

CENTER FOR ENRICHMENT

CLEMENT MANOR

Classes for Lifelong Personal Growth

January 13 ~ February 19, 2025

March 3 ~ April 9, 2025

April 21 ~ June 4, 2025



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

WWW.CLEMENTMANOR.COM/CFE

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

**CFE Offices Closed
December 24, 2024 - January 1, 2025**



Franciscan Sisters of Christian Charity
Sponsored Ministries, Inc.

Explore the World, Expand your Mind By taking a Class

What You Will Find

Opportunities for education, wellness and spiritual growth. Classes are offered through lectures and ongoing discussion groups allowing for lively interaction between presenters and members. Classes are taught by retired teachers, hobbyists, local professionals and professors from area colleges and universities.

Benefits of Lifelong Learning

- Stimulates greater neuron generation and connection in the brain. (Neurons are responsible for sending information throughout the body and when this is improved, it positively affects memory, attention, thinking and reasoning skills.)
- Reduces the risk of Dementia by enhancing brain health.
- Improves ability to handle challenges.
- Provides social connections that foster a sense of community and friendship.

Or Volunteer

Consider the rewarding experience of helping others to improve physically, cognitively and spiritually by sharing a special talent, skill or area of interest with other mature adults.

Benefits of Being a Volunteer Instructor

- Meet inquisitive individuals passionate about living well and eager to learn
- Give back to the community
- Be inspired
- Learn something new
- Have fun sharing your passion

Are you Passionate About?

Art
Current Affairs
Dance
Foreign Language
Geography
History
Literature
Music

Photography
Religion
Science
Spirituality
Technology
Theater
Travel
Wellness



... Share Your Knowledge

Call 414-546-7990 or email kbeyer@clementmanor.org.

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 date and start time. Some courses meet outside of the regular term. Please pay particular attention to the session dates listed.

There are many offerings this session and we invite you to explore the catalog and fill your calendar 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.

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 16 or 18.

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

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.

Mail in registration postmarked Wednesday, December 18 or after.

Walk in Registrations beginning January 6.

Register for any class in any term except for Aqua fit classes (see page 11).

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

Tentative Dates for Upcoming Terms:

Term 4 June 16-July 23, 2025

Term 5 September 8-October 15, 2025

Term 6 October 27-December 3, 2025

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 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.

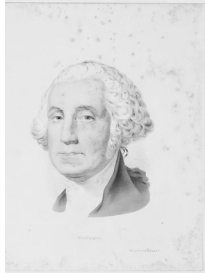
SEVERE WEATHER WATCH/SCHOOL CANCELLATION

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

CFE TUESDAY KEYNOTE SERIES

Member \$5.00 / Guest \$7.00 per Keynote

President George Washington
 Portrayed by David Wiedenkiller
 Tuesday, February 18
 1:30-3:00 PM



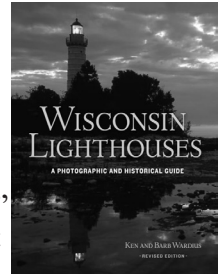
Join us for an afternoon as David Wiedenkiller Portrays George Washington. Listen as George tells about the struggles that he faced growing up in the colony of Virginia. He will share his experiences as a military officer, land surveyor, and farmer to name a few. Some of the popular myths that surround him will also be discussed and you may be surprised by some of the truths that he will reveal! Martha will entertain her audience with stories of what it was like growing up in Colonial America and her wonderful life at Mt. Vernon with her husband President Washington. Martha will be dressed in Colonial dress as she explains what her life was like being married to the first president of the United States.

Agatha Christie: A Body of Evidence
 Portrayed by Debra Miller
 Tuesday, March 18
 1:30-3:00 PM



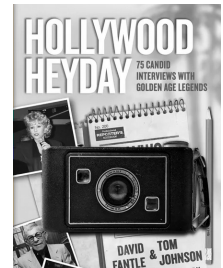
In "A Body of Evidence," Miller portrays famed detective novelist Agatha Christie in the Spring of 1950, accompanying her husband, archeologist Max Mallowan, on a trip to Iran where she reminisces about her childhood and her life as a writer and adventurer, and contemplates beginning her autobiography – a project that took nearly 20 years.

Wisconsin Lighthouses
 Presented by Ken and Barb Wardius
 Tuesday, April 29
 1:30-3:00 PM



The Wardius, authors and photographers of the book "Wisconsin Lighthouses--A Photographic and Historical Guide" will join us with a presentation that highlights many of Wisconsin's historical beacons. Featuring many stunning images in a combination of lecture, story telling and music. In this presentation we will see 1/3 of the lighthouses in the state, Wisconsin Point Light in Superior, the Apostle Island's Sand Island and Michigan Island Lights, Cana Island Lighthouse in Door County, Rockwell Lighthouse on Lake Winnebago, Rawley Point near Two Rivers, Old Port Washington, Wind Point in Racine and many more.

Hollywood Stars and Stories
 Presented by David Fantle
 Tuesday, May 20
 1:30-3:00 PM



Go beyond the glitter – Film historian and author David Fantle shares stories, rare photos and film clips of iconic film legends – Fred Astaire, Gene Kelly, Frank Sinatra, Judy Garland and more. David has been interviewing, writing and speaking about Hollywood's Golden Age stars for 45 years. He is the co-author of three books on the topic: Reel to Real (2004), Hollywood Heyday (2018) and C'mon, Get Happy: The Making of Summer Stock (2023).

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

Registration/Payment

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

MEMBERSHIP OPPORTUNITIES

TERM 1 CLASSES

Commercial Fishing, Sustainable Sourcing & Your Body on Omega-3s

Adra Kusnirova is a fishmonger and owner of Alaska Fresh, a national online seafood store based in Butler, WI. Originally from Brookfield, Adra spent many summers in remote Alaska learning about commercial fishing while her husband ran a salmon processing plant. She will share tips on how to buy sustainably harvested seafood, delve into what “sustainable” actually means, and share health benefits and cooking tips for wild Alaskan seafood. Please submit any questions in advance to CFE so she can touch on your topic during her talk. Some Alaskan product will be on hand for sale on the day of discussion.

Tuesday, January 21

Time: 10:30 am-Noon

Presenter: Adra Kusnirova

Course Fee: \$12.00

Another Look at Toxicology

Dr. Schreiber is back taking a closer look at how illegal drugs are classified and how controlled substances are scheduled. These categories help law enforcement to understand what drug or drugs a person may have taken based on their behavior, appearance, and circumstances. Understanding how different classes of drugs can affect individuals helps law enforcement officers react to, control and question suspects in drug-related cases. These classifications and schedules also determine how a person is charged. **Wednesday, January 22**

Time: 2:00-3:00 pm

Presenter: Sara Schreiber

Course Fee: \$8.00

Alliance for Securing Democracy at GMF

The Alliance for Securing Democracy at the German Marshall Fund of the United States develops comprehensive strategies to deter, defend against, and raise the cost on autocratic efforts to undermine and interfere in democratic institutions. Join us to learn how this organization works with policymakers and the private sector to advance innovative thinking to better understand and counter threats to democracies worldwide. Schafer will be speaking to us from his office in Washington DC.

Monday, January 27

Time: 10:30-11:30 am

Presenter: Brett Schafer-In-person Option (CFE classroom) & Zoom Option. Please note on registration form.

Course Fee: \$8.00

Bombay to Brew City to Parkinson's

Research-This is a two-topic class. The first part will include highlights, insights, and lessons learned in achieving one's personal best as described in the presenter's memoir: *Bombay to Brew City - Reflections of a Cheesehead from India*. The second will focus on his breakthrough biomedical research at the Medical College of Wisconsin, and promising new drugs his team has developed for the treatment of Parkinson's disease. Copies of his book will be available for purchase following class.

Tuesday, January 28

Time: 10:00-11:30 am

Presenter: Dr. Balaraman Kalyanaraman

Course Fee: \$12.00

De-cluttering and Downsizing

It's more than just moving your things. It starts with making decisions on what treasures to keep, share with family, donate or sell. Owner of Smart Moves, Melinda Stuart will educate us on de-cluttering and downsizing. **Tuesday, January 28**

Time: 1:00-2:00 pm

Presenter: Melinda Stuart

Course Fee: No Charge for CFE Members

Places and Things Unique to Milwaukee & Wisconsin

Join us to see what more has been uncovered about the architecture, businesses, churches and other things unique about the Badger state. Discover what you didn't already know and join those who made suggestions for this session. For example, did you know that the first ice cream sundae was concocted in Two Rivers in 1881?

Wednesday, January 29

Time: 10:00-11:30 am

Presenter: Mary Long

Course Fee: \$12.00

Book-Banning: A Writer's Viewpoint

Kathie Giorgio, the author of 15 books, including novels, short story collections, essays, and poetry, is no stranger to the banning of literature. Her earliest experience was in high school when parents protested her short story inclusion in the school's literary magazine. Recently Giorgio, who is on the “Wall of Stars” as an honored alumna of Waukesha North High School, found out her books had been banned from Waukesha Public Schools, as part of a sweep that removed many authors from the shelves. Giorgio will talk about the effects of book-banning on students, the public, and authors.

Wednesday, January 29

Time: 1:00-2:30 pm: Q&A: 2:30-3:00 pm

Presenter: Kathie Giorgio

Course Fee: \$8.00

Refugee Support in Milwaukee

Tuesday, February 4-Refugee Resettlement-

Hanan Refugee relief group's goal is to transition refugees into contributing members of their host communities by providing long-term solutions, such as housing, labor opportunities, and medical relief. Sheila Badwan is their executive director and will join us to discuss what that process looks like and how they are helping people right here in Milwaukee. **Presenter:** Sheila Badwan

Tuesday, February 11-Neighborhood house of

Milwaukee-Learn how the Neighborhood House of Milwaukee's International Learning Program supports the refugee and asylee populations that have been resettled in Milwaukee. ILP offers English as Second Language classes for new arrivals and assists those who have lived here five years or more with applying and preparing to become citizens of the United States. ILP seeks to help adult students build confidence, acclimate better, and thrive in their new home.

Presenter: Liliane McFarlane

Tuesday, February 18-Empowering Refugee Youth: Building New Futures in Wisconsin

Wisconsin has become a haven for refugee families seeking safety and new beginnings. This talk will highlight the challenges refugee students face as they adjust to life in a new country, including language barriers, cultural adaptation, and the impact of displacement on their education and well-being. SEA Literacy, provides critical support through English tutoring, mentoring, academic assistance, and social-emotional programs.

Presenter: Anne Bingham

Time: 11:00-11:50 am

Course Fee: \$8.00 per class or \$20 for all three

Opioid Misuse Prevention

An opioid is part of a powerful class of drugs used to treat pain. If taken as prescribed and in certain situations, opioids can be an important part of treatment. Learn how to prevent opioid misuse – how to safely use a prescribed opioid and how to properly dispose of unused opioids.

Monday, February 3

Time: 10:30-11:30 am

Presenter: Pat Shapiro

Course Fee: No Charge for CFE Members



Beyond the Left-Right Divide: Partisan Polarization in American Politics

The talk describes how what we think of as the contemporary political divide in the United States. It is far more complicated than it appears in the typical “red state-blue state” coverage we see in the news media. While we tend to think of Americans being “liberal,” “moderate,” or “conservative,” American public opinion is primarily organized around two types of issues: economic and cultural. Things get complicated because some people have liberal views on both types of issues. Some have conservative views on both types of issues, and others have views that are liberal on some issues and conservative on others. The talk explains the far-reaching consequences of this insight from party identification, voting behavior, political participation, media use, the 2024 elections and the future of American political conflict.

Tuesday, February 4

Time: 10:00-11:00 am

Presenter: Michael Wagner

Course Fee: \$8.00

Women of the Passion

We'll explore 15 women: Some have names (Mary Magdalene), some are unnamed (with a hemorrhage) and some are spoken of by relationship (wife of Clopas, mother of James & Joses).

Wednesday, February 5

Time: 1:00-2:30 pm

Presenter: Marge Schell

Course Fee: \$12.00

The Passion & Resurrection Narratives of Jesus-

This is a very brief introduction to the 4 Gospel narratives as this is usually a 6-session course. If interested, the details and reflections are in the \$18 paperback by the same title as this class by Stephen J Binz at www.LittleRockScripture.org.

Wednesday, February 12

Time: 1:00-2:30 pm

Presenter: Marge Schell

Course Fee: \$12.00

The Incomparable Hildegarde 1950-2005

As the great Paul Harvey used to say “and now for the rest of the story.” Learn about Hildegarde's life and career as she continued to perform regularly through the mid-1980s. In 1997 she was photographed by Annie Leibovitz for Vanity Fair magazine. **Wednesday, February 12**

Time: 1:00-2:15 pm

Presenter: Jean Kaldunski

Course Fee: \$10.00

TERM 2 CLASSES

Art Meets Nature

Picture this or that, using pencils, colored pencils, paint, printing, etching, perhaps even fabric collage or sewing. Nature offers us so many options, in the woods and fields, at zoos and state or county fairs, and in farms, parks, and aquariums, as well as our own neighborhoods or backyards. We will take four weeks to try out acrylics, pencil etching, watercolor and colored pencils using nature as our inspiration. LIMITED SUPPLIES AVAILABLE. Please bring your own if you have items on hand.

4 Tuesdays, March 4-25

Time: 10:00-11:00 am

Presenter: Juliet Hills

Course Fee: \$20.00

Wisconsin State Parks, Part I

The Wisconsin State Park System is celebrating 125 years in 2025. In celebration of such an event we will be visiting 25 of the 50 parks in this class. From rushing waterfalls, peaceful lake beds and gorgeous views from bluffs stretching for miles, you will see what the fuss is all about. Make sure to sign up for Part II in Term 3 to finish off the final 25.

6 Tuesdays, March 4-April 8

Time: 10:00-10:50 am

Presenter: Barb Schacht

Course Fee: \$30.00

Mildred Fish-Harnack & the Red

Orchestra Mildred Fish was born in Milwaukee in 1902. She studied and then taught English at UW-Madison, where she met a German student named Arvid Harnack. The two married and moved to Germany. During WWII the two joined a small resistance group, later called the Red Orchestra. The group smuggled important secrets about the Nazis to the U.S. and Soviet governments and helped Jews escape from Germany. Their espionage cost them dearly. **Tuesday, March 4**

Time: 11:00 am-12:30 pm

Presenter: Kathy Smith

Course Fee: \$12.00

RENEW Wisconsin

RENEW Wisconsin is a nonprofit organization dedicated to building a stronger, healthier, more vibrant Wisconsin through the advancement of renewable energy. Learn about this organization and what projects it has undertaken in your community and what is in store for the state of Wisconsin.

Wednesday, March 5

Time: 10:00-11:00 am

Presenter(s): Alex Beld & Ben Behlke

In-person Option (CFE classroom) & Zoom Option. Please note on registration form.

Course Fee: \$8.00

The Life and Legacy of George Armstrong Custer: Hero, Villain or Both?

This course examines the life, career, and enduring legacy of George Armstrong Custer, a controversial figure in American history, to say the least. From his meteoric rise during the Civil War to his infamous defeat at the Battle of the Little Bighorn, Custer's life offers a window into 19th-century America's military, cultural, and political dynamics.

6 Wednesdays, March 5-April 9

Time: 11:00-11:50 am

Presenter: Don Valentino

Course Fee: \$30.00

The Cathedral of Food It's a small wonder, given all the secrets of supermarket geography that a trip to the grocery store meant to pick up a few items so quickly turns into a matter of multiple bags and many dollars. What is a greater wonder is that almost 40 percent of our food supply is wasted; a significant jump from the first time the figure was measured, which stood at 28 percent in 1974. Come learn about the history, psychology, & geography of supermarkets. **Tuesday, March 11**

Time: 11:00 am-12:15 pm

Presenter: John Horgan

Course Fee: \$10.00

The Good, the Bad and the Ugly This class will examine the good and bad cowboys and some of the ugly things that happened in the Old West. We will talk about the Gunfight at the OK Corral, the Lincoln County War in New Mexico along with those who were a part of it such as Billy the Kid, Wyatt Earp, his brothers and John Wesley Hardin among others. **Tuesday, March 18**

Time: 11:00 am-12:30 pm

Presenter: Kathy Smith

Course Fee: \$12.00

An Overview of Milwaukee's Criminal Justice System

The criminal justice system can be confusing for victims and witnesses of crime to navigate. Dr. Schreiber will break down the process and how one moves through the system.

Wednesday, March 19

Time: 2:00-3:00 pm

Presenter: Sara Schreiber

Course Fee: \$8.00

Reduce and Reuse to Limit Recycling

Come prepared to share your suggestions for how best to reduce and reuse. Previously we've discussed vehicles, food, energy, plastic, paper, cardboard, cloth, clothing, cell phones and eyeglasses and where possible their reuse to benefit non-profits. What topic is your special knowledge?

Tuesday, March 25

Time: 10:00-11:30 am

Presenter: Mary Long **Course Fee:** Free to CFE

The Cassini/Dragonfly Missions

The Cassini Mission carried a probe called Huygens to the Saturn system. The probe, which was built by ESA, parachuted to the surface of Saturn's largest moon, Titan, in January 2005—the most distant landing to date in our solar system. Dragonfly marks the first time NASA will fly a vehicle for science on another planetary body. The rotorcraft, targeted to arrive at Titan in 2034, will fly to dozens of promising locations on the moon, looking for prebiotic chemical processes common on both Titan and the early Earth before life developed.

Monday, April 7

Time: 10:30-11:30 am

Presenter: Dennis Roscoe

Course Fee: \$8.00

The Life of Jan Karski

Jan Karski was a Polish resistance fighter and courier who served as an emissary for the Polish Underground State during World War II. He is most notably known for his harrowing mission to personally witness and report on the atrocities of the Holocaust in the Warsaw Ghetto, bringing this information to the Allied powers in an attempt to raise awareness and action against the genocide.

Tuesday, April 8

Time: 1:00-2:00 pm

Presenter: Tomasz Lenkiewicz

Course Fee: \$8.00

Covering the Beatles

Given that the Beatles are the most popular and accomplished band of all-time, it's no surprise that songs written by Lennon, McCartney and Harrison have been recorded by more artists than any other musicians. In this course, we will play and discuss some of the more unique covers of Beatles tunes, while also examining the original Beatles' versions.

Tuesdays, April 8 & 15

Time: 11:00 am-12:15 pm

Presenter: Greg Jenks

Course Fee: \$10.00

“Don't Eat That!” History of Food Taboos

A food taboo is a prohibition against consuming certain foods. The word “taboo” (also spelled “tabu”) is Polynesian and means ‘sacred’ or ‘forbidden’; it has a quasi-magical or religious overtone. The term was introduced in the anthropological literature in the second half of the nineteenth century. In the field of food and nutrition, food taboos are not necessarily connected with magical-religious practices and some nutritionists prefer to speak of “food avoidance.” Come learn about the foods we avoid and possible reasons why.

Tuesday, April 15

Time: 1:30-2:45 pm

Presenter: John Horgan

Course Fee: \$10.00

TERM 3 CLASSES

Wisconsin State Parks, Part II

The Wisconsin State Park System is celebrating 125 years in 2025. In celebration of such an event we will be visiting all 50 parks. We will pick up where we left off in Part I and go through the final 25 parks. From rushing waterfalls, peaceful lake beds and gorgeous views from bluffs stretching for miles, you will see what the fuss is all about. If you missed Part I you can still take Part II.

6 Tuesdays, April 22-27

Time: 10:00-10:50 am

Presenter: Barb Schacht

Course Fee: \$30.00

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, April 22-May 27

Time: 11:00 am–12:15 pm

Presenter: Jim Santelle

Course Fee: \$30.00

Vietnam: The Indochina Wars 1945-1975

April 2025 marks the 50th anniversary of the Vietnam War's end. It concluded a conflict stretching back 30 years, with roots in the aftermath of World War II. This presentation will explore the conflict and its roots, providing context to U.S. involvement.

Monday, April 28

Time: 10:00-11:15 am

Presenter: Christopher Kolakowski

Course Fee: \$10.00

Wisconsin Entertainers with Wisconsin Ties, Part II

A summer 2024 two-week short course proved to be insufficient to discuss all of the actors, athletes, musicians and other entertainers with ties to the Badger State. In this course, we will continue to highlight, with videos and in-depth stories, the many well-known performers with links to Wisconsin.

Monday, May 5 & 12

Time: 11:00 am-12:15 pm

Presenter: Greg Jenks

Course Fee: \$10.00

Around the World in 80 Postcards

Would you like to learn how to travel around the world while staying home? Please join me when we talk about Gloria Dohearty's newest, fun hobby. It's called Postcrossings. We will talk about how you can go around the world using postcards, learn about other countries, collect beautiful stamps and awesome postcards. Make a friend or a pen pal from a country you always wanted to visit.

Wednesday, May 7

Time: 10:00-11:00 am

Presenter: Gloria Dohearty

Course Fee: \$8.00

Poetry? Are you Kidding?

Poems can be mysterious, gritty, grim or funny. Do only crazy people find them interesting?

They are in hymns and songs, and on gravestones, not just in school books. Poets themselves can be mean, cheerful, deep, anonymous or famous for other things. They can wake us up to sparkling truths or hidden fears found in wartime trenches. Are you up for an adventure?

Bring one you would like to share; write one in the session. Feast on some of the best verses in English, like Billy Collins' memory of giving his mother a homemade lanyard that hardly matched her gifts to him of life and meals and safety.

Monday, May 12

Time: 10:00-10:50 am

Presenter: Juliet Hills

Course Fee: \$8.00

Galaxies

Dr. Roscoe will be addressing what is a galaxy and their amazing variety. Learn about the recent discoveries made by the James Webb Space Telescope relating to the very first galaxies that formed within 500 million years of the Big Bang. We will discuss how they are formed, grow and regulate the birth of stars. Be prepared to learn some interesting facts about our own Milky Way Galaxy.

Wednesday, June 4

Time: 1:00-2:00 pm

Presenter: Dennis Roscoe

Course Fee: \$8.00



FITNESS CLASSES

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 1 6 Mondays, January 13-February 17

Term 2 6 Mondays, March 3-April 7

Term 3 6 Mondays, April 21-June 4

(No class May 26)

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 lessons using quiet, supple movements involving the entire body performed in a calm and peaceful manner, and 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 1

6 Tuesdays, January 14 -February 18

6 Fridays, January 17-February 21

Term 2

6 Tuesdays, March 4-April 8

6 Fridays, March 7-April 11

Term 3

6 Tuesdays, April 22-May 27

6 Fridays, April 25-May 30

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 1

6 Tuesdays, January 14 -February 18

6 Fridays, January 17-February 21

Term 2

6 Tuesdays, March 4-April 8

6 Fridays, March 7-April 11

Term 3

6 Tuesdays, April 22-May 27

6 Fridays, April 25-May 30

Tuesday Time: 10:00-10:50 am

Friday 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 coupons cannot be applied.

Term 1 6 Wednesdays, January 15-February 19

Term 2 6 Wednesdays, March 5-April 9

Term 3 6 Wednesdays, April 23- May 28

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, and mindfulness.

We will review basic yoga positions and learn new poses and breathing techniques. Bring a towel or floor mat and wear comfortable clothing. CFE coupons cannot be applied.

Term 1 6 Wednesdays, January 15-February 19

Term 2 6 Wednesdays, March 5-April 9

Term 3 6 Wednesdays, April 23-May 28

Time: 11:00-11:50 am

Instructor: Michelle Kreiter

Course Fee: \$35.00/per term

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. The following walks will meet at the designated park to hike/walk, and rest a bit continue on the hike/walk and finish within two-hours time. No special abilities or experience needed, wear comfortable shoes and clothing. This is a unique experience. Carpooling is optional.

These walks are tentative; dates will be assigned in March. New walks may be chosen based on how our Wisconsin winter goes.

Tentative Walk Locations

The Forest Exploration Center, Wauwatosa; Jackson Park, Milwaukee; Endicott Park, Brookfield; Baderstcher Conservation Area, Muskego; Scout Lake Park, Greendale; Lapham Peak, Delafield

Mondays, April 21-June 2 (No Class May 26)

Time: 10:30 am-Noon

Guide: CFE Member Led

Course Fee: \$10.00

Course fee does not include entry fees to state parks nor gardens. CFE coupons cannot be applied.

AQUA FITNESS CLASSES

Work at your own pace in each class. No swimming skills are required. Please bring your own towel, swimsuit and lock. Water Shoes are strongly recommended. CFE is not responsible for lost, damaged, or stolen items. Warm Water Pool-temperature between 85°-88°. **CFE member coupons cannot be applied to water exercise classes.**

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. This class has no instructor and is at your own pace. Min. 4, Max. 12

Term 1- 6 Mondays, January 13-February 17

Term 2- 6 Mondays, March 3-April 7

Term 3- 6 Mondays, April 21-June 2 (No Class May 26)

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 that helps increase your flexibility and muscle strength. Low level, non-aerobic workout is safe and fun without impact to the joints. Even people with arthritis may want to give these classes a try! Max.12, min. 6.

Term 1-

6 Tuesdays, January 14-February 18 Low/Mod.

6 Thursdays, January 16-February 20 Low

Term 2

6 Tuesdays, March 4 -April 8 Low/Mod.

6 Thursdays, March 6-April 10 Low

Term 3-Registration for Term 3 Opens March 31

6 Tuesdays, April 29-June 3 Low/Mod.

6 Thursdays, May 1-June 5 Low

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. Max.12, min. 6.

Term 1

6 Tuesdays, January 14-February 18

6 Thursdays, January 16-February 20

Term 2

6 Tuesdays, March 4-April 8

6 Thursdays, March 6-April 10

Term 3-Registration for Term 3 Opens March 31

6 Tuesdays, April 29-June 3

6 Thursdays, May 1-June 5

Time: 11:00 am-Noon **Instructor:** Laura Haas

Course Fee: \$36.00/6 week class

SAGE MOVIES 1:00-3:00 PM

Donations Welcome

All movie showings are subject to availability.
Please register for the movies by noting on registration form or calling (414) 546-7302.

Tuesday, January 14-Thelma, PG13 1hr39m
Thelma Post is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her.

Tuesday, January 28-Janet Planet, PG13 1hr53m
Enthralled by her own imagination, 11-year-old Lacy spends the long summer at home with her mother and three strangers.

Tuesday, February 4-Living, PG13 1h42m
Overwhelmed at work and lonely at home, a civil servant's life takes a heartbreaking turn when a medical diagnosis tells him his time is short. Influenced by a local decadent and a vibrant woman, he continues to search for meaning, until a simple revelation gives him a purpose to create a legacy.

Tuesday, February 11- Fancy Dance, R 1h30m
Following her sister's disappearance, a Native American hustler kidnaps her niece from the child's white grandparents and sets out for the state powwow in hopes of keeping what is left of their family intact.

Tuesday, March 25-One Life, PG 1h44m
Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued over 600 children from Nazi-occupied Czechoslovakia.

Tuesday, April 1-Ordinary Angels, PG 1h58m
A struggling hairdresser finds a renewed sense of purpose when she meets a widowed father working hard to care for his two daughters. With his youngest critically ill and waiting for a liver transplant, the fierce woman single-handedly rallies an entire community to help. Based on true events.

Tuesday, April 22-The Piano Lesson, PG13 2h5m
The Charles family grapples with family legacy and difficult decisions as they determine the fate of their heirloom piano while exploring deeper themes along the way.

Tuesday, May 6- White Bird, PG13 2h1m
Struggling to fit in at his new school after being expelled for his treatment of Auggie Pullman, Julian is visited by his grandmother and is transformed by the story of her attempts to escape Nazi-occupied France during World War II.

CFE MEMBER OPPORTUNITIES

Basic Tech Assistance

Do you have questions concerning your tablet or smart phone? Do you need some basic technical assistance - what is Google Play Store, iTunes, what are "apps"? Do you need assistance with accessibility features, setting up Wi-Fi, basic password management, receiving/sending texts, setting up an email? Do you want to learn how to use FaceTime, Zoom, Duo or Skype? If you need any of the above assistance or have another general question, then reserve a spot in a session below. Please be sure to know or bring your user password for your phone. Classes are limited per session and filled on a first-come-first served basis.

Monday, January 20

Monday, February 17

Time: 9:30-11:00 am

Facilitators: Whitnall National Honor Society

Course Fee: Free to CFE Members

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

Course Fee: Free to CFE Members

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!

Third Wednesday of the month:

January 15

February 19

March 19

April 16

May 21

Time: 1:00-3:00 pm

Instructor: Nancy Lee Black

Course Fee: \$10.00 per class

MONTHLY CFE BOOK CLUB

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. First Tuesday of the Month.

Upcoming Book Club Selections:

Tuesday, January 7

The Mystery of Mrs. Christie by Marie Benedict

Tuesday, February 4

The Midwife's Confession by Diane Chamberlain

Tuesday, March 4

The Secret of Snow by Viola Shipman

Tuesday, April 1

Light Over London by Julia Kelly

Tuesday, May 6

Fox Creek by William Kent Krueger

Tuesday, June 3

Sooley by John Grisham

Time: Noon-1:00 pm

Course Fee: Free to CFE Members

Facilitator: Group Led

MONTHLY MYSTERY BOOK CLUB

BEFORE THE FIRST BODY IS DISCOVERED, A LOOK AT MYSTERY SERIES AUTHORS

Join us for laughter, 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. That nosy neighbor? The locations change and the characters remain interesting.

Upcoming Book Club Selections:

Monday, January 20

Peril at the Exposition by Nev March

Monday, February 17

Detective Inspector Huss by Helene Tursten

Monday, March 17

The Dead Cat Bounce, By Sarah Graves

Monday, April 21

Strong Poison, by Dorothy L Sayers

Monday, May 19

The Woman in the Library by Sulari Gentill

Time: 1:00-2:00 pm

Course Fee: Free to CFE Members

Facilitator: Holly Schoenecker

SAVE THE DATE

You're invited...

*Clement Manor Independent Living
& Center For Enrichment Community*

SAVE THE DATE

*Senior
Prom*

THURSDAY, APRIL 17TH

FROM 12 PM TILL 2 PM

COME FOR CLASS, STAY FOR LUNCH!

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

9405 W Howard Ave., Greenfield, WI
Rainbow Room Restaurant: 414-546-7389

Weekly Menu can be found at:
www.clementmanor.com/cfe/



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For more information, call Kim at 414-546-7000.



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