

CLEMENT MANOR CENTER FOR ENRICHMENT

Classes for Lifelong Personal Growth

Term 1 January 14 - February 20, 2019

Term 2 March 4 - April 10, 2019

Term 3 April 22 - May 29, 2019

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

In-person Registration - Beginning
Monday, January 7, 2019

Upcoming Terms

Term 4 June 10- July 31, 2019

Term 5 September 9- October 16, 2019

Term 6 October 28 - December 11, 2019

**Clement
Manor**
CENTER FOR ENRICHMENT

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

SPONSORED BY SCHOOL SISTERS OF ST. FRANCIS

Clement Manor Center for Enrichment Course Supplement Winter/Spring 2019

War in the Old Northwest

In 1609, Samuel de Champlain fired the first shot by a European in an Indian war. Over the next 200 years, in the lands bordering the lower Great Lakes, there was a new war about every 10 years. Some are familiar, such as the French and Indian War. Others, such as Fr. Rale's War and the Peach Tree War, may be less so. Some were small localized wars and others part of a world war. Come and learn about an interesting, but little known, era of US history.

Wednesday, March 6-April 10

Time: 10:00-10:50 am

Presenter: Don Valentino

Course Fee: \$30.00

Lyft-A Ride When You Need One

Lyft is your friend with a car, whenever you need one (UBER is another). Come learn how this ridesharing operation works from how the drivers are selected to what is required of them as well as how to arrange for transportation. This is your opportunity to bring your questions to a Lyft Driver about this rideshare program. **Wednesday, March 27**

Presenter: Jim Stephans

Time: 1:00-1:50 pm

Course Fee: Free to CFE Members

A Travel Log: Croatia, Montenegro & Slovenia

Learn and see these Balkan countries which are surrounded by rugged mountains and homes to many medieval villages and glorious beaches. Join us as we explore history, culture, fabulous scenery and food. **Tuesday, April 2**

Time: 1:00-2:15 pm

Presenter: Peter Lee & Karen Levy

Course Fee: \$6.00

Bridging Divides through Facilitated Dialogue

How do we build bridges in a polarized and divided society? How do we have difficult conversations while avoiding toxic communication? Based on her research in genocide and work as Executive Director of the Zeidler Center for Public Discussion, Dr. Wilson's lecture will focus on how our traditional ways of building strong communities actually can replicate the stages of genocide and establish the grounds for violence and even mass atrocity. As an alternative, she will discuss tools used by the Zeidler Center to foster civil dialogue leading to deep listening, fostering trust and bridging communities in the midst of polarizing issues. The presentation will propose a radical rethinking of the way we form communities – one which fosters an openness to internal differences among members, where difference is both expected and honored, instead of at best tolerated.

Wednesday, April 10

Time: 1:00-2:15 pm

Presenter: Katherine Wilson, PhD Executive Director, Zeidler Center

Course Fee: CFE Member \$6.00 Guest \$8.00

CLEMENT MANOR CENTER FOR ENRICHMENT MEMBERSHIP PROGRAM

Resolve to Live Well - Every Day. Learn, Live & Stay Healthy!

Membership is required in order to take Lifelong Learning classes. Sign up for your Membership today, single membership \$25.00 and couples/or two people living at the same address \$35. Membership is good for a full year. Use form on page 18 or 19. **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 & referral services & notary service
- ✓ Discount in the Clement Manor Gift Shop
- ✓ Membership Newsletter

REGISTRATION INFORMATION

MAIL-IN - Your Registration today! Check, Visa/Mastercard accepted. Registration 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 - Monday, Jan. 7. 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.

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.

The 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 & women age 50 plus. Throughout the year people gather each week to expand their knowledge and to remain physical and socially active.

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Course Offerings All classes are 6 weeks unless otherwise noted in course description. Numbers in parentheses indicate term.

ART, MUSIC, THEATRE

CLEFS-Concert Listening Enrichment
for Students (1)
Jazz History and Appreciation (2)
Basic Piano, Part 1 (3)
Basic Piano, Part 2 (3)
Open Art Studio (1, 2, 3)
Instructional Art (1, 2, 3)
Adventures in Art Studio (1, 2, 3)

HEALTH, FITNESS, WELLNESS

A Breath of Energy: Beginning (1, 2, 3)
A Breath of Energy: Intermediate (1, 2, 3)
A Breath of Energy: Advanced (1, 2, 3)
Chair Flex and Stretch (1, 2, 3)
ZUMBA Gold (1, 2, 3)
Intermediate Yoga (1, 2, 3)
Beginning Yoga (1,2, 3)
Prevent Stress From Affecting Your Health (1)
Is it Too Late to Become More Assertive? (1)
Savor the Flavors of the Mediterranean Diet (1)
Basic First Aid (1)
Freedom From Depression (2)
Quick & Healthy Meals (2)
Maintain Your Strength, Maintain Your Balance (2)
The New Stress Management (2)
Walking in the Woods (3)
Healthy & Energizing Snacks (3)
Preventing Type II Diabetes (3)

HISTORY

History of Food (1)
Wisconsin Indian Nations (1, 2)
The Milwaukee Police Bombing (1)
The Rise & Fall of the Roman Empire (3)
Early American History, 1500-1763 (3)

LITERATURE/WRITING

Pride & Prejudice (2)

SCIENCE

The World's Greatest Geological Wonders (2, 3)
The Wonderful World of Plants (2)
Microbes Around Us (2)

SOCIAL STUDIES

Extraordinary Women (1, 2)
Is A Parliamentary Form of Government Better? (3)

SPIRITUAL

My Spiritual Journey (3)

WATER FITNESS

Aquatic Plus
Wet & Sweat
Water Fitness

OTHER

Hi it's Me, I have ADAH (1)
Easy Sudoku (1)
Bridge for Beginners (1)
Wednesday Morning Mahjong (1, 2, 3)
Intermediate Crochet (1)
The Disappearing Monarch Butterfly (1)
Senior Scams & The BBB (1)
Milwaukee's Downtown Renaissance (1)
HEAR Wisconsin (1)
A Travel Log: Russia, Estonia & Finland (1)
Charlie Sykes: How the Right Lost its Mind (2)
Marijuana: Too Legalize or Not (2)

GROUPS

Book Club-First Tuesday of Every Month at Noon
Club Loomineers-First Wednesday
Tuesday's Bridge Club Meets at 9:00 am

COMMUNITY EVENTS

KEYNOTE SERIES

Wicked Milwaukee
Presented by Yance Marti
Thursday, February 21
1:30-3:00 pm



The Cream city of yesteryear was a dingy haven for scofflaws and villains. Red-light districts peppered downtown's landscape, but none had the enduring allure of River Street, where Kitty Williams and Mary Kingley operated high-class brothels. Local Historian, founder of OldMilwaukee.net and book Author, Yance Marti, will look at the disadvantaged people of yesteryear in his book *Wicked Milwaukee* and how they were marginalized by the cultural, racial, political, and gender norms of the times.

Laura Ingalls Wilder
Presented by Jessica Michna
Thursday, March 21
1:30--3:00 pm



Generations of children and adults worldwide have been fascinated by the stories of Laura Ingalls Wilder. Her "Little House" series was the basis for a successful television series. But how did her life really evolve? What motivated her to put her experiences to paper? In this First Impressions presentation by Jessica Michna you will meet Mrs. Wilder, older, wiser and reflecting back on her life. She will tell you her life story and how she came to produce her literary works.

How Prohibition Played out in Wisconsin
Presented by Jerry Janiszewski
Thursday, April 25
1:30-3:00 pm



January, 2019 marks the 100th anniversary of the ratification of the 18th Amendment which outlawed the use of alcohol throughout the United States. Jerry will lead an interesting presentation on what led up to it, as well as the driving forces to enforce it, and review how it played out in the state of Wisconsin. He'll also discuss what the breweries did to survive during that stretch. Jerry Janiszewski is the Vice President of The National Brewery Museum Foundation located in Potosi and a member of the North American Guild of Beer Writers.

The Rest of the Story
Presented by John Horgan
Thursday, May 30
1:30-3:00 pm



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. John Horgan is returning with different photos from his presentation on the 1,000 Words.

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

The Clement Manor Rainbow Room dining room serves lunch from 11:30 am–1:00 pm; guests are welcome to dine before the presentation. Cost for lunch based on purchase.

Please note at time of registration if you plan on doing so.

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 8, *Trickster's Point* by William Kent Krueger

Tuesday, February 5, *The Life She Was Given* by Ellen Marie Wiseman

Tuesday, March 5, *The Bartender's Tale* by Ivan Doig

Tuesday, April 2, *The Address* by Fiona Davis

Tuesday, May 7, *Small Great Things* by Jodi Picoult

Tuesday, June 4, *Bear Town* by Fredric Backman



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 21

A Beautiful Place to Die - J W Jackson - Martha's Vineyard - Philip R Craig

The Vineyard is vacation for the rich, the movie stars, and thousands of tourists; it's home to a small year round population, including some very unusual people.

Monday, February 18

A Cold Day for Murder - Kate (Katya) Shugak - Dana Stabenow

Denali has the campers and publicity, but "Bush Alaska": thousands of acres of wilderness near the coast -- fly-in, or hike and boat in -- has intrigue, grumpy grizzlies, native population, as well as the presence of Outsiders. Kate's part Aleut, part Russian, and part a lot of other things, including tough. Mutt, Kate's half wolf/half dog sidekick, is going to make sure that Kate's "other things" include staying alive.

Monday, March 18

The Darling Dahlias and the Cucumber Tree - Susan Wittig Albert

Alabama /The Great Depression and making sure the garden club is not a victim of a slumped Economy.

Monday, April 15

A Hard Ticket Home - David Housewright

How does a Minneapolis cop legally "win the lottery" of stolen money...and what happens next?



TUESDAYS BRIDGE GROUP

Group meets to play every
Tuesday at 9:00 am

WRITE-ON: A WEEKLY WRITER'S GROUP

EVERY Wednesday 1:00-2:30 pm

This is a free writing group of beginning writers and more experienced writers. Writing is often seen as a solitary pursuit, but a growing number of people are exploring and experiencing the benefits of writing together. Sometimes in a group we'll do character development, and after about half an hour we'll all take a break to look at these amazing characters that have walked into the room with us. That's part of the energy that writing in a group gives you. Perhaps you want to write down your memories for your children, grandchildren or friends. Perhaps you want to write great poetry. It is possible to become an accomplished writer. Let us help you focus and grow in the type of writing you like.

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.

TERM 1 JANUARY 14 - FEBRUARY 20, 2019

NEW **Hi it's Me, I have ADHD –**

Looking Beyond the Diagnosis

Come join author, educator and speaker, Katelyn Mabry, as she shares her knowledge of and experience with ADHD. She will share how to look beyond the diagnosis to understand the gifts and strengths beneath the struggles. During this interactive event, parents, grandparents, peers, will be encouraged to come explore the mind of a child with ADHD. Katelyn will help you understand ways you can come alongside to help foster a growth mindset and develop strategies that meet the needs of the individual child. Katelyn's book *Hi It's Me, I have ADHD* will be available for purchase.

Monday, January, 14

Time: 9:30-10:30 am

Presenter: Katelyn Mabry

Course Fee: CFE Member \$6.00 Guest \$8.00

Prevent Stress From Affecting Your Health, Life and Productivity

Is your life plagued by stress, anxiety and overwhelming sadness? Stress is now the #1 health hazard in the US. Learn how stress affects you physiologically, physically, emotionally and behaviorally. Receive simple, yet powerful techniques to quickly ease your mental and emotional distress in no more than 30-60 seconds.

Monday, January 14

Time: Noon-1:00 pm

Presenter: Dr. Tony Piparo, Speaker, coach and award-winning researcher.

Course Fee: CFE Member \$6.00 Guest \$8.00

A Breath of Energy: T'ai Chi Ch'uan-For Intermediate & Advanced Students

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 Long form will be taught. *Open to those who have had a minimum of twelve weeks of intermediate level instruction.*

6 Mondays, January 21-February 25

Time: 10:00-10:50 am

Instructor: Deb Solis

Course Fee: \$30.00

NEW **Easy Sudoku**

Solving Sudoku puzzles requires

concentration, analysis, and dogged determination. You don't need math skills; just be able to count from 1 to 9. We'll learn a few techniques and solve just one "easy" puzzle per class, such as Monday's or Tuesday's entries in Milwaukee Journal Sentinel. The hardest part is describing the process, and we'll need to be patient with this. Watch for some improvement in our speech and communication. Techniques learned here should allow you to progress much further on your own.

6 Mondays, January 14-February 20

Time: 10:00-10:50 am

Instructor: Dave O'Brien

Course Fee: \$12.00

A Breath of Energy:

T'ai Chi Ch'uan-Basic An ancient Chinese health exercise. 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, Giong exercises and part of the new Chen form will be taught. **6 Mondays, January 21-February 25**

Time: 11:00-11:50 am

Instructor: Deb Solis

Course Fee: \$30.00

Bridge For Beginners Learn how to play a game that has hooked millions. The learning process is easier and perhaps a little more fun if you are a part of group. Learn how to play a hand and how to bid plus so much more! Also for bridge players who have never taken lessons!

4 Mondays, January 14, 21, 28, Feb. 4

Time: 10:00-11:15 am

Instructor: Mike Grimmer

Course Fee: \$24.00

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.

Chair Flex, continued

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.*

6 Mondays, January 14-February 20


Time: 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.

NEW History of Food, Part II Food has always played a variety of complex roles in human societies. Food conveyed what was unique to specific cultures: As one nineteenth-century French food pontiff rightly claimed, "Tell me what you eat, and I will tell you who you are." The introduction of new foods produced extraordinary changes in culture, economy, and demography. Cultures of consumption could shape population movements, declines, or increases. They could also shape identity and express cultural values. This short course will examine some of the cultural components of food: food taboos, coffeehouses, the supermarket and food & religion. **Monday, Jan. 14, Tues., Jan. 15, Wed., Jan. 16 Thur., Jan. 17**
Time: 1:00-2:30 pm
Presenter: John Horgan
Course Fee: \$25.00

 **Zumba Gold** Zumba fuses hypnotic musical rhythms and movements to create a dynamic workout system designed to be FUN! Enjoy salsa, merengue, belly dance, flamenco and MORE! This class is designed for beginners 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.

6 Mondays, January 14-February 20

Time: 1:15-1:55 pm

Time: 2:05-2:50 pm

Instructor: Barb Labisch

Course Fee: \$22.50

Instructional Art Using the natural world as a beginning, this class will cover watercolor painting for the individual's creative expression. We will discuss styles, techniques, color palettes and more to help students discover their own path & creative meaning. All levels welcome.

6 Tuesdays, January 15-February 19

Time: 9:30-11:30 am

Instructor: Nancy Lohmiller

Course Fee: \$30.00

Open Art Studio For 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 other artists.

6 Tues., Jan. 15-Feb. 19 Time: 9:30-11:30 am

Course Fee: No Cost to CFE Members

NEW Wisconsin Indian Nations I In this course we will begin by examining the Indian Tribes that have been part of our Wisconsin History. We will then look in greater depth at two of the eleven federally recognized Indian Nations that reside in Wisconsin. We will look at their past, present and hopes for the future. The current Indian Nations that we will concentrate on will be the Menominee and the Ho-Chunk.

6 Tuesdays, January 15-February 19

Time: 10:00-10:50 am

Presenter: Barb Schacht

Course Fee: \$30.00

NEW Extraordinary Women Over these past few months television has presented a number of one hour programs celebrating the positive lives of women in many roles, proving that all are indeed a blessed sex. With the newly established "Me Too" movement firmly in vogue, this class will revisit this series of programs entitled **Extraordinary Women** - men are invited to join the class as well. The first group of women included are: Vivien Leigh, Josephine Baker, Audrey Hepburn, Amelia Earhart, Dr. Ruth Westheimer, and Martha Gellhorn. I promise that you will hear and see they have more to offer than you think. There are movies that go along with these programs and we can explore each in Term 2. **6 Tuesdays, January 15-February 19**
Time: 11:00 am-12:15 pm
Presenter: Jeff Shabman
Course Fee: \$30.00

NEW Ageless Soul: The Lifelong Journey Toward Meaning & Joy

This book by Thomas Moore teaches readers how to embrace the richness of experience and how to take life on, accept invitations to new vitality and feel fulfilled as they get older. His insights, (Aging is an activity) and his many ways of looking at our lives as we grow older will inspire and give students tools to use in our personal lives. Please purchase the book and have read the introduction and first chapter read by the first class.

Wednesdays, Jan. 16-Feb. 20

Time: 1:00-1:50 pm

Presenter: Sr. Arlene Einwalter

Course Fee: \$30.00

Beginning Yoga (Chair & Floor

Accommodating) Yoga is an exercise that can help increase flexibility, balance and coordination. It also can balance body, mind and spirit. Learn yoga positions and relaxation techniques through prescribed postures and controlled breathing. Bring a towel or floor mat to class and wear comfortable clothing. **6 Wednesdays, Jan. 16-Feb. 20**

Time: 10:00-10:50 am

Instructor: Barb Labisch

Course Fee: \$30.00

NEW Intermediate Crochet Students will continue their learning adventure working with colors, making a cap as well as a child-size sweater (to learn shaping a garment) as well as making some flower patterns and decorative stitches. Knowledge of basic stitches required. Please bring 2 (or more) colors of yarn and crochet hook. **6 Wednesdays, January 16-February 20**

Time: 10:00-11:30 am

Instructor: Sister Frances Wagner

Course Fee: \$30.00

Intermediate Yoga Yoga students will expand on lessons taught in the basic yoga class with new poses and breathing techniques introduced. Bring towel or floor mat to class and wear comfortable clothing. **6 Wednesdays, January 16-February 20**

Time: 11:00-11:50 am

Instructor: Mary Hanneken

Course Fee: \$30.00

Adventures in Art, For Advanced Artists

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.

6 Wednesdays, January 16-February 20

Time: 1:00-2:30 pm

Course Fee: Free to CFE Members

NEW The Disappearing Monarch

Butterfly Millions of these butterflies

used to roam our country. Today their population has declined by about 90% as they now winter on just 5 acres in Mexico. The decline of monarchs is not a good sign for our environment, but there is hope! **Wednesday, January 23**

Time: 10:00-11:00 am

Presenter: Mike Grimmer

Course Fee: \$6.00

NEW Senior Scams & The Better Business Bureau

Jim Temmer, President/CEO of Better Business Bureau (BBB) Serving Wisconsin will give a presentation on common scams that target seniors, lottery/sweepstakes, door-to-door, impostors, employment, investment, utility, romance, on-line shopping and charity scams. You'll learn about the warning signs of each scam and what to do when you encounter one. Jim will also give a brief overview of BBB and all of its services that are available to you as a consumer. **Wednesday, January 23**

Time: 1:00-2:00 pm

Presenter: Jim Temmer

Course Fee: FREE

NEW The 1917 Milwaukee Police Bombing: A Story One Hundred Years Old That Is Ripped From Today's

Headlines. An act of terrorism committed by foreign nationals in the cause of a transnational radical ideology that sought to destroy the existing social order. The perpetrators were never caught but are suspected to be an anarchist terrorist cell operating in the United States in the early 20th century. The target was initially an evangelical church in the third ward and killed the police members and one civilian when the bomb was brought to the police station by a concerned member of the public. The bombing remained the most fatal single event in national law enforcement history for over 80 years until the 9-11 attacks

The story involves the Kennedy family, Franklin and Eleanor Roosevelt, Benito Mussolini, Sacco and Vanzetti, Clarence Darrow, Steven Avery, Donald Trump, the first commissioner of baseball, the rise

The 1917 Milwaukee Police Bombing, continued of J. Edgar Hoover, the birth of the ACLU and the Communist Party and a movie made in Milwaukee.

Monday, January 28

Time: 11:00 am–Noon

Presenter: James Heinz

Course Fee: \$6.00

NEW Milwaukee's Downtown

Renaissance Milwaukee is no longer a city with "an expanse of wide, windy, forlorn avenues," it's a city that has seen tremendous growth over the last couple of years. From the new Milwaukee Bucks arena, the NML tower, numerous residential projects, riverfront development and the HOP there are many reasons to head downtown. What's next for America's Fresh Coast? Come learn about downtown development and new major businesses coming to greater downtown. **Monday, January 28**

Time: 2:00-3:00 pm

Presenter: Vanessa Kolster

Course Fee: \$6.00 Guest \$8.00

NEW HEAR Wisconsin Learn the latest in assistive technology plus all of the additional

services provided to people with all types of hearing loss. Laurie Flores from HEAR Wisconsin will help you learn about amplified and captioned phones, signaling devices to alert you when the phone and doorbell ring, telephone accessories and even iPhones and iPads covered on a voucher program. Not familiar with the TEPP voucher program? Laurie will explain how this voucher program can be used to purchase these assistive devices. Come and see some of the equipment that will be on display during the presentation.

Wednesday, January 30

Time: 1:00-2:00 pm

Presenter: Laurie Flores

Course Fee: FREE

NEW Concert Listening Enrichment For Students

Join the Sigma Alpha Iota women as we learn about composer Gaetano Donizetti and his opera "*La Fille du Regiment*" and prepare to attend the Metropolitan Opera Live in HD performance on Saturday, March 2 (Marcus-Majestic). This production is particularly fun and the music and singing promises to be delightful.

4 Tuesdays, Feb. 5, 12, 19, 26

Time: 11:00-11:50 am Presenters: Martha Stoner, Suzanne Freshley, Robin Engl

Course Fee: \$20.00

NEW A Travel Log: Russia, Estonia & Finland

Join us as John returns to share with us his pictures and stories of his latest trip where he visited the imperial capital of Russia's port city, the Silicon Valley of Europe, and the world's northernmost metro area and third largest city in the Nordic countries. **Tuesday, February 5**

Time: 1:00-2:15 pm

Presenter: John Boczovich

Course Fee: \$6.00

NEW Is It Too Late To Become More Assertive?

Many if not most people frequently put up with situations that try our patience. The goal is to be neither passive nor aggressive. Assertiveness is the middle ground. All benefit when used properly. We will look at strategies and phrases that can help us better assert ourselves when needed. Sometimes we say yes when we'd rather say no. I have some ideas but we will also share and brainstorm more.

3 Wednesdays, February 6, 13, 20

Time: 12:30-1:20 pm

Presenter: Mike Grimmer

Course Fee: \$15.00

NEW Savor the Flavors of the Mediterranean Diet

—which has been hailed as one of the healthiest ways of eating in the world. Extensive research shows it can help promote good health and longevity. A registered dietitian will discuss the foods that make up the diet, explain the health benefits and provide tips for creating a Mediterranean kitchen in your own home. Learn how to incorporate the Mediterranean diet into your daily eating habits—from eating nuts to drinking a glass of wine to just spicing it up!

Tuesday, February 12 Time: 1:00-2:00 pm

Presenter: Heather Klug, Registered Dietitian, Karen Yontz Cardiac Awareness Center & Aurora Health Care **Course Fee:** FREE

NEW Basic First Aid – Knowledge & Techniques

Would you know how to respond to an emergency? Do you know the simple rules to control bleeding? Would you be able to recognize if someone was having a stroke or seizure and what your response should be for both? If you answered no to any of these questions you should join us today! **Tuesday, February 19**

Time: 2:00-3:00 pm Presenter: Kristen Nitka, RN, Clinical Nurse Educator, Aurora Health Care **Course Fee:** FREE

TERM 2 MARCH 4 - APRIL 10, 2019

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 being performed in a calm and peaceful manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Gigong exercises and part of the new Chen form will be taught. Open to those who have had a minimum of twelve weeks of basic level of instruction. **6 Mondays, March 4-April 8**

Time: 9:00-9:50 am

Instructor: Deb Solis

Course Fee: \$30.00

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

Advanced Form This class expands on lessons taught in the intermediate course with quiet, supple movements involving the entire body being performed in a calm and peaceful manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Gigong 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 of instruction.

6 Mondays, March 4-April 8

Time: 10:00-10:50 am

Instructor: Deb Solis

Course Fee: \$30.00

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

Basic An ancient Chinese health exercise. 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, Gigong exercises and part of the new Chen form will be taught. Max. 20.

6 Mondays, March 4-April 8

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.*

6 Mondays, March 4-April 8

Time: 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

Zumba fuses hypnotic musical rhythms and movements to create a dynamic workout system designed to be FUN! Enjoy salsa, merengue, belly dance, flamenco and MORE! This class is designed for beginners 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.

6 Mondays, March 4-April 8

Time: 1:15-1:55 pm

Time: 2:05-2:50 pm

Instructor: Barb Labisch

Course Fee: \$22.50

Instructional Art Using the natural world as a beginning, this class will cover watercolor painting for the individual's creative expression. We will discuss styles, techniques, color palettes and more to help students discover their own path and their creative meaning. All levels welcome.

6 Tuesdays, March 5-April 9

Time: 9:30-11:30 am

Instructor: Nancy Lohmiller

Course Fee: \$30.00

Open Art Studio For 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 other artists.

6 Tues., March 5-April 9 Time: 9:30-11:30 am
Course Fee: No Cost to CFE Members

NEW Wisconsin Indian Nations II In this course we will continue our look at the current Wisconsin Indian Nations. We will concentrate on the six Ojibwe (Chippewa) Bands, the Potawatomi, the Oneida and the Stockbridge-Munsee Community (Mohican). We will also examine the Brothertown Indian Nation. Although their Nation is not federally recognized, the Brothertown strongly identify as their own Nation. We will conclude by looking at our Urban Indians.

6 Tuesdays, March 5-April 9

Time: 10:00-10:50 am

Presenter: Barb Schacht

Course Fee: \$30.00

NEW Extraordinary Women, Part II Over these past few months television has presented a number of one hour programs celebrating the positive lives of women in many roles, proving that all are indeed a blessed sex. With the newly established "Me Too" movement firmly in vogue, this class will revisit this series of programs entitled - **Extraordinary Women** - men are invited to join the class as well. The first group of women included are: Vivien Leigh, Josephine Baker, Audrey Hepburn, Amelia Earhart, Dr. Ruth Westheimer, and Martha Gellhorn. I promise that you will hear and see they have more to offer than you think. There are movies that go along with these programs and we can explore them. We can also share our own stories in conversation about women who have brought positive enlightenment to our lives.

6 Tuesdays, March 5-April 9

Time: 11:00 am-12:15 pm

Presenter: Jeff Shabman

Course Fee: \$30.00

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.

6 Wednesdays, March 6-April 10

Time: 9:00-11:00 am

Player Fee: \$8.00

NEW Freedom From Depression: 6 Keys to Eliminating Emotional

Pain The information shared in this class helped Dr. Piparo conquer his own depression and has worked for thousands of athletes, business professionals, students and everyday people struggling with hectic, demanding, fast-paced lives to help them keep their sanity in the midst of chaos and confusion. While genetics, biology, stressful life conditions and personal problems put you at greater risk for developing depression, these factors affect everyone suffering from this disabling disease. Drawing on fresh insights into the causes of depression, Dr. Piparo gets to the heart of the problem and offers practical, simple and effective methods to reverse the effects of a runaway fight-or-flight reflex and transform Negative Programming Cycles into Positive Programming Cycles.

Wednesday, March 6

Time: 1:00-2:15 pm

Presenter: Tony Piparo, PhD

Course Fee: CFE Member \$6.00 Guest: \$8.00

Beginning Yoga (Chair & Floor

Accommodating) Yoga is an exercise that can help increase flexibility, balance and coordination. It also can balance body, mind and spirit. Learn yoga positions and relaxation techniques through prescribed postures and controlled breathing. Bring a towel or floor mat to class and wear comfortable clothing. **6 Wednesdays, March 6-April 10**

Time: 10:00-10:50 am

Instructor: Barb Labisch

Course Fee: \$30.00

Jazz History and Appreciation As a musical language of communication, jazz is the first indigenous American style to affect music in the rest of the world. Listen to historical and current jazz recordings. Learn to appreciate the tradition of jazz and expand one's listening experiences. Each term of six classes covers NEW Material.

6 Wednesdays, March 6-April 10

Time: 10:00-10:50 am

Presenter: Joseph Kmet

Course Fee: \$30.00

Intermediate Yoga Continuing yoga students will expand on lessons taught in the basic yoga class with new poses and breathing techniques introduced. Bring towel or floor mat to class and wear comfortable clothing.

6 Wednesdays, March 6-April 10

Time: 11:00-11:50 am

Instructor: Mary Hanneken

Course Fee: \$30.00

Adventures in Art, For Advanced Artists

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.

6 Wednesdays, March 6-April 10

Time: 1:00-2:30 pm

Course Fee: Free to CFE Members

NEW Charlie Sykes: How The Right Lost Its Mind

Long time Milwaukee radio host Charlie Sykes looks at how and why the Republican party has changed in his latest book. A strong critic of Donald Trump, he lost his radio audience and quit his show in 2017. He questions whether some of his own and other Republican commentators' views prepared the way for Trump. I will attempt to present this class in a neutral manner and discussion will be encouraged. All political persuasions welcome!!

3 Wednesdays, March 6, 13, 20

Time: 11:00-11:50 am

Presenter: Mike Grimmer

Course Fee: \$15.00

Pride & Prejudice We will consider Jane Austen's wonderful characters and superb satirical wit and then will watch the Garson-Olivier movie to enhance the experience. Students are expected to have read the novel before class begins and bring a copy to class. Lecture and discussion.

4 Mondays, March 11, 18, 25, April 1

Time: 1:00-3:00 pm

Presenter: Ralph Bielenberg

Course Fee: \$30.00

NEW Quick & Healthy Meals for 1 or 2

Do you find it hard to get motivated to cook a meal for just one or two people? Come to this class to learn some easy, quick and healthy tips for getting meals on the table. We will discuss meal planning tips, foods to keep on hand & food storage tips as well as easy, quick and healthy meal ideas.

Tuesday, March 12 Time: 1:00-2:00 pm

Presenter: Heather Klug, Registered Dietitian, Karen Yontz Cardiac Awareness Center & Aurora Health Care

Course Fee: FREE!

Maintain Your Strength, Maintain Your Balance-Practice the Force

Maintaining balance and strength really comes down to "use it or lose it." You can maintain it if you stay active and how we keep our balance now can protect us from what lies ahead. One in three adults over age 65 takes a serious tumble each year! Avoiding falls means a longer life. In this class you will learn simple and easy techniques to strengthen both upper and lower body...techniques easy enough to continue doing at home. Yoga techniques are incorporated into the sessions. Dress comfortably and bring a yoga mat.

4 Tuesdays, March 12, 26, Apr. 9, 23

Time: 1:00-2:00 pm

Instructor: Deb Jansky

Course Fee: \$20.00

NEW The World's Greatest Geological Wonders-A Great Course DVD

Selection This course takes you to world's geological wonders, explains the forces that have formed them, and tells you the stories that have grown up around them. Our planet remains unique in the galaxy, even after space investigations have found many hundreds of other planets around other stars. Earth is covered with a vast diversity of geological environments that have, for millennia, inspired people with their majesty, beauty and sometimes their strangeness. Yet certain places stand out above the others and epitomize the different types of amazing geologic phenomena that are found on earth. These are the geologic wonders of the world and in this lecture series, we will travel to and investigate as many as we can.

4 Tuesdays, March 12, 19, 26, April 2

Time: 1:00-2:30 pm

Facilitator: Bill Stevens

Course Fee: \$20.00

NEW The Wonderful World of Plants!

If you have a green thumb but minimal garden space and want to learn about how plants contribute to our world, why not create your own mini-world full of lush and beautiful plants by making your own terrarium? Terrariums are the perfect way to introduce plants into your home – they are easy to care for and we are available for continuous post-care to help you and your terrarium succeed! Don't miss the second class offering "Microbes Around Us!" **2 Mondays, March 25, April 1**

Time: 10:00-11:30 am

Presenter: Tzvia Springer, Concordia University

Course Fee: \$18.00

NEW The New Stress Management When you're told something that's not 100% true

for long enough, you may end up believing it. That's the story when it comes to stress management. For 50+ years we've been told that stress is bad and must be avoided. What if that's wrong? This training session will unravel the story of stress. It will help you create a plan for turning stress into something useful and actually good for you...Who would have believed that? **Monday, March 25**

Time: 2:00-3:00 pm

Presenter: Mike Rupsch, LPC, LCSW

Course Fee: FREE!

NEW Marijuana: Too Legalize or Not

Many states have decriminalized marijuana; others allow medical marijuana. We will look at the details of this and what negative and positive affects decriminalizing has had on the states that legalized it. **2 Wednesdays, April 3, 10**

Time: 11:00-11:50 am

Presenter: Mike Grimmer

Course Fee: \$10.00

NEW Microbes Around Us

Microorganisms make up a large part of the planet's living material and play a major role in maintaining the Earth's ecosystem. Join us as we explore the world of these tiny "invisible" creatures and find out where they live and how we can capture and analyze them.

2 Mondays, April 8, 15

Time: 10:00-11:30 am

Presenter: Tzvia Springer, Concordia University

Course Fee: \$18.00

*Please check our website:
www.clementmanor.com for any
additions to the Center for Enrichment
Course Catalog!*

TERM 3 APRIL 22 – MAY 29, 2019**Walking in the Woods**

Rediscover one of the pleasures of youth. Explore on foot and find features hidden in our urban woods and beyond. We car pool, then hike, walk and rest a bit, and usually get back before Noon. Week 6 will be our celebratory adventure/picnic walk. No special abilities or experience needed, just wear comfortable shoes and clothing. Course fee covers park fees and auto expenses. This is a unique experience opportunity. Don't let it pass you by. **6 Mondays, April 22-June 3** (No Class May 27) **Time: 9:15-11:50 am**

Guide: Dave O'Brien

Course Fee: \$25.00

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 being performed in a calm and peaceful manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Gigong exercises and part of

the new Chen form will be taught. Open to those who have had a minimum of twelve weeks of basic level of instruction. **6 Mondays, April 22-June 3** (No Class May 27) **Time: 9:00-9:50 am**

Instructor: Deb Solis

Course Fee: \$30.00

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

Advanced Form This class expands on lessons taught in the intermediate course with quiet, supple movements involving the entire body being performed in a calm and peaceful manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Gigong 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 of instruction.

6 Mondays, April 22-June 3 (No Class May 27)

Time: 10:00-10:50 am

Instructor: Deb Solis

Course Fee: \$30.00

TERM 3 APRIL 22 – MAY 29, 2019

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

Basic An ancient Chinese health exercise. 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, Gigong exercises and part of the new Chen form will be taught.

6 Mondays, April 22-June 3 (No Class May 27)

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.*

6 Mondays, April 22-June 3 (No Class May 27)

Time: 12:00-1:00 pm

Instructor: Vickie Strachota

Course Fee: \$20.00



Zumba Gold Zumba fuses hypnotic musical rhythms and movements to create a dynamic workout system

designed to be FUN! Enjoy salsa, merengue, belly dance, flamenco and MORE! This class is designed for beginners 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. **6 Mondays, April 22-June 3** (No Class May 27) **Time: 1:15-1:55 pm**

Time: 2:05-2:50 pm

Instructor: Barb Labisch

Course Fee: \$22.50

NEW Underwater Archeology One of the many purposes of the WI Underwater

Archeological Association is to provide access to information pertaining to underwater archeology statewide. Lijewski a member of the association will speak on his own Great Lakes scuba diving experiences specifically discussing two projects: 1. Fireboat 23 project a wreck found at the bottom of Lake Michigan in 2005; 2. the Schooner Grape Shot found off Plum Island. He also will touch briefly on a project in Texas on the French ship La Belle and the Confederate submarine –Hunley found around North Carolina. **Monday, April 22**

Time: 10:30 -11:30 am

Presenter: Bob Lijewski

Course Fee: CFE Member \$6.00 Guest: \$8.00

Instructional Art Using the natural world as a beginning, this class will cover watercolor painting for the individual's creative expression. We will discuss styles, techniques, color palettes and more to help students discover their own path & creative meaning. **6 Tuesdays, April 23-May 28**

Time: 9:30-11:30 am Instructor: Nancy Lohmiller

Course Fee: \$30.00

Open Art Studio 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 other artists. **6 Tuesdays, April 23-May 28**

Time: 9:30-11:30 am

Course Fee: No Cost to CFE Members

NEW The Rise and Fall of the Roman Empire

When the Romans inaugurated their imperial enterprise with the first emperor Augustus in 27 BC, they could hardly know that for the next 500 years they would build one of the largest territorial empires the Ancient World had ever seen. Their experiments in managing that empire and its inhabitants were adaptive and largely successful, until a multitude of problems (poor leadership, religious tensions, overexpansion, mismanagement of immigrant crises, external pressures, economic difficulties, and environmental issues) conspired to bring it to its knees. We will study the mechanisms behind the rise and fall of this great ancient empire, with special attention to its implications for our own time.

6 Tuesdays, April 23-May 28

Time: 10:00-10:50 am

Presenter: Jennifer Finn

Course Fee: \$30.00

NEW Early American History, 1500-1763

This class details the long, rich, and diverse history of European and Native American interactions in North America between first encounters and the global conflict known as the Seven Years' War (i.e. French and Indian War). Each class will be devoted to one particular group or geographical setting -- Native America, Spanish America, French America, Dutch America, and English America -- and will conclude with the epic showdown between all five of these groups during the Seven Years' War (1754-1763), which forever changed North America. **3 Tuesdays, April 23, 30, May 7**

Time: 11:00 am-12:10 pm

Presenter: Bryan Rindfleisch

Course Fee: \$21.00

NEW The World's Greatest Geological Wonders—A Great Course DVD

Selection This course takes you to world's geological wonders, explains the forces that have formed them, and tells you the stories that have grown up around them. Our planet remains unique in the galaxy, even after space investigations have found many hundreds of other planets around other stars. Earth is covered with a vast diversity of geological environments that have, for millennia, inspired people with their majesty, beauty and sometimes their strangeness. Yet certain places stand out above the others and epitomize the different types of amazing geologic phenomena that are found on earth. These are the geologic wonders of the world and in this lecture series, we will travel to and investigate as many as we can.

4 Tuesdays, April 23, 30, May 7, 14

Time: 1:00-2:30 pm

Facilitator: Bill Stevens

Course Fee: \$20.00

The Basic Piano Class, Part 2 Participants will expand on lessons learned in the part-one class and will continue to follow the book "Teach Yourself to Play Piano" as an instruction guide. From fingering, basic chords, to a little more theory, you playing simple piano pieces by the end of the session. Students must be willing to put twenty minutes a day into practice on their own.

6 Wednesdays, April 24-May 29

Time: 10:00-10:50 am

Instructor: Joseph Kmet

Course Fee: \$30.00

Beginning Yoga (Chair & Floor Accommodate)

Yoga is an exercise that can help increase flexibility, balance and coordination. It also can balance body, mind and spirit. Learn yoga positions and relaxation techniques through prescribed postures and controlled breathing. Bring a towel or floor mat to class and wear comfortable clothing.

6 Wednesdays, April 24-May 29

Time: 10:00-10:50 am

Instructor: Barb Labisch

Course Fee: \$30.00

Intermediate Yoga Continuing yoga students will expand on lessons taught in the basic yoga class with new poses and breathing techniques introduced. Bring towel or floor mat to class & wear comfortable clothing. **6 Wed., April 24-May 29**

Time: 11:00-11:50 am

Instructor: Mary Hanneken Course Fee: \$30.00

The Basic Piano Class, Part 1 Participants will learn music notation and basic music theory. The class will follow the book "Teach Yourself to Play Piano" as an instruction guide. Students should be able to play a simple song by the end of the six weeks. Any student interested in learning how to read musical notes is welcome.

6 Wednesdays, April 24-May 29

Time: 11:00-11:50 am

Instructor: Joseph Kmet

Course Fee: \$30.00

NEW Is A Parliamentary Form of Government Better?

In this form of government there are at least 2 advantages over our form of democracy. First there is almost always one party in control which means one party clearly gets the credit or the blame. With one party in control there is little gridlock. Most of the democracies of the world are of this type. Come learn the other advantages and disadvantages and to discuss. **Wed., April 24 Time: 10:30-11:45 am**
Presenter: Mike Grimmer Course Fee: \$6.00

Adventures in Art, For Advanced Artists

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.

6 Wednesdays, April 24-May 29

Time: 1:00-2:30 pm

Course Fee: Free to CFE Members

NEW Preventing Type II Diabetes

Learn how to prevent diabetes, access your risk and reduce and control blood sugar through lifestyle changes. **Tuesday, April 30**

Time: 1:00-2:00 pm

Presenter: Patricia Shaprio, RN, Nurse Educator

Course Fee: FREE

My Spiritual Journey This class is for anyone...believer and non-believer alike. It is not meant as religious or denominational, but exploratory. I find that for many as we age, the hold our faith had on us seems to disappear and we feel a bit lost. We will examine what is working well, what we find no longer fits and finally what might work for us at this stage of our journey. Marge Nixon has been an Oblate of Holy Wisdom Monastery in Madison WI. for nearly 20 years. The Oblate Program is open to all Spiritual Seekers and is based on the Benedictine values of prayer,

hospitality, justice and care for the earth. Many of you know Ms. Nixon from her work at Clement on Aging Issues and her class on Mindfulness.

2 Wednesdays, May 1, 8

Time: 10:00 am-Noon

Presenter: Marge Nixon

Course Fee: \$24.00

NEW Healthy & Energizing Snacks

Choosing healthy snacks is a great way to meet nutritional needs and to keep hunger at bay. Not sure what constitutes a healthy snack? A registered dietitian will reveal her snack formula for creating easy and healthy snacks each day. You'll walk away with handouts including plenty of healthy snack options to incorporate into your life. A couple of healthy snacks will be provided.

Tuesday, May 14 Time: 1:00-2:00 pm

Presenter: Heather Klug, Registered Dietitian, Aurora Healthcare **Course Fee:** FREE

WATER FITNESS 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-temperature varies between 86-90.

To participate in Water Fitness Classes, one must be a current Clement Manor Center for Enrichment member 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.

Water fitness classes meet in all three terms:

Term 1 January 14-February 20

Term 2 March 4-April 10

Term 3 April 22-June 3

Please note at time of registration which term you are enrolling.

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, Noon-1:00 pm

Course Fee: 25.00

Aquatic Plus-Low Intensity

The benefits of 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, 1:00-2:00 pm

Wednesdays, 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 cardio-vascular endurance while toning your body.

Wednesdays, 1:00-2:00 pm

Wednesdays, 2:00-3:00 pm

Course Fee: \$25.00

CENTER FOR ENRICHMENT MEMBER TRIP

Nueske's Applewood Smoked Meats & Lunch, Wittenberg & National Railroad Museum, Green Bay Day Trip

Thursday, March 28, 2019 7:30 am–6:00 pm

Pick up 7:30 am Franklin 76th & Rawson Pick & Save Parking Lot Franklin with

Center for Enrichment at 94th & Howard to follow at 7:45 am.

Return: 6:00 pm

In 1933 during the Great Depression RC Nueske found a way to support his family selling “fancy meats” out of one truck. Today Nueske’s line of smoked meats can be found in all fifty states. CEO Tanya Nueske, RC’s granddaughter now runs the company, which has been honored with many awards for the quality of its meats and even mentioned in two novels and over 100 cookbooks. Families make pilgrimages to Wittenberg to stock up on their line of bacon, beef, and hams. Enjoy an included Buffet Lunch in The Harvest Restaurant & Bakery owned by Nueske’s.

Then it’s on to Green Bay just an hour away to the National Railroad Museum. An introductory film chronicling the history of the railroad industry will be shown before we tour the Big Boys: Dwight D Eisenhower’s Train & Command Car, Union Pacific Big Boy, Pullman Porters – from Service to Civil Rights, Pennsylvania RR Electric Locomotive, and the Aerotrain.

Cost: \$95 Includes full costs for deluxe private motorcoach, visit to Nueske’s Home Store, Buffet Lunch, Beverage tax & tip, admission to the Railroad Museum. No refunds after March 15 unless substitute is found.

Trip is organized and guided by Charlene & Oswald Lettrari, Sunflower Journeys, Experienced Tour Planners & Guides.

Senior Sage Movies at CFE

All Movies Shown From

1:00-3:00 pm

Donations Welcome



Phantom Thread (2018) - Tuesday, January 15
Intense Drama

Schindler's List (1993) - Tuesday, January 22
Intense Drama/Historical

Schindler's List (1993) - Tuesday, January 29
Intense Drama/Historical

All Is Lost (2013) - Tuesday, February 12
Drama/Action

Moonstruck (1987) - Tuesday, March 19
Drama/Comedy

Chappaquiddick (2017) - Tuesday, March 26
Drama

20th Century Women (2016) - Tuesday, April 2
Drama/Comedy

The Holiday (2007) - Tuesday, April 9
Drama/Romance

Dragonfly (2002) - Tuesday, April 23
Drama/Fantasy

What Lies Beneath (2000) - Tuesday, May 7
Drama/Suspense

The Favourite (2018) - Tuesday, May 21
Drama/Historical

The Old Man & The Gun (2018) - Tues., May 28
Drama/Crime

All movie showings are subject to availability!

AARP Smart Driver - Course Objectives The AARP Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver’s own safety and that of others on the road. During the course, participants learn about current rules of the road and how to operate their vehicles more safely in today’s increasingly challenging driving environment. *Class size limited to 18 participants.*

Tuesday, April 16

CFE & AARP Member \$13.00

AARP Member but NOT CFE Member \$15.00

Time: 12:15-4:30 pm

CFE Member but NOT AARP Member \$18.00

NOT AARP or CFE Members \$20.00

Name: _____
 First Name MI Last Name
 ____ New Student ____ Returning Student ____ Clement Manor Resident
 Address: _____
 City State ZIP _____
 Phone: (_____) _____
 E-mail address: _____
 Emergency Contact _____
 Phone (_____) _____

Marital Status: _____ Education Level _____
 (Former) Occupation: _____
 Date of Birth: _____ Today's Date: _____
 Church Affiliation _____
 How did you learn of the Center for Enrichment? _____

PLEASE PRINT

Please mail (see page 4) your completed form to:
Clement Manor Center for Enrichment
 9405 West Howard Avenue, Greenfield, WI 53228
 Office Hours: M-W 8:30 am-3 pm

Course Title	Term	Day	Time	Course Tuition
				\$
				\$
				\$
				\$
				\$
				\$
Membership Required for most classes, are you a Member? Yes ____ No ____				
				Membership fee if due
				\$
Membership Renewal ____ New ____ Single ____ Couple ____ \$25.00 Single Membership Fee \$35.00 Couple Membership Fee				Sub Total
				\$
				Round Up
				\$
				- Coupon
				Total



I the undersigned or parent/guardian of the individuals named below do hereby understand that I have registered the individual(s) named herein to participate in the aforementioned activity and I further agree to indemnify and hold harmless the Clement Manor Retirement Community, the City of Greenfield, and its employees, officers and agents from and against any and all liability. In addition, I understand that requested programs indicated below, like all activity, has some inherent risk involved. Furthermore, the individuals named herein are in good condition appropriate for the stated activity and that participants must assume full responsibility for injuries incurred while taking part in an activity. No accidental insurance is provided by Clement Manor Retirement Community. I/We have read and agree to the registration and related policies.

Payment Method: (check one)
☐ Check (Please make check for total due, payable to CFEI)
☐ Cash ☐ Gift Certificate
☐ Credit Card (\$2.00 processing fee added to all charges)
 Exp. Date ____/____

Card# _____
 Signature Of Cardholder: _____

Office Use ONLY	
Date Rec'd _____	
Amt Pd. _____	
Balance Due _____	
Check # _____	
Initials _____	

Name: _____
 First Name MI Last Name
 ___ New Student ___ Returning Student ___ Clement Manor Resident
 Address: _____
 City State ZIP _____
 Phone: (_____) _____
 E-mail address: _____
 Emergency Contact _____
 Phone (_____) _____

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				Round Up \$

*Donate to
CFE. Every
bit helps.*

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☐ Credit Card \$2.00 processing fee added to all charges
 Exp. Date ___/___

Card# _____

Signature Of Cardholder::

X _____

- Coupon	
Total	

Office Use ONLY

Date Rec'd _____
 Amt Pd. _____
 Balance Due _____
 Check # _____
 Initials _____



9405 W. Howard Avenue
Greenfield, WI 53228

NON-PROFIT ORG.
U.S. Postage
PAID
Milwaukee, WI
Permit #3074

CENTER FOR ENRICHMENT MEMBER ONLY EVENTS

Mark Your Calendar!

CELEBRATE ELVIS' BIRTHDAY!

Lunch and an appearance by Elvis!

Friday, January 4

Time: 11:30 am-1:00 pm

Cost: TBA

HEART HEALTHY CREATIVE CUISINE

Hosted by Tall Guy & A Grill

Tuesday, February 19

Time: 1:00-2:20 pm

Cost: TBA

VALENTINE'S DAY CELEBRATION LUNCHEON

Thursday, February 14

Time: 11:30 am-1:00 pm

Cost: TBA

MARDI GRAS LUNCHEON

Tuesday, February 5

Time: 11:30 am-1:00 pm

Cost: TBA

ST. PATTY'S DAY LUNCHEON

Thursday, March 14

Time: 11:30 am-1:00 pm

Cost: TBA

**CENTER FOR ENRICHMENT MEMBER &
INSTRUCTOR GALA** Tuesday, June 18

Time: 11:30 am-1:00 pm

Cost: TBA

Watch for fliers in CFE hallway as dates draw near for each event.

Clement Manor Retirement Community Services

Apartment tours are given by appointment for both Independent and Assisted Living facilities. If you are interested in touring the facility or would like to receive a brochure, contact Kim Skoczynski at (414) 546-7000.

Claire Suites-Community Based Residential Facility: To receive information contact Tom Schultz (414) 546-7324.

Clement Manor's Health Center: To receive information call Debbie Janke, (414) 546-7322.

Did you know Clement Manor has **Adult Day Services** on campus? For more information on this service, contact Laurie Nowak at (414) 546-7367.

Have you shopped **Clement Manor's Gift Shop** Located at 3939 S 92nd Street? The shop is open Monday-Friday, 9:30 am-3:30 pm and on Saturday and Sunday 1:00-3:00 pm.