



COMMUNITY EDUCATION, F'2024

NWTC Sister Bay provides state-of-the-art resources that support a growing economy and vibrant quality of life in northern Door County. To register, call 920-746-4970 or email sisterbay@nwtc.edu. We are located at 2438 S. Bay Shore Drive, Sister Bay.

CLASSES AND EVENTS	DATE	TIME	FEE	NOTES
Email Security	Wed, Sept 11	10 am - Noon	\$15	
Dive into the world of email security with this dynamic course designed to arm you with the essential skills to defend your inbox and protect your sensitive information from ever-evolving cyber threats. Uncover the secrets to spotting phishing attempts, master the art of creating unbreakable passwords, harness the power of two-factor authentication, and outsmart scammers with ease. This course empowers you to take control of your digital safety and stay one step ahead of the hackers. Presented by LIC Trainer Erin Helgeson				
Smartphone Basics 1	Wed, Sept 18	10 am - Noon	\$15	Please bring your phone.
This class will cover the basics of smartphone operation, including how to set it up and how your phone can help you. Learn about apps, settings, updates, and photos, as well as the Apple ID vs. your passcode. Presented by LIC Trainer Erin Helgeson.				
If You Don't Tell Your Story	Thurs, Sept 19	10 am - Noon	LIR Member ship	LIR Course #59 part of annual membership fee
We all have a life story-a story that has the potential to inspire others to live a richer, fuller, more productive life, whether it's our children, grandchild or even a great-grandchild. If those stories-your stories-aren't somehow recorded, they are lost forever in the sands of time. This presentation is designed to help you leave something tangible for future generations-whether it is a memoir written by your or with the help of others, audio or video recordings, photography, art, poetry, music, even an obituary. There are many options, opportunities, and possibilities for you to tell your story-and we will look at them all. Come and learn how you can share your story. You never know when it will make a difference in someone's life.				

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Color Me Calm	Thurs, Sept 26	10 am - Noon	\$20 course fee & \$12 supplies fee	Limit of 10 participants. Supplies include coloring sheets and markers. Bring course and supplies fee (\$32 cash only) to class.
Enhance your creativity and boost your self-esteem as you learn to relax and relieve stress of everyday life through mindful techniques using coloring sheets for grown-ups and colorful felt tip markers that will be provided to you during class time to keep. You're guaranteed to enjoy the creativity, calm, relaxation and mindfulness provided with this trendy new hobby of coloring for grown-ups. You will be presented with creative techniques for coloring and much more during this Color Me Calm class. Presented by Jane Tomich.				
Color Me Calm	Thursday, Sept 26	1:00 – 3:00 pm	\$20 course fee & \$25 supplies fee	Limit of 10 participants. Supplies include coloring books and markers. Bring course and supplies fee (\$45 cash only) to class.
Enhance your creativity and boost your self-esteem as you learn to relax and relieve stress of everyday life through mindful techniques using a coloring book for grown-ups and colorful felt tip markers that will be provided to you during class time to keep. You're guaranteed to enjoy the creativity, calm, relaxation and mindfulness provided with this trendy new hobby of coloring for grown-ups. You will be presented with creative techniques for coloring and much more during this Color Me Calm class. Presented by Jane Tomich.				
Balance	Tues, Oct 1	2:00 – 3:00 pm	FREE	
Learn how your body keeps your balance, what makes you lose your balance and how you can make your balance better and decrease your risk of falling. Presented by Krista Keck, PT, DPT from Door County Medical Center				

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The Election Process in Wisconsin and in Door County	Wed, Oct 2	1:00-2:30 pm	FREE	
Door County Clerk Jill Lau will explain the workings of elections in Wisconsin including Door County. It is a fascinating process that is more complicated than one would expect. Jill will be joined by David Bell, who will speak about what else is voted on a ballot in addition to candidates. Come to ask questions about the various ways to vote and to learn exactly how your vote is counted.				
New to Medicare	Tues, Oct 8	10:30 am - Noon	FREE	Call the ADRC at 920-746-2372 to register.
This class will explain the upcoming Medicare Open Enrollment Period and the importance of reviewing Medicare prescription coverage. Presented by Linda Darmody, volunteer State Health Insurance Program (SHIP) counselor from the Aging & Disability Resource Center of Door County.				
Cyber Security	Wed, Oct 9	10:00 am - Noon	\$15	
Equip yourself with the crucial skills needed to safeguard your digital world. Learn to identify and neutralize cyber threats, from malware to social engineering attacks, while mastering the techniques to create rock-solid passwords, secure your devices, and protect your online identity. With hands-on strategies and cutting-edge tools, this course empowers you to take charge of your cyber safety and confidently navigate the digital landscape. Presented by LIR Trainer Erin Helgeson				
Color Me Calm	Thurs, Oct 17	10:00 am - Noon	\$20 course fee & \$12 supplies fee	Limit of 10 participants. Supplies include coloring sheets and markers. Bring course and supplies fee (\$32 cash only) to class.
Enhance your creativity and boost your self-esteem as you learn to relax and relieve stress of everyday life through mindful techniques using coloring sheets for grown-ups and colorful felt tip markers that will be provided to you during class time to keep. You're guaranteed to enjoy the creativity, calm, relaxation and mindfulness provided with this trendy new hobby of coloring for grown-ups. You will be presented with creative techniques for coloring and much more during this Color Me Calm class. Presented by Jane Tomich.				

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Color Me Calm	Thurs, Oct 17	1:00-3:00 pm	\$20 course fee & \$25 supplies fee	Limit of 10 participants. Supplies include coloring books & markers. Bring course fee and supplies (\$45 cash only) to class.
Enhance your creativity and boost your self-esteem as you learn to relax and relieve stress of everyday life through mindful techniques using a coloring book for grown-ups and colorful felt tip markers that will be provided to you during class time to keep. You're guaranteed to enjoy the creativity, calm, relaxation and mindfulness provided with this trendy new hobby of coloring for grown-ups. You will be presented with creative techniques for coloring and much more during this Color Me Calm class. Presented by Jane Tomich.				
Halfway to the North Pole	Wed, Oct 30	1:00-3:00 pm	LIR Member ship	LIR Course #47 part of annual membership fee
Two monuments in Door County mark the 45 th Parallel North – the midpoint between the Equator and the North Pole. Join me for an armchair virtual journey on this imaginary line to visit the cities, geographic features, and quirky markers around the world that share the 45 th Parallel North with us. We will start our journey in Egg Harbor and travel west across the country and around the world until we finally reach Jacksonport. It's quite the adventure!				
CPR Heartsaver AED#81383	Mon, Nov 4	8 am-noon	\$36.95	Purchase and read entire book prior to class. A CPR mask is required. If you have one, please bring it. If not, a mask can be purchased through NWTC Bookstore.
This course is for individuals such as day-care employees, airline/security personnel or personal trainers who may need to respond to an emergency at work. Adult, child, infant CPR and choking as well as use of automated external defibrillator will be covered.				

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Heartsaver First Aid #81384	Mon, Nov 4	12:30-4:30 pm	\$36.95	Purchase and read entire book prior to class. Must bring /purchase CPR Mask to class.
This course is intended for lay rescuers, childcare workers, and industrial workers. Course covers scene/situation safety and the care of injuries: bleeding control, bone, joint, and muscle injuries, burns, and specific injuries to the head. It also addresses sudden illnesses, seizures, diabetic emergencies, poisoning, bites and stings, and heat and cold emergencies. Heartsaver First Aid teaches how to manage illness and injuries in the first few minutes until help arrives.				
Back/Neck Pain	Tues, Nov 5	2:00-3:00 pm	FREE	
What causes back/neck pain? Learn how you can prevent back/neck pain and optimize your spinal health. Presented by Krista Keck, PT, DPT from Door County Medical Center				
Artificial Intelligence (AI)	Wed, Nov 6	10 am - Noon	\$15	
Discover the fascinating world of artificial intelligence. Learn how AI is transforming industries, from healthcare to entertainment, and get hands-on experience with the tools and concepts that power machine learning, natural language processing, and smart technologies. Whether you're curious about how AI works or eager to dive into creating your own AI-driven projects, this course will provide you with the knowledge and skills to unlock the limitless potential of artificial intelligence. Presented by LIR Trainer Erin Helgeson				
Computer Basics	Wed, Nov 13	10 am -Noon	\$15	
This course is designed to give you the foundational skills needed to navigate the digital age with confidence. From mastering the essentials of operating systems and software to understanding hardware components and troubleshooting common issues, you'll gain the knowledge to make your computer work for you. Whether you're a beginner or looking to brush up on your skills, this course will empower you to confidently handle everyday computing tasks and explore new digital possibilities. Presented by LIR Trainer Erin Helgeson				
Brain Check-Up	Mon, Nov 18	12:30 – 3:00 pm	FREE	Call NWTC to schedule an appointment 920-746-4970
A brain check-up isa wellness tool that helps identify possible changes in memory and cognition. This tool creates a baseline of where you are right now, plus allows you to monitor future changes. Presented by Sierra Witczak form the Aging and Disability Center of Door County.				

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Baking Memories: Royal Icing Decorating	Wed, Dec 4	10 am-noon	\$20	Call 920-746-4970 to reserve a spot. Bring cookie sheet and course fee (\$20 cash only) to class.
Learn some new and fun techniques for cookie decorating while sharing laughs and memories. Fee includes a dozen cookies, 3 bags of icing and a container of sprinkles. Presented by Sierra Witczak from the Aging and Disability Resource Center of Door County. Space is limited to 8 people—sign up early!				
Healthy Lifestyle Habits	Tues, Dec 10	2:00 – 3:00 pm	FREE	
Learn the pillars of health and wellness. Learn what you can you do to optimize a healthy lifestyle. Presented by Krista Keck, PT, DPT from Door County Medical Center				
Introduction to Soap Making	Wed, Dec 11	10am-3:00 pm Lunch break from noon-1:00 pm	\$20 & \$20 supplies fee	Limited to 8 participants. Participants should bring an apron and course & supplies fee (\$40 cash only) and wear close-toed shoe to class.
<p>Participants will make up to 10 scented or unscented, colored or uncolored soaps in 3D detailed silicon molds using a commercially made melt and pour base and will take them home at the end of class. Instructor will give overview of melt-and-pour soap-making techniques based on written materials provided, and discuss techniques used for examples displayed. Two bases will be available to choose from, melted and ready to use. Various fragrances, colors and molds will be available. Participants will learn to weigh, color and scent the base, and will pour soap into molds of their choosing. While the participants are working, the instructor will weigh out the oils for the cold process demonstration and begin melting them.</p> <p>Class schedule:</p> <p>10 am – 11:00 am Melt and Pour Soaps</p> <p>11:00 – Noon: Cold Process Discussion and Prep. Noon – 1 pm: Lunch break the lye and oils will be cooling during lunch</p> <p>1:00 – 3:00 pm: Cold Process Demo, Unmolding and wrapping of melt and pour soaps.</p> <p>Due to safety and manufacturing equipment needed for cold process soap making, this portion will not be hands-on. The instructor will demonstrate how to make a multi-colored, scented soap. The demonstration will not take long. Afterward, participants will unmold their melt and pour soaps and shrink wrap them, if desired. The class could end early if there are not a lot of questions. The instructor will have a similar batch of finished Cold Process soap available for the participants to each take a bar home. Take-home information will be provided, including a list of resources for where to purchase tools and materials.</p> <p>Presented by Jen Dahl.</p>				

CLASSES AND EVENTS	DATE	TIME	FEE	NOTES
Home Networking	Wed, Dec 11	10 am - Noon	\$15	
Unleash the power of your home network, with this course designed to help you build and manage a seamless, secure network in your own home. From setting up routers and Wi-Fi to understanding the basics of IP addresses and network security, you'll gain the skills needed to keep all your devices connected and running smoothly. Whether you're streaming, gaming, or working from home, this course will equip you with the knowledge to optimize your network for speed, reliability, and safety. Presented by LIR Trainer Erin Helgeson				
Where Does Your Tax Money Go	Thurs, Dec 12	10:00 – 11:00 am	FREE	
Do you ever wonder where your tax dollars go? How are they spent? And why are they so high? This session will explain the assessment process, what portion of your taxes go to the village, and how the Village of Sister Bay allocates those dollars. Village staff will explain your tax bill and how the monies are dispersed, as well as what you can expect in the years to come.				