

CENTER FOR ENRICHMENT

CLEMENT MANOR

Classes for Lifelong Personal Growth

September 9 ~ October 16, 2024

October 28 ~ December 4, 2024



CLEMENT MANOR



**Center for
Enrichment**

9405 WEST HOWARD AVENUE
GREENFIELD, WI 53228

(414) 546-7990 OR (414) 546-7394

HOURS: MONDAY, TUESDAY AND WEDNESDAY

8:30 AM ~ 3:00 PM

CLEMENTMANOR.COM

◆ Short Courses ◆ Special Interest Groups
◆ Talks ◆ Aqua Fit ◆ T'ai Chi ◆ Yoga

Mail-in only registration for
courses open now!

Walk-In registration beginning
Monday, August 26

SPONSORED BY THE FRANCISCAN SISTERS OF CHRISTIAN CHARITY

The Center for Enrichment offers an extensive array of courses in the liberal arts and sciences for students 50 or older. There are no entrance requirements, grades nor tests. It's your experience and love of learning that count. No college background is needed!

HOW COURSES ARE LISTED: Courses are listed by day of the week, start time and start date. Some courses meet outside of the regular term. Please pay particular attention to the session dates listed.

There are many offerings this fall and we invite you to explore the catalog and fill your autumn with fun through learning.

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CFE may periodically add classes throughout the Session. Please check Online at www.clementmanor.com/cfe for the latest updates.

Share Your Passion. Become a volunteer teacher today!

The Center for Enrichment (CFE) at Clement Manor is a Lifelong Learning program that offers educational, wellness and spiritual programming for the mature adult student. CFE is in search of volunteers who are interested in sharing their skills with our inquisitive and eager members. No need to be a certified teacher, just have the ability and passion to share your knowledge with others. Classes run Monday through Wednesday 9:00 am-3:00 pm.

Consider Making a Donation!

Why Support the Center for Enrichment?
Because the Center for Enrichment has made a difference in your life!

Make a Difference...Quick & Easy -
Round-up at registration or make a separate check payable to CFE and mail to: 9405 W. Howard Avenue, Greenfield, WI 53228.



CENTER FOR ENRICHMENT MEMBERSHIP PROGRAM

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

To register and participate in programming, you must have an active membership. Sign up for your membership today. Single membership is \$25.00 and couples or two people living at the same address \$35.00. Membership is good for a full year. Use form on page 12 or 14.

Becoming a member of the Center for Enrichment (CFE) entitles you to:

- ✓ Attend short courses and lectures taught by Center for Enrichment members, faculty from local colleges and universities and other experts in their fields.
- ✓ Enroll in peer-led special interest groups.
- ✓ Attend health, financial and legal seminars and many other member-only events.
- ✓ Discount coupons good towards CFE Classes, Keynote Speaker Series and reduced fee or no-cost special events.
- ✓ Enjoy social events throughout the year.
- ✓ Free informational, referral and notary services.
- ✓ Meet new friends who share a love of learning.
- ✓ Keep up-to-date with the organization through emails regarding new classes and activities.

Membership fee is non-refundable.

REGISTRATION INFORMATION

Mail-in registration is open now. No walk-in registration before Monday, August 26. Check, Visa/Mastercard accepted. Registrations 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.

Catalog Contains: Term 5 & 6 Course Info

Upcoming 2025 Terms:

Term 1: January 13-February 19

Term 2: March 3-April 9

Term 3: April 21-June 4

REGISTRATION DEADLINES

To avoid disappointment, make certain that your registration and fees are received by the CFE staff within 7 working days prior to the start of the first class meeting. CFE 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.

POLICY FOR CANCELLATIONS/ REFUNDS

A full refund will be issued to program participants if CFE cancels a program for any reason - full refund for amounts over \$10.00; rollover credit for amounts \$10.00 and under. All members have the opportunity to donate their course fee to CFE at this time.

Participant's withdrawal before the first week of class will qualify for a full refund.

Participant's withdrawal during the first week of class may have their fee rolled over to another program; otherwise participant will receive a refund or rollover credit minus a \$10.00 processing fee.

Refunds are not issued after the first day of class or for a Keynote.

Withdrawals from Keynotes or one-time presentations prior to event date will be a rollover credit.

Any issued credits must be used within a year of issuance. Unused rollover credit will be considered a donation to CFE.

*****PAYMENT BY CHECK payable to CFE,
CASH or**



A \$2.00 processing fee will be applied to all credit card charges.***

DIRECTIONS

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.

SEVERE WEATHER WATCH/SCHOOL CANCELLATION

Closings are noted on Channel 4-TMJ4 and WISN-12 both on air between 6:00-9:00 am and online. When the Greenfield Public Schools are closed because of weather, CFE will also be closed. However, CFE reserves the right to cancel classes when weather/emergency conditions warrant.

CFE TUESDAY KEYNOTE SERIES

Member \$5.00 / Guest \$7.00 per keynote

Life of an Officer on the Titanic
Presented by Historian David Wiedenkiller
Tuesday, September 17
1:30-3:00 PM

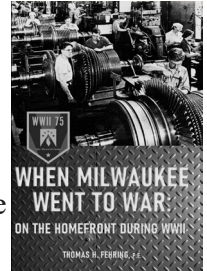
The sinking of the Titanic is one of the most famous shipwreck disasters of all time. Join Officer Charles Lightoller as he tells his story as the senior officer to survive the sinking on April 14th, 1912. Listen to him as he explains some of the mysteries surrounding the Titanic and the effects that it had on maritime travel. Despite the incredible popularity of the story of Titanic, new information surrounding the sinking is still being uncovered as time goes on. See one of the largest collections of books, and items related to the Titanic as well as a few actual artifacts from the wreck.



MR. CHARLES LIGHTOLLER,
 Senior Officer of the "Titanic" who had a narrow escape, and
 gave important evidence to the Board of Inquiry in New York.

When Milwaukee Went to War
Presented by Thomas Fehring
Tuesday, November 19
1:30-3:00 PM

When Milwaukee Went to War brings to life the incredible stories behind the many men and women, from all walks of life, who stepped up and proudly worked toward achieving victory during World War II. The talk will chronicle their hard work and sacrifices, along with the investment and innovation by Milwaukee's industry, that led to success. Tom Fehring is an engineer by training and practice. Fehring's research into Milwaukee's early industrial companies, and their innovations, resulted his books, "The Magnificent Machines of Milwaukee" and "When Milwaukee Went to War."



America's Musical Melting Pot
Presented by Lil Rev and Jim Eannelli
Tuesday, October 29
1:30-3:00 PM

This is a fun 90 minute show, a roller coaster ride with variety and style, performed on 6 instruments including: guitar mandolin, ukulele, harmonica, banjo and mountain dulcimer. The Melting Pot showcases the music of Tin Pan Alley, Western Swing, Country, Boogie, R & B, rock music of the 50's thru the 70's and a few of his own tunes along with music history, lore and humor. All in all, a true potpourri of variety.



Silent Night
Presented by Craig Siemsen
Tuesday, December 10
1:30-3:00 PM

Back by popular demand after his performance of "Route 66". This is a beautiful program celebrating Christmas and the winter season. Join Craig as he sings and reflects on the history and traditions of this most wonderful time of the year.



All programs are held at Center for Enrichment, 9405 W. Howard Avenue, Greenfield, located on the Clement Manor grounds, Room 109.

Registration/Payment

Advanced registration and payment is required for all Keynote programs. To register please note on registration form or call (414) 546-7302.

TERM 5 CLASSES

People Unique to Milwaukee & Wisconsin

Let's meet again and discuss the many talented, successful and newsworthy individuals of the Badger State. We won't repeat from previous classes. **Monday, September 9**

Time: 10:00-11:30 am

Presenter: Mary Long

Course Fee: \$12.00

Ending Big-Money Ownership of

Democracy In January 2010 the Supreme Court opened the floodgates for big, hyper-corrupting money in politician campaigns known as "Citizens United" decision. We will discuss the history of how we got to this place, how it has accelerated corruption of our political system, why We the People are no longer represented by our politicians, how citizens are working to restore our republic and how you can help.

Monday, September 9

Time: 11:00 am-12:30 pm

Presenter: George Penn

Course Fee: \$12.00

Puerto Rico: Past and Present

In this module, Prof. Nancy Bird-Soto (UW-Milwaukee) will give an overview of Puerto Rican history, arts, and culture. The initial component is the contextualization of key historical dates to further understand the legacy of colonialism to the present. Based on Prof. Bird-Soto's research, we will then focus on the role and impact of women writers (e.g. Luisa Capetillo, Ana Roqué, Ana Lydia Vega, Mayra Santos Febres) in Puerto Rican culture and society. To wrap up the session, we will discuss how the challenges of displacement have prompted Boricuas to rethink community support systems especially in the Puerto Rico post-hurricane Maria.

Tuesday, September 10

Time: 11:00 am-12:15 pm

Presenter: Nancy Bird

Course Fee: \$10.00

How Weather and Meteorologists Changed the Course of History

In this talk you will hear three short narratives, each illustrating the impact of weather forecasts and forecasters on the course of human history. In particular, you will learn details about: the 1941 German forecast for the Russian winter of 1941-42, the 1944 forecast for the Allied D-Day invasion of France, and the evolution of modern weather forecasting from the early 20th century to the dawn of the computer age. Each narrative will also demonstrate the inter-connectedness of the global community of meteorologists, including some interesting connections to Wisconsin.

Tuesday, September 10

Time: 1:00-2:30 pm

Presenter: Bart Adrian

Course Fee: \$12.00

The Korean War: An Overview

The Korean War lasted from 1950 to 1953, but peace remains elusive in Korea. The conflict was the first UN war, and first war in the atomic age. This talk will give an overview of the war, its origins and its legacies still visible today.

Wednesday, September 11

Time: 10:00-11:00 am

Presenter: Christopher Kolakowski

Course Fee: \$8.00

Life is Difficult??

This is the opening sentence of Scott Peck's famous book *The Road Less Traveled*-wildly popular 30 yrs ago. I have always considered this book one of my 'bibles.' We will review and discuss some of his key concepts from the nature of life, personal growth, to love. I recommend owning this book.

Wednesday, September 11, 18

Time: 11:00 am-Noon

Presenter: Mike Grimmer

Course Fee: \$8.00

Mental Health

Mental health issues are real (impacting how we think, feel, and act), common (affecting nearly 1 in 5 American adults), and treatable (early detection and appropriate care can prevent worsening/promote recovery), but there's often a stigma in talking about them. What if we did talk about mental health? We could better understand how mental health relates to overall well-being, and how we can take care of it.

Wednesday, September 11

Time: 1:00-2:15 pm

Presenter: Pat Shapiro

Course Fee: Free to CFE Members

History of Voting and ID Laws In Wisconsin

In this presentation we will briefly discuss the history of voting in the US. In addition we will discuss Wisconsin photo ID requirements along with other barriers to voting in our state.

Monday, September 16

Time: 10:00-10:50 am

Presenter: Peg Schrader

Course Fee: \$8.00

Effective Communication Strategies

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

Tuesday, September 17

Time: 11:00-11:45 am

Presenter: Justin Mayer

Course Fee: Free to CFE Members

How the Brain Learns New Topics

What is a dog? When you see one on a walk through your neighborhood, you probably automatically recognize this animal. But how does your brain make these classifications? This talk will cover the cognitive neuroscience of concept learning, including how we acquire new concepts and how that process may change as we age.

Wednesday, September 18

Time: 10:00-11:00 am

Presenter: Caitlin Bowman

Course Fee: \$8.00

Milwaukee's Incomparable Hildegard: Roaring Twenties

Explore 1920s Milwaukee through the lens of Hildegard Loretta Sell. The teenager from New Holstein, Wisconsin worked at theaters accompanying silent movies while attending St. John's Cathedral High School and the Marquette Conservatory of Music. A job at Gimbels led to performing on Milwaukee's first radio station. A Vaudeville act at the Palace Theater inspired her to audition and led to early success as "a local girl who makes good" headlining a show at the Riverside. Who could have predicted she would become the Incomparable Hildegard, "the dear who made Milwaukee famous!" Her biography also provides glimpses of family life for middle class residents moving from rural Wisconsin to Milwaukee. The presentation includes live music from the 1920s.

Wednesday, September 18

Time: 1:00-2:15 pm

Presenter: Jean Kaldunski

Course Fee: \$10.00

Creative Card Making with Nancy

Join us as we make greeting cards for various occasions at each class. All supplies are included. You will use assorted techniques, rubber stamps, punches, dies and other accessories to create lovely cards! Participants must be preregistered and prepaid so that enough supplies can be prepared. Beginners and Advanced Card makers welcome!

September 18

October 16

November 20

Time: 1:00-3:00 pm

Instructor: Nancy Lee Black

Course Fee: \$10.00 per class

St. Clare: Little Plant of St. Francis or Fierce Light of Franciscanism?

Monday, September 23-Zoom session

St. Clare's background, call, and response to the Franciscan ideal. Go on a virtual pilgrimage to Assisi, capture the spirituality and uniqueness of the noble woman, Clare, and her journey from wealth to a life of service rooted in the "privilege of poverty."

Monday, September 30-In person session

We will entertain questions and further our understanding of St. Clare who was respected by the Pope and persisted in obtaining the first rule in the Catholic Church written by a woman for women. We will pray actual prayers written by Clare and capture more of her unique spirituality.

Time: 10:00-10:50 am

Presenter: Sister Anne Marie Lom, OSF

Course Fee: \$12.00

Hmong in Wisconsin and America

This class will teach students about the history of the Hmong people, explaining why they are here, from where they hailed. Learn how the Hmong enrich the culture of Wisconsin.

Monday, September 23

Time: 11:00 am-12:15 pm

Presenter: Amoun Vang Sayaovong

Course Fee: \$10.00

Birding in Milwaukee

Fall is a great time to get into birding. Our summer (bird) residents are moving south for the winter, passing through our area. Of course, some species will stay here year round. This program, geared towards beginners, will help you identify our common resident and migrating birds and see what an amazing diversity we have right here in Milwaukee, if you just look for them. A 35-45 minute indoor presentation followed by time observing birds from the patio (weather permitting).

Tuesday, September 24

Time: 9:00-10:00 am

Presenter: Wisconsin Metro Audubon Society

Course Fee: \$8.00

Knit a Shawl Using Seed Stitch

We will make an adult size shawl. We will cast on 6 stitches and increase along one side to create a triangular shape. It will be knitted from one wrist to the other, using seed stitch. The advantage of seed stitch is that the garment will lay flat and not stretch very much.

You will need to bring your own supplies. Two balls of Big Twist 3.5 oz acrylic yarn, of the same dye lot for a uniform color system. Each ball weighs 3.5 oz. You will also need size 10 knitting needles.

Tuesday, September 24

Time: 10:00-11:30 am

Presenter: Juliet Hills

Course Fee: \$12.00

5 Things You Need to Know!

If you are considering moving into a senior community there are 5 things you need to know. Join Kim Skoczynski, Concierge Liaison at Clement Manor with over 15 years experience assisting seniors, as she shares what she has learned from those who have made the move! Know what questions you should be asking yourself.

Tuesday, September 24

Time: 1:00-2:00 pm

Presenter: Kim Skoczynski

Course Fee: Free to CFE Member and Guest

Talking and Listening

These are critical skills for navigating and enjoying life and yet we often give little attention to them. In casual conversation we often ramble on, interrupt and pounce when we sense an opening. We barely listen sometimes. All things seriously affect the quality of our relationships. I will present some ideas/strategies for discussion and application. You will be able to make changes immediately if you so choose.

2 Wednesdays, September 25, October 9

Time: 10:30-11:45 am

Presenter: Mike Grimmer

Course Fee: \$12.00

Schools

A school is an institution designed for the teaching of students under the direction of teachers. Most countries have systems of formal education, which is commonly compulsory. In these systems, students progress through a series of schools. Historically, American education served both political and economic needs, which dictated the function of education. Today, sociologists and educators debate the function of education. Three main theories represent their views: the functionalist theory, the conflict theory, and the symbolic interactionist theory.

Wednesday, September 25

Time: 12:30-1:45 pm

Presenter: John Horgan

Course Fee: \$10.00

An Overview of Milwaukee's Medical Examiner's Office

Take a virtual tour of the functions of the Milwaukee County Medical Examiner's Office. On this virtual tour, you'll learn about the cases investigated by the office, the processes employed, the forensic toxicology laboratory and much more.

Wednesday, September 25

Time: 2:00-3:00 pm

Presenter: Sara Schreiber

Course Fee: \$8.00

Regime Stability in Russia

Vladimir Putin has ruled Russia for 24 years. What makes Putin's regime so stable? Why do citizens and elites continue to support this rule? What are the effects of the war in Ukraine on the stability of his regime and what are the prospects for the future? This talk considers these questions drawing on Professor Reuter's recent research in Russia as well as comparative studies of autocracies around the world.

Tuesday, October 1

Time: 1:00-2:15 pm

Presenter: John Reuter

Course: \$10.00

January 6, 2021: Unanswered Critical Questions

All events in history grow in understanding with time. After a brief review key questions will be explored. Why did the Capitol Police not use deadly force? Why were reinforcements unavailable for three hours? Could a coup actually have happened? Were some Congressmen in collusion? Could this happen again??

Wednesday, October 2

Time: 11:00 am-Noon

Presenter: Mike Grimmer

Course Fee: \$8.00

Overview of the Toxicology Department at the Medical Examiner's Office

Dr. Sara Schreiber is the former Forensic Technical Director of the Toxicology Laboratory at the Milwaukee County Medical Examiner's Office. Sara has dedicated her entire career to forensic science and is here to explain what exactly goes on in her field and where TV may overreach!

Wednesday, October 2

Time: 2:00-3:00 pm

Presenter: Sara Schreiber

Course Fee: \$8.00

Boys in the Boat

A Hollywood story, based on true events, with local ties. Jennarose Murdaugh will speak on her father's experience as one of the rowers in the eight man 1936 Olympic winning boat.

Monday, October 7

Time: 10:00-10:50 am

Presenter: Jennarose Murdaugh

Course Fee: \$8.00

A Brief History of Immigration

More than 86 million people have legally immigrated to the United States between 1783 and 2019. The legal regime under which they immigrated has changed radically over that time. The politics surrounding those changes have remained contentious, and past immigration policies inform the current political debate. Conflicting visions and piecemeal legislation have left the United States with an archaic and barely coherent immigration system with outdated policy objectives that is primarily controlled by the executive branch of government. We review the history of the U.S. Immigration policy and the historical policy decisions that still guide the U.S. immigration system.

Tuesday, October 8

Time: 11:00 am-Noon

Presenter: Alison Efford

Course Fee: \$8.00

Ignacy Paderewski: Virtuoso, Philanthropist and Statesman

This presentation will explore the remarkable life of Ignacy Paderewski, a renowned pianist and composer, dedicated philanthropist, and influential statesman. For over 40 years, he performed across the globe to over 5 million people, using his fame as a platform to support charitable causes and promote Polish independence. We'll highlight his significant lobbying efforts in the United States during World War I and his pivotal role as Poland's Prime Minister in 1919. Discover how his extraordinary talents and dedication left a lasting impact on both the world of music and international politics.

Tuesday, October 8

Time: 1:00-2:00 pm

Presenter: Tom Lenkiewicz

Course Fee: \$8.00

Coping with Stress Through Journaling

Stress is a normal – even helpful – part of life. By revving up important body systems like your heart and muscles while slowing down “non-essential” systems like digestion, immunity, and reproduction, your body’s “fight or flight” response protects you from anything that seems like a threat (stressors). However, when stressors are always present, or you regularly feel under attack (even from something that isn’t dangerous), it causes major wear and tear on your body. Thankfully, positive coping techniques like journaling are a way to help manage chronic stress and promote better health.

Wednesday, October 9

Time: 11:00 am-12:15 pm

Presenter: Pat Shapiro

Course Fee: Free to CFE Members

WASPS-Women’s Air Force Service Pilots

These were women who volunteered to serve as pilots for the US Army Air Force during WWII from 1942-1944. Their program ended abruptly in 1944 and no one knew about their work until many years after WWII ended.

Tuesday, October 15

Time: 10:00-11:00 am

Presenter: Kathy Smith

Course Fee: \$8.00

Civics & Current Events

This timely and topical course will focus on current events, recent developments and even so-called “breaking news” in a variety of areas of interest and engagement. Santelle will select reports that focus principally on topics like government structure and operation, civil and human rights, the observance and promotion of the Rule of Law, equal protection and due process challenges and prosecutorial and judicial proceedings. After consideration of fact-based public reports participants will have opportunities for discussion.

6 Tuesdays, October 15, 22, November 12, 19, 26, December 3

Time: 11:00 am–12:15 pm

Presenter: Jim Santelle

Course Fee: \$30.00

Rebellion

America – A Christian Nation?

What did the founders believe? Were they all Christian? What did they intend regarding religious freedom? What is Project 2025? Nonpartisan presentation and discussion.

Wednesday, October 16

Time: 11:00 am-Noon

Presenter: Mike Grimmer

Course Fee: \$8.00

Europe in the 1930’s

Explore the 1930’s through the lens of Milwaukee’s Incomparable Hildegard as she navigates the social and economic consequences of the Great Depression and events leading up to WWII. Follow the ups and downs of her career as she struggles to achieve fame and fortune despite massive unemployment, bank failures, and homelessness for many. In addition, changing tastes in the entertainment industry leading to the Golden Age of Hollywood present another challenge so she brings great American music to Europe. Songs by Jerome Kern, Cole Porter, the Gershwins, and other Broadway songwriters are featured.

Wednesday, October 16

Time: 1:00-2:15 pm

Presenter: Jean Kaldunski

Course Fee: \$8.00

A Woman of No Importance

The story of spy Virginia Hall, who worked as a spy for the SOE (Special Operation Executive) a British spy program and the CIA during WWII in France will be told. She was extraordinary, but few people have ever heard of her.

Monday, October 21

Time: 10:00-11:00 am

Presenter: Kathy Smith

Course Fee: \$8.00

Soviet Cold War images of the American Way of Life

This presentation focuses on one of the aspects of the decades-long propaganda competition between the United States and the Soviet Union during the Cold War—namely, the description of American life presented by Soviet authorities to their own population. After a brief introductory discussion of why this campaign occurred, we'll examine several of the main features of the "American way of life" as it was described to the Soviet people during the Cold War. The talk will conclude with some thoughts on the challenge of determining whether propaganda, of any sort, has been successful.

Tuesday, October 22

Time: 9:30-10:30 am

Presenter: Alan Ball

Course Fee: \$8.00

TERM 6 CLASSES

Wisconsin's National Landmarks

National Historic Landmarks (NHLs) are historic properties that illustrate the heritage of the United States. The National Park Service oversees more than 2,600 NHLs found in the U.S. The Landmarks come in various forms: historic buildings, sites, structures, objects, and districts. Each NHL represents an outstanding aspect of American history and culture. In Wisconsin we have 45 designated NHLs from buildings at Prairie du Chien to Aztalan, Man Mound, Ten Chimneys and Rock Island. In this course we will take a brief overview of all 45 and take a closer look at several key sites.

6 Tuesdays, October 29-December 3

Time: 10:00-10:50 am

Presenter: Barb Schacht

Course Fee: \$30.00

Mexican Border Update

We will review the current data, failed Congressional plans and Biden's new plan to restrict the number allowed in per day. I believe this issue is greatly distorted by the media and some politicians. It is essential to have the facts or don't facts count.

Wednesday, October 30

Time: 10:00-11:00 am

Presenter: Mike Grimmer

Course Fee: \$8.00

The War of 1812

The War of 1812 was more than Fort McHenry and the Star Spangled Banner, the burning of Washington DC, Old Ironsides or the Battle of New Orleans. One historian calls it the Civil War of 1812. Another labels it the Conflict for a Continent. Yet a third believes it was the War that Forged a Nation. Whatever you remember of it, or call it, the War of 1812 was all of these and more. It was the United States' first step onto the world stage, albeit a very tentative, tiny, little itty-bitty baby step.

6 Wednesdays, October 30-December 11

(No Class November 27)

Time: 11:00-11:50 am

Presenter: Don Valentino

Course Fee: \$30.00

Reality Television

Reality television is a genre of television programming that documents purportedly unscripted real-life situations, often starring unfamiliar people rather than professional actors. "I'm not here to make friends. I'm here to win." So goes the ultimate reality TV cliché, one popularized by the first season of Survivor, which got broadcast audiences hooked on competitions between telegenic "real people" cashing in the 15 minutes of fame that are the birthright of all Americans. Three decades later, the declaration has proven true of the genre itself. Reality series aren't exactly well respected; critics, social scientists, and even fans never stop unearthing revelations about their crass manipulations and toxic tropes. Yet despite all the antipathy directed at these programs, they've conquered the culture and claimed their prize: our attention. **Wednesday, October 30**

Time: 1:00-2:15 pm

Presenter: John Horgan

Course Fee: \$10.00

The Smothers Brothers: TV's Comedy Rebels

Though only on television for three seasons, The Smothers Brothers Comedy Hour was profoundly groundbreaking and influential. Tom and Dick Smothers, with their tight folk music harmonies and impeccable comedic timing, struck CBS executives as ideal hosts for a variety show. However, under the backdrop of the late 60's social changes, the series began to offer viewers political humor that had never been seen on a network show. The brothers' battles with network censors resulted in them being fired in 1969 despite still being a top-rated program. This presentation will recount the evolution of The Smothers Brothers Comedy Hour while playing many of the show's outstanding musical performances and unforgettable sketches.

2 Tuesdays, November 5, 12

Time: 1:30-2:45 pm

Presenter: Greg Jenks **Course Fee:** \$12.00

The Russian Revolution

The Russian Revolution shook the world. Countries around the world were terrified that such an overthrow could happen to them. Find out what the Revolution was, how it came about, and the details of the establishment of the first communist state in the world. **3 Mondays, November 11, 18, 25**

Time: 10:00-10:50 am

Presenter: Kathy Smith Course Fee: \$15.00

Ukraine Update

We are all saddened if not tired of this reality but decision time is coming for the US. What are the possibilities? What should the US do? Is our commitment unending? Discussion included but not the batteries! **Wednesday, November 13**

Time: 10:00-11:00 am

Presenter: Mike Grimmer Course Fee: \$8.00

A Family's Journey to a New World

Raul returns to highlight the origins of two families, the León family and his own Galván family, their subsequent union, migration to Cuba and ultimately the United States in 1961. Learn why they left and what they experienced on their journey to the US as well as their experience arriving in the US.

Wednesday, November 13

Time: 1:00-2:15 pm

Presenter: Raul Galvan Course Fee: \$10.00

Preventing Type 2 Diabetes

Much of the food we eat (carbs) is turned into glucose, or sugar, for our bodies to use for energy. When a person has diabetes, their body does not make enough insulin or cannot use its own insulin properly, causing sugars to build up in the blood. Over time, this extra sugar causes damage and can lead to serious problems like heart disease, stroke, vision loss, kidney disease, nerve damage, amputations and even early death. Some types of diabetes like type 1 diabetes and gestational diabetes (diabetes during pregnancy) cannot be prevented, but type 2 diabetes (the most common type among Americans) can be! Learn about the early warning signs of diabetes but also and most importantly how to prevent type 2 from occurring.

Monday, November 18

Time: 1:00-2:15 pm

Presenter: Pat Shapiro

Course Fee: Free to CFE Members

1940's Supper Clubs

Explore the 1940's through the lens of Milwaukee's Incomparable Hildegarde as she reaches the peak of her popularity and becomes 'the first lady of supper clubs'. Learn how she contributed to the war effort as an elite entertainer. Her music and life story reflect the important roles many women assumed during the war era above and beyond

the well-known "Rosie the Riveter." Patriotic and sentimental music from the WWII era is featured.

Wednesday, November 20

Time: 1:00-2:15 pm

Presenter: Jean Kaldunski Course Fee: \$10.00

Travelogue: Amsterdam, Germany, Luxembourg & Belgium

Would you like to take a tour of central Europe from the comfort of Clement Manor? This presentation will recap the highlights of a recent 10-night trip and take you along as to experience the history, art and beauty of these charming countries as well as reviews of local cuisine and native beverages.

Monday, November 25

Time: 11:00 am-12:15 pm

Presenter: Greg Jenks

Course Fee: \$10.00

Tiny Creatures, Big Impact: How Grasshoppers Keep Soils Healthy

Dr. Nate Lemoine is an associate professor of biological sciences in the Marquette University Klingler College of Arts and Sciences. The specific description will be coming out in the future. Stay tuned.

Tuesday, December 3

Time: 1:30-2:30 pm

Presenter: Nate Lemoine

Course Fee: \$8.00

World Population About to Fall?

Most developed countries (including the US) are experiencing a low birth rate- below the replacement rate of 2.1; even China is below replacement rate and now is promoting the two child family. Populations are actually shrinking in the EU now. Good thing or bad thing?? Implications for global problems and climate change?

Wednesday, December 4

Time: 10:00-10:50 am

Presenter: Mike Grimmer

Course Fee: \$8.00

High Blood Pressure and Heart Disease: Understanding Our Hearts

Dr. Anita Manogaran, associate professor of biological sciences in the Marquette University Klingler College of Arts and Sciences shared the science of Alzheimer's and Parkinson's disease with us the last time she was here. Join us again as she dives in to the science behind high blood pressure, heart disease, heart attacks and what current therapies are being used.

Wednesday, December 4

Time: 1:00-2:00 pm

Presenter: Dr. Anita Manogaran

Course Fee: \$8.00

FITNESS CLASSES

Walking in the Woods

Rediscover one of the pleasures of youth. Explore on foot and find features hidden in our urban woods and beyond. Participants will meet at CFE before the first walk of each term and the following walks meet at the designated park then hike/walk, rest a bit, continue on the hike/walk and finish within two-hours time. No special abilities or experience needed, just wear comfortable shoes and clothing. Decide to walk? Let us know your favorite wooded spot! Carpooling is optional! Course fee does not include entry fees to state parks nor gardens.

Term 5 - Mondays-Tentative walk schedule
 Sept. 9-Konkel Park, Sept.16-Deer Creek Sanctuary, Sept. 23-Emerald Nature Preserve, Sept. 30-Root River Pkwy, Oct. 7-Cudahy Nature Preserve, Oct. 14-Lions Den

Term 6 - Mondays-Tentative walk schedule
 Oct. 28-Grobschmidt Park, Nov. 4-Falk Park, Nov. 11-Kinnickinnic River Pkwy, Nov. 18-Bluhm Park, Nov. 25-Kletzsch Park, Dec. 2-Kohl Park

Time: 10:30 am-Noon

Course Fee: \$10.00 per term
 CFE coupons cannot be applied.

Guide: CFE Member Led

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 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.

Term 5 6 Mondays, September 9-October 14

Term 6 6 Mondays, October 28-December 2

Time: 1:15-1:55 pm

Instructor: Barb Labisch

Course Fee: \$23.50/per term

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

This class will continue expanding on lessons using 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.

Term 5 6 Tuesdays, September 10-October 15

Term 6 6 Tuesdays, October 29-December 3

***New Friday Option**

Term 5 6 Fridays, September 13-October 18

Term 6 6 Fridays, November 1-December 13

(No class November 29)

Time: 9:00-9:50 am

Instructor: Deb Solis

Course Fee: \$35.00/per 6 week class

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

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.

Term 5 6 Tuesdays, September 10-October 15

Term 6 6 Tuesdays, October 29-December 3

(No class November 29)

Time: 10:00-10:50 am

***New Friday Option**

Term 5 6 Fridays, September 13-October 18

Term 6 6 Fridays, November 1- December 13

(No class November 29)

Time: 10:45-11:35 am

Instructor: Deb Solis

Course Fee: \$35.00/per 6 week class

Beginning Yoga

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 and wear comfortable clothing. CFE member coupons cannot be applied.

Term 5 6 Wednesdays, September 11-October 16

Term 6 6 Wednesdays, October 30-December 11

(No class November 27)

Time: 10:00-10:50 am

Instructor: Barb Labisch

Course Fee: \$35.00/per term

Intermediate Yoga

Yoga is a practice that can promote strength, balance and flexibility. It can also bring calm to the mind and balance to the whole body through poses, breathing techniques and mindfulness.

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

Term 5 6 Wednesdays, September 11-October 16

Term 6 6 Wednesdays, October 30-December 11

(No class November 27)

***New Time*: 9:00-9:50 am**

Instructor: Michelle Kreiter

Course Fee: \$35.00/per term

AQUA FITNESS

All aqua fitness class are targeted for different fitness levels. 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. Center for Enrichment is not responsible for lost, damaged, or stolen items. No food or drink (other than water) in the locker rooms and pool area.

Warm Water Pool-temperature between 85-88.

Center for Enrichment member coupons cannot be applied to water exercise classes. CFE Membership Required. Guests not allowed.

Therapeutic Aqua Walking

March and walk through the water to create resistance and improve your cardiovascular fitness, muscular endurance, and flexibility. Walking in water is an excellent cardio and resistance training exercise option. It can help strengthen and tone many muscle groups, burn calories while being gentle on your bones and joints. This class has no instructor and is at your own pace. Min. 4, Max. 12

Term 5

6 Mondays, September 9-October 14

Term 6

6 Mondays, October 28-December 2

Time: 8:30-9:30 am

Instructor: Self Led

Session Fee: \$20.00/6 week Session

Aqua Fit I-Low Intensity

Make the most of water's natural resistance to help increase your flexibility and muscle strength. Low level, non-aerobic workout is safe and fun without impact to the joints. Even people who suffer from arthritis may want to give these classes a try!

Min. 6, Max. 12.

Term 5

6 Tuesdays, September 10-October 15

6 Thursdays, September 12-October 17

Term 6

6 Tuesday, November 5-December 17

(NO class November 26)

6 Thursday, November 7-December 19

(NO Class November 28)

Time: 10:00-11:00 am

Instructor: Laura Haas

Course Fee: \$36.00/6 Week Class

Aqua Fit II-Moderate Intensity This is the perfect environment to stretch your muscles, get in some cardio workout and flex your joints. Movements are tailored for moderate speed, power, agility and strength. Geared to making you more fit without stressing your body. Min. 6, Max. 12.

Term 5

6 Tuesdays, September 10-October 15

6 Thursdays, September 12-October 17

Term 6

6 Tuesday, November 5-December 17

(NO class November 26)

6 Thursday, November 7-December 19

(NO Class November 28)

Time: 11:00 am-noon

Instructor: Laura Haas

Course Fee: \$36.00/6 Week Class

SENIOR SAGE MOVIES AT CFE

Movies Shown From 1:00-3:00 pm

Donations Welcome

All movie showings are subject to availability.

Please register for the movies by noting on the registration form or calling (414) 546-7302.

MONDAY, September 23-Ferrari, R, 2hr10m

Set in the summer of 1957, with Enzo Ferrari's auto empire in crisis, the ex-racer turned entrepreneur pushes himself and his drivers to the edge as they launch into the Mille Miglia, a treacherous 1,000-mile race across Italy.

MONDAY, September 30-The Hill, PG, 2hr6m

The true story of Rickey Hill, the son of a traveling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.

WEDNESDAY, October 9-*NOON START*

Hamilton, PG-13, 2hr40min

The real life of one of America's foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton. Captured live on Broadway from the Richard Rodgers Theater with the original Broadway cast.

WEDNESDAY, November 6-The Fall Guy, PG-13, 2hr6m

A stuntman, fresh off an almost career-ending accident, has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right?

Center For Enrichment Registration Form

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 us? _____

PLEASE PRINT and mail or drop off your completed form to:
 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 Renewal _____ New _____ Single _____ Couple _____				\$
Term: _____ Date: Card Prepared _____ Card Sent: _____				\$
Sub-Total				\$

Waiver: I the undersigned named below do hereby understand that I have registered herein to participate in the aforementioned activity and I further agree to indemnify and hold harmless the Clement Manor CFE, the City of Greenfield, and all employees, officers and agents from and against any and all liability. In addition, I understand that requested programs indicated above, 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 CFE. I/We have read and agree to the registration and related policies.

Payment Method: (check one)
 Check - make checks , payable to CFE)
 Cash Gift Certificate
 Credit Card (Master Card & Visa) Exp. Date ____ / ____
 Card# _____ CW _____
 \$2.00 processing fee added to all charges
 Signature Of Cardholder: _____

Round-Up donation \$ _____
 Coupon _____
Total _____

CFE Office Use Only: Balance Due _____
 Date Rec'd _____ Amt. Pd. _____
 Check # _____ Initials _____

X

CFE MEMBER OPPORTUNITIES

Tuesday's Bridge Group

A group for those interested in playing a fun hand of bridge with fellow bridge players. This group is for non-competitive intermediate level of players. All bridge players must be a member of CFE and register in advance.

Tuesdays 9:00-11:30 am

Fee: Free to CFE Members

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.

Term 5: Tuesdays, September 10-October 15

Term 6: Tuesdays, October 29-December 3

Time: 9:30-11:30 am

Fee: Free to CFE Members

LIFELONG LEARNING BOOK CLUB

First Tuesday of the Month 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.

Upcoming Book Club Selections:

Tuesday, September 3-The Huntress by Kate Quinn

Tuesday, October 1-The River We Remember by William Kent Krueger

Tuesday, November 5-Don't Look For Me by Wendy Walker

Tuesday, December 3-Maisie Dobbs by Jacqueline Winspear

MONTHLY MYSTERY BOOK CLUB

BEFORE THE FIRST BODY IS DISCOVERED, A LOOK AT MYSTERY SERIES AUTHORS 1:00-2:00 pm

Facilitator: Holly Schoenecker

Join us for laughter, lively discussion and exploration of books. Many of our books are mysteries, but we're open to any suggestion of what to read. Who did it? What Clues did the author leave us? What did we think of...the Old West; Streets of London; the Barbary Coast; Philadelphia; the wilds of Alaska. Those women's rights? That nosy neighbor? The Shadow in the night? The locations change and the characters remain interesting.

Upcoming Book Club Selections:

Monday, Sept. 16-Bloody Bonsai by Peter Abresch

Monday, Oct. 21-Trojan Bold by Elizabeth Peters

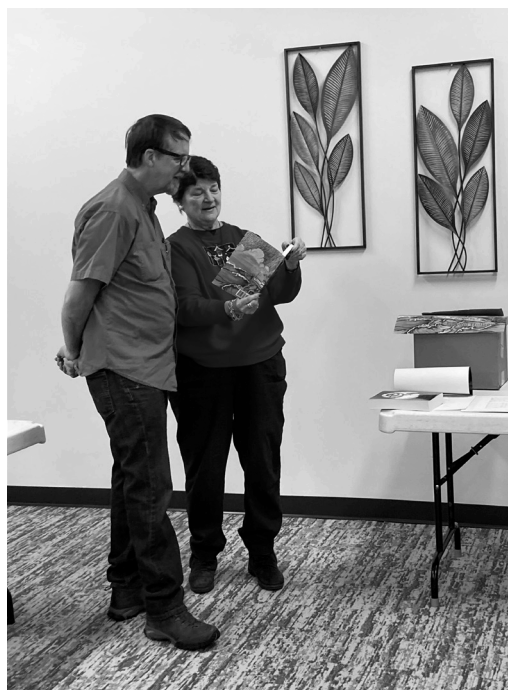
Monday, Nov. 18-A Grave Talent by Laurie King

Monday, Dec. 9-Once Upon a December by Amy Reichert

ALZHEIMER'S ASSOCIATION FAMILY CAREGIVER SUPPORT GROUP

Third Monday of the Month 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 our Pastoral Care Office for more information or to register (414) 546-7980.



Center For Enrichment Registration Form

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 us? _____

PLEASE PRINT and mail or drop off your completed form to:
 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
				\$
				\$
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				\$
				\$
				\$
				\$
Membership Required for most classes. Are you a Member? Yes ___ No ___ Membership Renewal ___ New ___ Single ___ Couple ___				\$
Term: ___ Date: Card Prepared ___ Card Sent: ___				Sub-Total \$

Waiver: I the undersigned named below do hereby understand that I have registered herein to participate in the aforementioned activity and I further agree to indemnify and hold harmless the Clement Manor CFE, the City of Greenfield, and all employees, officers and agents from and against any and all liability. In addition, I understand that requested programs indicated above, 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 CFE. I/We have read and agree to the registration and related policies.

Payment Method: (check one)
 Check - make checks , payable to CFE)
 Cash Gift Certificate
 Credit Card (Master Card & Visa) Exp. Date ___/___
 Card# _____ CW _____
 \$2.00 processing fee added to all charges
 Signature Of Cardholder: _____

Round-Up donation	\$
Coupon	
Total	

CFE Office Use Only: Balance Due _____
 Date Rec'd _____ Amt. Pd. _____
 Check # _____ Initials _____

CLEMENT MANOR



Center for Enrichment

9405 W. Howard Avenue
Greenfield, WI 53228

NON-PROFIT ORG.

U.S. Postage

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Milwaukee, WI

Permit #3074

Come for Class, Stay for Lunch!

Rainbow Room Restaurant Serves lunch 11:00 am - 1:00 pm

Weekly Menu can be found at:

<https://www.clementmanor.com/services/center-for-enrichment-life-long-learning/>



9405 W Howard Ave., Greenfield, WI 53228
414-546-7389