***The Shadow***

*The Shadow* is the dark side of our personality that we, as children, learn to suppress as we grow up. How can a son kill his own mother?  *It’s our undeveloped self,* according to William Miller.  Psychotherapist Carl Jung teaches us how to bring those dark sides of our personality into our consciousness and use them to our advantage.

**Wednesday, June 4**

**Time: 1:00-2:30 pm**

**Presenter:** Marge Schell

**Course Fee:**

***Living in Liminal Space***

*Living in Liminal Space*: Liminal Space is the time between the *known* and *unknown*. I’m driving with my friend when the car accident happened, instantly killing my friend; I survived. Or, a devastating diagnosis changed my life... Now what? Looking back, what did you do? Pulling from the research on bereavement and theology, there are options.

**Wednesday, June 11**

**Time: 1:00-2:30 pm**

**Presenter:** Marge Schell

**Course Fee:**

**Lewis and Clark**

In 1803, President Jefferson was responsible for the acquisition of the Louisiana Purchase. He would send Lewis and Clark, along with the Corps of Discovery, to search for the Northwest Passage, map the territory, meet with native tribes, and record flora and fauna. This journey was equivalent to putting a man on the moon in the 1960s. Come along on a tour of this incredible journey, with a slideshow that incorporates past and present, and discover much more than what was in your history book. Timm will have all of his books available for sale ($10-$25).

**Tuesday, June 17**

**Time: 11:00 am–12:30 pm**

**Presenter:** Paul Timm

**Course Fee:**

**From Ship to Shore: Galveston, Texas**

For many years I joined friends in Texas and during most visits spent time in Galveston. So, when I saw PBS was going there in April 2025, I was in. Join me and the 32 others who joined me on this trip to discover what we learned about this special place, the fun and adventures we had and the food, the glorious food that we consumed.

**Wednesday, June 18**

**Time: 10:30 am-Noon**

**Presenter:** Mary Long

**Course Fee:**

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**Wednesday, June 18**

**Time: 1:00-2:30**

**Presenter:** Jim Nelson

**Course Fee:**

**Penguins and Trombones**

Join us for an exciting class where we journey to the frozen continent of Antarctica! Discover towering icebergs, incredible wildlife like penguins and seals, and the adventures that brought a Wisconsin music teacher to this icy land. Through stunning visuals, you’ll experience the wonders of the coldest place on Earth—no parka required!

**Monday, June 18**

**Time: 9:45-11:15 am**

**Presenter:** Lisa Werner

**Course Fee:**

Lisa Werner serves as the music teacher at St. Bruno Parish School in Dousman, Wisconsin. Lisa enjoys performing in jazz ensembles and local pit orchestras. Mrs. Werner is a National Board Certified teacher, a Fulbright Fellow, and is also certified by National Geographic and as a Google Educator. Lisa is constantly looking for new ways to connect music to other content areas for the students in her classroom, including her most recent experience performing students’ experiments on sound and music while playing her trombone on a zero gravity flight.

**Antarctica a Geologist’s View of the Frozen Tundra**

As a geologist Zelenda Koch finds Antarctica fascinating due to its unique geological history, preserved in its ice sheet and rock formations, which offers insights into the Earth's past climate, tectonic processes, and the breakup of the supercontinent Gondwana. The continent also provides a natural laboratory for studying the effects of climate change and offers a pristine environment for researching various geological processes. Come learn about what Antarctica offers that kept her going back. Koch will also share stories on what she learned about early explorers of the continent and how they survived during trips to this vast continent.

**Monday, June 18**

**Time: 1:00-2:30 pm**

**Presenter:** Zelenda Koch

**Course Fee:**

Zelenda Koch, Senior Lecturer (Faculty III) for Geosciences and Conservation and Environmental Science. Advisor for potential, prospective, and new CES students at the University of Wisconsin-Milwaukee

**The History of Zoo’s**

**Tuesday, June 24**

**Presenter(s): Volunteers from the Zoological Society of Milwaukee County**

**Course Fee:**

**Tai Chi**

Tuesday, July 8 and August 5   9:00 a.m. to 9:50 a.m. Continuing

10:00 a.m. to 10:50 a.m. Beginning class

Friday, July 11 and August 8  9:00 a.m. to 9:45 a.m. Continuing class

10:45 a.m. to 11:35 a.m. Beginning class

**Aqua Fit**

6/10 - 7/10 5 weeks, No classes Off 7/13-18, 7/21-8/30. 6 weeks

**Therapeutic Walking**