

CLEMENT MANOR CENTER FOR ENRICHMENT LIFELONG LEARNING

Classes for Lifelong Personal Growth
Term 1 January 15-February 21, 2018

Priority Registration given to Mail-in Registration!
Mail Your Registration in Today!

In-person Registration - Beginning
January 2, 2018

Upcoming Terms

Term 2 March 5-April 11, 2018
Term 3 April 23-May 30, 2018
Term 4 June 11-July 18, 201
Term 5 September 10-October 17, 2018
Term 6 October 29-December 5, 2018

**Clement
Manor**
CENTER FOR ENRICHMENT

9405 WEST HOWARD AVENUE
GREENFIELD, WI 53228
(414) 546-7394 OR (414) 546-7990
HOURS: MONDAY, TUESDAY AND WEDNESDAY
8:30 AM-3:00 PM
WWW.CLEMENTMANOR.COM

Sponsored by School Sisters of St. Francis

CLEMENT MANOR CENTER FOR ENRICHMENT MEMBERSHIP PROGRAM

Resolve to Live Well — Every Day. Learn, Live and Stay Healthy!

Membership is required in order to take Lifelong Learning classes. Sign up for your Membership today. Membership is good for a full year. Use form on page 11. Membership fee is non-refundable.

Becoming a member of the *Clement Manor Center for Enrichment* entitles you to: take courses through Lifelong Learning, enjoy reduced fees for Outreach Programs, attend health, financial and legal seminars and many other member-only events. Just a few of the Special Benefits for Members:

- ✓ Discount coupons good towards Lifelong Learning Classes, Keynote Speaker Series and a meal in the Rainbow Room
- ✓ Reduced fee or no cost special events and programs including: health, financial and legal seminars, and AARP Smart Driver Classes
- ✓ Members-only events including an Annual Gala and Trips
- ✓ Free informational and referral services; notary service
- ✓ Discount in the Clement Manor Gift Shop
- ✓ Membership Newsletter

REGISTRATION INFORMATION

MAIL — Registrations can be mailed immediately and will be processed randomly giving equal access to all open programs. Please mark your calendars when registering and plan on attending the first day of class. **You will be notified VIA PHONE or EMAIL ONLY if your class is CANCELLED.**

CLEMENT MANOR RESIDENTS — Clement Manor residents can begin to drop off registrations at the Center for Enrichment Offices -Room 103 or 104 immediately.

IN PERSON — Starting **Tuesday, January 2.** Please bring *completed registration* form and check made payable to CFE. In-person registrations will be accepted on a first-come first-serve basis. If paying by cash, please have exact change.

REGISTRATION DEADLINES

To avoid disappointment, make certain that your registration and fees are received by the Lifelong Learning staff within **7 working days prior to the start of the first class meeting.** Lifelong Learning will cancel classes with insufficient registration after this deadline. All registered participants in cancelled classes will be notified of changes by phone or email. Class rosters are prepared and given to instructors. Registrations on the first day of class will be accepted only if openings exist.

REFUND POLICY FOR WITHDRAWALS

For requests made before the first week of class, full refunds will be made. During the first week of class, a course refund, minus \$10.00 processing fee, will be made. After the first week, NO refunds will be made. Credits will be issued for cancelled mini sessions. Any issued credits must be used within the year of issuance. Membership fee is non-refundable.

*****PAYMENT BY CHECK payable to CFE, CASH or VISA/MASTERCARD—a \$2.00 processing fee will be applied to all charges.*****

DIRECTIONS

Clement Manor Center for Enrichment is located on the Clement Manor Retirement Community grounds at 9405 W. Howard Avenue, Greenfield, WI. Use the second driveway west of 92nd St. Off street parking is available. Please enter through the pool door or the glass doors with a green canopy overhead.

LUNCH

Available from 11:30 am to 1:00 pm in the **Rainbow Room** at a nominal fee. For groups of four or more, reservations requested. Please call (414) 546-7389.

SEVERE WEATHER WATCH/SCHOOL CANCELLATION

Closings are noted on TV4 and WISN-12 both on air between 6:00-9:00 am and online. When the Greenfield Public Schools are closed because of weather, Lifelong Learning will also be closed. Lifelong Learning, however, reserves the right to cancel classes when weather/emergency conditions warrants.

Questions? Call (414) 546-7394 between 8:30 am-3:00 pm, Monday through Wednesday.



Clement Manor Center for Enrichment is a membership organization whose mission is to meet the educational, physical, emotional and spiritual interests of the area's growing number of men and women age 50 plus. Throughout the year people gather each week to continue learning and remain active.

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All classes are six-weeks unless otherwise noted in course description.

Classes begin the week of January 15 unless noted otherwise in course description.

ART, MUSIC, THEATRE

Adventures in Art
Open Art Studios

COMPUTER

Ipad, ipod, iphone, Tablet Support Group

HEALTH, FITNESS, WELLNESS

A Breath of Energy: Beginning
A Breath of Energy: Intermediate
A Breath of Energy: Advanced
Chair Flex & Stretch
ZUMBA Gold
Beginning Yoga
Intermediate Yoga
Laughter Yoga

SOCIAL STUDIES

The Papacy & the Reformation
The White House From 1800-1909
History of Modern Europe
Civil War Stories, Part 1

SPIRITUAL

Cold-Case Christianity: A Homicide Detective
Investigates the Claims of the Gospels

WATER FITNESS

Aquatic Plus
Wet & Sweat
Water Fitness

WRITING, ENGLISH, LITERATURE

Memoirs of the Soul
Lifelong Learning Book Club
Monthly Mystery Series Book Club

OTHER

God is in the Details, Architect's Form of Art
Einstein's Biggest Mistake?
Congress on Drugs?
Food Fight
Organizing and Decluttering?
Senior Sage Movies

GROUPS

Book Club
Club Loomineers
Tuesday's Bridge Club
Wednesday Mahjong

KEYNOTE SERIES COMMUNITY EVENTS

LIGHTS OF THE LAKE

Thursday, February 22, 2018

Presented by Phil Block

1:30-3:00 pm

Celebrate the picturesque beauty of our Great Lakes, as photographer Phil Block presents a guided tour of the lighthouses of Lakes Superior and Michigan. Learn about the history of these beacons of the sea, famous Great Lakes shipwrecks and the importance of maritime shipping to the region.



THE 1,000 WORDS

Presented by John Horgan

Thursday, March 22

1:30-3:00 pm

It is often said that "a picture speaks a thousand words." This address proposes to fill in those thousand words by focusing on a selection of the most iconic photos ever taken, the Pulitzer prize winners. The Pulitzer photos often capture the most important and poignant moments in man's existence in the modern age. Each photo captures a moment in time but often the viewer has little or no idea as to the background or the results of what is visually represented. Come and learn the story of the moment, individuals and even the photographers who are represented and capturing the moment.

Call (414) 546-7302 to register for KEYNOTES
CFE Member \$3.00 / Guest \$5.00

You are welcome to enjoy lunch in the Rainbow Room before the Keynote, please note at the time of registration if you will be doing so along with the number of guests attending.

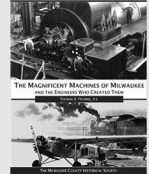
THE MAGNIFICENT MACHINES OF MILWAUKEE

Presented by Thomas Fehring

Thursday, April 19

1:30 - 3:00 pm

The **Magnificent Machines of Milwaukee** tells the story of innovation and enterprise creation in Milwaukee during the Century of Progress-the hundred years following the US Civil War. It was a remarkable era-Milwaukee was one of the principal centers of industrial innovation in the United States and became known as "the Machine Shop of the World." Thomas will be focusing on the early industry that was located adjacent to the Milwaukee River, since they represent the starting point of industrial development in Milwaukee.



KINDERTRANSPORT: ESCAPING NAZIS

MY MOTHERS STORY

Presented by Judy Ormond

Thursday, May 17

1:30 - 3:00 pm

At age 90, Judith Ormond's mother wrote her memoir of her escape on the Kindertransport. She was a 12-year-old girl living in Czechoslovakia at the time of the Nazi invasion when she escaped. The Kindertransport was an organized rescue effort that took place during the nine months prior to the outbreak of World War II. The children were placed in British foster homes, hostels, schools and farms. Often they were the only members of their families who survived the Holocaust. Join us as Judy tells of her mother's journey from her native land to a new county taking steps toward hope and a new life.



EARLY STAGE SUPPORT GROUP

FIRST Monday

2:30-4:00 pm

For those in the early stages of Alzheimer's disease or related dementia and their care partners. Please call Laurie Nowak at 414-546-7367 to register. No charge.

ALZHEIMER'S ASSOCIATION -FAMILY/CAREGIVER SUPPORT GROUP

THIRD Wednesday

2:00-3:00 pm

Dealing with the changing needs of your loved one who has Alzheimer's is challenging. You are not alone. Sharing information with other caregivers can be a great source of information and support. Call Alice Haltzenbeller for more information or to register (414) 546-7980. No charge.

COMMUNITY EVENTS

LIFELONG LEARNING BOOK CLUB

Noon-1:00 pm

Have an hour of fun discussing the latest hits or the classics. Each month's book selection is based on the interest of the monthly attendees and led by a member of the group each month.

Upcoming Book Club Selections:

Tuesday, January 2 *Our Souls at Night*

by Kent Haruf, Alan Ken Haruf

Tuesday, February 6 *Lilac Girls-A Novel*

by Martha Hall Kelly

Tuesday, March 6 *The Boy at the Top of the Mountain* by John Boyne

Tuesday, April 3 *The Simplicity of Cider*

by Amy E. Reichert

Tuesday, May 1 *Commonwealth: A Novel*

by Ann Patchett



NEW MONTHLY BOOK GROUP!

MONTHLY MYSTERY BOOKS!

BEFORE THE FIRST BODY IS

DISCOVERED, A LOOK AT MYSTERY SERIES

AUTHORS 1:00-2:00 pm

Join Holly Schoenecker as she visits some of her and perhaps your favorite mystery books. She may even introduce you to some mystery series authors you may not have met, as we read and talk about the first book in multiple books series. And the bonus is: after we've moved on to the next author, you can revisit characters and locations you enjoyed from our previous read-discussion. What makes these mystery series the same (true: there's generally a body) but what else; what are the standards and the inventiveness of these writers? Are blondes always the villains, or is it those sultry brunettes? Should we always worry when the dark alley is deserted?

Monday, January 15 *Still Life* by Louise Penny- Three Pines, Canada, a hidden village established by Loyalists who fled the US during the Revolutionary War

Monday, February 19 *Wish You Were Here* by Rita Mae Brown-Rural Virginia, 2 cats and a dog discuss life and assist their human in solving mysteries

Monday, March 19 *Earthly Delights* by Kerry Greenwood-Melbourne, Australia, a bread baker who lives in Insula, an apartment building with residents and cats

Monday, April 16 *Murder on the Iditarod Trail* by Jessie Arnold & Alex Jensen



TUESDAYS BRIDGE GROUP

Group meets to play every Tuesday at 9:00 am

CLUB LOOMINEERS

A NO-NEEDLE KNITTING GROUP

FIRST Wednesday of Every Month

Noon to 1:00 pm

- *Social Networking* • *Supportive Help*
- *Sharing Ideas*

Having trouble with a project? Looking for new ideas? Need a little assistance? Then this is the group for you. Please bring Loom Knitting Projects only.

WRITE-ON: A Weekly Writer's Group

EVERY Wednesday 1:00-2:00 pm

Purpose: * To bring writers together * To share your creative writing abilities * To leave memories for your family and friends * To put into words your stories, insights and wisdoms * To continue developing your writing talent

First Term's Focus: Poetry

No Charge for these Community Events.

**Registration Appreciated for all
Community Events; registration form
found on page 11 or call
(414) 546-7302.**

Membership in the Center for Enrichment is not necessary to attend these programs! **All programs are held at Clement Manor Center for Enrichment, 9405 W. Howard Ave., Greenfield.** Please enter through the pool door or the glass doors with a green canopy overhead.

TERM 1 JANUARY 15 - FEBRUARY 21, 2018

MONDAY

A Breath of Energy: T'ai Chi Ch'uan-Intermediate

This class expands on lessons taught in the basic course with quiet, supple movements involving the entire body performed in a calm and peaceful manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Qigong exercises and part of the new Chen form will be taught. *Open to those who have had a minimum of 12 weeks of basic level instruction.*

Mondays, January 8, 22, 29, Feb. 5, 12, 19

Time: 9:00-9:50 am

Instructor: Deb Solis

Course Fee: \$30.00

A Breath of Energy: T'ai Chi Ch'uan-Advanced This class expands on lessons taught in the intermediate course with quiet, supple movements involving the entire body performed in a calm and peaceful manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Qigong exercises and part of the new Chen form will be taught. *Open to those who have had a minimum of twelve weeks of intermediate level instruction.*

Mondays, January 8, 22, 29, Feb. 5, 12, 19

Time: 10:00-10:50 am

Instructor: Deb Solis

Course Fee: \$30.00

A Breath of Energy: T'ai Chi Ch'uan-Short Form-Beginning

Quiet, supple movements involving the entire body are performed in a calm and peaceful manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Qigong exercises and part of the new Chen form will be taught. Max. 20.

Mondays, January 8, 22, 29, Feb. 5, 12, 19

Time: 11:00-11:50 am

Instructor: Deb Solis

Course Fee: \$30.00

Chair Flex & Stretch

Suitable for those who prefer a more gentle approach to exercise and want to improve mobility, strength and balance to the entire body. Great for those with arthritis*, providing participants with a fun and beneficial exercise experience that can supplement, but does not replace, exercises prescribed by a doctor or therapist.

This group exercise program has been specially designed and modified to incorporate a series of movements and proper exercise techniques to help increase overall stamina.

Set to music to rejuvenate you, this class is done while sitting on a chair so the pelvis and hips are stabilized, enabling easier movement of the torso and arms without fear of injury or strain. Optional standing posture alternatives will be introduced as well, with the use of a chair for balance and support. No mat exercises or lying on the floor. Canes, walkers and fitness poles welcome. *CFE coupon cannot be applied. Must be a member of CFE or Greenfield Parks and Recreation Dept.*

Mondays, 12:00-1:00 pm

Instructor: Vickie Strachota

Course Fee: \$20.00

*Adults with any type of arthritis or fibromyalgia are eligible. Participants must be able to walk independently or, if in a wheelchair, not necessary to transfer to a straight backed chair. Before you start any exercise program, you should consult with your physician.



Zumba Gold fuses hypnotic musical

rhythms and movements to create a

dynamic workout system designed to be

FUN! Enjoy salsa, meringue, belly dance, flamenco and MORE! This class is designed for the mature adult of all ages and anyone who needs to move at a modified pace. Enjoy all the music, movements and fun with modifications made to suit you. Wear comfortable and supportive shoes and bring water. Max. 18.

Mondays, 1:15-1:55 pm

Mondays, 2:05-2:50 pm

Instructor: Barb Labisch

Course Fee: \$22.50

MONDAY

Memoirs of the Soul

Are you ready to take the journey into your own life? Nan Merrick Phifer's book *Memories of the Soul* is a guide that offers a structured well-organized process that enables us to burrow deeper into our own hearts and minds and take another step inward. The exercises we use from Phifer's book will challenge you to write with more depth, more sense of place, and will give your writing an emotional impact it lacked before. This course encourages you, the writer, to follow threads of passion, awe, love and grief which are the factors that make up our spiritual lives. This is a course for those wishing to see and appreciate their unique and divine contribution. It encourages you to write about the times of wonder in your life: your strength, creativity, resilience and moments of transformation. **Mondays, 1:30-2:30 pm**

Instructor: Mary Johnson

Course Fee: \$30.00

NEW

The Papacy and the Reformation

The presentation will cover the relationship between the papacy, the leading office in the Catholic Church, and the Reformation, from its origins to the later completion of the break between Catholicism and the various Protestant churches.

Monday, February 5

Time: 1:30-3:00 pm

Instructor: Neal Pease is professor of History at the UW-Milwaukee, specializing in modern European history. He offers courses and publishes in the fields of Polish and central European history, east European Jewish history and the history of Catholicism and the papacy.

Course Fee: CFE Member \$5.00 Guest \$8.00

iPad, iPod, iPhone Support!

Come in with your questions or concerns and we will guide you on how to use your technological gadget. We will discuss the latest apps to setting up your contacts and calendar.

4th Thursday of Each Month

Time: 6:30-8:30 pm

CFE Membership required.

Course Fee: CFE Members No Cost

TUESDAY

NEW

The White House From 1800-1909

The White House is one of the oldest continuous residences for head of state in the world. George Washington selected the site for the President's House in 1791. The cornerstone was laid in 1792 and after eight years of construction, John and Abigail Adams moved into the unfinished house in 1800. This course will look at how the White House changed as the country transitioned through the Presidencies of the 19th and early 20th centuries finishing with the pandemonium of the Theodore Roosevelt presidency.

Tuesdays, 10:00-10:50 am

Instructor: Barb Schacht

Course Fee: \$30.00

Open Art Studio For Beginners & Experienced Art Students

Self-guided art adventure, participants are welcome to bring in art projects and paint, draw, sketch with their peers. Open studio time allows participants to gather and share ideas with others artists.

Tuesdays, 10:00-11:50 am

Course Fee: No Cost CFE Members

NEW

God is in the Details: Architect's Form of Art

A look at architectural detailing and their origins and meaning. Many of the details will be taken from local Milwaukee buildings to keep the class material relevant.

Tuesday, January 16 & 23

Time: 11:00-11:50 am

Presenter: Keith Schultz

Course Fee: \$10.00

NEW

History of Modern Europe The study of modern European history makes good sense. Regardless of our place of origin---or that of our ancestors---we are all part European in our social behavior and our thought patterns. Many of the ideals, institutions and problems that comprise our contemporary life were initially generated in Europe. Capitalism and communism, the stock market and the morning newspaper, soccer and golf,

TUESDAY

History of Modern Europe, continued

the department store and the two world wars---all were products of modern Europe. To know something of Europe's history during the last two hundred years is, therefore, to know something of our world today. This course will examine some of the major topics of European history that have most shaped and influenced Europe and the world. **Topics:** The World Wars, Hitler & the Holocaust, The Cold War & The European Union **Tuesdays, Jan. 30, Feb. 6, 13, 20**

Time: 11:00-12:20 am

Instructor: John Horgan, Concordia University

Course Fee: \$32.00

Laughter Yoga Have fun learning laughter exercises which increase mood, immune system functioning, build emotional intelligence and reduce pain. No sense of humor, yoga mat, fancy tennis shoes or mobility are required for this one time introductory session. **Tuesday, January 23**

Time: 11:00-11:50 am

Facilitator: Liz Pollock, Life Coach

Course Fee: \$5.00

Legacy Letters: *The Voice of the Heart*

A Legacy Letter is a heartfelt expression of what truly matters most in your life and is a way to share your values, life's lessons, and dreams for the future with your family and friends. The tradition of Legacy Letters is found in both the Hebrew Bible and the Christian Bible (Genesis Ch. 49, John Ch. 15-18) and in other cultures. Come and learn about Legacy Letters and how you can write such a letter to the cherished people in your life.

Tuesdays, February 6 & 13

Time: 11:00-11:50 am

Instructor: Mary Johnson

Course Fee: CFE Member: \$10.00 Guest: \$15.00

Senior Sage Movies at CFE

All movies Show from 1:00-3:00 pm

Course Fee: Donations Welcome

First They Killed My Father-Tuesday, Jan. 16

Loung Ung is 5 years old when the Khmer Rouge assumes power over Cambodia in 1975. They soon begin a four-year reign of terror and genocide in which nearly 2 million Cambodians die. Forced from her family's home in Phnom Penh, Ung is trained as a child soldier while her six siblings are sent to labor camps. Directed by Angeline Jolie.

Senior Sage Movies at CFE

All movies Show from 1:00-3:00 pm

A Royal Affair-Tuesday, January 23

A 2012 historical drama film the story is set in the 18th century, at the court of the mentally ill King Christian VII of Denmark, and focuses on the romance between his wife, Caroline Matilda of Great Britain, and the royal physician Johann Friedrich Struensee. The film was nominated for the Academy Award for Best Foreign Language Film at the 85th Academy Awards. R

The Shack-Tuesday, January 30

A grieving man named Mack receives a mysterious, personal invitation to meet with God at a place called "The Shack." After the abduction and presumed death of Mack's youngest daughter, Missy, he receives a letter asking him to return to The Shack where Missy was murdered. After contemplating it, he leaves his home to go to The Shack and has an encounter that will change his life forever. PG-13

The Book of Henry-Tuesday, February 6

Sometimes things are not always what they seem, especially in the small suburban town where the Carpenter family lives. Single suburban mother Susan Carpenter works as a waitress at a diner, alongside feisty family friend Sheila. Her younger son Peter is a playful 8-year-old. Taking care of everyone and everything in his own unique way is Susan's older son Henry, age 11. Protector to his adoring younger brother and tireless supporter of his often self-doubting mother-and, through investments, of the family as a whole-Henry blazes through the days like a comet. Susan discovers that the family next door, which includes Henry's kind classmate Christina, has a dangerous secret-and that Henry has devised a surprising plan to help. PG-13

Dunkirk- Tuesday, February 13

In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated. PG-13

WEDNESDAY

Senior Sage Movies at CFE, Continued

All movies Show from 1:00-3:00 pm

His Neighbor Phil-Tuesday, February 27

This film about hope, love, devotion and Alzheimer's Disease, is the story of Harvey, and his wife, Mary, who has early onset Alzheimer's Disease. While it deals honestly with the realities of the disease, it focuses most of its attention on the tireless work of family caregivers. We hope viewing this film will spark conversations and encourage us to explore new ways and resources to make a positive difference in the lives of all those touched by Alzheimer's Disease. Presented by Synergy HomeCare. Please join them after the movie to share your thoughts and reactions.

WEDNESDAY

NEW

Wednesday Morning Mahjong

The morning's session of Mahjong playing is open to those who know how to play the game of skill, strategy and calculation. Space is limited to 8 players (more if players have their own game). Game players must be members of the Center for Enrichment (see page 2) and register in advance. Sessions will run for six weeks coinciding with Center for Enrichment terms. Players are committing to all six weeks when registering.

Wednesdays, 9:00-11:00 am

Player Fee: \$12.00

Beginning Yoga Learn yoga positions and relaxation techniques through prescribed postures and controlled breathing. Bring a towel or floor mat to class and wear comfortable clothing. Chairs are also provided. **Wednesdays, 10:00-10:50 am**

Instructor: Barb Labisch

Course Fee: \$30.00

NEW

Einstein's Biggest Mistake?

Einstein was relatively young when he came out with his great theory. After some criticism, he modified it only to change it back again to the original idea. This experience caused a lasting rift in the scientific community. **Wednesday, January 17 & 24**

Time: 11:00-11:50 am

Instructor: Mike Grimmer

Course Fee: \$10.00

NEW

Congress On Drugs?

In 2016 a law sailed through Congress. The effect of this law, apparently unknown to Congress, was to make it easier for drug companies to flood painkillers into a country that was in an opioid crisis. In the past, the DEA was able to stop these type of drug shipments to suspicious 'pharmacies' and prosecute unscrupulous distributors. Example: A pharmacy in a small town of 700 people received 2 million opioid pills in one year! The bill had been opposed by the DEA and embraced by companies in the drug industry. The key sponsor of this law, Tom Marino, was nominated by Trump as the next federal drug czar. **Wednesday, February 14**

Time: 10:30-11:45 am

Facilitator: Mike Grimmer

Course Fee: CFE Member: \$3.00 Guest: \$5.00

Intermediate Yoga Yoga is an exercise that can help increase flexibility, balance and coordination. It also can balance body, mind and spirit.

Continuing yoga students will review basic yoga positions. New poses and breathing techniques will be introduced. Bring a towel or floor mat to class and wear comfortable clothing.

Wednesdays, 11:00-11:50 am

Instructor: Mary Hanneken

Course Fee: \$30.00

NEW

Cold-Case Christianity: A Homicide Detective Investigates the Claims of the

Gospels A riveting journey through Christianity using the analytical lenses of a former atheist and L.A. County homicide detective! Christianity, with all of its claims could easily be described as a "cold-case"; a case for which insufficient hard evidence exists to make any sound conclusions about its truth claims. However, in *Cold-Case Christianity*, J. Warner Wallace uses his nationally acclaimed skills as a homicide detective to look at the evidence and eyewitnesses behind Christian beliefs. Along the way, he uses analogy and anecdotes to examine the powerful evidence that validates the claims of Christianity. *Cold-Case Christianity* is a unique apologetic that speaks to readers' intense interest in detective stories, and inspires faith. Interactive course **Wednesdays, 11:00-11:50 am**

Instructor: Liz Pollock

Course Fee: \$30.00

WEDNESDAY

NEW

Civil War Stories, Part 1

Exciting stories from the American Civil War related by an expert storyteller and veteran police officer from Milwaukee. These stories will capture your imagination and transport you to a time when the flags of idealism, patriotism and selflessness flew high.

Wednesday, February 7- None but the Brave
Wednesday, February 14 -Damn The Torpedos
Wednesday, February 21-In Peace as in War
Time: 1:00-3:00 pm
Instructor: James Heinze **Course Fee:** \$30.00

Adventures in Art

Self-led by the participant, who will share ideas, projects and experiences while encouraging meaningful, friendly critiques. For those who are interested in exploring many different aspects of using various media from watercolor, pen and ink, Yupo paper, etc. to create works of art. Bring: sketchbook, watercolors, brushes.

Wednesdays, 1:00-2:30 pm
Course Fee: Free to CFE Members

NEW

Food Fight: Your Role in Combating Food & Drug Interactions

Nutritious foods and RX medications...Seems like a match made in healthful heaven, right? Well, some things just don't go together. Food and drink can affect how much of a medication gets absorbed into the body and how fast it gets metabolized. These interactions can render a RX drug ineffective or increase the risk of experiencing dangerous side effects. **Wed., Feb. 7 Time: 11:00-11:50 am**
Instructor: Claire Sedushak, Pharmacist
Course Fee: Free to CFE Members

NEW

Organizing and Decluttering?

Are you parking your car outside because your garage is full of other stuff? Are you wasting time and money looking for or buying things you know you have but can't find? If so, then join us today to receive a few helpful tips and guidelines on how to get the "project" started or where you can go for assistance if the project is too big. **Wed., Feb. 7 Time: 1:00-1:50 pm**
Instructor: Susan Perry, Today's LifeStyle Solutions, LLC
Course Fee: Free to CFE Members

WATER EXERCISE CLASSES

Water fitness classes are a fun and enjoyable way to get a great daily workout. The water is a truly unique environment, and has the potential to dramatically improve your exercise regimen. Water's natural buoyancy allows participants to exercise with very little impact on the joints and spine. It's a safe, efficient workout in a dynamic social environment. Each class is targeted for a different fitness level. Participants are encouraged to work at their own pace. No swimming skills are required for these shallow water workouts. Please bring your own towel, swimsuit and lock. **Water Shoes** are strongly recommended. Warm Water Pool-88.

To participate in Water Fitness Classes, one must be a current Clement Manor Center for Enrichment and take at least \$20.00 worth of Lifelong Learning classes along with each water class (*Chair Flex and Stretch* excluded).

Center for Enrichment member coupons cannot be applied to water exercise classes.

All Water Fitness Classes led by Laura Haass, *A.E.A Certified.*

AQUATIC PLUS *Low Intensity* The benefits for water exercise are undeniable. This low level, non-aerobic workout is safe and fun without impact to the joints. These classes use resistance tools that include buoyant water weights and noodles. Even people who suffer from arthritis may want to give these classes a try. **Mondays Time: 1:00-2:00 pm**
Wednesdays Time: Noon-1:00 pm
Course Fee: \$25.00

WATER FITNESS *Moderate Intensity* Make some waves and feel more invigorated than ever before. This is the perfect environment to stretch your aching muscles and flex your joints. Geared to making you more fit without stressing your body. **Mondays Time: Noon-1:00 pm**
Course Fee: \$25.00

WET AND SWEAT *Moderate-to-Active Intensity* Designed for the active adult. A complete fitness program incorporating activities that will increase your strength, flexibility and cardiovascular endurance while toning your body. **Wednesdays Time: 1:00-2:00 pm or Time: 2:00-3:00 pm**
Course Fee: \$25.00

**MARK YOUR CALENDARS! A FEW NEW & UPCOMING
CENTER FOR ENRICHMENT LIFELONG LEARNING CLASSES**

TERM 2

Mondays

The Roman Family

10:00-10:50 am

Instructor: Sheena Finnigan, Wisconsin Lutheran
College

Story of the English Language

1:00-3:00 pm

Instructor: Ralph Bielenberg

Tuesdays

The White House From 1909-2017

Instructor: Barb Schacht

10:00-10:50 am

TERM 3

Tuesdays

Ancient History's Unsolved Mysteries

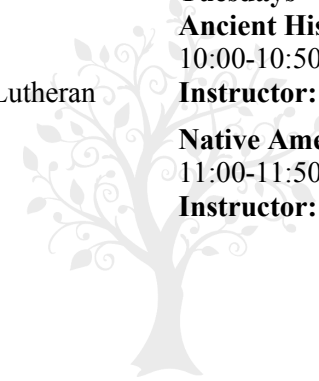
10:00-10:50 am

Instructor: Jennifer Finn, Marquette University

Native American History, 1491-1800

11:00-11:50 am

Instructor: Bryan Rindfleisch, Marquette University



CFE MEMBER TRIPS

CHICAGO FLOWER & GARDEN SHOW, NAVY PIER, DAYTRIP

Thursday, March 15, 2018 8:00 am-5:30 pm

PROMPT DEPARTURE: 8:30 am CENTER FOR ENRICHMENT (94th & Howard) GREENFIELD.

Return: 5:00 pm

Flowers are a sure cure for the winter doldrums. Walking into Festival Hall is like walking into spring! The 2018 Flower & Garden Show will “wow” you with life-sized gardens, how-to workshops and instructional seminars. This year’s theme, Flowertales, expresses the tales that every flower has to tell, interpreting the unique role flowers, plants and gardens play in the stories of our lives and literature. You will have reason to enjoy your own garden whether it is on a windowsill, a container on your deck, or in your own backyard.

Located in Festival Hall in Navy Pier on Lake Michigan, you will have time to choose from a variety of dining options Navy Pier has to offer from burgers and shrimp to deep dish pizza to fine dining restaurants.

Cost: \$69 per person includes private motorcoach transportation and admission into Festival Hall.

No cancellations after March 1st unless substitute is found. Organized and hosted by Charlene & Oswald Lettrari, Sunflower Journeys.