Learning In Retirement Of Waukesha County Inc.

and surrounding communities

2020 Spring Course Catalog

Look inside for:

Membership Information  Course Descriptions
Registration Forms  Special Interest Groups
Special Events  LIRWC Contact Information

Register EARLY for the best chance to get into your selected courses!
MISSION STATEMENT

Learning in Retirement of Waukesha County Inc. (LIRWC) provides intellectual, cultural, educational and social opportunities to foster life-long learning for adults. Courses include a wide range of topics designed to appeal to seniors. We are hosted by Waukesha County Technical College (WCTC) and individuals are welcome from all communities!

LIRWC BOARD MEMBERS FOR 2019—2020

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisa Peterson</td>
<td>President 262-442-8989</td>
</tr>
<tr>
<td>Nancy Langas</td>
<td>Acting Vice-President 262-271-5801</td>
</tr>
<tr>
<td>Open</td>
<td>Secreta 262-269-2256</td>
</tr>
<tr>
<td>Debbie Nicely</td>
<td>Past President 262-349-3688</td>
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<td>Karen Cotter</td>
<td>Special Events Chair 414-940-3561</td>
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<td>Donna Homan</td>
<td>Membership Chair 262-389-9405</td>
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<tr>
<td>Carole Wegner &amp; Dave</td>
<td>Curriculum Co-Chairs 262-309-4154 &amp; 262-548-9166</td>
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<tr>
<td>Alice Slusher</td>
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</tr>
<tr>
<td>Diane Mcmahon</td>
<td>Delegate-at-large 262-269-2256</td>
</tr>
<tr>
<td>LIRWC Office</td>
<td>262-695-3473 <a href="mailto:lir@wctc.edu">lir@wctc.edu</a></td>
</tr>
<tr>
<td>Timothy Holloway</td>
<td>WCTC Staff Liaison 262-695-6511</td>
</tr>
</tbody>
</table>

JOIN OUR TEAM AT LIRWC

Learn about the LIRWC organization and how you can become a member. Our volunteer instructors are ready to share their knowledge and experience in both small, intimate classes and larger ones where we have great interest. Sign up for your favorite course, or one of the NEW courses to be offered this semester!

We welcome volunteers as instructors, class coordinators and for committee and board positions! Become an active member!
Contact any LIRWC Board Member, or the LIRWC office at 262-695-3473.
Learning in Retirement of Waukesha County Inc. (LIRWC) is learning the way you want it to be—no exams, no grades, just the opportunity to Expand Your Learning Horizons! Courses include a wide range of topics designed to appeal to adults. LIRWC is hosted by Waukesha County Technical College (WCTC). Courses are held at the WCTC downtown Waukesha campus and at other area locations. These settings provide a relaxed yet professional learning atmosphere for adults in surrounding communities from all walks of life.

Members Make Their Own Decisions You may join LIRWC to share your expertise and accomplishments by teaching a course, offering suggestions for curriculum or social events, or working on one of the committees that help make LIRWC run. Participation at all levels is encouraged—see our special course offering on page 35 or call the LIRWC office.

The Benefits of Membership You can join LIRWC with an annual dues payment of eighty-five dollars ($85.00) per member for a term of September 1 to August 31.

1. Courses are from one to six weeks, generally meeting once per week. You may sign up for multiple courses, but according to LIRWC policies and accomplishments and course fees are non-refundable—unless a course is cancelled by LIRWC, then the course fee only is refunded. Some courses require an additional materials fee and this will be noted in the course description.

2. Members have access to the catalog listing dates, times and descriptions of courses; and the LIRWC member published newsletters.

3. Members are invited to participate in special event trips or tours to local or regional areas offering recreation, entertainment and educational experiences. Be sure and check the appropriate box on your membership/registration form to receive the trip flyers. (See page 7 for more info.)

4. Members are eligible to join one or more Special Interest Groups (SIGs) for no additional cost. See pages 48-49 for a complete listing.

LIRWC COURSE LOCATIONS

WCTC AND OFF-CAMPUS

<table>
<thead>
<tr>
<th>LIRWC Office Location</th>
<th>Office Hours</th>
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<tbody>
<tr>
<td>WCTC</td>
<td>Monday thru Thursday 9:30 a.m—4:00 p.m.</td>
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<tr>
<td>LIRWC @ WCTC</td>
<td>Friday: CLOSED</td>
</tr>
<tr>
<td>327 E. Broadway</td>
<td>LIRWC website</td>
</tr>
<tr>
<td>Waukesha, WI 53186</td>
<td><a href="http://www.wctc.edu/lir">http://www.wctc.edu/lir</a></td>
</tr>
<tr>
<td>Phone: 262-695-3473</td>
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<tr>
<td>Fax: 262-521-5164</td>
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<tr>
<td>Email: <a href="mailto:lir@wctc.edu">lir@wctc.edu</a></td>
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Ellenbecker Investment Group, Inc., Education Center
N35W23877 Highfield Ct.
Suite 200
Pewaukee, WI 53072
www.ellenbecker.com/contact

First Congregational United Church of Christ
111 Church St.
Hartland, WI 53029
www.ucchartland.com/map

LIRWC OFFICE LOCATION

Pewaukee Campus
800 Main St.
Pewaukee, WI 53072
262-691-5566
www.wctc.edu

Waukesha Campus
327 E. Broadway
Waukesha, WI 53186
262-695-6500

Notice Regarding School Closings
In the event of conditions affecting the regular opening of WCTC, several local radio and television stations will give updated notices of any closing or cancellation. Additionally, you may visit the WCTC homepage at www.wctc.edu for closing information. If WCTC closes, all LIRWC events are also cancelled.
On-line registration is now available!

Registration by mail-in or walk-in is still available (no phone registrations).

LIRWC proudly introduces on-line registration for courses and Special Interest Groups (SIGs). This has been requested by our members and we are fortunate to now have a system in place to accommodate this preferred method of registration. See pages 10-11 for instructions.

Membership

Annual membership runs from September 1 to August 31. To join LIRWC for the 2019-2020 membership year, please fill in the requested information on the membership/registration form found on-line or in this catalog and submit by mail or deliver to the office with eighty-five dollars ($85.00) cash or check per person; or pay by credit card on-line. No credit cards can be accepted at the office. Membership dues are not refundable even if you cannot participate after registering.

Course Registration Fees

All courses are $20.00 unless noted in the course description (in some cases an additional materials fee is collected by the instructor and this is noted in the course description). Please select your courses carefully as there will be no refunds for any courses you are unable to attend. If you have to drop a course you may apply the fee to another course during this semester. If LIRWC has to cancel a course, or if it is full, you may request a refund or apply the fee to another course during this semester. We are unable to hold fees over until a following semester. Please enroll only in those courses you are sure you will attend. Your cooperation is requested and appreciated.

Special Interest Group Registration

If you are interested in joining a Special Interest Group (SIG) you will need to sign up for the group on the membership/registration form found on-line or in this catalog. Membership in SIGs is renewed once each year during registration. Your confirmation letter will list contact information for the SIG leader who will then contact you with information about the group’s schedule of activities. See pages 48-49 for more information on individual SIGs.

The All-inclusive Risk Release Form must be signed and submitted with each member/registration. This form will cover you for the membership year for all LIRWC events; no other Risk Release form will be required. The form is located on-line and with the membership/registration form in this catalog and must be submitted for your member/registration to be accepted. It has to be submitted only once during the LIRWC membership year. If you sent one in with your fall 2019 registration, you do not need to send it again.

NEW SPECIAL EVENTS FLYER MAILING PROCEDURE

If you want to receive flyers regarding the Special Event planned trips please check the appropriate box on the membership/registration form, or call the office at 262-695-3473.

You will receive the flyers by mail, unless you check the “Paperless Communication” area on the membership/registration form. In the near future the flyers will be sent via EMAIL. However, you will be required to print out the individual registration form for each trip and mail it with payment to the person and address located on the trip registration form. We do not currently have the capability to offer on-line registration for individual Special Event trips.

See page 46 for details on Special Event Trips being offered this 2019-2020 membership year.
**Confirmation Letters**

Your confirmation letter will be immediately available to you if you register and pay on-line. Otherwise, the LIRWC office will send confirmation letters at least two (2) weeks prior to the start of classes and subsequently within two (2) weeks of receipt of your registration and payment.

**Visitor Policy**

Visitors may be allowed at an LIRWC class only with authorization of the course instructor. No child under the age of 12 is allowed in LIRWC classes in accordance with WCTC policy. Visitors may only attend one class. No visitors are allowed in a one-session course. Visitors are required to sign a Guest Risk Release form which can be found at the front desk.

**Summary**

- Individuals must complete separate membership/registration forms and submit individual checks or cash, or pay on-line by credit card.
- Membership and course fees are not refundable.
- All members are required to sign an All-Inclusive Risk Release form and submit it with their registration, or check the Accept button on-line.
- You must register for and have a current annual membership in LIRWC to participate in classes, Special Interest Groups (SIGs), or to attend any Special Event.
- Confirmation letters will be sent at least two (2) weeks prior to the start of classes or be immediately available with on-line registration.
- Visitors are allowed to participate in some classes, but with restrictions.
- New policy to receive Special Event trip mailers.
- LIRWC classes held on WCTC campuses are cancelled whenever WCTC issues a school closing notification.

**GENERAL COURSE INFORMATION**

LIRWC is fortunate to have so many highly experienced, non-paid instructors who volunteer considerable time and expertise in the development of quality courses. LIRWC has close to 500 members with interesting and diverse backgrounds and experience. As adult learners and volunteer instructors work together to ensure our continued success, the following suggestions are offered:

1. Per WCTC Safety Policy doors must be locked at the start of class. Please be in class on time to avoid class distraction with a late arrival.
2. Tell the class coordinator in advance if you need to leave early. When possible, tell the coordinator of an upcoming absence.
3. Class coordinators can assist with distribution of printed material that you may have missed.
4. Please complete the Instructor Evaluation form after each course. The feedback allows LIRWC to better assess how we can improve our course offerings.

If you register for a course and then need to drop before it begins, please notify the LIRWC office at 262-695-3473. There are no refunds for dropping a class.

**LIRWC CODE OF CONDUCT**

When personal opinions are presented by instructors or by students, common courtesy is requested in expressing those opinions. Your opinions do matter and often make the course more interesting. In some instances, it may be preferable to talk with the instructor after class if you have questions or more extensive comments. Disorderly conduct and/or harassment will be investigated and action taken. In all situations, LIRWC will follow the code of conduct for students and instructors as presented in the WCTC Code of Conduct document that can be found on the WCTC website (www.wtc.edu).
HOW TO REGISTER ON-LINE

⇒ Go to the LIRWC webpage www.wtc.edu/lir.
⇒ Click on Learning in Retirement in the Community drop down menu.
⇒ Scroll down to the RESOURCE Section.
⇒ Click on Registration.
⇒ You will be sent a temporary password which you must change to a personal password to access the on-line database where you will enter your Member Number. Forgot your member number? Call the office at 262-695-3473 and they will look it up. New Members can initiate sign-up on-line.
⇒ Follow the easy step-by-step instructions to select your courses either from the drop down menu, or by typing in a course number or course name in the search field.
⇒ If a course is crossed out in the drop down list, or does not appear in the search field, that means the course is full. Please select another option.
⇒ Don’t forget to check the following areas:
  ◊ If you want to attend Special Interest Groups (SIGs).
  ◊ If you want to receive Special Event trip mailers.
  ◊ If you want all future correspondence to be sent to you via EMAIL, check “Paperless Communication.”
⇒ Your membership and course fees will automatically total.
⇒ Submit your payment one of three (3) ways:
  1. Pay by credit card on-line through PayPal (Note: you can click on the connection button, or use your own personal account at www.PayPal.com);
  2. Mail a check to WCTC-LIRWC, Rm. WK101G, 327 E. Broadway, Waukesha, WI 53186;
  3. Bring a check or cash to the office (same address).

QUESTIONS? OR NEED HELP?
CALL the OFFICE at 262-695-3473.

WHERE TO FIND THE LIRWC WEBPAGE FOR ON-LINE REGISTRATION:

WCTC website has a new look and so does the LIRWC webpage! Visit the new LIRWC page on the main WCTC site:

⇒ www.wtc.edu/lir.
⇒ On the COMMUNITY TAB dropdown,
⇒ Click on Learning in Retirement;
⇒ Scroll to the RESOURCE SECTION;
⇒ Click on REGISTRATION.

You will find frequent updates regarding special events, upcoming meetings, announcements, etc.

Learning in Retirement of Waukesha County

If you’re a senior with a passion for lifelong learning, you’ve come to the right place!

WCTC is proud to host Learning in Retirement of Waukesha County (LIRWC). LIRWC is an affiliate of the Road Scholar Lifelong Learning Institute, an international organization that provides programs for ongoing learning. LIRWC members can take advantage of events, special interest groups and courses in music, art, literature, computers, history, financial planning and more.

Learning in Retirement Opportunities

LIRWC courses are held during the day at WCTC’s Pewaukee and Waukesha campuses and other facilities in the area. Offerings include:

⇒ Short-term courses, one to six weeks in length, on topics including art, music, religion, computers, history, aging, financial planning and more. Most courses cost just $20 or less, and there are no pre-requisites, no exams and no grades.
⇒ Day-long and overnight chartered bus trips to museums, art exhibits, theaters and other special events throughout the year.
⇒ Distinguished speakers on a variety of topics.
⇒ Groups for special interests including books, genealogy, philosophy, hiking, singing, golf, bridge, Mah-jongg, Sheephead, theater, creative crafters, and beading and jewelry making.

Contact Info
Learning in Retirement
Waukesha Campus
327 E. Broadway Room 101G
Waukesha, WI 53186
262-695-3473

Hours
Monday - Thursday
8:30 a.m. - 4:30 p.m.

Resources
⇒ Fall 2019 Newsletter
⇒ Fall 2019 Course Canceled
⇒ Membership/Course Registration Form
⇒ Course List
⇒ Book Proposal Form
⇒ Dick Proposal Form
⇒ DVO Purchase Form
⇒ Emergency Procedures
⇒ Online Registration
**MONDAY COURSES**
(No Monday morning classes)

**Afternoon**
All courses $20 unless otherwise noted

#501  Living Well With Chronic Conditions  **NO CHARGE**

Instructor:  ADRC Representative
Dates:  Mondays: Feb. 10, 17, 24; Mar. 2, 9, 23
Note:  No class Mar. 16
Time:  1:30 – 4:00 p.m. (2.5-hr. class)
Place:  Waukesha

This workshop focuses on information and skills to better manage the daily aspects of chronic conditions for adults who have, or those who live with someone who has, a chronic or ongoing health condition such as arthritis, obesity, high blood pressure, heart disease, or depression. During this highly participative workshop you will learn practical ways to deal with complications that arise when living with an ongoing health condition and how to lead healthy active lives. Bring a small protein snack and bottle of water to each class. (See Note Pg. 41)

#502  Untangle Tangled Minds With Zentangle®  **$10.00**

Instructor:  Vera McAdow
Date:  Monday: Mar. 30
Time:  1:30 – 3:25 p.m.
Place:  Waukesha

Untangle Tangled Minds! Zentangle® is an art form that relaxes the body and mind due to using repetitive strokes. There is no correct or incorrect way to do your tangling artwork. Come out and enjoy the day and learn to relax and create beautiful art to share with others. **There is an additional charge of $15 for materials for this class, but only $10 if you already have some supplies you can bring. These fees will be paid directly to the instructor before the class begins.**

#503  Psychology of Human Behavior, Part 2 of 3

**DVD**

Instructor:  Jim Brien
Dates:  Monday: Feb. 10, 17, 24; Mar. 2, 9, 23
Note:  No class Mar. 16
Time:  1:30 – 3:25 p.m.
Place:  Waukesha

Professor David Martin continues to explore the field of psychology. We will discuss the topics covered in his lectures as he provides an overview of various approaches to psychotherapy. This is followed by a discussion of motivation and emotion. He then covers psychoactive and addictive drugs and finally introduces the area of social psychology. (See course #528 for Part 3 of 3.)

#504  Powerful Tools for Caregivers  **NO CHARGE**

Instructor:  ADRC Representative
Dates:  Mondays: Mar. 30; Apr. 6, 20, 27; May 4, 11
Note:  No class Apr. 13
Time:  1:30 – 3:00 p.m. (1.5-hr. class)
Place:  Waukesha

This course is designed specifically for family caregivers who care for elderly or special needs persons. The class empowers caregivers to improve self-care and learn how to reduce stress, improve communication, set action plans, and solve problems. It offers solid information on hiring in-home help, dealing with financial concerns, overcoming depression, making driving decisions, and working with memory impairment. After completing this course, many participants report they were able to overcome the challenges that arise with caregiving. Bring a small protein snack and bottle of water to each class. (See Note Pg. 41)
#505 The Birth of the Modern Mind: The Intellectual History of the 17th & 18th Centuries, Part 1 of 2 DVD

Instructor: Don Rambadt
Dates: Mondays: Feb. 10, 17, 24; Mar. 2, 16, 23
Note: No class Mar. 9
Time: 1:30 – 3:25 p.m.
Place: First Congregational United Church of Christ, Hartland

Modern Science, representative democracy and a wave of wars were caused by a revolution of the intellect that seized Europe between 1600 and 1800. Shaking the minds of the continent the revolution challenged previous ways of understanding reality and sparked what has perhaps been called the most profound transformation of European, if not human life.” Part 1 will deal with the writings and research of individuals like Francis Bacon, Thomas Hobbes, Blaise Pascal, and Isaac Newton through internet and university course material. (See Course #506 for Part 2 of 2.)

#506 The Birth of the Modern Mind: The Intellectual History of the 17th & 18th Centuries Part 2 of 2 DVD

Instructor: Don Rambadt
Dates: Mondays: Apr. 6, 13, 20, 27; May 4, 11
Time: 1:30 – 3:25 p.m.
Place: First Congregational United Church of Christ, Hartland

Modern Science, representative democracy and a wave of wars were caused by a revolution of the intellect that seized Europe between 1600 and 1800. Shaking the minds of the continent the revolution challenged previous ways of understanding reality and sparked what has perhaps been called the most profound transformation of European, if not human life.” Part 2 will highlight the achievements of Voltaire, Bishop Butler, Hume and Rousseau through internet and university material. (See Course #505 for Part 1 of 2.)

#507 Introduction to Nanotechnology: The New Science of Small, Part 1 of 2 DVD

Instructor: Don Rambadt
Dates: Tuesdays: Feb. 11, 18, 25; Mar. 3, 17, 24
Note: No class Mar. 10
Time: 9:30 – 11:25 a.m.
Place: First Congregational United Church of Christ, Hartland

This course explains workings of devices like smartphones and nano-packaged drugs for diagnosis technics and treatments. Part 1 includes a series of lectures that orients one to the nanoscale and then covers some of the most significant developments in electronics within computers, communication and imaging. (See Course #511 for Part 2 of 2.)

#508 Outsmart Yourself: Brain-based Strategies to a Better You, Part 1 of 2 DVD

Instructor: Kay Zao
Dates: Tuesdays: Feb. 18, 25; Mar. 3, 10, 24, 31
Note: No class Mar. 17
Time: 9:30 – 11:25 a.m.
Place: Waukesha

In the past few decades cognitive neuroscientists have made huge gains in understanding the brain. This course translates the research into ways to hack the unconscious control systems to improve well-being and desired outcomes. We will address reaching goals, procrastination, creativity, sleep, multitasking, and training yourself like a dog (yes, really!) among other topics. Come join the fun of being human!
#509 The Supremes—Women of the Supreme Court, Part 1 of 2 DVD Option A

Instructor: Judy Pelt  
Dates: Tuesdays: Mar. 24, 31; Apr. 7, 14, 21  
Time: 9:30 – 11:25 a.m.  
Place: Waukesha

In its 220 year history, only four women justices have served on the Supreme Court: Sandra Day O'Connor (1981-2005); Ruth Bader Ginsburg (1993-present); Sonia Sotomayor (2009-present) and Elena Kagan (2010-present). In Part 1 I learn about the personal journeys of these trailblazing women, Sandra Day O'Connor and Ruth Bader Ginsburg, as they set precedent in cases dealing with employment discrimination, affirmative action, sexual harassment, and many others crucial to women's and men's lives. (See Course #514 for Option B. Select only Option A or B.) (Part 2 of 2 will be next semester.)

#510 Books That Have Made History and Can Change Your Life, Part 3 of 3 DVD

Instructors: Sharon Kraklow and Jim Schaefer  
Dates: Tuesdays: Mar. 31; Apr. 7, 14, 21; May 5, 12  
Time: 9:30 – 11:25 a.m.  
Place: Waukesha

In Part 3 of this series, Professor Rufus Fears continues discussing some of the most essential writings in history. He emphasizes what makes these classic works eternal in that they still speak to us hundreds or thousands of years beyond their authors' lifetimes. These masterpieces can deepen our knowledge and wisdom and change our lives in meaningful ways. (Parts 1 and 2 were held last semester. You do not have to have taken them to take Part 3.)

#511 Introduction to Nanotechnology, The New Science of Small, Part 2 of 2 DVD

Instructor: Don Rambadt  
Dates: Tuesdays: Mar. 31; Apr. 7, 14, 21; May 5, 12  
Note: No class Apr. 28  
Time: 9:30 – 11:25 a.m.  
Place: First Congregational United Church of Christ, Hartland

This course explains workings of devices like smartphones and nano-packaged drugs for diagnosis techniques and treatments. Part 2 deals with the biologic applications of nanotechnology, especially in medicine and the biology of life at the nano-scale level in proteins and DNA. (See Course #507 for Part 1 of 2.)

Tuesday Afternoon
All courses $20 unless otherwise noted

#512 America and The World: A Diplomatic History, Part 1 of 2

Instructor: Don Rambadt  
Date: Tuesday: Feb. 11, 18, 25; Mar. 3, 17, 24  
Note: No class Mar. 10  
Time: 1:30 – 3:25 p.m.  
Place: First Congregational United Church of Christ, Hartland

Studying how American diplomacy works not only strengthens one's understanding of why the nation's history turned out the way it did, but also adds immeasurably to one's interpretation of present-day events. Whether reading a newspaper, listening to or viewing a news broadcast, one will find that the story told through the internet lectures, TED presentations or selections from university-level online course material enhances one's perspectives on the history taking place right now. (See course #516 for Part 2 of 2.)
#513 Financial Planning for the Savvy Retiree (Series)
Instructors: Ellenbecker Investment Group
Dates: Tuesdays: Feb. 11, 25; Mar. 10, 24; Apr. 7, 21;
May 5, 19 Note: Meets alternating weeks
Time: 1:30 – 3:00 p.m. (1.5 hr. class)
Place: Ellenbecker Investment Group, Inc.,
Educational Center, Pewaukee

Enjoy diverse class offerings as you explore and learn about various topics of retirement: Which Financial Advisor Is Right For Me; Building Blocks of Financial Planning; Charitable and Philanthropic Giving; Estate Planning; Identity Theft; Socially Responsible Investing; Financial Planning Through an Addiction or Mental Health Crisis; and 10 Things to Know About Taxes. Attend all breakout sessions or focus on a few specific interests. Either way, you will gain wisdom and knowledge and leave this class series with a better understanding of various financial planning options.

#514 The Supremes—Women of the Supreme Court, Part 1 of 2 DVD Option B
Instructor: Judy Pelt
Dates: Tuesdays: Mar. 24, 31; Apr. 7, 14, 21
Time: 1:30 – 3:25 p.m.
Place: Waukesha

In its 220 year history, only four women justices have served on the Supreme Court: Sandra Day O’Connor (1981-2005); Ruth Bader Ginsburg (1993-present); Sonia Sotomayor (2009-present) and Elena Kagan (2010-present). In Part I learn about the personal journeys of these trailblazing women, Sandra Day O’Connor and Ruth Bader Ginsburg, as they set precedent in cases dealing with employment discrimination, affirmative action, sexual harassment, and many others crucial to women’s and men’s lives. (See Course #509 for Option A. Select only Option A or B.) (Part 2 of 2 will be held next semester.)

#515 Techniques in Bead Stringing
Instructor: Mary Lamb
Date: Tuesdays: Mar. 31
Time: 1:30 – 3:25 p.m.
Place: Waukesha

This is a great beginning beading class. Learn the skills of designing and stringing an 18” to 24” necklace. Learn to finish the necklace using the crimping technique to attach the clasp. Teacher will provide all of the tools needed. If you use a task lamp and/or magnifiers, please bring them to class. The materials fee of $15.00 will be collected by the instructor in class.

#516 America and The World: A Diplomatic History, Part 2 of 2
Instructor: Don Rambadt
Dates: Tuesday: Apr. 7, 14, 21; May 5, 12, 19
Note: No class Apr. 28
Time: 1:30 – 3:25 p.m.
Place: First Congregational United Church of Christ,
Hartland

Studying how American diplomacy works not only strengthens one’s understanding of why the nation’s history turned out the way it did, but also adds immeasurably to one’s interpretation of present-day events. Part 2 describes U.S. diplomacy from the Peace Treaty ending WWI through the present. Whether reading a newspaper, listening to or viewing a news broadcast, one will find the story told through viewing portions of TED presentations or selections from university-level online course material enhances one’s perspectives on the history taking place right now. (See course #512 for Part 1 of 2.)
Wednesday Courses

Morning
All courses $20 unless otherwise noted

#517 Broadway—The American Musical DVD
Instructor: Judy Peit
Dates: Wednesday: Mar. 25; Apr. 1, 8, 15, 22, 29
Time: 9:30 – 11:25 a.m.
Place: Waukesha

Enjoy an entertaining and insightful PBS documentary about the composers, producers, directors, and actors who created the spectacle of the Broadway show. Hosted by Julie Andrews, these five sessions give us new insights into the talented and ambitious producers, actors and dancers who graced the Broadway stage. Experience the stories, music and performances that reflect American culture from the 1920s to current times. You will be there when the curtain goes up! Come and reminisce about your memories of Broadway shows over the years!

#518 The Skeptics Guide to American History, Part 2 of 2
Instructor: Diane Moderson
Dates: Wednesday: Apr. 8, 15, 22, 29; May 6, 13
Time: 9:30 – 11:25 a.m.
Place: Waukesha

Few people realize how much of what we think we know about American history is mythical and mistaken. In Part 2, Prof. Mark Stoler examines additional topics such as the U.S. laissez-faire approach to economics, greatest and worst presidents, the concepts of progressivism and populism, FDR’s New Deal, the inevitability of the Cold War, America’s blunders during Vietnam, and how contemporary changes in U.S. life compare to previous eras. Come ready to learn and discuss. (Part 1 was held last fall semester—not a prerequisite.)

#519 Create A Healthy Wellness Cupboard $10.00
Instructor: Barbara Lemke, RN, CCAP
Date: Wednesday: Apr. 1
Time: 9:30 – 11:25 a.m.
Place: Waukesha

Learn the basics of using essential oils to promote health and wellness. We will discuss certain oils to have in your wellness cupboard to cover typical health issues. Essential oils will be experienced during class.

#520 Animal Care With Essential Oils $10.00
Instructor: Barbara Lemke, RN, CCAP
Date: Wednesday: May 6
Time: 9:30 – 11:25 a.m.
Place: Waukesha

Learn the basics of using essentials, how they are sourced, plants they are from and how to use therapeutic essential oils for your pets in a safe and effective way. Simple remedies will be shared for common issues like ear and skin issues. Essential oils will be used during class.
#521 Caring Connections  $10.00

Instructors:  Jen Whitty & Jane Basarich
Date:        Wednesday: Apr. 22
Time:        9:30 – 11:25 a.m.
Place:       Waukesha

A must-attend session for anyone who visits elderly family or loved ones in nursing homes, assisted living or who is living home alone. Attendees will leave the session with practical tips and ideas with the goal of improving both the resident’s and the family member/loved one’s well-being through better, more connected visits.

#522 Retirement: The New Generation  $10.00

Instructor:  Diane Williams
Date:        Wednesday: Feb. 12
Time:        9:30 – 12:25 p.m. (3-hour class)
Place:       Waukesha

This workshop by Senior Community Service Employment Program (SCSEP) will take you inside the world of retirement. You will learn tips and tools on giving back (paying it forward), making new friends while discovering hidden talents and how to network through community non-profit organizations. Come learn, discover and meet new friends.

#523 Functional Health & Exercise, Option A  $10.00

Instructor:  Dan Rosenthal
Date:        Wednesday: Feb. 12
Time:        9:30 – 11:25 a.m.
Place:       Functional Health & Fitness,
              Menomonee Falls

Understand the difference between a Traditional Exercise program and a Functional Health & Exercise program. Even if you’re experiencing difficulty walking, going up/down steps, or any type of daily movement, learn how things like bungee fitness, collagen and CBD can help you with your activities of daily living. You will get to try bungee fitness and get all of your questions answered about the very popular health supplements of collagen and CBD. This class is offered by Functional Health & Fitness in Menomonee Falls. (Address and map provided with confirmation letter.) (See Course #524 for Option B. Select only Option A or B.)

Wednesday Afternoon
All courses $20 unless otherwise noted

#524 Functional Health & Fitness, Option B  $10.00

Instructor:  Dan Rosenthal
Date:        Wednesday: Feb. 12
Time:        1:30 – 3:25 p.m.
Place:       Functional Health & Fitness,
              Menomonee Falls

Understand the difference between a traditional exercise program and a Functional Health & Exercise program. Even if you’re experiencing difficulty walking, going up/down steps, or any type of daily movement, learn how things like bungee fitness, collagen and CBD can help you with your activities of daily living. You will get to try bungee fitness and get all of your questions answered about the very popular health supplements of collagen and CBD. This class is offered by Functional Health & Fitness in Menomonee Falls. (Address and map provided with confirmation letter.) (See Course #523 for Option A. Select only Option A or B.)
#525 A New History of Life, Part 3 of 3 DVD
Instructor: Winnie Mading
Dates: Wednesdays: Feb. 12, 19, 26; Mar. 4, 11, 25
Note: No class Mar. 18
Time: 1:30 – 3:25 p.m.
Place: Waukesha

Concluding our journey through the history of the Earth's life forms begins with the Permian Extinction, its causes and consequences. Then we come to the age of dinosaurs, origins of flight and "monsters" in the oceans. Next is the Cretaceous period with Earth as a tropical environment. The age of dinosaurs ends, shapes of continents approach their current format and we see the rise of mammals, the last ice age and finally the appearance of humans, and their impact. The course concludes with possibilities for the future of life on Earth. (Parts 1 and 2 were held last semester—not a prerequisite.)

#526 Stepping On NO CHARGE
Instructor: ADRC Instructor
Dates: Wednesday: Feb. 12, 19, 26; Mar. 4, 11, 25; Apr. 1
Note: No class Mar. 18
Time: 1:30 – 3:25 p.m.
Place: Waukesha

Designed by trained leaders, this adult program for the prevention of falls brings together the life experience of its participants and the expertise of community professionals. Group members set short-term goals each week that focus on life activities most important to them. Physical therapists, pharmacists and other experts help adapt fall prevention practices for individual needs and levels. This workshop is appropriate for people 60 or older, who live independently and do not need support from a walker indoors or a wheelchair. Bring a small protein snack and bottle of water to each class. CLASS SIZE IS LIMITED! (See Note Pg. 41)

#527 Great Mythologies of the World, The Americas, Part 4 of 4 DVD
Instructor: Geetha Srinivasan
Dates: Wednesdays: Mar. 25; Apr. 1, 8, 15, 22, 29
Time: 1:30 - 3:25 p.m.
Place: First Congregational United Church of Christ, Hartland

When we consider the "Great Myths of Western Civilization," we tend to consider the Greek and Roman gods. North, Central and South America are also steeped in a rich history of mythologies. The Penobscot, Cherokee, Blackfoot, Natchez, Seminole, Hopi. Inuit, Huron, and others were geographically diverse, yet they spun fables and folklore stories with astonishingly similar details and themes. Like myths across the world they address fundamental questions such as where do we come from, how did we get here, what is the world like, and what do we need to do to survive. (Parts 1, 2 and 3 were held previous semesters. You do not have to have taken them for Part 4.)

#528 Psychology of Human Behavior, Part 3 of 3 DVD
Instructor: Jim Brien
Dates: Wednesdays: Apr. 1, 8, 15, 22, 29; May 6
Time: 1:30 – 3:25 p.m.
Place: Waukesha

In Part 3 of this course Professor David Martin further explores the field of psychology. There will be class discussion of the topics covered in his lectures as he presents an overview of basic experimental psychology which includes learning, perception and memory. He then introduces the area of evolutionary psychology. Coverage of engineering psychology completes this course. (See course #503 for Part 2 of 3.)
#529 The Science of Nonverbal Communication

Instructor: Winnie Mading
Dates: Wednesdays: Apr. 8, 15, 22, 29; May 6, 13
Time: 1:30 - 3:25 p.m.
Place: Waukesha

Nonverbal communication is a part of everyday life. This course explores the science of nonverbal communication—what we do and why we do it. First lectures discuss how it relates to communication in general, "rules" of nonverbal communication and how various aspects affect our perceptions. Next we examine body language, including the role of evolution on body language. Lastly, we cover the impact of culture and how nonverbal communication can be useful in our various relationships.

#530 Rosie the Riveter, Option A

Instructor: Judy Pelt
Date: Wednesday: Apr. 15
Time: 1:30 - 3:25 p.m.
Place: Waukesha

It was Rosie the Riveter to the rescue during WWII, when America experienced an acute labor shortage threatening the continued output of American manufacturing and the war effort itself. Come and listen to the interviews of these women who brought a lifetime of experience to a transformational time in the lives of pioneering women. They gave the U.S. a new icon of strength, determination and reliability promoting the changing perception of working women. (See course #531 for Option B. Select only Option A or B.)

#531 Rosie the Riveter, Option B

Instructor: Judy Pelt
Date: Wednesday: Apr. 22
Time: 1:30 - 3:25 p.m.
Place: Waukesha

It was Rosie the Riveter to the rescue during WWII, when America experienced an acute labor shortage threatening the continued output of American manufacturing and the war effort itself. Come and listen to the interviews of these women who brought a lifetime of experience to a transformational time in the lives of pioneering women. They gave the U.S. a new icon of strength, determination and reliability promoting the changing perception of working women. (See course #530 for Option A. Select only Option A or B.)

#532 Winston Churchill, Part 2 of 2

Instructor: Robert Dude
Dates: Wednesdays: Apr. 22, 29; May 6, 13, 20, 27
Time: 1:30 - 3:25 p.m.
Place: Waukesha

Dr. Rufus Fears (PhD. Harvard) calls Winston Spencer Churchill the greatest statesman and leader of the 20th century and talks about how a single individual can change the course of history. Churchill Part 2 will use Dr. Fears' lectures as a framework tracing Churchill's accomplishments from his 'time in the wilderness' through his remaining life, covering his great wartime services and post war activities until his death in 1965. Additional information from great historical authors will be added to class content. Ample time will be given for discussion. (Part 1 was held last semester—not a prerequisite.)
The Evolution of the American Fire Service looks at how the fire service has evolved in America from the time that the first settlers arrived until today. The course will look at how fire companies were first formed and the early apparatus and equipment that fire fighters used. We will follow the transition to today's highly sophisticated apparatus and equipment and the expanded roles the fire service plays in modern society. This course includes a visit to a fire service museum and a modern day fire station.

Thursday Courses

Morning
All courses $20 unless otherwise noted

#534 Take My Course, Please! The Philosophy Of Humor, Part 1 of 2 DVD
Instructor: Winnie Mading
Dates: Thursdays: Feb. 13, 20, 27; Mar. 5, 12, 26
Note: No class Mar. 19
Time: 9:30 – 11:25 a.m.
Place: Waukesha

Humor is everywhere in our lives. It seems we're hardwired to be funny and to be receptive to humor, even when we don't always agree on what is funny. And it's this ubiquity that makes humor an essential part of being human. Part 1 will discuss the science of laughter, universality of humor, tragedy and comedy and in particular, satire, parody, spoofs and jokes. We conclude with 3 of the 6 theories of humor. (See course #539 for Part 2 of 2.)

#535 Navigating the Medicare Maze
Instructor: Mary Beth Heiter
Date: Thursday: Feb. 13
Time: 9:30 – 11:25 a.m.
Place: Waukesha

Navigating the Medicare Maze is for anyone turning 65 in 2020 and for any current Medicare member who wants to learn more about their coverage options and benefits. You will learn about the fundamentals of Medicare, Medigap plans, Medicare Advantage plans and Special Needs plans. Your takeaways will include a better understanding of how to utilize your Medicare benefits, determining if your plan fits your needs in 2020 and ways to protect your health information in the social media age.

#536 International Economic Institutions:
Globalism vs. Nationalism, Part 1 of 2 DVD
Instructor: Don Rambadt
Dates: Thursdays: Feb. 13, 20, 27; Mar. 12, 19, 26
Time: 9:30 – 11:30 a.m.
Place: First Congregational United Church of Christ Hartland

Globalization organizations such as The World Trade Organization, International Monetary Fund, The World Bank, and G-20 are traced in the role of promoting trade, ensuring financial stability and advancing sustainable economic growth. Part I traces the development of such international organizations as the League of Nations through the United Nations and the World Bank. (See course #538 for Part 2 of 2.)
**#537 Interactive Financial Planning for the Overwhelmed Retiree**

Instructor: Caleb Keshemberg  
Dates: Thursdays: Feb. 20, 27; Mar. 5, 12, 26; Apr. 2  
Note: No class Mar. 19  
Time: 9:30 – 11:25 a.m.  
Place: Waukesha

Take a deep breath and relax! In this course we will take the time to ensure that you have the knowledge and confidence to create a comprehensive financial plan. Topics include: identifying your financial goals; Medicare and Social Security; income planning; finding the right investment allocation; learning how financial news affects you; budgeting; minimizing the effect of taxes and inflation; insurance and annuity planning; finances and technology; and transferring your money to your estate.

**#538 International Economic Institutions: Globalism vs. Nationalism, Part 2 of 2 DVD**

Instructor: Don Rambadt  
Dates: Thursdays: Apr. 2, 9, 16, 23, 30; May 7  
Time: 9:30 – 11:30 a.m.  
Place: First Congregational United Church of Christ Hartland

Globalization organizations such as The World Trade Organization, International Monetary Fund, The World Bank, and G-20 are traced in the role of promoting trade, ensuring financial stability and advancing sustainable economic growth. Part 2 looks at the origin of a unified Europe, the Euro and Brexit. (See course #536 for Part 1 of 2.)

**#539 Take My Course, Please! The Philosophy Of Humor, Part 2 of 2 DVD**

Instructor: Winnie Mading  
Dates: Thursdays: Apr. 9, 16, 23, 30; May 7, 14  
Time: 9:30 – 11:25 a.m.  
Place: Waukesha

Humor is everywhere in our lives. It seems we’re hardwired to be funny and to be receptive to humor, even when we don’t always agree on what is funny. And it’s this ubiquity that makes humor an essential part of being human. Part 2 will cover the remaining 3 theories of humor. We will then discuss aspects of ethics and humor – when is funny acceptable and when is it not acceptable. Finally we cover social humor and conclude with “ridiculousness and the human condition.” (See course #534 for Part 1 of 2.)

Thursday Afternoon  
All courses $20 unless otherwise noted

**#540 The Secret Life of Words: English Words And Their Origins, Part 2 of 3 DVD**

Instructor: Beth Arnott  
Dates: Thursdays: Mar. 26; Apr. 2, 9, 16, 23, 30  
Time: 1:30 – 3:25 p.m.  
Place: Waukesha

Dr. Anne Curzan will enlighten us as we take a journey through our rich and interesting language. Where do our English words come from? “Pop or soda?” What is a “dropped egg”? How does a French or German word enter English usage? Is “ain’t” a word? Is proper use of English an issue? Why did the word “issue” become common? What’s with slang and jargon, anyway? Are you hip? Come join us and find out!
#541 Understanding Your Health and Medications

Instructor: Larry Albrecht  
Dates: Thursdays: Apr. 16, 23, 30  
Time: 1:30 – 3:25 p.m.  
Place: Waukesha

Personal health issues need not, and should not, be a mystery nor confusing. Unfortunately, it is too often the case. This then, leads to poor health and much poorer outcomes. Come gain a (retired) pharmacist’s perspective and put the mystery and confusion to rest. Your interest and participation will be encouraged. We will focus on basic health issues, such as routine test results and use of medications to arrive at quality health outcomes.

#542 A Holistic Approach to Financial Planning In Retirement

Instructor: Michael Jungen, CFP  
Dates: Thursdays: Apr. 30; May 7, 14, 21  
Time: 1:30 – 3:25 p.m.  
Place: Waukesha

This course examines issues crucial to maintaining financial independence during retirement. Topics include: prioritizing objectives and organizing personal and financial affairs; creating a Personal Financial Roadmap; managing risk with effective asset allocation strategies; managing tax reduction under new tax laws; planning IRA distributions; preserving and transferring your estate effectively; and planning for long-term care and not outliving assets.

#543 Historic Trails of Western Expansion

Instructor: Rod Podsuz  
Dates: Thursdays: May 7, 14, 21, 28  
Time: 1:30 – 3:25 p.m.  
Place: Waukesha

One way to understand the history of the American West is to study the historic trails that traversed the country in the 1800s. We will see how the expeditions of Lewis & Clark and Zebulon Pike paved the way for emigrants and fortune seekers. We will trace the history of trails of commerce such as the Santa Fe Trail and trails of immigration like the Oregon and California Trails.

Friday Courses

Morning  
All courses $20 unless otherwise noted

#544 Timely Topics, Part 1 of 2

Instructor: Richard Wood  
Dates: Fridays: Feb. 14, 28; Mar. 6, 13, 27; Apr. 3  
Note: No class Feb. 21 or Mar. 20  
Time: 9:30 – 11:25 a.m.  
Place: Waukesha

Share views on today's current topics, chosen by the class members each week. Class members respect each other, reflect on varying opinions and learn from one another. (See course #546 for Part 2 of 2)
#545  Learning the Basics of Computer Technology

Instructor:  Justin Lechy
Dates:     Fridays: Apr. 3, 10, 17, 24; May 1, 8
Time:      9:30—11:25 a.m.
Place:     Waukesha

Focus will be on teaching seniors and individuals in retirement how to use current technology. We would start with a broad overview of how to use Windows 10 and as time permits, and based on class interest, show participants how to use their own technology, including Android Phones, Tablets, and Windows-based laptops. The training will be in Windows and Android based technology. (16 GB USB Drive might be needed.)

#546  Timely Topics, Part 2 of 2

Instructor:  Richard Wood
Dates:     Fridays: Apr. 10, 17, 24; May 1, 8, 15
Time:      9:30 — 11:25 a.m.
Place:     Waukesha

Share views on today’s current topics, chosen by the class members each week. Class members respect each other, reflect on varying opinions and learn from one another. (See course #544 for Part 1 of 2)

#547  Learn How to Become an Active LIRWC Volunteer

Date:     Friday: Feb. 7
Time:      9:30—11:25 a.m.
Place:     Waukesha

Many of our members are interested in becoming an active volunteer as part of the LIRWC organization, but are not quite sure exactly what is involved. Come listen to your fellow members on how to participate as an instructor, a SIG coordinator, a committee member, or a board member. Individuals from each of these areas will share what they do in their positions and how they became involved. We will take the mystery out of how our volunteers make this organization run. Bring your ideas—we are here to listen as well. All members are welcome and there is no commitment.

GREAT NEWS!

Once again, WCTC IT students will offer computer classes for our LIRWC members at the Pewaukee campus. This semester they are able to offer both beginners and advanced classes in some of the most popular computer programs. The classes will be held in the new computer lab in the B Building Room B-018. Each registered member will have access to a computer in the lab, but you can bring your own laptop.

Please indicate the course number from the selections following and add it to your registration form. There is NO CHARGE for LIRWC members to attend these IT student taught classes. Each class consists of one hour of instruction and a half-hour of supervised lab practice time. Space is limited to 24 individuals, so this will be on a first-come-first-serve basis.
Courses #548—#560 NO CHARGE

MONDAY

#548 Android®—Beginner

Date: Monday: Feb. 24
Time: 1:00—2:20 p.m.
Place: Pewaukee B Building Rm. B-018

This class is designed for the Android Smartphone user that is looking to become more comfortable with their device. Topics will include screen navigation, basic settings and installing apps.

#549 Android—Advanced

Date: Monday: Mar. 2
Time: 1:00—2:20 p.m.
Place: Pewaukee B Building Rm. B-018

This class is designed for the seasoned Android Smartphone user. Topics will include advanced settings and advanced app management.

#550 FaceBook®—Advanced

Date: Monday: Mar. 2
Time: 4:30—5:50 p.m.
Place: Pewaukee B Building Rm. B-018

This class is for FaceBook users with an existing account. Topics will include advanced navigation, FaceBook groups—including the FaceBook marketplace, and advanced security features.

TUESDAY

#551 FaceBook—Beginner

Date: Tuesday: Feb. 25
Time: 1:00—2:20 p.m.
Place: Pewaukee B Building Rm. B-018

Attend this class if you are curious about FaceBook and don't have a FaceBook account. You will create an account and get comfortable navigating, adding friends and creating your first post.

#552 FaceBook—Advanced

Date: Tuesday: Mar. 3
Time: 1:00—2:20 p.m.
Place: Pewaukee B Building Rm. B-018

This class is for FaceBook users with an existing account. Topics will include advanced navigation, FaceBook groups—including the FaceBook marketplace, and advanced security features.

#553 Android—Advanced

Date: Tuesday: Mar. 3
Time: 4:30—5:50 p.m.
Place: Pewaukee B Building Rm. B-018

This class is designed for the seasoned Android Smartphone user. Topics will include advanced settings and advanced app management.
**WEDNESDAY**

#554 Google®/Gmail®—Beginner

Date: Wednesday: Feb. 26  
Time: 1:00—2:20 p.m.  
Place: Pewaukee B Building Rm. B-018

Attend this class if you are curious about using Google/Gmail and don’t have a Google account. You will create an account and get comfortable navigating, creating and sending email and accessing Google Drive.

#555 Google/Gmail —Advanced

Date: Wednesday: Mar. 4  
Time: 1:00—2:20 p.m.  
Place: Pewaukee B Building Rm. B-018

This class is for Google users with an existing account. Topics will include using the Google Calendar, advanced settings and working with folders in both Gmail and Google Drive.

#556 Windows 10® —Advanced

Date: Wednesday: Mar. 4  
Time: 4:30—5:50 p.m.  
Place: Pewaukee B Building Rm. B-018

This class is designed for users who have been working in Windows 10 and are looking to customize the interface and organize the file system.

**THURSDAY**

#557 Windows 10 —Beginner

Date: Thursday: Feb. 27  
Time: 1:00—2:20 p.m.  
Place: Pewaukee B Building Rm. B-018

Attend this class if you are new to Windows 10 and are looking to get comfortable with the interface and navigation.

#558 Windows 10—Advanced

Date: Thursday: Mar. 5  
Time: 1:00—2:20 p.m.  
Place: Pewaukee B Building Rm. B-018

This class is designed for users who have been working in Windows 10 and are looking to customize the interface and organize the file system.

#559 Google/Gmail —Advanced

Date: Thursday: Mar. 5  
Time: 4:30—5:50 p.m.  
Place: Pewaukee B Building Rm. B-018

This class is for Google users with an existing account. Topics will include using the Google Calendar, advanced settings and working with folders in both Gmail and Google Drive.
FRIDAY

#560 iPhone®/iPad®

Date: Friday: Feb. 28
Time: 1:00—2:20 p.m.
Place: Pewaukee B Building Rm. B-018

This class is designed for iPhone and iPad users. Bring your device and get more comfortable navigating, customizing and using apps.

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NOTE: Instruction in OneNote® will not be a separate class offering, but will be briefly covered only as part of each advanced class session.

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• Windows 10 is a registered trademark of Microsoft Technology Licensing, LLC, Redmond, WA, USA

• Google and Gmail are registered trademarks of Google LLC, Mountain View, CA, USA

• Facebook is a registered trademark of Facebook, Inc., Menlo Park, CA, USA

• #502 Zentangle® is a registered trademark of Richard N. Roberts and Maria A. Thomas, Individuals, United States, Massachusetts.

ADRC COURSE INFORMATION

The following three (3) courses #501, #504 & #526 (Pgs. 12, 13, & 24) are being offered this semester as special courses conducted by Aging & Disability Resource Center of Waukesha County (ADRC) on a grant program. As a result, these three courses are NO CHARGE to our members and a guest is welcome to attend with you. Please register all attendees on your membership/registration form by writing their name on one of the course lines.

If you are registering on-line, add the guest’s name in the comments section along with the course number, or call the office 262-695-3473.

For courses #501 Living Well With Chronic Conditions and #504 Powerful Tools for Caregivers, workbooks are provided for use for the duration of the course. If you want to keep the workbook at the end of the sessions, please bring $20.00 for #501 and $30.00 #504 as cash or check payable to ADRC of Waukesha County.

During the ADRC classes you will be asked to participate in an optional questionnaire survey. ADRC receives funding through the Older American Act and partners with the Wisconsin Institute for Healthy Aging to offer these programs. ADRC then reports participant data in order to continue receiving funding and grants. Participation in these questionnaires is voluntary and you can answer all or only those questions you are comfortable in providing the information. But the information is important for ADRC to be able to continue offering these courses for our members. If you have any questions regarding these surveys, please talk with the ADRC instructor, or call the LIRWC office at 262.695.3473.

***********************
Remember to register early for ALL courses for the best chance to get into your selected courses! And we ask that you attend all classes you sign-up for because your absence means a vacant seat that someone else could have filled. We realize life happens, so if you must cancel please contact your class coordinator, or the LIR office at 262-695-3473.

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Notice: Learning in Retirement of Waukesha County Inc. makes no endorsement of any product or service offered in any of the courses listed, and assumes no liability for anything associated with or arising from their presentations.


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Role of the Class Coordinator

LIRWC welcomes Class Coordinator volunteers who support our instructors. They help make the instructors’ job easier and the class time utilized more efficient. Duties include:

- Monitor the door.
- Take attendance.
- Hand out materials, as required.
- Assist in evacuation of the room during an emergency.
- Hand out, then collect the Instructor Evaluation Forms and return them to the LIRWC office.
- Other duties as assigned by the instructor.

Check the box on your registration form, or contact the LIRWC office at 262-695-3473 to volunteer. Your participation and support is appreciated and is invaluable in support of our members.
LIFETIME RECOGNITION & BOARD EMERITUS

LIRWC has recognized members who devoted an extraordinary amount of time and energy to the organization by either awarding Lifetime Recognition or Board Emeritus status. LIRWC awarded 13 Lifetime Recognition and five Board Emeritus status to members.

Criteria for receiving these awards included:

- Active member for minimum 10 years.
- Contributed as a board member, committee member, office staff or instructor during a 10 year period
- Received a 3/4 vote of the Board.

LIRWC thanks these recipients for their continuing dedication and service.

LIRWC has also been awarded a Letter of Recognition from the Wisconsin Governor’s office. Both plaques are proudly displayed in the LIRWC office.

WCTC FOUNDATION
LIRWC ADVISED FUND

Many of our members were not aware of the WCTC Foundation LIRWC Advised Fund where monies were collected to be used by the Foundation to award two (2) annual $500.00 scholarships to WCTC students.

The monies for this Fund came from several sources:

- Membership dues
- Class fees
- Raffles
- Donations

Many members donated money directly to the Fund while others donated their course fee instead of receiving a refund for classes cancelled by LIRWC. These donations were greatly appreciated and allowed LIRWC to continue its contribution toward a scholarship program.

As a new non-profit 501(c)(3) this donation policy will change in 2020. Watch for more information in your BYTES Newsletter, online at www.wctc.edu/lir or call the office at 262-695-3473.
SPECIAL EVENT TRIPS

In addition to the extensive variety of courses offered, LIRWC frequently organizes special events and social gatherings. Members can receive flyers about each event—see new procedure outlined below. Some of the upcoming events planned in 2019-2020 include:

- **Feb. 21, 2020: Bread Bowl**
- **Mar. 25, 2020: Drury Lane Theater—“An American in Paris”**
- **Apr. 22, 2020: Oshkosh Museums, WI**
- **May 28, 2020: Wisconsin Dells Boat Trip & More**
- **Jun. 2020: Overnight Trip—to be determined**
- **Sep. 9, 2020: Anderson Japanese Gardens and Burpee Museum of Natural History, Rockford, IL**

All event dates and destinations subject to change without notification.

NEW SPECIAL EVENT TRIP FLYER PROCEDURE:

If you want to receive flyers regarding the above planned trips, please check the appropriate box on the membership/registration form, or call the office at 262-695-3473. See also page 7 in this catalog for more information.

MARK YOUR CALENDAR FOR THESE EXCITING LIRWC ANNUAL EVENTS IN 2020

FEBRUARY 21, 2020: BREAD BOWL

This annual event is always enjoyed by our members. After a delicious buffet lunch everyone plays board and card games while socializing and challenging each other to fun competition. Back by popular demand is the “Sock It To Me” contest. Food items are collected to replenish the WCTC food pantry.

APRIL 28, 2020: ANNUAL MEETING & 25-YEAR ANNIVERSARY GALA

“Looking to the Future” is our theme for this exciting celebration of our 25-year anniversary as an organization! All members and a guest are cordially invited to this gala event to be held at Davian’s Restaurant—where we have secured the whole venue. Your committee has been hard at work to organize a full buffet, entertainment, presentations, and door prizes. Waukesha County Executive Paul Farrow will be issuing a Proclamation Day in LIRWC’s honor. Watch for announcements and your invitation in the mail, as well as press releases in the local papers. All LIRWC members can be proud of achieving this milestone. Come celebrate with us!

JULY 23, 2020: ANNUAL KICK-OFF EVENT

The public is invited to attend this informative event where you can meet the board and committee members, enjoy entertainment and refreshments and signup for the 2020 Fall Semester courses. A raffle drawing is held for two (2) free memberships in LIRWC. Watch your mail and also the local newspapers for information.
SPECIAL INTEREST GROUPS

LIRWC offers several Special Interest Groups (SIGs) and every member is welcome to join. SIGs are not meant to teach new skills, but are for members who already like to participate in the activity.

You must be an LIRWC member in order to participate in a SIG; however, no separate LIRWC fee is charged. Any copies, printing, and other expenses are paid by the group itself. **Note: Gambling in any form is strictly prohibited per LIRWC and WCTC and Wisconsin State Gambling Laws.**

Registration to join any of these groups is for the entire membership year, September 1 through August 31. Please use the course membership/registration form to sign up. **All interested members must sign up or renew once each year.** SIG meeting times are noted in the table on page 49.

<table>
<thead>
<tr>
<th>Singers</th>
<th>Rehearsals Mondays 10:00 a.m. – 12:00 noon at Brookfield Highlands. We perform for senior residential facilities on alternate Monday afternoons.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Genealogy</td>
<td>The first Friday of each month at 1:00 p.m. at the Waukesha Campus. Learn more about your ancestry, who you are and how to conduct research.</td>
</tr>
<tr>
<td>Sheephead</td>
<td>Thursdays 12:30 – 3:00 p.m. at the Waukesha Campus Sept.—May. If you play, come join us.</td>
</tr>
<tr>
<td>Book Lovers</td>
<td>The third Wednesday of the month at 9:30 a.m. at the Pewaukee Public Library.</td>
</tr>
<tr>
<td>Bridge</td>
<td>Tuesdays 1:30 – 3:30 p.m. at Matthews Assisted Living in Pewaukee. This is not a class, but for current players.</td>
</tr>
<tr>
<td>Hiking Club</td>
<td>The third Saturday of each month at 9:30 a.m. Members hike at various trails throughout the Southeast Wisconsin area. (note date change).</td>
</tr>
<tr>
<td>Theater Group</td>
<td>The second Saturday of each production we attend the 3:30 p.m. Waukesha Civic Theatre performance Sept.—June followed by dinner and discussion.</td>
</tr>
<tr>
<td>Golf League</td>
<td>This is a recreational golf league that meets from the first Thursday in May to the last Thursday after Labor Day for nine holes; tee times are 7:30 – 9:00 a.m.</td>
</tr>
<tr>
<td>Mah-jongg</td>
<td>Tuesdays 1:30 – 3:30 p.m. and/or Fridays 10:00 a.m. – 12:00 noon at the Waukesha Campus.</td>
</tr>
<tr>
<td>Philosophy – Explore Discussions Full of Wonder</td>
<td>Mondays 9:30 – 11:30 a.m. at the Waukesha Campus—meet all year. Stretch your mind - laugh out loud &amp; reflect on eastern, western &amp; contemporary philosophy with open-minded respect for diversity of thought &amp; beliefs.</td>
</tr>
<tr>
<td>Creative Crafters</td>
<td>The first and third Mondays 12 noon—3:00 p.m. at the Waukesha Campus Sept.—May. Bring your knitting, crocheting, adult coloring—any craft; or learn scrapbooking and card-making.</td>
</tr>
<tr>
<td>NEW/ Beading/Jewelry Making</td>
<td>If you love beading and jewelry making, come share ideas and techniques while completing projects. Group meets the 2nd Monday each month, 1:30 p.m.—3:30 p.m. Sept.—May at the Waukesha Campus.</td>
</tr>
</tbody>
</table>
LIRWC NEWSLETTER

Watch for our NEW Newsletter now named BYTES for "Be Your True Educated Self." Members receive our LIRWC Newsletter during the year filled with interesting articles, photos and information.

To receive the Newsletter via EMAIL, please check "Paperless Communication" on your membership/registration form, or call the LIRWC office 262-695-3473.

Any questions, or to make an article contribution, contact the LIRWC office at 262-695-3473.

Visit LIR on our FaceBook page for up-to-date information, photos and conversations regarding LIRWC courses and events.

Like LIR on FaceBook
Learning in Retirement—WCTC

LIRWC Webpage

WCTC website has a new look and so does the LIRWC webpage! We invite you to visit the new LIRWC page on the main WCTC site www.wctc.edu. On the COMMUNITY TAB DROPDOWN MENU click on Learning in Retirement. You will find frequent updates regarding special events, upcoming meetings, announcements, etc.

Learning in Retirement

Learning in Retirement is proud to host Learning in Retirement of Waukesha County (LIR). LIR is an affiliate of the Great Scholar Lifelong Learning Institute, an international organization that provides programs for lifelong learning. LIR members can take advantage of events, special interest groups and courses in music, art, literature, computers, history, financial planning and more.

Learning in Retirement Opportunities

LIR courses are held during the day at WCTC's Waukesha campus and other facilities in the area. Offerings include:

- Short-term courses, one to six weeks in length, on topics including art, music, religion, computers, pottery, aging, financial planning and more. Most courses cost just $40 or less, and there are no pre-requisites, no exams and no grades.
- Daytrips and overnight chartered bus trips to museums, art exhibits, theater performances and other special events throughout the year.
-无数次的课程，为期一至六周，涵盖艺术、音乐、宗教、计算机、陶艺、老龄、金融规划等主题。大多数课程费用仅需40美元或更少，不设先决条件，不设考试，不设成绩。

Resources

- Blank Program Form
- Registration Form
- Registration Form Course List
- Risk Release Form
- DVD Purchase Form
- Fall 2018 Course Catalog
- Emergency Procedures

Contact Info

Learning in Retirement
Waukesha Campus Annex
262-896-7447

Hours
Monday - Thursday 9:00 a.m. - 4:00 p.m.
WCTC FACILITIES
AVAILABLE TO THE COMMUNITY

**Student Enrichment Center**
Located in the upstairs of Building B on the Pewaukee campus, the Enrichment Center offers basic technology assistance. Hours are: Monday—Thursday, 7:00 a.m.—7:00 p.m., Fridays 7:00 a.m.—4:30 p.m. Call 262-691-5555.

**Library**
The WCTC Library, in the Pewaukee College Center, will loan books, CDs, DVDs, magazines and periodicals for three weeks. Library hours are: Monday—Thursday, 7:30 a.m. to 8:00 p.m.; Friday, 7:30 a.m. to 4:30 p.m.; Saturday, 9:00 a.m. to 1:00 p.m. Call 262-691-5316.

**Dental Hygiene Clinic**
*Now in its new location at the WCTC Pewaukee Campus!* Complete dental hygiene services are available at reasonable treatment costs. All procedures are completed by students under the supervision of a licensed dentist and registered hygienist. Appointments, on a waiting list basis, are available from September through May. Appointments at 262-691-5224.

**Style and Class Salon**
Located on the Pewaukee Campus cosmetology students offer the following in a full service salon: shampoo, haircut, style, hair coloring, manicures, pedicures, permanent waving and skin care at reduced rates. Both men and women are welcome. Appointments at 262-691-5270.