

Center For Enrichment

Class Updates

We believe that the process of learning continues throughout our lives.



**Center for
Enrichment**
9405 W Howard Ave
Greenfield, WI 53228

**Questions Contact
the CFE
Office**
414-546-7394 or
414-546-7990

cfe@clementmanor.org
During CFE hours
Monday - Wednesday
8:30 am to 3:00 pm

**Call or visit our
website for more
information on CFE.**
www.clementmanor.org
See us on facebook too!

CLEMENT MANOR



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Enrichment**

*Sponsored by the
Franciscan Sisters of
Christian Charity*

Common Sleep Challenges Jake is a LPN and a nursing student at Herzing University. As part of his coursework, he is excited to present on understanding common sleep challenges and ways to improve sleep quality. He will explore topics such as why we struggle with sleep, how aging affects sleep patterns, healthy bedtime routines, and tips for creating a sleep-friendly environment. Practical strategies for managing stress and reducing nighttime disruptions will also be shared. If you want to learn more about sleep and achieving better rest, this session is for you!

Wednesday April 9; Time: 1:00-2:00 pm

Presenter: Jacob Spitzer, LPN

Course Fee: Free to CFE Members & Guest

Doris Kearns Goodwin on Leadership in Turbulent Times Doris Kearns Goodwin, one of the most renowned historians of our time. Drawing from her book "Leadership: In Turbulent Times," Goodwin transports us back in time to provide perspective and analysis as she helps us understand how the presidents she's studied most closely - Abraham Lincoln, Theodore Roosevelt, Franklin Roosevelt and Lyndon Johnson - provide proof that as a country and a people we've been through most difficult times before and came through stronger. **Monday, April 14; Time: 10:00-11:30 am**
Recorded Video Presentation

Course Fee: Free to CFE Members

Trade & Globalization The wide-ranging effect of globalization are complex and controversial. As with major technological advances, globalization has delivered benefits to the world's societies but has been the target of criticism for allegedly harming certain groups and aggravating inflation. Understanding the relative costs and benefits can pave the way for alleviating problems. **Tuesday, April 22; Time: 2:00-3:00 pm**
Zoom Lecture with Avik Chakrabarti, UWM-Economic Department

Course Fee: \$5.00 (Please let us know if you will be coming joining us in the classroom or via Zoom)

Self Care-Awareness, Acknowledgement, Action In this session you will Understand-What is Self-Care? Become Aware of the roles we play through a self-assessment and Acknowledge these roles and take Action where needed. **Wednesday, April 23; Time: 1:00-2:15 pm**

Presenter: Pat Shapiro

Course Fee: Free to CFE Members

Healthy Living with Diabetes Feel better and have more control over your diabetes with this 6-week program. It's been shown to decrease emergency department visits by 53%. This class focuses on Type 2 Diabetes. **6 Mondays, May 6-June 16** (no class Monday, May 26); **Time: 1:00-3:30 pm**

Presenter: Pat Shapiro

Course Fee: Free to CFE & Community Members

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, May 14; Time: 1:00-2:00 pm**

Presenter: Dennis Roscoe

Course Fee: \$8.00 *Date Change!

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Housing, Race & Equity Workshop

This interactive and discussion-based workshop provides a unique opportunity to delve deeper into the local history on housing patterns. There will be an examination of a historical timeline chronicling both national and local events from 1896 to 1969, a review of key federal legislations and critical local socio-economic factors that affect housing in Milwaukee since 1968 as well as an opportunity to shed light on current housing challenges

Wednesday, May 21; Time: 1:00-3:00 pm

Habitat for Humanity

Course Fee: Free to CFE & Community Members

People Unique to Milwaukee & Wisconsin

Join us while we explore those individuals that make Wisconsin the place we call home. We'll be discussing a sports figure, a family of businessmen, an actor, a former mayor of Milwaukee and several others in this session.

Wednesday, May 28; Time: 10:00-11:30 am

Presenter: Mary Long

Course Fee: \$12.00

TO REGISTER FOR ANY OF THESE CLASSES STOP IN THE CFE OFFICES, FILL OUT A REGISTRATION AND SUBMIT PAYMENT.