

Learning in Retirement



University of Wisconsin-Oshkosh
Division of Continuing Education & Extension

Course Catalogue Fall 2011

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1. Garden Study Group
Coughlin Center, Winnebago

Group participants decide their own programming at the first meeting. Experts are brought in for lectures. There are field trips to nurseries and gardens.

Coordinator: Ginny Evans
Fridays: September 2, October 7, November 4
and December 2
9 – 11 a.m.

2. Reader's Choice Encore
Franciscan Courts, Oshkosh

Coordinators and participants suggest books for our reading enjoyment. Meetings focus on participants' comments on the selected readings with a commentary on the authors' lives.

Presenter: Jeanne Shiras
1st session – Wednesday, September 7
2nd session – Wednesday, October 5
3rd session – Wednesday, November 2
All sessions: 2 – 3:30 p.m.

3. Poetry and Prose
UW-O Campus, Reeve Union, Room 219

These sessions are old fashioned "round robins" as we take turns remembering and reciting poems and prose that meant a lot to us over the years and still do. Dark selections balance the light and humorous. Participants will enjoy your personal stash of treasures. Your own creative work is welcome.

Tuesdays: September 13, October 4, October 25,
November 15 and December 6
1 – 2:30 p.m.

4. Chasing Churchill - Part Two
Evergreen, Oshkosh

Winston Churchill's quest for his inner self took two forms: a constant thirst for exotic travel and a passion for exuberance of painting and the beauty of words. His granddaughter Celia Sandys traveled with Churchill towards the end of his life. Now, in this intimate portrait, she follows in her grandfather's footsteps.

Coordinator/Presenter: Bernie Olejniczak

Tuesdays, September 6 and 20
1:30-3 p.m.

5. Global Fundamentalism and Militant Religion
Evergreen, Oshkosh

This second in a series of presentations is an overview of religious fundamentalism, its global expansion and its implications for religion, politics and society.

Coordinator: Horace Davis
Presenter: Brad McIntyre
Thursday, September 8, 2011
9:30-11 a.m.

6. Chef's Choice & Speaker
Evergreen, Oshkosh

Hugh Holly, Nova Treatment Center, will give a lecture entitled "An Overview of Alcohol and Other Drug Addictions." The presentation will provide an opportunity for questions and answers.

Coordinator: Linda Greene
Thursday, September 8, 2011
12:30-2:30 p.m. - Cost: \$10

7. Coronary Artery Disease 2011
Park View Health Center, Winnebago

Coronary artery disease is the leading cause of death in the US today. Every minute an American dies of the disease. Dr. Mamoun Al-Nouri will discuss aspects of the disease and methods used in its treatment. By the end of the presentation, we will have a better understanding of evidence-based medicine's approach to the diagnosis and treatment of this disease.

Coordinator: Dr. William Weber
Presenter: Dr. Mamoun Al-Nouri
Friday, September 9, 2011
10-11:30 a.m.

8. Serbian History
Evergreen, Oshkosh

Via a PowerPoint presentation, the fascinating story of the struggle of the Serbian people, whose main livelihood was animal husbandry, from the 15th to the 18th centuries and how, against all odds, the successful role of the early veterinarian in the 18th century made its impact in this country.

Coordinator/Presenter: Dr. Fred Born
Friday, September 9, 2011
2-3:30 p.m.

Coordinator/Presenter; Myrna Murken
Tuesday, September 20, 2011
10-11:30 a.m.

**9. Renewable Energy from UWO Biodigester
Oshkosh Seniors Center, Oshkosh**

UWO is the home of the first commercial scale biodigester in the Western Hemisphere. The facility provides electricity and heat while diverting waste from food operations and landscaping. Michael Lizotte will discuss the technology and partnership behind the project. Following his presentation, there will be an optional walking tour thru the facility, which is located on Dempsey Trail, adjacent to the campus service center, just a short walk from the Seniors Center.

Coordinator: Doug Jirovetz
Facilitator: Michael Lizotte
Director of Sustainability-UWO
Monday, September 12, 2011
10-Noon

**10. Haydn
Fox Valley Technical College, Oshkosh**

Dr. Robert Greenberg will deliver a comprehensive profile about one of the world's most famous composers and the challenges he faced in his life.

Coordinators: Paul and Kathy Inman
Friday, September 16, 23, 30 and October 14
2-3:30 p.m.

**11. The Historical Jesus
Bella Vista, Oshkosh**

The life of Jesus Christ from his birth to today via new discoveries and new interpretations.

Coordinator: John Allen
Presenter: Dr. Kathleen Corley
Monday, September 19, 2011
1:30-3 p.m.

**12. Getting Around without a Drivers' License
Evergreen, Oshkosh**

Most of our lives we have had a car available, then one day we cannot drive for medical, vision or other reasons. Now what will we do? In this presentation, tips and suggestions will be given on how to manage without operating a vehicle.

**13. LIR Fall Luncheon
LaSure's Hall, Oshkosh**

This annual event is a joint effort of the LIR Curriculum and Membership committees. A speaker has been arranged.

Thursday, September 22, 2011
11 a.m.-2p.m.
Cost: \$12

**14. Autism 2011: An Update
Park View Health Center, Winnebago**

One reads much these days about autism. Once a seemingly rare disorder, autism and Aspergers are increasingly reported in families, classrooms and among the public in general. Dr. Treffert's presentation will seek to provide the latest information on this field of medicine and what the future holds.

Coordinator: Dr. William Weber
Presenter: Dr. Darold Treffert
Friday, September 23, 2011
10-11:30 a.m.

**15. US Party Bolters in Our Period of Polarization
UWO-Reeve Union, Room 202**

How the solid Democratic South became Republican Country. Some switching big city mayors. Northern desertions from the GOP. Southern defections.

Presenter: Martin Gruberg
Monday, September 26, 2011
1:30 – 3 p.m.

**16. "A Thousand Pound Marriage"
UWO Theatre Production & Dinner
Frederic March Theatre, Oshkosh**

UWO playwright-in-residence, Richard Kalinowski's play about a couple celebrating their 30th wedding anniversary, who invites their kids, co-workers and friends to the party. But can their love for each other overcome bitter disappointments of the past and meet the challenges of the here and now? Pre-production dinner at Primo's.

Coordinator: Don Burdick

Wednesday, September 28, 2011
Dinner at Primo's: 4:45 p.m.,
Production: 7:30 p.m.
Cost: \$31

**17. Shackleton's Incredible Antarctic Voyage
Evergreen, Oshkosh**

This story is remarkable in terms of leadership, high adventure and a forbidding place.

Coordinator: Dr Fred Born
Presenter: Dick Campbell
Thursday, September 29, 2011
1:30-3 p.m.

**18. Supper with the Chef
Evergreen, Oshkosh**

Sit back, relax and watch the talented Chef Edward prepare dinner for you at a cooking demonstration.

Please note: To allow more LIR members to participate, registration is limited to one session. The meal will be the same for both dates.

Coordinator: Linda Greene
Presenter: Chef Edward Hinzmann
Thursdays, September 29 or October 27, 2011
5:30 – 8 p.m.
Cost: \$12
Maximum: 45 per session

**19. FDR and Churchill
Evergreen, Oshkosh**

These two sections will relate the story of the friendship that grew between two of the great leaders of WWII. The result of extensive research on Churchill and Roosevelt, the book presents Churchill from the perspective of the Roosevelt circle which reveals new insights into this complex man.

Coordinator/Presenter: Bernie Olejniczak
Mondays, October 3 and 17, 2011
1:30-3 p.m.

**20. Stock Markets" How They Work and Why"
Fox Valley Technical College, Oshkosh**

Ever wonder what that blurb on the news "...and the stocks end up five points today," really means? If yes, this program is for you. We will start from the basics and

expand your horizon to explain the market and its jargon. Have confidence that your instructor has created many a small fortune.

Coordinator/Presenter: Larry Lang
Tuesday, October 4, 2011 -9-10:30 a.m.

**21. Obama Care: Organized Medicine
& the Health Care Debate
Park View Health Center, Winnebago**

The presenter has been involved in the politics of medicine at the county, state and national levels his entire professional career. His political knowledge in reference to the delivery of health care is equal to anyone in the State of Wisconsin. He will present a status report on health care reform as seen at the time of the presentation. He will review the original Obama care legislation, its progress of implementation and give a prediction of its future impact on children, workers and retired Americans like us.

Coordinator: Dr. William Weber
Presenter: Dr. Timothy Flaherty
Wednesday, October 5, 2011
10-11:30 a.m.

**22. Cinema: "Freedom Writers"
Fox Valley Technical College, Oshkosh**

Supposedly unteachable inner city kids raised on drive by shootings find a voice of their own in the classroom of a teacher (Hilary Swank) who knew what they needed and fought the system to bring it to them.

Facilitator: Maureen Fitzgerald
Friday, October 7, 2011
1:30 – 3:30 p.m.

**23. Flawed but Famous---Orson Welles
Evergreen, Oshkosh**

Orson Welles was widely recognized as a creative genius who was lauded for the "War of the Worlds," gave voice to "The Shadow," and became the force behind "Citizen Kane." But we shall learn that behind these successes was an insecure and unstable personality.

Coordinators/Presenters:
Tom & Marlene Herzing
Tuesday, October 11, 2011
1:30-3:30 p.m.

24. I Have My Rights
Evergreen, Oshkosh

In an era when TV shows suggest that everyone should take grievances before judge and jury, how does the system really operate and when should it be appealed to? What is small claims court? When can you expect a jury trial? These and other questions will be addressed by the presenter.

Coordinator: Tom Herzing
Presenter: Barbara Hart Key,
Circuit Court Judge—Winnebago County
Thursday, October 13, 2011
1-2:30 p.m.

25. The Age of Enlightenment
Evergreen-Oshkosh/Touchmark-Appleton

Following the Renaissance and a rebirth in fine arts came the Enlightenment. It was an intellectual movement in Europe during the 17th and 18th centuries in which ideas about reason, nature and humankind were explored.

Please note: the first two sessions will be held at Evergreen in the morning and a repeat of the session will be held at Touchmark in the afternoon. The last two sessions will be held only at Touchmark.

Coordinator/Presenter: Bill Mattes
Tuesdays, October 18 & November 8, 2011
10:30 –Noon at Evergreen, Oshkosh
1:30-3:30 p.m. at Touchmark, Appleton

Tuesdays, November 29 & December 13, 2011
1:30-3:30 p.m. at Touchmark, Appleton

26. Pine Ridge: An Encore Performance
Evergreen, Oshkosh

Wisconsin poet Barbara Larsen's poetic talk on the folks who lived in the central Wisconsin town where she grew up.

Coordinator: Don Burdick
Presenters: Don Burdick & Milda Steinbrecher
Wednesday, October 19, 2011
1:30-3 p.m.

27. The History of US Healthcare Reform
Evergreen, Oshkosh

This story might surprise you. It has had many strange bedfellows since the idea of healthcare for all began with Theodore Roosevelt.

Coordinator/Presenter: Paul Janty
Thursday, October 20, 2011
1:30-3:30 p.m.

28. Hallowed be Our Name:
The Panorama of American Politics & Religion
Evergreen, Oshkosh

Americans are unusually religious people. From John Winthrop's "city shining on a hill" in colonial Massachusetts to Barack Obama's public profession that "I pray to Jesus every night," religion is deeply intertwined with American politics.

Coordinator: Horace Davis
Presenter: Dr. Arnie Shoberg
Friday, October 21, 2011
9:30-11a.m.

29. Chef's Choice and Speaker
Evergreen, Oshkosh

Anne Gassere will tell of her experiences with her oldest son who has Aspergers Syndrome. She'll describe the ups and downs in coping with the challenges of Aspergers in family and school life.

Friday, October 21, 2011
12:30- 2:15 p.m.
Cost: \$10

30. Big Questions
Oshkosh Seniors Center, Oshkosh

Marshall Missner will present two lectures on the topics of St Augustine and the Miracle of Self Deception. St Augustine published the first autobiography. How is it that we can be deceiver and the deceived at the same time?

Coordinator: Maureen Fitzgerald
Presenter: Marshall Missner
Mondays, October 24 and 31, 2011
10 a.m.-Noon

**31. The Algae Problem on Lake Winnebago—
Past, Present and Future
Bella Vista, Oshkosh**

The presenter will provide a historical lecture on some of the challenges in managing algae in the Fox-Wolf River basins.

Coordinator: John Allen
Presenter: Chad Cook, Basin Educator
for Upper Fox and Lower Wolf Rivers
Thursday, October 27, 2011
1:30-3 p.m.

**32. Cinema” “The Color of Paradise”
Fox Valley Technical College, Oshkosh**

“The Color of Paradise,” in Farsi with subtitles. This best Picture 1999 explores the world of a gifted blind boy at the mercy of his father’s crippling shame and fear that the boy will destroy his only chance at happiness.

Facilitator: Maureen Fitzgerald
Friday, October 28, 2011, 1:30 – 3:30 PM

**33. “The Story of a Migrant Family
Bella Vista, Oshkosh**

A migrant farm worker from Texas comes to Wisconsin in the 1950s and stays. He shares an account of his life; labor issues and the prejudices he faced. He also discusses his family history and search for his Native American and Hispanic heritage.

Coordinator: John Allen
Presenter: David Tovar, Jr.
Thursday, November 3, 2011
1:30-3 p.m.

**34. Challenges for 21st Century Global Health
& International Travel
Park View Health Center, Winnebago**

What should be our concerns about global travel in the 21st century? The first decade of this century has seen myriads of natural disasters and those of both natural and human origin. Where do we start? This presentation will give us some of the answers for safe travel.

Coordinator: Dr. William Weber
Presenter: Dr. Robert Dedmon
Friday, November 4, 2011
1:30-3 p.m.

**35. Wisconsin Correctional System
Coughlin Center, Winnebago**

Judy Smith, Warden of the Oshkosh Correctional Institution, will provide an update on one of the largest cost centers to Wisconsin taxpayers.

Coordinator: John Allen
Presenter: Judy Smith
Monday, November 7, 2011
1:30-3:30 p.m.

**36. Pastry Dough from Basic to Spectacular
311 Division Street, Oshkosh**

Participants will observe the preparation of pastry dough that starts at basic level to a quiche to a French puff pastry. The class will be held in a local commercial kitchen. Each participant will prepare two pastry recipes to take home.

Coordinator/Presenter: Larry Lang
Wednesday, November 9, 2011
9-Noon
Maximum: 10
Cost \$5 each (To be paid at course.)

**37. Civil War Art
Fox Valley Technical College, Oshkosh**

A pictorial account of one regiment in the Civil War featuring on location sketches from an almost forgotten collection to a published book by Captain Adolph Metzner when he served in the Indiana 32nd regiment. This collection represents one, if not the largest, collection done by one man after the Civil War.

Coordinator/Presenter:
Captain Metzner's great-grandson,
E. Burns Apfeld
Wednesday, November 9, 2011
1:30-3:30 p.m.

**38. “The Children’s’ Hour”
UW-O Theatre Production & Dinner
Frederic March Theatre, Oshkosh**

One of Lillian Hellman’s finest plays that focuses on the tragic lives of two women ruined by vicious gossip.

Coordinator: Don Burdick
Wednesday, November 9, 2011

Dinner at Kodiak Jack's: 4:45 p.m.
Production at Frederic March Theatre: 7:30 p.m.
Cost: \$31

**39. Common Sense
& Its Impact on American Independence
Evergreen, Oshkosh**

The USA owes its existence in part to the incendiary brilliance of the famous Tom Paine pamphlet. This presentation examines the political tract of this "pamphlet" and seeks to understand the motivation and intent of its author.

Coordinator/Presenter: Horace Davis
Friday, November 11, 2011
9:30-11 a.m.

**40. Icelandic Reprise
Evergreen, Oshkosh**

Nine years ago, I gave a LIR travelogue on Iceland and Greenland. Earlier this year, we went back. A portion of the presentation will also talk about Greenland.

Coordinator/Presenter: Bill Bollom
Monday, November 14, 2011
10-11:30 a.m.

**41. Tales of Terror: Scared Again!
Evergreen, Oshkosh**

The incomparable Don Burdick returns to conjure up more frightening tales from horror fiction's great masters.

Coordinator/Presenter: Don Burdick
Wednesday, November 16, 2011
1:30-3:30 p.m.

**42. Chef's Choice & Speaker:
"Want My Opinion?"
Evergreen, Oshkosh**

Bill Bollom and his sister, Lola Bollom Schroeder, will be talking about sharing your opinions with others.

Coordinator: Linda Greene
Thursday, November 17, 2011
12:30-2:30 p.m.
Cost: \$10

**43. Evaluating Mutual Funds on Menu A or B
Radford Hall Computer Lab, UW-Oshkosh**

How is the management team of your mutual fund doing? We will be using a series of sites from the internet to analyze and evaluate mutual fund managers.

Coordinator/Presenter: Larry Lang
Friday, November 18, December 2, 9, 2011
10-11:30 a.m.
Maximum: 15

**44. Experiencing the Hubble Telescope
Fox Valley Technical College, Oshkosh**

This presentation is a part of a lecture series which also displays some of the universe's greatest images as seen by the Hubble telescope.

Coordinator: John Procknow
Fridays, November 18, December 2, 9, 16, 2011
2-3:30 p.m.

**45. Discovering Wisconsin on the Ice Age Trail
Touchmark, Appleton**

Dale Schaber will present his and Penny Bernard Schaber's experiences walking and exploring Wisconsin's Ice Age Trail.

Coordinator: Mary Bayorgeon
Presenter: Dale Schaber
November 22, 2011
1:30-3:30 p.m.

**46. Chef's Choice & Speaker:
Clancy's Christmas Stampede & Other Poems
Evergreen, Oshkosh**

These are original narrative poems meant to be read aloud or performed or sung on cold winter nights around cozy fireplaces or stoves. They are sure to be enjoyed by all ages whether wearing homespun, hemp or silk.

Presenter: Jim Zitzelsberger
Thursday, December 1, 2011
12:30-2:30 p.m.
Cost: \$10

TOURS

Tour Policies

47. Specialty Sweet Breads & Rolls
311 Division Street, Oshkosh

A hands-on session with instruction on how to prepare recipes like caramel pecan rolls, stollen, pain au chocolat and croissants. The class will be held in a local commercial kitchen. Each participant will prepare two pastry recipes to take home.

Coordinator/Presenter: Larry Lang
Monday, December 12, 2011
9-Noon
Maximum: 10
Cost: \$5 each (to be paid at the course)

48. Thomas Hardy
Evergreen, Oshkosh

Our very own literature expert, Dr. Don Burdick, will give us a series of readings from one of the best authors of all time.

Coordinator/Presenter: Don Burdick
Wednesday, December 14, 2011
1:30-3:30 p.m.

49. Mary's & Joseph's Christmas
Evergreen, Oshkosh

In this participative fellowship, we remember and celebrate Christmas and the time of Advent with words and music.

Coordinator/Presenter: Horace Davis
Thursday, December 15, 2011
9-10:30 a.m.

- Please note that prices quoted for tours are subject to change due to circumstances beyond our control.
- **Do not** pay at registration for any tours you wish to attend. Six weeks prior to the tour a final arrangement letter will be sent to acknowledged participants. At that time you can confirm your attendance on the tour by sending your check. As a reminder, we will accept the first payments, up to the maximum number of participants for the tour. Should the tour reach capacity, your check will be returned, you will be placed on a waiting list, and you will be informed of an opening as soon as it occurs.
- Refunds for tours may be available, minus a \$5 processing fee, provided your ticket can be resold. All cancellations must be received in the Learning in Retirement office. Refunds for cancellations due to inclement weather may be made only if LIR can receive a refund from the venue. If you are unable to attend a rescheduled tour on the rescheduled date, a refund will be made only if your non-refundable ticket can be re-sold.
- A signed copy of the Informed Tour Consent form is required for all participants of LIR Tours.
- The bus pick up location for all tours is the east side of the JC Penney parking lot in Oshkosh.

50. "Taming of the Shrew"
American Players Theatre, Spring Green

This production is considered by many Shakespeare's funniest and his bawdiest. Will Petruchio subdue Katharina's temper? Will Sly recover from his drunken binge? Will Katharina actually extol wifely subservience? Join us and find out!

Please note: tickets for this tour are non-refundable.

Coordinators: Bill Mattes and Fred Born
Wednesday, September 14, 2011
Depart: 7 a.m. Return: 4 p.m.
Cost: \$58
Bring your own lunch.
Maximum: 54

51. Wisconsin Owls
Mosquito Hill

Even though Wisconsin is home to 11 owl species, many people are unfamiliar with these elusive creatures. Join naturalist Jessica Miller as she introduces you to owl biology and their calls through a lively presentation with a few real owls at Mosquito Hill. Lunch will be served at the Stone Cellar Pub.

Coordinator: Bill Mattes
Wednesday, September 21, 2011
Depart: 8:45 a.m. Return: 3 p.m.
Cost: \$33
Maximum: 45

52. "Ten Chimneys"
Milwaukee Repertory Theatre, Milwaukee

A lush new comedy that peeks into the private lives of Wisconsin theatre legends Alfred Lunt and Lynn Fontanne who welcomed theatre titans including Noel Coward, Laurence Olivier and Katharine Hepburn to their Genesee Depot retreat.

Please note: tickets for this tour are non-refundable.

Coordinators: Don Burdick & Fred Born
Sunday, September 25, 2011
Depart: 9:45 a.m. Return: 6:30 p.m.
Cost: To be determined.
Maximum: 45

53. Rosendale Dairy Farm

This two hour tour visits an 8,000 cow dairy operation near Rosendale.

Coordinator: John Allen
Tuesday, September 27, 2011
Depart: 1 p.m. Return 4 p.m.
Cost: \$7
Maximum: 54

54. "The Glass Menagerie"
American Players Theatre, Spring Green

Highly acclaimed by most critics, this Tennessee Williams drama tells the touching story of Amanda Wingfield who is smitten by a gentleman caller only to see her hope of life dashed and her mother and brother complicate matters for the family.

Please note: tickets for this tour are non-refundable.

Following the performance lunch will be served at Rookies.

Coordinators: Bill Mattes & Fred Born
Thursday, October 6, 2011
Depart: 7 a.m. Return: 4 p.m.
Cost: \$77
Maximum: 54

55. Learning About Our Solar System
Mosquito Hill

Science and knowledge about the universe is constantly changing as we learn more with each new discovery. Even knowledge about our solar system is changing. Discover for yourself through hands-on activities, group participation and role playing about our stars, the sun and the planets. Steve Petznick, of Mosquito Hill, creates a fun, non-threatening environment to ask questions and learn.

After exploring the solar system, we will lunch at the Melting Pot restaurant in Appleton and enjoy a four course fondue extravaganza.

Coordinator: Bill Mattes
Wednesday, October 12, 2011
Depart: 8:45 a.m. Return: 3 p.m.
Cost: \$45
Maximum: 45

56. "Billy Elliot"
Performing Arts Center, Appleton

A joyous celebration of one young boy's journey to make his dreams come true as he stumbles out of the boxing ring and into ballet class. Music by Sir Elton John.

Please note: tickets for this tour are non-refundable.

Coordinator: Barbara Carroll
Saturday, October 15, 2011
Depart: 1 p.m. Return: 4:30 p.m.
Cost: \$82
Maximum: 50

57. Post Impressionist Exhibit
The Trout Museum, Appleton

The exhibit includes pieces from an expansive collection donated by Dr. Monroe E. Trout and Sandra Lemke Trout. Also featured are paintings on loan from other collections.

Lunch will be served at TJ Thai's Japanese Steakhouse in the hibachi grill dining room.

Coordinator: Pat Worden
Tuesday, November 1, 2011
Depart: 10 a.m. Return: 2 p.m.
Cost: \$43
Maximum: 50

58. A Trip Down Under:
Art, Food & Island Experiences
Menasha Public Library, Menasha

De Dalum will present thoughts and experiences with focus on her Fijian village experiences and the art of the Indigenous people of Australia and New Zealand and her Fijian village experiences.

Lunch will be served at the Outback Steakhouse.

Coordinator: Pat Worden
Thursday, November 10, 2011
Depart: 10 a.m. Return: 2:30 p.m.
Cost: \$38
Maximum: 50

59. "Music Man"
Skylight Opera, Milwaukee

Seventy-six trombones will once again parade in this classic Meredith Wilson production.

Please note: tickets for this tour are non-refundable.

Coordinators: Don Burdick & Fred Born
Sunday, November 20, 2011
Depart: 10 a.m. Return: 6:30 p.m.
Cost: \$81
Maximum: 45

60. Boston Pops
Performing Arts Center, Appleton

A great holiday tradition includes performances of new arrangements of holiday classics with special guest Rockapella.

Please note: tickets for this tour are non-refundable.

Coordinator: Barbara Carroll
Monday, November 28, 2011
Depart: 1 p.m. Return: 4:30 p.m.
Cost: \$84
Maximum: 50

61. ENCORE! Glass, Glass, Crystal and Rocks
Neenah-Menasha

By popular demand, here we go again! We start with a visit to the Ron Harder gallery at Jeweler's Mutual followed by a visit to the Menasha galleries, Wreath Factory and other Christmas shopping opportunities.

Lunch will be served at Cy's Asian Bistro in Neenah. The day concludes with a visit to the Bergstrom Mahler Museum's glass exhibit.

Coordinator: Bill Mattes
Thursday, December 8, 2011
Depart: 8:30 a.m. Return 4:00 p.m.
Cost: \$35
Maximum: 45

Evergreen Swim & Exercise Programs

Activities begin the week of September 12, 2011. Swim and exercise programs will be coordinated by the Evergreen staff. Cost for all swim programs is \$30 for a punch card of 20 punches. Each visit to the Evergreen pools is one punch. New punch cards may be purchased as often as desired. Participants will be contacted by Evergreen, not by the LIR office, regarding openings. Please contact Kelly Schermerhorn at Evergreen (920/237-2160) for more information or questions about the classes.

Light 'n Lively

The 9:00am Tuesday and Thursday Light 'n Lively aquatic class will continue to be held for those who are currently signed up and participating in the class.

9 to 9:45 a.m. Tuesdays & Thursdays

Tai Chi

Let the soothing warm waters strengthen your body and caress your spirit! The flowing yet powerful sequence of moves, based on Tai Chi, combines deep breathing with slow, broad movements of the arms, legs, and torso. No swimming skills are needed to participate in this class. This is an eight week session beginning September 14 and ending November 2.

Wednesdays, September 14 to November 2
11:15 a.m. to Noon

Open Swim

Open swim is available at Evergreen's Keller Pool from 11 a.m. to Noon on Mondays through Fridays and at Evergreen's Prescott Pool from 11 a.m. to Noon on Mondays, Tuesdays, Thursdays and Fridays.

LIR in Motion

This 45-minute class consists of a light aerobic workout that incorporates some elements of balance. Strengthening and stretching exercises make this class a

well-rounded workout. Participants will sit and stand throughout the class. Come join the fun!

Leader: Kelly Schermerhorn, Evergreen Staff
Session 1: September 7 through October 28
Session 2: October 31 through December 23

Sessions are limited to 15 participants and are held on Mondays, Wednesdays and Fridays from 8:30 a.m. to 9:15 a.m. at the Evergreen Aerobic Studio. The cost for each eight week session is \$25.

Better Balance

Better Balance is a balance training and fall prevention class designed to give you skills and strength to help reduce your risk of falls. Each class takes a multidimensional approach to the assessment and treatment of balance related problems. A balance assessment will be given to all participants at the beginning and end of the session.

Leader: Kelly Schermerhorn, Evergreen Staff
Class Session: October 4 through November 22

All sessions are limited to six participants and are held on Tuesdays and Thursdays from 10:15 to 11 a.m. at the Evergreen Aerobic Studio. The cost for each eight week session is \$25.

Off-Campus Course Locations

**Bella Vista Manor
(formerly Mercy Hospital)
631 Hazel Street, Oshkosh, WI**

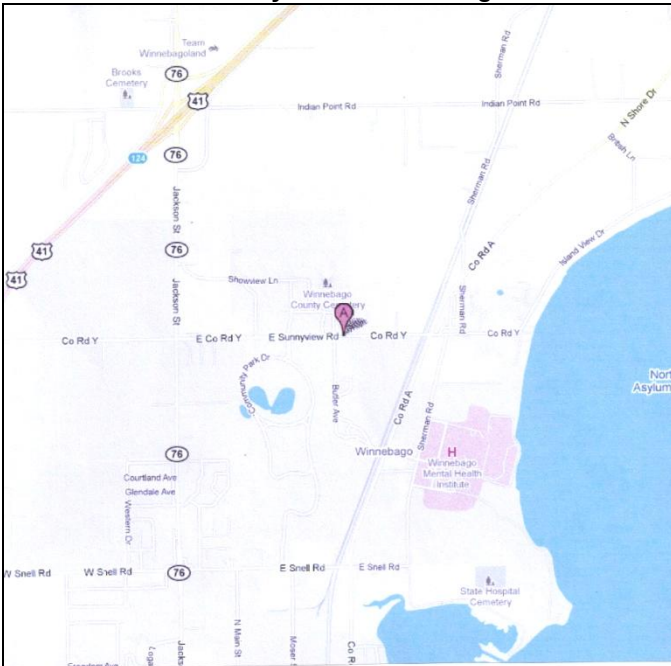


**Evergreen Retirement Community
1130 N. Westfield, Oshkosh, WI**

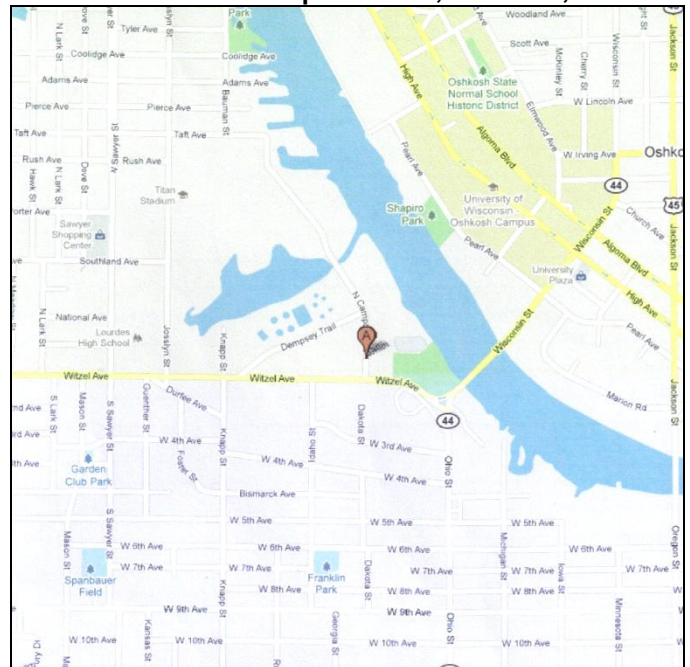


(*See endnote regarding Evergreen shuttle & parking)

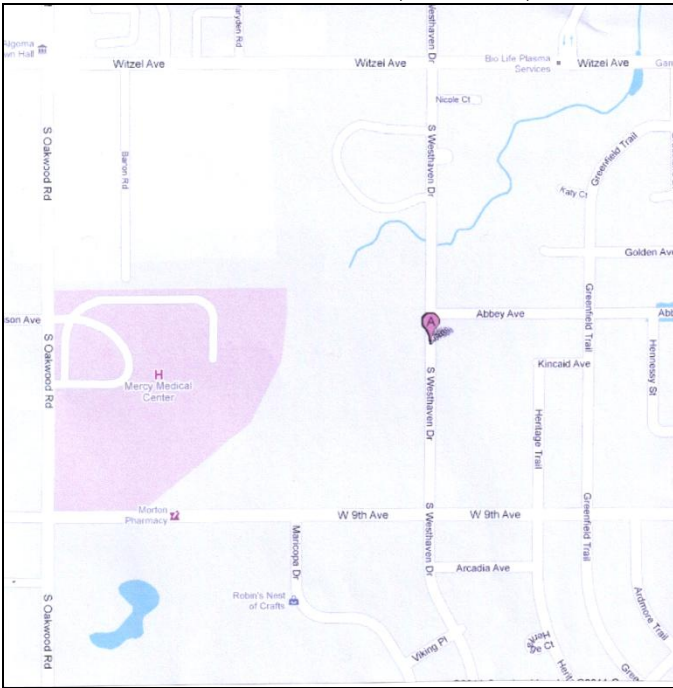
**Coughlin Center
625 E County Rd Y, Winnebago, WI**



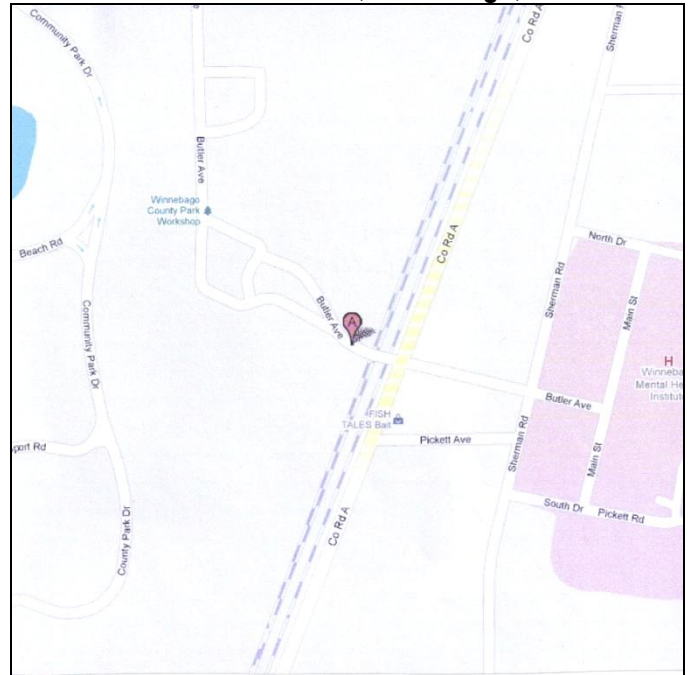
**Fox Valley Technical College-Oshkosh Campus
& Oshkosh Seniors Center
150 & 200 N. Campbell Road, Oshkosh, WI**



**Franciscan Courts
(across from St. Raphael Church)
815 S. Westhaven Drive, Oshkosh, WI**



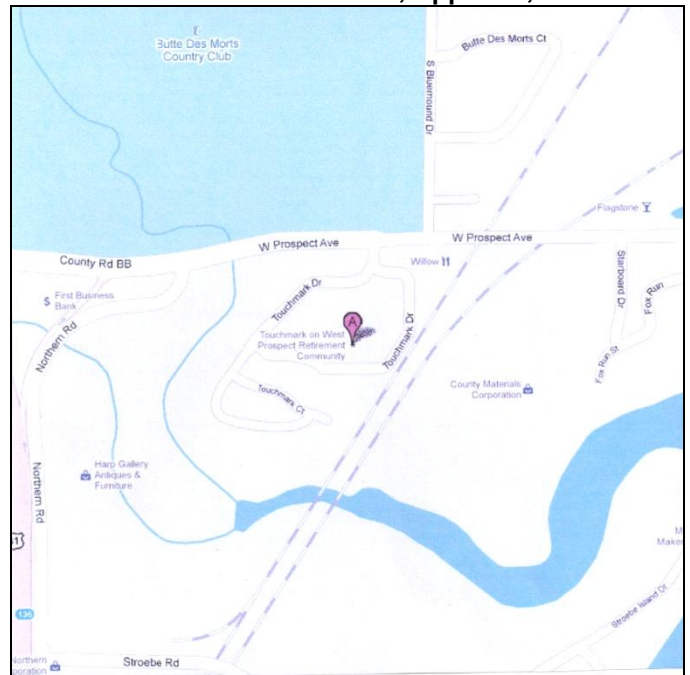
**Park View Health Center
725 Butler Avenue, Winnebago, WI**



**Menasha Public Library
440 1st Street, Menasha, WI**



**Touchmark
2601 Touchmark Drive, Appleton, WI**



***Evergreen Retirement Community offers a shuttle service from Red Arrow Park parking lot to Evergreen's front door. The shuttle begins running 45 minutes prior to program starts. Red Arrow Park parking lot is located on N. Westfield Street just South of Evergreen.**

THANK YOU CURRICULUM COMMITTEE!

**...the following people worked hard
to produce our interesting Fall 2011 curriculum...**

Paul Janty, Chair

**John Allen
Burns Apfeld
Connie Berner
Fred Born
Dick Branigan
Don Burdick
Barbara Carroll
Horace Davis
Ginny Evans
John Evans
Lois Hedge
Marlene Herzing
Paul Inman
Kathy Inman
Doug Jirovetz
Noreen Johnson
Bill Mattes
Myrna Murken
Bernie Olejniczak
John Procknow
Milda Steinbrecher
Bill Weber
Jim Weiland
Helen Williams
Lee Williams
Pat Worden**

**...extra special thanks to Dick Branigan who has served on the Curriculum Committee
and as newsletter and course catalogue editor for many years...**

**...and special thanks to our interim editor,
Jane Cryan, for redesigning, reformatting and
editing the Fall 2011 course catalogue and calendar.**