

Door County Learning in Retirement

2021 SPRING

COURSE CATALOG



Door County
Learning in
Retirement

Online Registration
nwtc.edu/LIR

**Registration Assistance
by Appointment**

January 11-28, 2021
Monday - Thursday
9:30 a.m. - 1:30 p.m.

*Mail/Drop-Off
Registrations Accepted*



NORTHEAST

WI Technical College
— STURGEON BAY CAMPUS —

2020-2021

BOARD OF DIRECTORS

elected at the Annual Membership meeting in the Spring of each year

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Mary Beth Williams • 920-746-4070

NWTC Campus Manager and Liaison

April A. Konitzer • 920-746-4904

2020-2021

COMMITTEE HEADS

Past President

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Curriculum Co-Chairs

Mary Koski • 920-493-9345

Tom Mather • 920-915-3767

Fran Uteg • 706-781-5900

Financial Chair *DCLIR Treasurer*

Janet Gale • 920-365-6750

Social Chair

Natalie Hagen • 920-495-5330

Volunteer Committee

Arnie & Helen Berto • 920-473-5026

DCLIR Administrative Assistants

Dixie Luedtke & Monica K. Nelson
920-746-4947

DCLIR OFFICE HOURS:

Monday through Thursday
9:30 a.m. - 1:30 p.m.

DCLIR OFFICE and CLASSROOM:

Room SC111. Closest parking is in the South parking lot. Handicapped spaces are available.

Door County Learning in Retirement NWTC

229 North 14th Avenue
Sturgeon Bay, WI 54235

PHONE: 920-746-4947

E-MAIL: dclir@nwtc.edu

WEBSITE: nwtc.edu/LIR

FACEBOOK: [facebook.com/dclir](https://www.facebook.com/dclir)

WELCOME TO DOOR COUNTY LEARNING IN RETIREMENT PURSUE YOUR LOVE OF LEARNING

Door County Learning in Retirement is dedicated to facilitating quality, lifelong learning in an open, ongoing forum for older adults in Northeastern Wisconsin. DCLIR presenters and coordinators are all volunteers.

- DCLIR is a nonprofit organization in partnership with Northeast Wisconsin Technical College – Sturgeon Bay Campus.
- Spring 2021 classes will be provided on the Zoom platform. An invitation with access to the Zoom meeting will be distributed to class members by the DCLIR office before the start date of each class.
- DCLIR courses are peer led. Our courses are intended for the enjoyment and self-development of the participants.

MEMBERSHIP

- Door County Learning in Retirement is a membership-only organization. Members pay an annual fee of \$70 with Fall registration which covers both Fall and Spring semesters. If joining for the Spring term only, the cost is \$50. For this fee, members may register for as many classes as they wish.
- Courses are open to registered members only. A membership can be purchased at any time.

REGISTRATION GUIDELINES

- Please register only for the classes you plan to attend.
- You may register, pay, and manage courses online.
- Mail or drop-off registrations are accepted with membership fee (\$70 annual/\$50 Spring only).
- As members, you are free to take any class during the semester, as long as it remains open. Please check with the class coordinator or DCLIR office.

FINANCIAL ASSISTANCE

- Scholarships are available

Contact the DCLIR office at 920-746-4947 or dclir@nwtc.edu for more information.

COURSES BY DAY

MONDAY

- 11 Cursive Writing
- 13 Google Docs (2)
- 28 Quantum PC: Wi-Fi Basics
- 32 Searching for Marquette
- 37 Two Famous Poets
- 39 U.S. Supreme Court
Constitutional History (4)
- 40 Mah Jongg
- 48 YMCA: Senior Exercise (SB)
- 50 YMCA: Strength Exercise (SB)

TUESDAY

- 1 A Discussion - *The Captured, the Sick and the Dead*
- 2 Art of Repurposing
- 3 Assessing the Bay of Pigs (2)
- 4 Chinese Exercise (3)
- 7 Crossroads: Astronomy for Grandparents
- 15 Intro to Selling Online
- 17 Islam & the Renaissance (3)
- 22 Meet the Beatles
- 27 Quantum PC: Basics of Cyber Security
- 30 Quantum PC: Learning to Use Your
Apple Device
- 31 Rock 'n' Roll is Here to Stay
- 33 Spreading the Word About Cheese
- 35 Through the Lens of a Sports Photographer
- 36 Traveling Around the World During COVID (2)
- 42 YMCA: Diabetes Prevention Program (SB)
- 53 How to Fight the Social
Isolation of the Coronavirus

WEDNESDAY

- 5 Classics Revisited: *Of Mice & Men*
- 6 Classics Revisited: *To Kill a Mockingbird*
- 8 Crossroads: Intro to Community Science
- 9 Crossroads: Restoration -
Beyond Removing Invasives
- 10 Crossroads: Restoration -
Learning from the Land
- 14 Guardianship Basics
- 16 Introduction to Ireland
- 19 Know Us Before You Need Us (ADRC)
- 25 Prevent Suicide: QPR
- 26 Probate Basics
- 29 Quantum PC: Computer Backup &
Disaster Recovery
- 34 Spring/Summer Fishing DC
- 38 Understanding Alzheimer's
- 44 YMCA: Fall Prevention (SB)
- 45 YMCA: Land Arthritis (SB)
- 47 YMCA: Moving for Better Balance
- 51 Meteors, Comets, and Asteroids
- 54 Sleeping Through the Ages

THURSDAY

- 12 Door-Tran: Options DC
- 18 Joint Pain
- 20 Leathem and Smith Quarry
- 21 Marketplace and Medicare
- 23 Mission Trips to Haiti
- 24 Placebo Effect
- 41 Whodunit? (6)
- 43 YMCA: Fall Prevention (NorDor)
- 46 YMCA: Moving for Better Balance (NorDor)
- 49 YMCA: Strength Training (NorDor)
- 52 Crossroads: Archaeology of the Cove

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Learning in Retirement

COURSES BY AREA OF INTEREST

COOKING-GARDEN HOME

- 33 Spreading Word

CRAFT-GAME-HOBBY

- 2 Art of Repurposing
- 15 Intro to Selling Online
- 34 Spring & Summer Fishing in Door County
- 35 Through the Lens of a Sports Photographer
- 40 Mah Jongg!

DOOR COUNTY FOCUS

- 20 Leathem and Smith Quarry
- 32 Searching for Marquette

ENVIRONMENT-NATURE

- 7 Crossroads: Astronomy for Grandparents
- 8 Crossroads: Intro to Community Science
- 9 Crossroads: Restoration – Beyond Removing Invasives
- 10 Crossroads: Restoration – Learning from the Land
- 52 Crossroads: Archaeology of the Cove

HEALTH-FITNESS-SCIENCE

- 4 Chinese Exercise for Seniors (3)
- 18 Joint Pain
- 25 Prevent Suicide: QPR (Friends Helping Friends)
- 42 YMCA Diabetes Prevention Program (SB)
- 43 YMCA: Fall Prevention (NorDor)
- 44 YMCA: Fall Prevention (SB)
- 45 YMCA: Land Arthritis: Twinges in the Hinges (SB)
- 46 YMCA: Moving for Better Balance (NorDor)
- 47 YMCA: Moving for Better Balance (SB)
- 48 YMCA: Senior Exercise (SB)
- 49 YMCA: StrengthTraining for Everybody (NorDor)
- 50 YMCA: StrengthTraining for Everybody (SB)
- 53 How to Fight the Social Isolation of the Coronavirus

HISTORY-CULTURE-GOVERNMENT

- 1 A Discussion *The Captured, the Sick and the Dead* with author Larry Desotell
- 3 Assessing the Bay of Pigs Invasion (2)
- 17 Islam and the Renaissance (3)
- 22 Meet the Beatles
- 23 Mission Trips to Haiti
- 31 Rock 'n' Roll is Here to Stay
- 39 United States Supreme Court: Constitutional History (4)

LANGUAGE-LITERATURE-WRITING

- 5 Classics Revisited: *Of Mice and Men*
- 6 Classics Revisited: *To Kill a Mockingbird*
- 11 Cursive Writing
- 37 Two Famous Poets: Dylan Thomas & T.S. Eliot
- 41 Whodunit? (6)

MATH-SCIENCE-TECHNOLOGY

- 13 Google Docs (2)
- 24 (The) Placebo Effect
- 27 Quantum PC: Basic Cyber & Internet Security
- 28 Quantum PC: Basics of Wi-Fi
- 29 Quantum PC: Computer Backup
- 30 Quantum PC: Apple/Mac Device
- 51 Meteors, Comets, and Asteroids

SENIOR ISSUES

- 12 Door-Tran: Options for Door County
- 14 Guardianship Basics
- 19 Know Us Before You Need Us: ADRC Door County
- 21 Marketplace and Medicare
- 26 Probate Basics
- 38 Understanding Alzheimer's & Dementia
- 53 How to Fight the Social Isolation of the Corona Virus
- 54 Sleeping Through the Ages

TRAVEL

- 16 Intro to Ireland
- 36 Traveling Around the World During COVID (2)

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Learning in Retirement

February 2021

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
31	1	2 GROUNDHOG DAY	3	4	5	6
7	8	9	10	11	12 CHINESE NEW YEAR	13
14 VALENTINE'S DAY	15 PRESIDENT'S DAY #48 YMCA: SB Senior Exercise 1pm-2pm	16 MARDI GRAS #36 Traveling Around the World 10am-12pm #33 Spreading the Word 1pm-3pm	17 ASH WEDNESDAY #38 Understanding Alzheimers 10am-12pm #10 Learning from the Land 1pm-3pm	18 #41 Whodunit? 10am-12pm #12 Door-Tran for DC Residents 1pm-3pm	19	20
21	22 #11 Cursive Writing 10am-12pm #32 Searching for Marquette 1pm-3pm	23 #42 Diabetes Prevention 10am-12pm #7 Astronomy for Grandparents 1pm-3pm	24 #26 Probate Basics 10am-12pm #25 Prevent Suicide with QPR 1pm-3pm	25 #24 Placebo Effect 10am-12pm #43 YMCA Fall Prevention 1pm-3pm	26	27
28	March 1	March 2	March 3	March 4	March 5	6

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March 2021

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
28	1	2 #36 Traveling Around the World 10am-12pm #53 Fight Social Isolation of Coronavirus 1pm-3pm	3 #51 Meteors, Comets, & Asteroids 10am-12pm #45 YMCA: SB Land Arthritis 1pm-2pm	4 #41 Whodunit? 10am-12pm	5	6
7	8 #28 Basics of Wi-Fi 10am-12pm #50 YMCA: SB Strength Training 1pm-2pm	9 #35 Through the Lens 10am-12pm #15 Selling Online 1pm-3pm	10 #5 <i>Of Mice and Men</i> 10am-12pm #19 Know Us: ADRC 1pm-3pm	11 #18 Joint Pain 10am-12pm #46 YMCA Moving for Better Balance 1pm-3pm	12	13
14 DAYLIGHT SAVING	15 #40 Mah Jongg 10am-12pm #13 Google Docs 1pm-3pm	16 #2 Art Repurposing 10am-12pm #3 Bay of Pigs 1pm-3:30pm	17 ST. PATRICK'S DAY #34 Spring/Summer Fishing 10am-12pm #16 Intro to Ireland 1pm-3pm	18 #41 Whodunit? 10am-12pm #23 Mission Trips to Haiti 1pm-3pm	19	20 VERNAL EQUINOX (GMT)
21	22 #13 Google Docs 1pm-3pm	23 #27 Basic Cyber Security 10am-12pm #3 Bay of Pigs 1pm-3:30pm	24 #14 Guardianship Basics 10am-12pm #54 Sleeping Through the Ages 1pm-3pm	25 #49 YMCA Strength Training 1pm-3pm	26	27
28 PASSOVER	29	30	31	April 1	April 2	3

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Learning in Retirement

April 2021

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
28	March 29	March 30	March 31	1 APRIL FOOL'S DAY #41 Whodunit? 10am-12pm	2 GOOD FRIDAY	3
4 EASTER	5	6 #17 Islam & Renaissance 10pm-12pm #4 Chinese Exercise 1pm-3pm	7 #6 <i>To Kill a Mocking Bird</i> 10am-12pm	8 #20 Leathem Smith Quarry 1pm-3pm	9	10
11	12 #39 US Supreme Court 1pm-3:30pm	13 RAMADAN BEGINS #17 Islam & Renaissance 10am-12pm #4 Chinese Exercise 1pm-3pm	14 #29 Computer Backup 10am-12pm #9 Beyond Removing Invasives 1pm-3pm	15 TAXES DUE #41 Whodunit? 10am-12pm	16	17
18	19 #37 Two Famous Poets 10am-12pm #39 US Supreme Court 1pm-3:30pm	20 #17 Islam & Renaissance 10am-12pm #4 Chinese Exercise 1pm-3pm	21 ADMIN ASSIST DAY #44 YMCA: SB Fall Prevention 1pm-2pm	22 EARTH DAY #21 Marketplace and Medicare 10am-12pm	23	24
25	26 #39 US Supreme Court 1pm-3:30pm	27 #30 Learning to Use Apply/Mac 10am-12pm #31 Rock n Roll 1pm-3:30pm	28 #8 Intro to Community Science 10am-12pm #47 YMCA: SB Moving for Better Balance 1pm-2pm	29 #41 Whodunit? 10am-12pm #52 Archaeology of the Cove 1pm-3pm	30	May 1

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Learning in Retirement

May 2021

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
25	April 26	April 27	April 28	April 29	April 30	1
2	3 #39 US Supreme Court 1pm-3:30pm	4 #22 Meet Beatles 1pm-3:30pm	5 CINCO DE MAYO	6	7	8
9 MOTHERS DAY	10	11 #1 Book Discussion <i>The Captured, The Sick, The Dead</i> 1pm-3:30pm	12	13	14	15 ARMED FORCES DAY
16	17	18	19	20	21	22
23 PENTECOST	24	25	26	27	28	29
30	31 MEMORIAL DAY	June 1	June 2	June 3	June 4	June 5

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Learning in Retirement

Dear Friend of Door County Learning in Retirement,

We are pleased to present the Spring 2021 catalog and opportunity once again to participate in Learning In Retirement. We are offering all of our wonderful classes online, using the Zoom platform.

Registration will be both online or by mail. Through the software program ProClass, you may purchase a membership with a credit card, then select and register for classes. Assistance for registering will be offered by phone or by appointment with the DCLIR office at NWTC-Sturgeon Bay Campus.

What members have said about Zoom classes

I'm new to LIR and enjoyed the experience. Thanks for the opportunity to learn about things that I'm not familiar with but have always been fascinated by. Perhaps with time, we'll all be more comfortable with technology and learning via Zoom will become second nature!

- Zoom is a great option under these circumstances.
- Enjoyed it! Even though we weren't in a room together it is really good for our mental health to "get together" with our fellow LIR members.
- Still not as nice as in-person classes, but it is the best we have under the circumstances.
- I know there were some glitches, but I am so glad you are all willing to bring these presentations to us. Thank you so Very Much!
- The Zoom classes have been a very good experience now that we have more experience with it. I am glad LIR decided to go virtual.
- They are okay on Zoom, but definitely not as good as in-person with interactivity. I just appreciate that LIR found a way to continue classes during this challenging time.
- No problems — good alternative in this pandemic time.
- Practice will help users make this platform smoother running. The presenter & coordinator did a good job of troubleshooting.
- This class was a good experience and made me optimistic about Zoom and LIR.
- **Advantage** — Zoom classes are available everywhere there is internet access! Just follow the Zoom link to the class from your computer, tablet, or phone.

We sincerely hope that you will continue to support DCLIR by pursuing lifelong learning online!

Sincerely,

*Mary Koski, Fran Uteg, Tom Mather
Curriculum Co-Chairs
Door County Learning in Retirement*

COURSE DESCRIPTIONS

A Discussion: *The Captured, the Sick and the Dead: Confederate Prisoners at Camp Randall*, with author Larry Desotell

Course #: 1

Presenter: Larry Desotell

Coordinator: Terie Johnson, 262-945-7150

E-Mail: tpjohnson8@gmail.com

Date: Tuesday, May 11

Session(s): 1

Time: 1:00 p.m.-3:30 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 80

This class will discuss the book, *The Captured, The Sick, and the Dead: Confederate Prisoners at Camp Randall*. The book explores how over 1,200 Confederate prisoners were captured and sent to Camp Randall in April of 1862. It analyzes these soldiers' connection to slavery and their death rate in Madison. It also tracks the day to day experiences of these soldiers while in prison. It finishes with an examination of the current controversy over the removal of Confederate monuments and how the country can come to grips with slavery's existence to address the racial situation today.

Area of Interest: History-Culture-Government

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Learning in Retirement

(The) Art of Repurposing Thrift Shop Finds and Your Stuff

Course #: 2

Presenter: Mary Lindemann
Coordinator: Renee Bauernfeind, 920-246-4682
E-Mail: rjk2247@gmail.com
Date: Tuesday, March 16
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

Don't throw it away – repurpose it! Join us for a fun-filled class on thrift store shopping and repurposing to create unique, inexpensive outfits and home décor for every occasion! Mary will share her passion for thrift store finds and give us tips on items to look for. We'll also hear tips from this traveling salesperson on how to pack a carry-on suitcase for business and pleasure.

Area of Interest: *Craft-Game-Hobby*

Assessing the Bay of Pigs Invasion

Course #: 3

Presenter: Larry Desotell
Coordinator: Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Tuesdays, March 16, 23
Session(s): 2
Time: 1:00 p.m.-3:30 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

The decision to invade Cuba and remove Fidel Castro from power by the Kennedy Administration will be analyzed from a variety of perspectives. These include the assessment by the CIA of the likely success of the plan, the influence of the Eisenhower administration's support, secrecy as a standard operating procedure within the CIA, the role of JFK's advisors, JFK himself, and the failure of communication between JFK and the CIA. Also, to be examined is the origin of the plan, its operation, and the tactical reasons for its failure.

Area of Interest: *History-Government-Culture*

Chinese Exercise for Seniors

Course #: 4

Presenter: Roy Rasmussen
Coordinator: Elroy Rasmussen, 920-856-6230
E-Mail: elroy@centurytel.net
Date: Tuesdays, April 6, 13, 20
Session(s): 3
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 24

Learn energy-boosting exercises used by millions of senior citizens in China. These simple, non-impact exercises promote circulation, flexibility, balance, coordination, and concentration: great for stiff joints and stress management! Class focuses on stretching, sitting,

standing, and moving exercises derived from Tai Chi and other internal arts, with other exercises included as time permits.

Area of Interest: *Health-Fitness-Nutrition*

Classics Revisited: Of Mice and Men – John Steinbeck

Course #: 5

Presenter: Mary Moster
Coordinator: Joe Kopec, 920-818-0112
E-Mail: joekopec@gmail.com
Date: Wednesday, March 10
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 25

John Steinbeck wrote *Of Mice and Men* in 1937 as a 187-page novella/play. It is considered an American classic. Steinbeck received the Nobel Prize for his works in 1962 confirming his "realistic and imaginative writings, combined with sympathetic humor and keen social perception." Yet, at the time, his selection was heavily criticized by literary critics and media. Called by some a "perfect piece of theater," the novella brings us George Milton and Lennie Small, two displaced migrant ranch workers on the move in central California in search of jobs during the Depression. Themes include friendship, loneliness, dreams, cruelty, and the whims of fate, as well as the struggle for personal independence. *Register for this class alone or with class #6 for a discussion of the merits of this book and *To Kill a Mockingbird* as two of America's great novels.

Area of Interest: *Language-Literature-Writing*

Classics Revisited: To Kill a Mockingbird – Harper Lee

Course #: 6

Presenter: Joe Kopec
Coordinator: Mary Moster, 920-746-5213
E-Mail: mary@lcv1.com
Date: Wednesday, April 7
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 25

To Kill a Mockingbird is a novel published by Harper Lee in 1960. It is the story of love and hate set in a small fictional southern town, Maycomb, Alabama, during the Depression. It follows three years in the life of 8-yr-old Scout Finch, her brother, Jem, and their father, Atticus – three years punctuated by the arrest and eventual trial of a young black man accused of raping a white woman. *Register for this course alone or with course #5 for a discussion of the merits of this book and *Of Mice and Men* as two of America's great novels.

Area of Interest: *Language-Literature-Writing*

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Crossroads at Big Creek: Astronomy for Grandparents

Course #: 7

Presenter: Coggin Heeringa
Coordinator: Karen Callahan, 815-793-8276
E-Mail: alss.callahan@gmail.com
Date: Tuesday, February 23
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

Door County is celebrated for the wonders of its beautiful night sky. Grandparents-and, any lifelong learner- might enjoy knowing some simple basics of astronomy and fun facts about celestial objects you can observe without special equipment. You will also learn several simple demonstrations that can be done at home. We will focus on the Sun, the Moon, our Solar system and will include a few constellations which are easily found in the winter sky. The night sky is beautiful—and it's even better when shared.

Area of Interest: *Environment - Nature*

Crossroads at Big Creek: Introduction to Community Science – More Than a Hobby

Course #: 8

Presenter: Coggin Heeringa
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Wednesday, April 28
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

Community Science (a.k.a. Citizen Science) enables participants to learn, promote environmental stewardship and perhaps most exciting, to contribute to science. If you are motivated by curiosity and a love of nature, this class will introduce you to several programs in which your observations, combined with those of thousands of others, will provide information to professional researchers dealing with issues such as climate change and also, on a local level, guide decision making for land management. From plant identification and bird watching to astronomy, you can make a difference while increasing your own science literacy.

Area of Interest: *Environment-Nature*

Cross at Big Creek: Restoration – Beyond Removing Invasives

Course #: 9

Presenter: Coggin Heeringa
Coordinator: Jim Mitsche, 920-445-9847
E-Mail: james.mitsche@gmail.com
Date: Wednesday, April 14
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

The US Forest Service calls invasive species a “catastrophic wildfire in slow motion.” But invasive species control is merely the first step in restoration. Transforming degraded land into high-quality habitat involves gaining an understanding of the environment. Then, considering soil types, topographic features and existing vegetation, introducing appropriate native species. In this class, you will learn how to increase habitat, diversity and complexity in hopes that the multi-year restoration project underway at Crossroads will serve as a model for those wishing to heal and revitalize other degraded lands to benefit plants, animals and people.

Area of Interest: *Environment-Nature*

Crossroads at Big Creek: Restoration- Learning from the Land

Course #: 10

Presenter: Coggin Heeringa
Coordinator: Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Wednesday, February 17
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

If the goal is land restoration, it's best to learn from the best teacher available – the land itself. In this class you will learn about plant succession and the hidden interactions between plants and the relationships, both beneficial and harmful, between some plants and animals. You also will explore the ways living things react to the inorganic features of the environment using the multi-year restoration project underway at Crossroads as a model. Hopefully, this information will be helpful to those wishing to heal and revitalize other degraded land to benefit plants, animals and people.

Area of Interest: *Environment-Nature*

Cursive Writing

Course #: 11

Presenter: Mary Koski
Coordinator: Monica Nelson, 920-746-4947
E-Mail: monica.nelson@nwtc.edu
Date: Monday, February 22
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

Cursive, handwriting, penmanship. Whatever you call it, it was an integral part of elementary education for most of us. Is it still an important skill? In this class you will learn a bit about the history, current research, and the debate surrounding the teaching of cursive writing. There will also be time to brush up on your penmanship!

Area of Interest: *Language - Literature - Writing*

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Door-Tran: Transportation Options for Door County Residents

Course #: 12

Presenter: Kim Gilson
Coordinator: Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Thursday, February 18
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

Door-Tran is a creative community network dedicated to connecting people to transportation services that are affordable, available, and accessible. You are invited to the presentation and discussion to learn how Door-Tran and other local transportation programs can get people where they need to go. Kim Gilson, Volunteer Coordinator with Door-Tran, will provide participants with information to help them decide the best fit for their transportation needs.

Area of Interest: *Senior Issues*

Google: Getting Started with Google Docs

Course #: 13

Presenter: Mary Koski and Elizabeth (Betsy) Koski
Coordinator: Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Mondays, March 15, 22
Session(s): 2
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 12

Have you ever tried to work with others to share a document, plan an event, or edit a newsletter? Are you tired of sharing endless paper drafts and email attachments? If so, Google Docs is for you! Google Docs is a free program designed for collaboration. It can be accessed on the internet by computers or even smartphones. In this class, you will learn to create and share Google Docs. You will learn how to edit or comment on shared docs. You'll also learn how to create folders to organize the documents you create. If time permits, we will take a quick look at other Google Apps. You will need a Gmail or Google account for this class.

Area of Interest: *Math-Science-Technology*

Guardianship Basics

Course #: 14

Presenter: Jennifer Moeller,
Door County Circuit Court Commissioner
and Register in Probate
Coordinator: Fran Uteg, 706-781-5900
E-Mail: fran.uteg@gmail.com
Date: Wednesday, March 24
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.

Location: Zoom (*link sent prior to class start date*)
Limit: 20

Guardianship Probate Basics is an overview of guardianship law, including 2020 modifications to Wisconsin law. Attendees will learn about the different types of guardianship and alternatives to guardianship. Time will be set aside for questions. No legal advice will be provided.

Area of Interest: *Senior Issues*

Intro to Selling Online

Course #: 15

Presenter: Elizabeth (Betsy) Koski
Coordinator: Renée Bauernfeind, 920-246-4682
E-Mail: rjk2247@gmail.com
Date: Tuesday, March 9
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

Have you been wondering how and where to sell items you've found around the house during quarantine? Are you trying to downsize? Want to make some cash and reuse rather than toss? This class will cover: deciding where and how to sell your items, setting up an account, taking good photographs, making good titles and listings, finding supplies you need to prepare and ship your sales, getting paid, following key practices for happy buyers, handling a possible return, and finding good sources to learn more. Specific examples will be provided. There will also be time to answer your questions and an opportunity to practice listing a sample item you bring to our Zoom class.

Area of Interest: *Craft-Game-Hobby*

Introduction to Ireland (Recorded presentation)

Course #: 16

Presenter: Mike & Cheryl Murphy
Coordinator: Dennis Skahen, 920-746-3496
E-Mail: dskahen@sbcglobal.net
Date: Wednesday, March 17
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

This class will provide a brief overview of the landscapes, legends and traditional culture of a country famous for its scenic beauty, tragic history and rich literary and musical heritage.

Area of Interest: *Travel*

Visit us at nwtc.edu/LIR

Learning in Retirement

Islam and the Renaissance

Course #: 17

Presenter: David Rustin Lea
Coordinator: Kate Wulle-Dugan, 708-819-1959
E-Mail: katewulledugan@gmail.com
Date: Tuesdays, April 6, 13, 20
Session(s): 3
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 40

This course will serve several goals: Explain the history and implications of Islam's origins, show the very under-reported extent of the cultural and scientific growth of early Islamic civilization, explain the transfer of this knowledge and technology to the people of Europe, and the consequent historical forces that changed the balance between them. This course will address the divisions of Islam from the earliest days and help to understand the issues and how the Islamic world has become so divided and chaotic. Using a richly illustrated PowerPoint presentation to follow the track of discussion, David will welcome input and questions.

Area of Interest: *History-Culture-Government*

Joint Pain

Course #: 18

Presenter: Dr. Daniel Tomaszewski
Coordinator: Fran Uteg, 706-781-5900
E-Mail: fran.uteg@gmail.com
Date: Thursday, March 11
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 30

Dr. Tomaszewski will discuss, in open forum format, the symptoms, causes, and mitigating procedures of joint pain. Participants are encouraged to ask questions during the presentation.

Area of Interest: *Health-Fitness-Nutrition*

Know Us Before You Need Us

Course #: 19

Presenter: Jake Erickson & Jenny Fitzgerald
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Wednesday, March 10
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

The Aging and Disability Resource Center of Door County, ADRC, offers the general public a single source for information and assistance on issues affecting older adults (age 60 and older) and people living with a disability (age 18 and older) regardless of their income.

Our information and assistance are free and completely confidential. We are a welcoming place for you and your family to get information, advice, and access to a wide variety of services. Please join ADRC Director Jake Erickson and Assistant Director Jennifer Fitzgerald to learn more.

Area of Interest: *Senior Issues*

Leathem and Smith Quarry: Past, Present and Future

Course #: 20

Presenter: Jim Mitsche
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Thursday, April 8
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 50

The Leathem and Smith Quarry is on Bay Shore Drive in Sevastopol above and to the east of Pinney Park. This course will present the rise and fall of the quarry operation, the use of the property since the quarry closed in 1946, the recent development idea (Quarry Bluff), and the future use, as possible. While the presenter led the opposition to the recent development plan, the course will concentrate on the history and factual content in an objective manner.

Area of Interest: *Door County Focus*

Marketplace and Medicare: Know Your Options

Course #: 21

Presenter: Melissa Andrews
Coordinator: Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Thursday, April 22
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 40

Are you overwhelmed and unsure about your health insurance options? Are you or your spouse planning retirement and need guidance on developing a plan? Join Melissa Andrews of Olive Benefits for an educational session discussing your health insurance options and gain tips on how to compare them, ensuring that you make an informed choice.

Area of Interest: *Senior Issues*

Visit us at nwtc.edu/LIR

Learning in Retirement

Meet the Beatles – Back by Popular Demand

Course #: 22

Presenter: Steve Gomoll

Coordinator: Renee Bauernfeind, 920-246-4682

E-Mail: rjk2247@gmail.com

Date: Tuesday, May 4

Session(s): 1

Time: 1:00 p.m.-3:30 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 80

Were you one of the 73 million people sitting in front of your television set on Sunday night, February 9, 1964? If so, then you have “Met the Beatles.” However – do you really know them? Do you understand what a musical and cultural phenomenon they were? Do you realize how much their music changed over their brief six years together after that date? If not, Steve will take you on a *Magical Mystery Tour* of their amazing trip down that *Long and Winding Road* into rock and roll history and beyond.

Area of Interest: *History-Culture-Government*

Mission Trips to Haiti

Course #: 23

Presenter: Lori Ehlers

Coordinator: Miriam Malenius, 920-495-7509

E-Mail: miriammalenius@gmail.com

Date: Thursday, March 18

Session(s): 1

Time: 1:00 p.m.-3:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 80

Lori Ehlers invites you to enquire and learn about Haiti, one of the world’s poorest countries. See through her eyes from her many mission trips there and let her touch your hearts with pictures of the courage it takes to hang on to hope in devastation. Share her empathy for the Haitian children and learn about “Life is Hope,” a non-profit organization bringing love, shelter, food, and hope to orphanages in Haiti.

Area of Interest: *History-Culture-Government*

(The) Placebo Effect – It’s Not Just Medical

Course #: 24

Presenter: George Roening

Coordinator: Mary Koski, 920-493-9345

E-Mail: marykoski25@gmail.com

Date: Thursday, February 25

Session(s): 1

Time: 10:00 a.m.-12:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 20

The Placebo Effect describes a situation in which a treatment with no known medical effect produces a response. In this course the history of placebo use will be discussed along with its more interesting aspects and non-medical applications. We will also cover and discuss the ethics of placebo use.

Area of Interest: *Math-Science-Technology*

Prevent Suicide – QPR (Friends Helping Friends)

Course #: 25

Presenter: Bonnie Connolly and Monica Nelson

Coordinator: Monica Nelson, 920-746-4947

E-Mail: Monica.Nelson@nwtc.edu

Date: Wednesday, February 24

Session(s): 1

Time: 1:00 p.m.-3:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 25

Bonnie and Monica are members of Prevent Suicide Door County – Nathan Wilson Coalition and have received training through the QPR Institute. Question-Persuade-Refer Gatekeeper Training provides a starting point for friends, family, co-workers, volunteers and neighbors who are concerned about the well-being of an individual and in assisting them in connecting to resources that support them through mental health challenges and save lives in a crisis situation. QPR is an intervention strategy based on HOPE. Discussion of suicide myths, misconceptions, and warning signs will be included.

Area of Interest: *Health-Fitness-Nutrition*

Probate Basics

Course #: 26

Presenter: Jennifer Moeller,

Door County Circuit Court Commissioner
and Register in Probate

Coordinator: Fran Uteg, 706-781-5900

E-Mail: fran.uteg@gmail.com

Date: Wednesday, February 24

Session(s): 1

Time: 10:00 a.m.-12:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 20

Probate Basics is an overview of probate court including discussion concerning wills, probate of estate, and select issues related to guardianship. Attendees will learn what happens when a person passes away. We will discuss considerations before a death. Time will be set aside for questions. No legal advice will be provided.

Area of Interest: *Senior Issues*

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Learning in Retirement

Quantum PC: Basic Cyber & Internet Security

Course #: 27

Presenter: Nathan Drager
Coordinator: Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Tuesday, March 23
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 25

The focus of this class will be on the new types of remote scams, often triggered from a phone call, or pop-up ad on the victim's computer. We will be presenting information on how to identify these types of scam, and how to take proactive and preventive measures against these attacks. This will include the proper implementation and use of security and firewall software, as well as an understanding of the concepts and techniques employed in these attacks. We will also touch on what steps to take if you have been the target of an attack, how to secure the device, and what can be done to further protect your credit and identity.

Area of Interest: *Math-Science-Technology*

Quantum PC: Basics of Wi-Fi

Course #: 28

Presenter: Nathan Drager
Coordinator: Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Monday, March 8
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 25

This course will teach you the basics of Wi-Fi and demonstrate how to get the most out of your wireless network. Topics will include proper router setup and placement, wireless security, addressing dead spots, how to lower your internet bill, extenders and regulars, and alternatives to ISP-provided Wi-Fi. We will also be providing demonstrations on wireless printing techniques to enable printing from phones and tablets.

Area of Interest: *Math-Science-Technology*

Quantum PC: Computer Backup & Disaster Recovery

Course #: 29

Presenter: Nathan Drager
Coordinator: Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Wednesday, April 14
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.

Location: Zoom (*link sent prior to class start date*)
Limit: 25

The focus of this course will be on backing up your computer, with an emphasis on building a routine, automated backup system. Instruction will be given on performing this task using the free, built-in tools included with both Mac and Windows operating systems. We will discuss the various types of backup devices, how to backup multiple devices to OneDrive, cloud storage and offsite backup options, and how to restore your computer from a backup.

Area of Interest: *Math-Science-Technology*

Quantum PC: Learning to Use Your Apple/Mac Device

Course #: 30

Presenter: Erin Helgeson
Coordinator: Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Tuesday, April 27
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 25

So, you acquired a fancy, new Apple/Mac iThingy, but don't know the first thing about getting it to work for you. Or, maybe you have more advanced questions about your device. In either case, this class is the right place to solve your problems. Instead of letting your iPhone, iPad, or iMac laptop just sit there in its box, macMommy Erin will answer your questions, help you get started, and demonstrate the many useful ways your device can make your life a bit easier.

Area of Interest: *Math-Science-Technology*

Rock 'n' Roll is Here to Stay

Course #: 31

Presenter: Steve Gomoll
Coordinator: Renee Bauernfeind, 920-246-4682
E-Mail: rjk2247@gmail.com
Date: Tuesday, April 27
Session(s): 1
Time: 1:00 p.m.-3:30 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

Rock 'n' Roll music originated in the early 1950s from the musical genres of rhythm and blues, boogie-woogie, and country music. We'll take a blast into the past and a stroll down memory lane to explore the evolution of Rock 'n' Roll through the eras of rockabilly, doo-wop, teen idols, folk, surf, Motown, and the British Invasion. Images and videos of the artists and songs we remember will be used to tell the story of this musical progression from the early 1950s into the 1960s. I think we can all agree that Rock 'n' Roll IS here to stay!

Area of Interest: *History-Culture-Government*

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Learning in Retirement

Searching for Marquette

Course #: 32

Presenter: Ruth D. Nelson
Coordinator: Fran Uteg, 706-781-5900
E-Mail: fran.uteg@gmail.com
Date: Monday, February 22
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

Did you know that a 17th century missionary explorer passed through Sturgeon Bay almost 350 years ago? This class explores the life and journey of the 17th century French Jesuit missionary-explorer, Jacques Marquette, through his journal excerpts, maps, and images. His cultural impact on the Midwest was tremendous and is told by the monuments and works of art dedicated to his memory. We will re-trace Marquette's steps throughout the Great Lakes and Mississippi River regions, highlighting his encounters and friendships with regional Native American tribes along his route. We will also look at factors, such as Longfellow's "Song of Hiawatha" and Wisconsin's contribution to the Capitol's Statuary Hall that elevated Marquette's status from a local explorer to a national hero by the early 20th century. Special attention is given to Marquette's portage through Sturgeon Bay. (Based on the presenter's book, *Searching for Marquette*, published by Marquette University Press.)

Area of Interest: *Door County Focus*

Spreading the Word About Cheese Spread, That is...

Course #: 33

Presenter: Mary Lindeman
Coordinator: Sher Rockway, 630-846-1052
E-Mail: shrock10@gmail.com
Date: Tuesday, February 16
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

Learn about cheese! The basics of cheese will be reviewed. Then we'll learn how Pine River Pre-Pack cheese spread is made and marketed nationwide. Tips on how to pack cheese for mailing and and/or shipping will be shared, along with ideas on serving cheese at social gatherings.

Area of Interest: *Cooking-Garden-Home*

Spring & Summer Fishing Around Door County

Course #: 34

Presenter: Gary Nault
Coordinator: Mike LeClair, 920-901-9955
E-Mail: michaeln.leclair@yahoo.com
Date: Wednesday, March 17
Session(s): 1

Time: 10:00 a.m.-12:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 80

Gary Nault is a local fisherman and guide. This course is a discussion of fishing for spring and summer in Door County with a PowerPoint presentation and live instruction. Class will also include areas and times to fish for specific species and segments on new innovations in marine electronics. Gary will also be available for questions.

Area of Interest: *Craft-Game-Hobby*

Through the Lens of a Sports Photographer

Course #: 35

Presenter: Chip Manthey
Coordinator: Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Tuesday, March 9
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

Join Chip Manthey for an engaging and informative presentation chronicling life as a professional sports photographer. For over two decades, Chip roamed the sidelines of Lambeau Field, Camp Randall, and numerous other Wisconsin sports venues. He captured some of the state's greatest moments in sports history. His colorful stories, deep knowledge and specialized tricks of the trade will entertain even the most casual of fans while also inspiring those who are interested in pursuing a career behind the lens.

Area of Interest: *Craft-Game-Hobby*

Traveling Around the World During COVID

Course #: 36

Presenter: Kate Wulle-Dugan
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Tuesdays, February 16, March 2
Session(s): 2
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 80

Since we can't hop on a plane or ship and go places, let's go around the world vicariously through slides and videos. In 2015, I did a go around the world and some of that will be included, but I have also been to a number of places that I haven't had a chance to talk about yet, so come on my magic carpet and let's travel!!!

Area of Interest: *Travel*

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Learning in Retirement

Two Famous Poets: Dylan Thomas and T.S. Eliot (Recorded presentation)

Course #: 37

Presenter: Mike Murphy

Coordinator: Kate Wulle-Dugan, 708-819-1959

E-Mail: katewulledugan@gmail.com

Date: Monday, April 19

Session(s): 1

Time: 10:00 a.m.-12:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 80

A brief introduction to some famous poems by the two most popular and most controversial poets of the early 20th century, Dylan Thomas and T.S. Eliot. Thomas's poems are wonderfully lyrical celebrations of childhood, nature, and the natural cycle of life, love and death; Eliot's poems with titles such as "The Waste Land," "The Hollow Men," and "The Love Song of J. Alfred Prufrock" present a shockingly sharp contrast in subject matter, tone, theme and style.

Area of Interest: *Language-Literature-Writing*

Understanding Alzheimer's and Dementia

Course #: 38

Presenter: Kate Kahles

Coordinator: Dixie Luedtke, 920-746-4947

E-Mail: Dixie.Luedtke@nwtc.edu

Date: Wednesday, February 17

Session(s): 1

Time: 10:00 p.m.-12:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 80

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

Area of Interest: *Senior Issues*

United States Supreme Court: Constitutional History

Course #: 39

Presenter: Lou Covotsos

Coordinator: Office, 920-746-4947

E-Mail: dclir@nwtc.edu

Date: Mondays, April 12, 19, 26, May 3

Session(s): 4

Time: 1:00 p.m.-3:30 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 80

The course will explore American history through the eyes of the U.S. Supreme Court with an emphasis on landmark decisions from the early republic to the present day, and whether these decisions were based on found law or more

on political forces. In short, does the Court "find" the law or "make" the law? The course will include several hours on how lawyers analyze the law and the role of precedent in an evolving common law.

Area of Interest: *History-Culture-Government*

What is Mah Jongg?!

Course #: 40

Presenter: Kate Wulle-Dugan

Coordinator: Karen Callahan, 815-793-8276

E-Mail: alss.callahan@gmail.com

Date: Monday, March 15

Session(s): 1

Time: 10:00 a.m.-12:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 40

You've seen those crazy folks shuffling tiles around and yelling "Mah Jongg". Here is your chance to find out what they are doing, where the game comes from, and maybe develop an interest in playing. It can be stimulating. You need both strategy and luck to win. And (watch out) it can be addictive!

Area of Interest: *Craft-Game-Hobby*

Whodunit?

Course #: 41

Presenter: Lynn Kaczmarek

Coordinator: Liz Orlock, 920-559-9235

E-Mail: liz.orlock@gmail.com

Date: Thursdays, February 18, March 4, 18, April 1, 15 and 29

Session(s): 6

Time: 10:00 a.m.-12:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 15

Wondering what to read next? Join our mystery reading and discussion group. Lynn Kaczmarek, retired Managing Editor of the national publication "Mystery News," will lead the group, introducing you to new and not-so-new authors in five sub-genres: British, Police Procedurals, Historicals, Private Investigators and Wild Card. There are over 1500 mysteries published every year. Let us help you find the ones that are just right for you! Come to the first class prepared to talk about your favorite (or most recently read) mystery.

Area of Interest: *Language-Literature-Writing*

YMCA: Diabetes Prevention Program (Sturgeon Bay)

Course #: 42

Presenter: Tonya Felhofer, Tess Johnson

Coordinator: Terie Johnson, 262-945-7150

E-Mail: tpjohnson8@gmail.com

Date: Tuesday, February 23

Session(s): 1

Time: 10:00 a.m.-12:00 p.m.

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Learning in Retirement

Location: Zoom (*link sent prior to class start date*)

Limit: 80

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as Type-2 diabetes. Approximately 84 million American adults – more than 1 out of 3 – have prediabetes. Of those with prediabetes, 90% don't know they have it. Prediabetes puts you at increased risk of developing Type-2 diabetes, heart disease, and stroke. The good news is that if you have prediabetes, the YMCA's Diabetes Prevention Program can help you make lifestyle changes to prevent or delay Type-2 diabetes and other serious health problems.

Area of Interest: Health-Fitness-Nutrition

YMCA: Fall Prevention (Northern Door)

Course #: 43

Presenter: Megan Schneider

Coordinator: Office, 920-746-4947

E-Mail: dclir@nwtc.edu

Date: Thursday, February 25,

Session(s): 1

Time: 1:00 p.m.-3:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 20

Falls are the leading cause of fatal and non-fatal injuries to older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal cost. However, falling is not an inevitable result of aging. Most falls can be prevented – and you have the power to reduce your risk. This class will examine the risk factors for falls and identify ways that you can lower these risk factors.

Area of Interest: Health-Fitness-Nutrition

YMCA: Fall Prevention (Sturgeon Bay)

Course #: 44

Presenter: Christine Webb-Miller

Coordinator: Terie Johnson, 262-945-7150

E-Mail: tpjohnson8@gmail.com

Date: Wednesday, April 21

Session(s): 1

Time: 1:00 p.m.-2:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 20

Falls are the leading cause of fatal and non-fatal injuries to older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Most falls can be prevented – and you have the power to reduce your risk. This class will examine the risk factors for falls and identify ways that you can lower these risk factors.

Area of Interest: Health-Fitness-Nutrition

YMCA: Land Arthritis: Twinges in the Hinges (Sturgeon Bay)

Course #: 45

Presenter: Christine Webb-Miller

Coordinator: Terie Johnson, 262-945-7150

E-Mail: tpjohnson8@gmail.com

Date: Wednesday, March 3

Session(s): 1

Time: 1:00 p.m.-2:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 20

Do you suffer from arthritis? This class is designed to help keep joints flexible and muscles strong, help participants sleep better, increase their energy and improve their overall outlook. Participants of "Twinges" will have less pain and more confidence in their ability to continue the activities they want to do!

Area of Interest: Health-Fitness-Nutrition

YMCA: Moving for Better Balance (Northern Door)

Course #: 46

Presenter: Megan Schneider

Coordinator: Office, 920-746-4947

E-Mail: dclir@nwtc.edu

Date: Thursday, March 11

Session(s): 1

Time: 1:00 p.m.-3:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 20

This class works to improve balance, muscle strength, flexibility and mobility to enhance overall physical health which leads to better functioning in daily activities. Participation may result in better mental health, reduced stress and increased self-esteem. Also improved memory and cognition.

Area of Interest: Health-Fitness-Nutrition

YMCA: Moving for Better Balance (Sturgeon Bay)

Course #: 47

Presenter: Christine Webb-Miller

Coordinator: Terie Johnson, 262-945-7150

E-Mail: tpjohnson8@gmail.com

Date: Wednesday, April 28

Session(s): 1

Time: 1:00 p.m.-2:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 20

This class works to improve balance, muscle strength, flexibility and mobility to enhance overall physical health which leads to better functioning in daily activities. Participation may result in better mental health, reduced stress and increased self-esteem. Also improved memory and cognition.

Area of Interest: Health-Fitness-Nutrition

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Learning in Retirement

YMCA: Senior Exercise (Sturgeon Bay)

Course #: 48

Presenter: Christine Webb-Miller
Coordinator: Terie Johnson, 262-945-7150
E-Mail: tpjohnson8@gmail.com
Date: Monday, February 15
Session(s): 1
Time: 1:00 p.m.-2:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 20

In this chair exercise program, you'll move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Wear clothes suitable for exercise: loose fitting clothing will allow you to move comfortably. Wear tennis shoes or shoes that offer support and allow you to move comfortably and safely.

Area of Interest: *Health-Fitness-Nutrition*

YMCA: Strength Training for Every Body (Northern Door)

Course #: 49

Presenter: Megan Schneider
Coordinator: Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Thursday, March 25
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 20

One of the best ways to stop, prevent and even reverse bone and muscle loss is to strength train. Strength exercises build muscle, and even very small changes in muscle strength can make a real difference in your ability to perform everyday activities like carrying groceries, getting up from a chair or lifting a grandchild.

Area of Interest: *Health-Fitness-Nutrition*

YMCA: Strength Training for Every Body (Sturgeon Bay)

Course #: 50

Presenter: Christine Webb-Miller
Coordinator: Terie Johnson, 262-945-7150
E-Mail: tpjohnson8@gmail.com
Date: Monday, March 8
Session(s): 1
Time: 1:00 p.m.-2:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 20

One of the best ways to stop, prevent and even reverse bone and muscle loss is to strength train. Strength exercises build muscle, and even very small changes in muscle strength can make a real difference in your ability to perform everyday activities like carrying groceries, getting up from a chair or lifting a grandchild.

Area of Interest: *Health-Fitness-Nutrition*

Meteors, Comets, and Asteroids

Course #: 51

Presenter: John Beck
Coordinator: Fran Uteg, 706-781-5900
E-Mail: fran.uteg@gmail.com
Date: Wednesday, March 3
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 30

We will begin by addressing the confusion many have regarding meteors and comets, and perhaps end by discussing how scientists are finding more confusion regarding some of them! We will explore the many recent sources of information about these objects and address the potential for any of them to cause harm to our planet or to us.

Area of Interest: *Math-Science-Technology*

Crossroads at Big Creek: Archaeology of the Cove

Course #: 52

Presenter: Coggin Heeringa
Coordinator: Jim Mitsche, 920-445-9847
E-Mail: james.mitsche@gmail.com
Date: Thursday, April 29
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 30

For six years, middle school students, working with the professionals from Midwest Archaeological Consultants, have been conducting archaeological digs at Crossroads' *The Cove Preserve* just off Utah Street in Sturgeon Bay. Through videos and slides, you will learn how archaeologists work and how you might be able to participate in an authentic dig. We will be able to share what we know so far about "The First People of The Cove"

Area of Interest: *Math-Science-Technology*

How to Fight the Social Isolation of the Coronavirus

Course #: 53

Presenter: Lauren Daoust (Therapist, SLS);
Shannon Kanter (SLS Program Director)
Coordinator: Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Tuesday, March 2
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: Zoom (*link sent prior to class start date*)
Limit: 30

Visit us at nwtc.edu/LIR

Join Lauren and Shannon from Senior Life Solutions (SLS) at Door County Medical Center as they present steps to prevent the health concerns that can occur during periods of social isolation. Learn how to improve social interactions quickly and easily.

Area of Interest: *Senior Issues*

Sleeping Through the Ages

Course #: 54

Presenter: Dr. David Donarski and
the Brain Center of Green Bay

Coordinator: Office, 920-746-4947

E-Mail: dclir@nwtc.edu

Date: Wednesday, March 24

Session(s): 1

Time: 1:00 p.m.-3:00 p.m.

Location: Zoom (*link sent prior to class start date*)

Limit: 30

In the time before alarm clocks, overbooked schedules and modern-day stressors, did our ancestors get more sleep? Learn how to listen to your body to determine if you are getting enough sleep and enough quality sleep. Topics include 1) stages of sleep; 2) dreams and why we dream; 3) the importance of sleep to our health; 4) sleep disorders; 5) effects of sleep deprivation; and 6) medications used for sleep.

Area of Interest: *Senior Issues*

REGISTRATION PROCESS

SPRING 2021

> Register online.

- Find the link at nwtc.edu/LIR. See next column for details.
- We can help with the registration process. Please call the office at 920-746-4947 to schedule an appointment. (Monday-Thursday, 9:30 a.m. - 1:30 p.m.)

> Mail a traditional registration form.

Send to the address on the registration form. (Enclose \$50 membership fee if an Annual Membership was not purchased in Fall 2020).

- Drop registration form in the DCLIR office. Pay membership fee by check or cash

Please note: Mailed /dropped off registration forms will be entered by DCLIR staff and volunteers as quickly as possible after the opening of registration. Those who register online will know immediately if they have been accepted into a class.

REGISTRATION DETAILS

DCLIR Membership and Registration

- > **First-** Access our DCLIR website at nwtc.edu/LIR. From there click on the “**Online Registration**” blue button on the right.

This will bring you to the DCLIR Member Portal.

From here you will be able to purchase your membership, register for classes and update your contact information.

- > **Second-** In the DCLIR Member Portal, Click “**Login**” button on the upper right-hand corner. If you have a Username and Password from Fall 2020, use it and continue to registration.

If you are new to online registration, DO NOT enter any information into the Username and Password boxes. Below the Username and Password boxes, click on the “**Click here to reset**” link.

You will be prompted to enter your email address (please use the address that you use for DCLIR communications).

An email will be sent to you with your Username. Continue to follow directions as prompted.

Click on the “**Membership**” tab on the upper left to purchase your membership with a credit/debit card if you did not purchase an annual membership in Fall 2020.

If you receive the message “You have an account in our system but it is not currently active,” you will need to contact us at 920-746-4947 to have your account activated before you can log in and use the online registration site.

Visit us at nwtc.edu/LIR

Learning in Retirement

HELPFUL HINTS

FOR A FULFILLING SEMESTER

DOOR COUNTY LEARNING IN RETIREMENT IS A MEMBERSHIP-ONLY ORGANIZATION.

Catalogs come out twice a year. Members pay an annual fee of \$70 with Fall registration, which covers both Fall and Spring semesters; if joining in the Spring, the cost is \$50. For this fee, members may register for as many classes as they wish in both semesters.

DCLIR's office and classroom number is SC111.

Facing the main entrance, we are at the far left (South) of the building. Our entrance is located off the South parking lot, which has a turnaround for drop-offs, as well as handicapped spaces. Additional handicapped spaces and parking are located in the Front lot.

WHEELCHAIRS ARE AVAILABLE.

Call the DCLIR office at **920-746-4947** and we'll meet you at the DCLIR entrance door.

KEEP YOUR CATALOG and **confirmation letter or email** for future reference! Find course listings, coordinator contact information, times, dates, location, and fees. You will also find the catalog, updates and/or changes to the schedule on our website at nwtc.edu/LIR.

HAVE YOU CHECKED YOUR EMAIL? Technology – can't live with it, can't live without it! Our main communication with our members is via e-mail. We send out E-News with announcements, class changes or cancellations, special meetings and notices. These often happen too quickly to inform members by U.S. mail. Please make an effort to check your email on a regular basis and let us know if your email address has changed. Thanks!

E-NEWS: DCLIR sends E-News to all members with an email address. E-News is sent "bcc" or "Undisclosed Recipients." DCLIR does not share member information. Make sure you add dclir@nwtc.edu to your list of accepted senders.

PLEASE BE CONSIDERATE! If you are unable to attend a confirmed course for any reason, please contact the course coordinator as listed in the catalog.

DOOR COUNTY LEARNING IN RETIREMENT REGISTRATION AND WORKSHEET

Spring Registration Begins January 11, 2021

**MEMBERSHIP FEE IS \$50.00 FOR SPRING 2021
(UNLESS ANNUAL MEMBERSHIP PURCHASED IN FALL)
IF REGISTERING IN PERSON OR BY MAIL
MAKE CHECK PAYABLE TO "NWTC"**

LAST NAME, _____

FIRST NAME _____

Register online or complete one form per person.

- > **Online:** Find the link at nwtc.edu/LIR
- > **Mail to:** NWTC-DCLIR, 229 North 14th Avenue., Sturgeon Bay WI 54235
- > **Mail/Drop off** at the DCLIR office at NWTC. **Registration assistance by appointment.**
- > **Contact DCLIR Office:** 920-746-4947 • **Email:** dclir@nwtc.edu
- > **Assignment of courses** will be first-come, first served.
Registration is computerized and is determined by date and time of registration.

Name _____

Mailing Address _____

City/State/ZIP _____

Phone(s) _____ Email _____

	Course #	Course Title		Course #	Course Title
1st			8th		
2nd			9th		
3rd			10th		
4th			11th		
5th			12th		
6th			13th		
7th			14th		

*I understand I can attend **only** the courses for which I **have received written confirmation.***



LEARNING IN RETIREMENT
P O Box 19042
2740 West Mason Street
Green Bay, WI 54307-9042

ADDRESS SERVICE REQUESTED

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PAID
GREEN BAY WI
PERMIT NO. 162

A GREAT IDEA FOR A CLASS WOULD BE...

DCLIR

Do you know a presenter for this class? Yes No

Phone/E-mail for Presenter: _____

I would be willing to contact them about this.

I would be willing to research this idea to see who could do it.

Your Name: _____

Your Phone/E-mail: _____

Please return this to the DCLIR office

Door County Learning in Retirement • 920-746-4947 • dclir@nwtc.edu
NWTC-Sturgeon Bay Campus, 229 N. 14th Avenue, Sturgeon Bay, WI 54235