:** Liz Koehler  
**Date(s):** 10/10, 10/17  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 24

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

**159 UW-Green Bay and St. Norbert College in Panama: What We're Trying to Do in An Amazing Place (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus, Venue TBD  
**Presenter:** Michael Draney  
**Coordinator:** Mary Gajeski  
**Date(s):** 10/10  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

Panama is a fascinating tropical nation which has not only been important to the United States, but also has had big effects on world history, both recently and in the distant geological past. In 2007, a fortuitous series of events resulted in the development of an annual research and travel course to Panama, a collaboration between UW-Green Bay and St. Norbert College. In this presentation, I want to remind people of Panama's central role in history and natural history, try to answer questions about Panama and travel there, and then discuss the goals and aspirations of this collaborative course, which represents a very "high impact" experience for our students.

## 160 Prescription Drug Prices: Understanding & Playing the Game (2024 Update)

**Location:** Green Bay  
**Classroom:** Green Bay Campus, Venue TBD  
**Presenter:** Brian Barkow, PharmD  
**Coordinator:** Gerry Konop  
**Date(s):** 10/10, 10/17  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 120

Prescription drug prices continue to remain a topic of much interest. This two-part lecture/discussion will start with Part 1 by looking at the prescription drug system, including its history and potential pitfalls. Part 2 will then shift toward using understanding of the system to reduce out of pocket costs and get best outcomes. Each year things slowly change. This is a repeat course, now divided into two parts, with updates for 2024.

## 161 Painting On Fabric (N)

**Location:** Marinette  
**Classroom:** Marinette Campus T-149  
**Presenter:** Pam Bonner  
**Coordinator:** Judy Hastert  
**Date(s):** 10/17  
**Time:** 10 a.m. - 3 p.m. with one hour lunch break  
**Limit:** 20  
**Fee:** \$3, payable at registration for course supplies

The class will be an all day class that will include the hands on design process and the painting on fabrics, with a discussion of the multiple uses of the finished product. There will be a \$3.00 charge for the class to cover supplies. Please bring a jar to hold paint water. You may bring your bagged lunch for the noon break.

## 162 Guided Walk in Baird Creek: Ecology and History Session A

**Location:** Green Bay  
**Classroom:** Baird Creek, meet at Christa McAuliffe Park 3100 Sitka St, Green Bay  
**Presenter:** Charles Frisk  
**Coordinator:** Ed Smith  
**Date(s):** 10/17  
**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 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.

## 163 Guided Walk in Baird Creek: Ecology and History Session B

**Location:** Green Bay  
**Classroom:** Baird Creek, meet at Lower Parking Lot, 324 Baird Creek Rd, Green Bay  
**Presenter:** Charles Frisk  
**Coordinator:** Jim Huss  
**Date(s):** 10/17  
**Time:** 1-3 p.m.  
**Limit:** 30

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

## 164 Paradise North Distillery Tour and Tastings (N)

**Location:** Green Bay  
**Classroom:** Paradise North Distillery  
**Presenter:** Kaylee Saari  
**Coordinator:** Lisa Schneider-Wettstein  
**Date(s):** 10/17  
**Time:** 2-3:30 p.m.  
**Limit:** 19  
**Fee:** \$10, payable on the day of the class

The Paradise North Distillery tour is an interactive private tour of the distillery. You'll learn in depth how their distilled spirits are made and finish the tour with a tasting of the products made on site. Tastings will include a minimum of 4 - 1/2 oz tastings of several rum options, whiskey, vodka and/or gin.

## 165 Kayaking Blind

**Location:** Green Bay  
**Classroom:** Green Bay Campus, Venue TBD  
**Presenter:** Ken Braband  
**Coordinator:** Vickie Keigley  
**Date(s):** 10/24

(N) - New Course



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

**Limit:** 150

In 2018, five blind military veterans and their guides kayaked 226 miles of the roaring Colorado River through the Grand Canyon. Each person paddled his or her own solo kayak through some of the biggest, gnarliest rapids in North America during this 12-day, life-changing expedition. Join kayak instructor and guide Ken Braband as he shares stories, pictures and videos of determination, apprehension, distress, joy, camaraderie and triumph.

### 166 Wonderful World of Fossils (N)

**Location:** Green Bay

**Classroom:** Green Bay Campus Christie Theatre

**Presenter:** John Luczaj

**Coordinator:** Karen Dallman

**Date(s):** 10/24

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

**Limit:** 150

Please join John Luczaj (UWGB Geoscience Professor) for a visual tour of the fossil record, including examples of both vertebrate and invertebrate fossils from across the world. The presentation will explain how fossils are preserved, what we can learn from them, and what types of fossils are common in Wisconsin. Please consider bringing one of your own fossils to the program to show others or to have the instructor make an identification.

### 167 Piano Ensemble

**Location:** Green Bay

**Classroom:** Jeff's Piano Sales & Service

**Presenter:** Heidi Lueck

**Coordinator:** Mary Cook

**Date(s):** 10/31, 11/07, 11/14, 11/21

**Time:** 1-2:30 p.m.

**Limit:** 10

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.

### 168 Present State of the U.S. Electoral College

**Location:** Green Bay

**Classroom:** Green Bay Campus Christie Theatre

**Presenter:** Professor Benjamin Cruz-Urbe

**Coordinator:** Wes Carvenough

**Date(s):** 10/31

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

**Limit:** 150

On January 6, 2021, a mob of Trump supporters stormed the Capital in order to change the Electoral College vote. As a result of this incident, Congress passed a law which codified the Electoral College process. This course will lay out what the changes are and what issues still remain with the Electoral College system. This course is a repeat from the Spring, 2024 semester, but may have updated information.

### 169 Art of Calligraphy

**Location:** Green Bay

**Classroom:** Green Bay Campus Rose Hall 220

**Presenter:** Kay Barlament

**Coordinator:** Becky Lowry

**Date(s):** 11/07, 11/14, 11/21

**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. Please bring your own calligraphy pen(s) and ink cartridges

### 170 Care of the Caregiver (N)

**Location:** De Pere

**Classroom:** Unity Grief & Education Center

**Presenter:** TBD

**Coordinator:** Gary Lewins

**Date(s):** 11/07

**Time:** 10-11 a.m.

**Limit:** 35

Caregivers can be family, friends, neighbors, or formal such as CNA or a hired caregiver. We'll discuss compassion fatigue vs. caregiver burnout, the signs and risks of burnout, tips and techniques, workplace implications, compassion satisfaction and community resources.

## 171 Why is my Cat Fat? Animal & Human Nutrition (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Dr. Michael Oldenburg  
**Coordinator:** Sue Johnson  
**Date(s):** 11/07  
**Time:** 1-3 p.m.  
**Limit:** 45

We will explore principles to understand human nutrition based on our ancestral history and human physiology. We will explore different animal diets and understand what happens when they are removed from their natural diet. We will then connect to modern human diet driven diseases such as diabetes and heart disease. This will help to choose foods that are appropriate for humans to avoid or treat chronic diseases.

## 172 The Nutcracker: How a Strange German Tale Became a Russian Ballet and an American Christmas Tradition

**Location:** Zoom  
**Classroom:** Zoom  
**Presenter:** Angie Flanagan  
**Coordinator:** Dean Cherry  
**Date(s):** 11/14  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

The original story of the Nutcracker is a tale of imagination and the consequences of growing up. As a ballet, it is also, like America, a story of immigration, transformation and revolution. Discover the history and adventure of America's most loved ballet

## 173 Here's the Story of Wisconsin Ungulates (N)

**Location:** New London  
**Classroom:** Mosquito Hill Nature Center  
**Presenter:** Adam Brandt  
**Coordinator:** Pati Wiegand  
**Date(s):** 11/14  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 100  
**Fee:** \$6, payable on the day of the class

Caribou, bison and elk, oh my! There is more to Wisconsin's deer herd than just White-tailed bucks. Naturalist Adam Brandt will be discussing the history of ungulate species that are native to the Badger State. Find out what has happened to deer and their cousins over the years as the Wisconsin landscape changed.

## 174 Presidential Facts and Trivia (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 230  
**Presenter:** Sue Johnson  
**Coordinator:** Susan M Johnson  
**Date(s):** 11/14  
**Time:** 1-3 p.m.  
**Limit:** 45

Learn interesting facts about past presidents and the office of the President. For example, how did Richard Nixon fund his first congressional race? Who was the first woman to run for President? Who was the first President to live in the White House? These and other interesting facts will be shared through Rounds of Presidential Jeopardy.

## 175 Iceland's Dramatic Volcanic Geology

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Annette Weissbach Al Nass  
**Coordinator:** Kathy Bergner  
**Date(s):** 12/05  
**Time:** 1-3 p.m.  
**Limit:** 50

Iceland is a barren and beautiful country dissected by an active volcanic zone. A grand display of character exists in every inch of its landscape! This course will introduce you to the geology and geothermal nature of Iceland and also touch on some history and local economics.

(N) - New Course

## Friday

### 176 9-1-1 Start to Finish

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Deputy Bryanne Gawlik  
**Coordinator:** Pati Wiegand  
**Date(s):** 8/16  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

A presentation by Brown County Deputy Bryanne Gawlik on the start to finish approach of calling for assistance from police, fire, or medical professionals. What you need to know on local updates on public safety, scams, as well as simple self-defense tips and tricks.

### 177 Ireland in Music and Song (N)

**Location:** Green Bay  
**Classroom:** Mauthe Center on Green Bay Campus  
**Presenter:** Mike Murphy, with Celtic Consort Band  
**Coordinator:** Karen Dallman  
**Date(s):** 8/23  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 150

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

### 178 Biking is Fun at Any Age

**Location:** Green Bay  
**Classroom:** Various Sites - Meeting Locations Will Be Emailed to Participants  
**Presenter:** Del Tills  
**Coordinator:** Kris Lewins  
**Date(s):** 9/06, 9/13, 9/20, 9/27, 10/04, 10/11  
**Time:** 10 a.m.-2 p.m.  
**Limit:** 200

We bike on trails in and out of the area, ranging in rides from 10-24 miles. September 6 and September

13 class meets 10 a.m.-12 p.m. September 20, 27, October 4 and 11 class meets 10 a.m.-2 p.m. 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.\*\*

### 179 Let's Crochet (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Pati Wiegand  
**Coordinator:** Pati Wiegand  
**Date(s):** 9/06, 9/13  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 10

Have you always wanted to learn to crochet and make those beautiful whatevers? Now is your chance. Join me and learn the basics of crocheting and begin your adventure in creation!

### 180 SOS-Save Our Soil! (N)

**Location:** Chilton  
**Classroom:** Ledge View Nature Center  
**Presenter:** Louise Marum, Naturalist Supervisor  
**Coordinator:** Sue Johnson  
**Date(s):** 9/06  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 40  
**Fee:** \$5, payable on the day of the class

Soil is our most precious resource. Loss of soil health is impacting biodiversity, human health and climate change globally. Join Louise Marum, Naturalist Supervisor, to learn about what has happened to soil with industrial agricultural practices and how we can support the implementation of new management techniques that help heal some of the damage that has been done. This program will cover the basics of what it takes to have healthy soil, why this is so important and how you can support a cultural shift to ensure the future health of our soil. We will also tour the Food Wise Garden on site and learn some practical tips for growing your own food, even in a small

backyard. Bring your green or red thumb; everyone who has a desire to be a part of a sustainable food system is welcome. Bring a bag lunch if you would like to stay after and enjoy the park grounds.

## 181 Dying, Death and Loss in a Post-Pandemic World

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Illene Cupit  
**Coordinator:** Shirley Garthwaite  
**Date(s):** 9/20  
**Time:** 1-3 p.m.  
**Limit:** 50

This workshop is the first of a two-part series on contemporary views of death and dying in our society (part two will be offered in the spring). Some of the topics that will be covered in part one include death avoidance, death anxiety, the experience of dying and ethical decision making at the end of life.

## 182 Barkhausen Waterfowl Preserve

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

This is a walking tour of the Barkhausen Waterfowl Preserve. We will be looking for geese, ducks, hawks, songbirds and other waterfowl 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.

## 183 Exploring Chakra Energies Through Poetry, Writing & Sharing (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Shari Liesch  
**Coordinator:** Coordinator needed – contact the LLI office to volunteer

**Date(s):** 10/04  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 30

Join as we explore the seven Chakra energy fields through the power of poetry, reflection, writing and connecting. Each Chakra level will be explored through reading select poetry, individual writing time and group discussion, if desired. Individual and collective experiences explored are aimed at renewing our energy and embracing our sameness and diversities.

## 184 Let's Make Homemade Greeting Cards (Session A) (N)

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Janice Clemens  
**Coordinator:** Pati Wiegand  
**Date(s):** 10/04  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 15  
**Fee:** \$5, payable at registration for course supplies

Let's get together and make 5 simple cards that will be a joy for you to send. Artistic talents are not required for this class. Please bring along your favorite scissors and we will provide the rest of the supplies with a heaping dose of fun

## 185 Climate Change and Energy Policy

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Michael Kraft  
**Coordinator:** Gary Lewins  
**Date(s):** 10/11  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

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

(N) - New Course

**186 Oneida Nation Museum  
(Session A) (N)**

**Location:** De Pere  
**Classroom:** Oneida Nation Museum  
**Presenter:** Nathaniel Gerhardt  
**Coordinator:** Mike DeGrand  
**Date(s):** 10/11  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 20  
**Fee:** \$5, payable on the day of the 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

**187 Nature's Recyclers (N)**

**Location:** Marinette  
**Classroom:** Marinette Campus Theatre Hall  
**Presenter:** Anne Bartels, Information & Education Specialist  
**Coordinator:** Gerry Konop  
**Date(s):** 10/18  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 20

Participants learn about different kinds of decomposers and why they are important to ecosystems. Forest soil and detritus samples will be used for observation of decomposers and other creatures that may be present.

**188 Oneida Nation Museum  
(Session B) (N)**

**Location:** De Pere  
**Classroom:** Oneida Nation Museum  
**Presenter:** Nathaniel Gerhardt  
**Coordinator:** Pati Wiegand  
**Date(s):** 10/25  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 20  
**Fee:** \$5, payable on the day of the 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 of the museum.

**189 Let's Make Homemade Greeting  
Cards! (Session B) (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Janice Clemens  
**Coordinator:** Pati Wiegand  
**Date(s):** 11/01  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 15  
**Fee:** \$5, payable at registration for course supplies

Let's get together and make 5 simple cards that will be a joy for you to send. Artistic talents are not required for this class. Please bring along your favorite scissors and we will provide the rest of the supplies with a heaping dose of fun!

**190 Passport to Geologic Wonders,  
Part 3 (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Christie Theatre  
**Presenter:** Gary Dallman  
**Coordinator:** Karen Dallman  
**Date(s):** 11/01  
**Time:** 1-3 p.m.  
**Limit:** 150

The third in a series covering the travel/geology highlights experienced by Karen and Gary Dallman as they traveled the world. The course explains the geology and attractions of the Dead Sea, Iceland, and the Bay of Fundy.

**191 Nature/Culture: The Art of Landscape  
Gardens (N)**

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Carol Emmons  
**Coordinator:** Karen Dallman  
**Date(s):** 11/08  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 50

As an intersection of nature and culture, landscape gardens simultaneously embrace both environmental and artistic ideas. Rather than a "how-to" about planting and designing, this course will instead survey cultivated landscapes from different cultures through history. Tracing the designs of these gardens will reveal different conceptions of humans' place in nature and celebrate the use of plants and terrain as aesthetic materials.

## 192 Fun With Aromatherapy

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Katie Brewer  
**Coordinator:** Kathy Bergner  
**Date(s):** 11/08  
**Time:** 1-3 p.m.  
**Limit:** 18  
**Fee:** \$4, payable at registration for course supplies

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

## 193 Skins and Skulls (N)

**Location:** Marinette  
**Classroom:** Marinette Campus Theatre Hall  
**Presenter:** Anne Bartels, Information & Education Specialist  
**Coordinator:** Gerry Konop  
**Date(s):** 11/15  
**Time:** 10 a.m.-12 p.m.  
**Limit:** 20

Learn about some of Wisconsin's more common mammal species, including topics like habitat preferences, survival strategies, & adaptations. Real mammal furs and skulls are used and participants can handle them at the end of the presentation.

## 194 Herbal Recipes for Optimum Health

**Location:** Green Bay  
**Classroom:** Green Bay Campus Rose Hall 220  
**Presenter:** Katie Brewer  
**Coordinator:** Becky Lowry  
**Date(s):** 12/06  
**Time:** 1-3 p.m.  
**Limit:** 18  
**Fee:** \$5, payable at registration for course supplies

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

## Saturday

### 195 Belgian Life, Past and Present, in Door County (N)

**Location:** Brussels, WI  
**Classroom:** Bus Tour, Meet in Wood Hall Parking Lot  
**Presenter:** David Siegel & Sandy Orsted  
**Coordinator:** Kris Lewins  
**Date(s):** 9/28  
**Time:** See Description  
**Limit:** 110  
**Fee:** \$20, payable at registration for bus costs

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

### 196 Tour the Capitol Civic Centre

**Location:** Capital Civic Centre  
**Presenter:** PJ Albert  
**Coordinator:** Liz Koehler  
**Dates:** 10/9  
**Time:** 1-2:30 p.m.  
**Limit:** 20

A tour of the Capitol Civic Centre discussing the history and use of the facility. Tour includes visiting the public and backstage areas of the facility along with opportunities for Q&A.

## Stay Connected!

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

Check us out at [www.uwgb.edu/lli](http://www.uwgb.edu/lli) and like us on Facebook!



(N) - New Course



**Rennes Group**

*Renaissance  
Residence  
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[www.rennesgroup.com](http://www.rennesgroup.com)

### CONTACT US

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

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

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# QUICK LINKS

Registration begins Wednesday, July 31 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](mailto:lli@uwgb.edu). You can also call us at (920) 465-2356.

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