

CENTER FOR ENRICHMENT

CLEMENT MANOR

Classes for Lifelong Personal Growth

January 12 ~ February 20, 2026

March 2 ~ April 10, 2026

April 20 ~ May 29, 2026



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 23, 2025 - January 4, 2026



Franciscan Sisters of Christian Charity
Sponsored Ministries, Inc.

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.

TABLE OF CONTENTS

Membership & Registration Information.....	3
Refund Policy/Fees/Directions.....	3
Keynote Series.....	4
TERM 1 January 12-February 20, 2026.....	5-7
TERM 2 March 2-April 10, 2026.....	8-10
TERM 3 April 20-June 5, 2026.....	10-11
CFE Fitness Classes.....	11-12
CFE Aqua Fit Classes.....	12
CFE Senior Sage Movies.....	12
CFE Member Opportunities (Basic Tech, Creative Cards, Art Classes, Bridge Club, CFE Book Clubs).....	13
Registration Forms.....	14, 15

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!

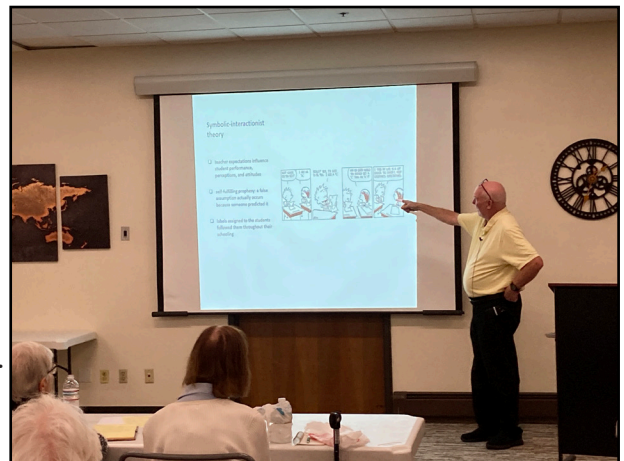
The Center for Enrichment (CFE) at Clement Manor is a Lifelong Learning program that offers educational, wellness and spiritual programming for the mature adult student. CFE is in search of volunteers who are interested in sharing their skills with our inquisitive and eager members. No need to be a certified 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 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 20 or after.

Walk in Registrations beginning January 5.

Register for any class in any term except for Aqua fit classes (see page 12).

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, 2026

Term 5 September 14-October 23, 2026

Term 6 November 2-December 11, 2026

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 Visa/Mastercard.

***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 when weather/emergency conditions warrant.

CFE TUESDAY KEYNOTE SERIES

Member \$5.00 / Guest \$7.00 per Keynote

Lady Lighthouse Keeper: The Extraordinary Life & Times of Georgia Green Stebbins Presented by Ken and Barb Wardius Tuesday, February 17 1:30 PM

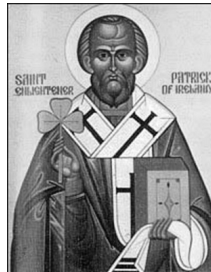
Georgia Green Stebbins was a sickly young woman from New York City when she came to the North Point Lighthouse in Milwaukee in the mid-1800s to help her ailing lighthouse keeper father. She ended up being an exemplary lady lighthouse keeper in an era when that was an uncommon profession for women. Georgia was the longest serving keeper at North Point as well as the longest serving woman lighthouse keeper in Wisconsin. Her story is fascinating.



The Real Life of the Man Called Saint Patrick Portrayed by Historian David Wiedenkiller Tuesday, March 17 1:30 PM

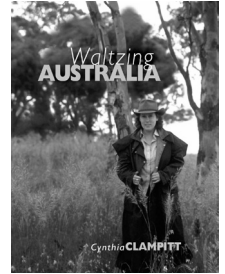
The celebration of St. Patrick's Day every year on March 17th gives people in America, Ireland, and many other countries an excuse to wear green and wave shamrocks in parades.

Leprechauns, pots of gold, and green beer have become the traditional icons of this national holiday. Have you ever wondered if there really was a man named St. Patrick and if so, what is the real reason behind the holiday? Come and hear the true story of the man behind the legend. Listen to his inspirational journey as he spread the Word of God to the people of Ireland during the 5th Century.



Waltzing Australia Presented by Cynthia Clampitt Tuesday, April 21 1:30 PM

From sophisticated cities to rugged outback, desert to rainforest, Great Barrier Reef to ancient inland ranges, the land Down Under offers an often-surprising kaleidoscope of memorable experiences. Australia is a splendid destination with friendly people, astonishing landscapes, strange animals, great wineries, abundant birdlife, and rich history. Far more than a mere travelogue, this program covers Australian culture, history, geography, and lore. Though writer-photographer Cynthia Clampitt has visited Australia several times, this presentation focuses on places visited during the six-month, 20,000-mile journey that is the subject of her award-winning book, *Waltzing Australia*.



The Essential P.T. Barnum Presented by William Pack Tuesday, May 19 1:30 PM

The true story of "The Greatest Showman." Years before he revolutionized the circus, P.T. Barnum was the most famous man in the world. William reveals the amazing life of P.T. Barnum through storytelling and recreations of historical sideshow performances. HEAR the life lessons that shaped this great American showman, MEET the extraordinary people that changed his life, and EXPERIENCE the wonders of his American museum.



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.

Group rate available for groups over 10. For more information call 414-546-7394.

MEMBERSHIP OPPORTUNITIES

TERM 1 CLASSES

Places and Things Unique to Wisconsin

Welcome to the Sheboygan area of Wisconsin. This time we'll visit vibrant businesses, places of faith, unique architecture, interesting events and local sports. See why this area, less than 60 miles from Milwaukee is known as the Malibu of the Midwest.

Monday, January 12

Time: 10:00-11:30 am

Presenter: Mary Long

Course Fee: \$10.00

Downsizing: Quality Over Quantity

Downsizing is the task that delays many individuals from moving. It is easy to put it off when we have a multitude of things we would rather be doing.

Just because you do not see all the stuff you have in your closets, it does not mean it is not there. Some common objections heard about the downsizing dilemma include: I do not even know where to start. I hate to throw things away. What if I get rid of something that I will need later? But I want to keep it because Aunt Gladys gave it to me. It is so much work, it will just cause stress, why bother? Hear a local expert talk about simplifying your life as well as the physical and emotional aspects of downsizing and aging in place. **Monday, January 12**

Time: 1:00-2:15 pm

Presenter: Migdalia Zanon

Course Fee: \$10.00

Effect of Vietnam War on Hmong Culture

Hernandez will discuss the Hmong covert alliance with the United States in the "Secret War" in Laos, which supported the U.S. anticommunist effort in the Vietnam War, and on refugee migration to and resettlement in the US in the postwar era.

Tuesday, January 13

Time: 11:00 am-12:15 pm

Presenter: Kimberly Hernandez

Course Fee: \$10.00

Road to Recovery: What to Expect After

a Fall This educational session focuses on what to expect during hospitalization after a fall, including discharge planning, insurance coverage, and options for continued care-whether at home or in a rehab facility. Practice strategies will also be discussed to prevent falls which include but not limited to vision, strength, balance to what items at home could cause a fall. **Tuesday, January 13**

Time: 1:00-2:00 pm

Presenter: Colleen Poggenburg & Amy Kuehni

Course Fee: Free to CFE Members and Guests



Identity Theft: Protect and Prevent

Identity theft continues to be the fastest growing crime in the United States. The more you learn about it, the less vulnerable you are. The Wisconsin Bureau of Consumer Protection will explain the different types of identity theft, how to recognize it and how to prevent it – including information about Fraud Alerts and Security Freezes. Receive tips for safeguarding personal information and how to recover from Identity Theft. Helpful brochures will be available. **Wednesday, January 14**

Time: 1:00-2:15 pm

Presenter: Ben Merens

Course Fee: \$10.00

Icy Insights: Climate Change Through Diverse Frozen Lens

Frozen environments on Earth exhibit a remarkable diversity, encompassing vast Antarctic ice sheets, vulnerable Alaskan glaciers, shrinking tundra, and dynamic Arctic sea ice. These landscapes are not merely stunning; they serve as critical indicators of our planet's health and are intricately linked to the dynamics of climate change. In this presentation, we will explore the unique characteristics of these environments, emphasizing their responses to rising temperatures and changing climate patterns. Each frozen environment offers a unique perspective on climate change, highlighting the interconnectedness of our global ecosystem.

Monday, January 19

Time: 1:00-2:15 pm

Presenter: Zelenda Koch

Course Fee: \$10.00

Dealing with Life and Family Issues

Seniors face a host of challenges that increase with age. I call this period in our lives 'Managing Loss'. Loss of independence, loss of income, loss of mental and physical capabilities, etc. We will look at these challenges by addressing their place in the 'Circle of Concern/Circle of Influence' model developed by Dr. Stephen Covey in the book 'The 7 Habits of Highly Effective People'. This is an interactive class where you will be encouraged to share your stories and experiences as we work together to develop possible solutions for nine specific areas: Finances, Independence, Living Space, Transportation, Health Concerns, Estate Planning, Death Planning, Control Issues, and Social and Family Ties. Max. 20

Tuesdays, January 20, 27, Feb. 3

Time: 10:00-11:30 am

Presenter: Dennis McCormack

Course Fee: Free to CFE Members

Traveling Tips to Make the Best of Your Time Away! It's that time of year when we start planning for travel! And yet, there are some who worry that they can no longer travel, due to caring for a loved one, or their own condition slowing them down. The good news is that there are services and tips to make life easier for Land, Air and Sea!

Tuesday, January 20

Time: 1:00-2:00 pm

Presenter: Ruth Busalacchi

Course Fee: \$10.00

For or Against Constitutional

Originalism?: A Debate Stanford University professor Jonathan Gienapp, author of the new book, *Against Constitutional Originalism: A Historical Critique*, is joined by Stephen Sachs of Harvard Law School to discuss Gienapp's challenge to originalists' unspoken assumptions about the Constitution, the history of originalism as a constitutional methodology, and its role in constitutional interpretation today. Thomas Donnelly, chief content officer at the National Constitution Center, moderates.

Wednesday, January 21

Time: 11:00 am-12:00 pm

Presenter: Recorded Zoom

Course Fee: \$10.00

Do Journalists Have Ethics?

Ethics in journalism are important for maintaining integrity, accuracy and public trust. Journalists shape opinions and hold power to account, making truthfulness and impartiality essential. Without ethics, misinformation spreads, eroding trust and causing division. We explore the codes of ethics that govern journalists amidst concerns of 'fake news' and the spread of misinformation.

Monday, January 26

Time: 11:00 am-12:15 pm

Presenter: Dave Edwards

Course Fee: \$10.00

Cochin, India: A Spice Port at the

Crossroads of Empire In the early 16th century, the spice port of Cochin, today's Kochi, became Europe's first stronghold in India. With the arrival of the Portuguese, this modest coastal town transformed into a center of forts, alliances and rivalry, setting the stage for centuries of colonial rule. In this pre-recorded video lecture, historian and guide Shagzil Khan will trace how Kochi's geography, trade and politics made it the ideal gateway for European ambitions. From Vasco da Gama's fateful arrival to the construction of India's first European fort and church, Cochin emerged as the spark that ignited a chain of events leading to India's colonization. Uncover how this small port reshaped global history.

6

Monday, January 26

Time: 1:00-2:30 pm

Presenter: Shagzil Khan

Course Fee: \$10.00

Cataracts

Cataract surgery is one of the most commonly performed procedures in the world. But in 2025, this is NOT your grandma's cataract surgery anymore! Modern techniques have made the procedure quicker, easier and more customizable than ever. Cataract surgery can be truly life changing! We will discuss the human eye and how this simple yet sophisticated procedure has evolved over the years.

Monday, February 2

Time: 11:30 am-12:30 pm

Presenter: Nick Burns

Course Fee: \$10.00

Small Space, Big Potential

How to make your apartment feel like home.

This discussion will cover how to make your new apartment to feel like your home as well as presenting ideas for how to refresh your current apartment. Through various techniques like layer of furniture, adding accessories, artwork, utilizing vertical space one can make a space feel more at home or even larger. Looking for tips from an interior designer this class is for you.

Tuesday, February 3

Time: 11:00 am-12:00 pm

Presenter: Lana Gorski

Course Fee: \$10.00

Hales Corners Ben Hunt Cabin

Jim to Lone Eagle: Ben Hunt & His

Historic Cabin W. Ben Hunt (1888-1970) was an artist, craftsman, educator, researcher, and writer. He often is called "Hales Corners' most famous resident" because he authored more than 20 books and over 1,000 magazine articles. The books covered a widerange of subjects, such as woodcarving, leather work, whittling, Native American crafts and lore, log cabin building and more. In 1924, using only hand tools, Ben Hunt built the log cabin that bears his name. This program will feature rare images of the actual construction of the Cabin, and its relocation in 1986 to its current site beside Janesville Road, next to the Hales Corners Library. In 2005, the Cabin was designated a local historic landmark through the efforts of the Hales Corners Historic Preservation Commission.

Tuesday, February 3

Time: 1:00-2:15 pm

Presenter: Al Strekow

Course Fee: \$10.00

Leo Frank & Mary Phagen

Leo Frank, a Jewish man from New York, was arrested, tried and convicted of the murder of teenage Mary Phagen who worked in the pencil factory he managed. It has always been a controversial case with Frank's guilt much in doubt.

Wednesday, February 4

Time: 11:00 am-12:15 pm

Presenter: Kathleen Smith

Course Fee: \$10.00

Called to Journey, Called to Welcome: A Biblical Perspective on Immigration

This study will provide an opportunity to engage and discuss immigration from the perspective of several biblical passages, the history of immigration in the United States and current issues in the arena of immigration. This three part study will cover the terms related to immigration and a history of immigration in part one. Part two will take a look at how people respond to today's immigration realities and the biblical laws related to immigration and the theology around them. In part three, the New Testament perspectives on immigration will be explored and possible actions than can be taken.

3 Wednesdays, February 4, 11, 18

Time: 1:00-3:00 pm

Presenter: JoAnn Wright

Course Fee: \$20.00

Mental Health: What if We Talked About It?

This one-hour session will emphasize mental health as an important part of overall health as and wellness. By having an open conversation about mental health, we hope to remove stigma and encourage important action.

Monday, February 9

Time: 1:00-2:00 pm

Presenter: Alaina Olewinski

Course Fee: Free to CFE Members and Guests

Letting Go of Treasured Memories

Join Kim and Marj for a discussion on how one deals with the emotional aspects of downsizing their personal belongings, especially leaving a home of many years. We all share the difficulties in letting go of an object that holds powerful deep memories for us as we attempt to downsize. Letting go is not as easy as people make it out to be. Hopefully acknowledging this aspect will help as we offer suggestions for dealing with this emotional process.

Tuesday, February 10

Time: 10:00-11:00 am

Presenters: Marge Nixon and Kim Skoczynski

Course Fee: \$10.00

Carole King

Carole King's 1971 Tapestry album is one of the most critically acclaimed and highest selling records in pop music history. What is lesser known however is the string of hit songs she wrote for a variety of artists in the previous decade. This two week course will take a musical journey back to the early years of King's songwriting career while discussing and playing many of the classic tunes that we all know and love from the 1960s.

2 Tuesdays, February 10, 17

Time: 11:00 am-12:15 pm

Presenter: Greg Jenks

Course Fee: \$14.25

People Unique to Wisconsin

There are some very famous people from the Sheboygan area of Wisconsin. Some are from a well-known business family. Others were politicians, less well-known actors and entertainers, sports figures and those in my favorite category (People Who Did/Do Good). Come join me to be introduced or maybe just reminded of our unique population. **Tuesday, February 10**

Time: 1:00-2:30 pm

Presenter: Mary Long

Course Fee: \$10.00

Laughter Yoga

Laughter yoga is a practice that combines voluntary laughter exercises with yogic breathing (Pranayama) to achieve health and wellness benefits. It uses intentional, simulated laughter that often becomes contagious within a group setting, supported by clapping, stretching, and playful movements to create the effects of genuine laughter without needing jokes. The goal is to release stress, improve mood, and boost well-being through this playful, physical activity. Its motto is fake it till you make it.

Wednesday, February 11

Time: 1:00-1:50 pm

Presenter: Andrew Whitver

Course Fee: \$10.00

QPR: Ask a Question. Save a Life.

QPR stands for Question, Persuade, and Refer – the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. **Monday, February 16**

Time: 1:00-2:00 pm

Presenter: Southwest Suburban Health Department

Course Fee: Free to CFE Members & Guests

TERM 2 CLASSES

The Connection Between Dentistry and Systemic Health We will discuss how oral health serves as a gateway to the gastrointestinal system, influencing overall wellness. We will learn more about the ways in which dental care practices can support broader health outcomes and contribute to early detection or prevention of systemic conditions and provide information as to how to maintain adequate oral hygiene to reduce the risk of diseases such as dental caries (cavities). Marwa and Dana are second-year dental students at Marquette University's School of Dentistry. **Monday, March 2**
Time: 10:00-10:50 am
Presenter: Marwa and Dana
Course Fee: \$10.00

1934: The Year of the Gun
 This course examines the violent final year of several notorious American bank robbers who became folklore heroes and whose deaths in 1934 marked the collapse of the "Public Enemy" era. We will follow the exploits of eight famous criminals killed in 1934 and the emerging federal law-enforcement tactics particularly those of J. Edgar Hoover and his drive for the FBI drive to become known as the top law enforcement agency in the country. **6 Tuesdays, March 3-April 7**
Time: 10:00-10:50 am
Presenter: Don Valentino
Course Fee: \$30.00

From Poland to Milwaukee
 Brother Henryk will discuss his life growing up in western Poland during the Communist era and a journey which would take many twists and unlikely turns, leading him from a seminary classroom to a soup kitchen, from professor to advocate for the poor, and from Krakow, Poland, to Milwaukee, Wisconsin. **Tuesday, March 3**
Time: 1:00-2:15 pm
Presenter: Br. Henryk Cisowski
Course Fee: \$10.00

Greece: Land of History, Beauty & Inspiration Greece is a country of contrasts: vibrant cities and timeless villages, wild mountain landscapes and tranquil islands, deep-rooted traditions and modern rhythms. Join Eleni Petroutsou in this pre-recorded video lecture for an inspiring introduction to this remarkable country, known for its spirit of hospitality and respect. For centuries, Greece has nurtured a culture of human values and coexistence; a place where history and beauty meet. **Wednesday, March 4**
Time: 11:00 am- 12:30 pm
Presenter: Eleni Petroutsou
Course Fee: \$10.00

The Road to War in Europe, 1919-1939
 World War II's outbreak in 1939 was the end of a winding road stretching back 20 years. This talk will examine the road to war in Europe, and its many twists and turns. **Monday, March 9**
Time: 10:00-11:15 am
Presenter: Chris Kolakowski
Course Fee: \$10.00

Guide for Family Members: Signs it's Time to Give up the Keys As a family member or close friend, watching the effects of aging can be difficult and frightening. When it comes to driving, you may worry if your loved one or friend is still capable of operating a vehicle safely or should retire from that activity altogether. Although this is a hard decision to make, there are certain signs that indicate when it's time for seniors to stop driving. Ivan Payes of Senior Helpers will help identify the signs, help with how to have the conversation and discuss the many options available to help maintain their independence. **Monday, March 9**
Time: 11:00 am-12:00 pm
Presenter: Ivan Payes
Course Fee: \$10.00

The New Deal in Milwaukee and Wisconsin Following the stock market crash of 1929 and the resulting depression that lasted through the 1930's, President Franklin D. Roosevelt responded by initiating The New Deal. Government spending on the Civilian Conservation Corps, Works Project Administration as well as the Federal Arts Project resulted in a number of undertakings that are still with us today. This course will briefly discuss the factors that lead to the great depression and then detail many of the New Deal projects located in the greater Milwaukee area. **2 Tuesdays, March 10 & 17**
Time: 11:00 am-12:15 pm
Presenter: Greg Jenks
Course Fee: \$14.25

Reduce and Reuse to Limit Recycling
 If you must recycle, learn how benefit a non-profit organization. Material has been prepared in multiple categories, including Energy, Food, Water Plastic and several more. Which categories are you interested in? Come prepared to discuss your ideas and suggestions. In this session we're offering a "Put and Take" opportunity. If you wish, bring no more than 2 items that you would typically donate to a non-profit. If no one attending is interested in taking your donation, you'll be able to donate as you typically would. **Tuesday, March 10**
Time: 1:00-2:30 pm
Presenter: Mary Long
Course Fee: Free to CFE Members

Pulitzer Prize Photos: 1,000 Words

Behind the Picture The Pulitzer Prize is awarded for a distinguished example of feature photography, which may be a single photograph or series of photographs of general news that may be taken over time and that illuminate a subject in great depth. Less well-known is the fuller story of the people in the photo as well as the photographer which adds a poignant dimension to the photo and the story that it attempts to tell.

2 Wednesdays, March 11 & 18

Time: 1:00-2:15 pm

Presenter: John Horgan

Course Fee: \$14.25

Nutrition Tips to Maximize Heart Health

Eating healthy is one of the top ways to reduce risk for heart disease. Want to eat healthier, but not sure where to start? Join registered dietitian, Heather Klug, from Aurora Health Care and The Karen Yontz Cardiac Awareness Center, to learn the top 10 healthy eating tips to boost your heart health (and keep it there)! Whether you want to lower your cholesterol, get your blood pressure down, or lose weight, join us. **Monday, March 16**

Times: 1:00-2:00 pm

Presenter: Heather Klug  Aurora Health Care

Course Fee: \$10.00

911: How to Recognize and Respond to Emergencies

This training will educate on things to look for and how to handle an emergency, not to diagnose, treat or provide care. This course will also cover how to communicate with 911, what will be asked from 911 to what a caller might be asked to do to help the patient. We will address symptoms you should recognize if someone is going through a cardiac event, stroke, allergic reactions, diabetic event, etc. **Monday, March 23**

Time: 10:00-11:15 am

Presenter: Gina Cesarz

Course Fee: Free to CFE Members

Living Well with Chronic Conditions

You're not alone. But it might feel that way. Maybe it's arthritis, high blood pressure, depression, COPD or even cancer. Your doctor told you what to call your condition – but it's been up to you to figure out how to live with it, everyday. Over 80% of older adults in the U.S. have at least one on-going health condition. That's a lot of people with the same questions you have. Feel better and do more. With the simple skills and the new habits you will build, you can take better control of your health and get back to doing what matters most. Min.10, Max. 16

6 Mondays, March 23-April 27

Time: 1:00-3:00 pm

Presenter: Pat Shapiro

Course Fee: Free to CFE Members

Telling WI History Using Iconic Objects

Wisconsin 101 is a website which presents local histories on a browsable statewide platform. From soda bottled in Whitefish Bay in the 1920s, to a dam fragment erected in the Kickapoo River Valley in the 1930s, to bowling pins manufactured in Antigo in the 1960s, visitors can discover all kinds of objects that offer new perspectives on the people, places and ideas of our state's past. We will also discuss the virtues and challenges of doing local history on a statewide basis. **Wednesday, March 25**

Time: 1:00-2:00 pm

Presenter: Tom Broman

Course Fee: \$10.00

Milwaukee Garage Bands: Generations

of Amateur Rock Based on my book of same name, I'll share fun pictures and personal testimony from young people in their 1st rock & roll bands in Milwaukee area from late 1950s through the 90s. Song examples will be used to show the difference between music industry notions of Garage Rock vs what actually went on and mattered for Teens in bands! **Wednesday April 1**

Time: 1:00-2:15 pm

Presenter: Peter Roller PhD

Course Fee: \$10.00

Black Holes

Dr. Roscoe will be discussing the different types of black holes, their anatomy and how they are formed. He will distinguish between Hollywood science fiction and what we currently know about black holes. Discover how bizarre these objects are and how exciting death by a black hole can be.

Tuesday, April 7

Time: 11:00 am-12:15 pm

Presenter: Dennis Roscoe

Course Fee: \$10.00

Safe Streets

Community safety is about feeling safe, whether at home, in the street or at the store. Given by two retired police officers, they will discuss what one can do to feel safe and be safe while at home or out in the community. **Tuesday, April 7**

Time: 1:00-2:00 pm

Presenter: Mike Scasny

Course Fee: Free to CFE Members

Ketamine

Ketamine is a dissociative anesthetic used medically for anesthesia and pain management, and recreationally for its hallucinogenic effects. It is classified as a Schedule III controlled substance in the U.S. due to its potential for abuse and dependence. We will discuss how and why it is administered and why the U.S. is seeing an increase in the abuse of the drug. **Tuesday, April 7**

Time: 1:30-2:45 pm

Presenter: Sara Schreiber

Course Fee: \$10.00

TERM 3 CLASSES

Hawks from Every Angle

Wisconsin's skies come alive with the majestic presence of hawks, captivating both nature enthusiasts and casual observers alike. This discussion delves into the world of hawks in Wisconsin, exploring their remarkable adaptations, nesting behaviors, and the conservation efforts that strive to protect their habitats. Join us on a captivating journey as we uncover the fascinating lives of these raptors and the vital role they play in Wisconsin's ecosystem. **Monday, April 20**

Time: 1:00-2:00 pm

Presenter: James Cieslak

Course Fee: \$10.00

Our National Park Service: The 250th Anniversary of American Independence

As the proud steward of America's most sacred historical places, Our National Park Service will join the nation in celebrating the 250th anniversary of American independence in 2026. From memorials to our nation's founders to places associated with hundreds of years of American history, National Parks across the country serve the American people through their mission to provide opportunities for the enjoyment, education, and inspiration of this and future generations. We will celebrate and commemorate the Declaration of Independence in preparation for its 250th anniversary. **6 Tuesdays, April 21- May 26**

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. **6 Tuesdays, April 21- May 26**

Time: 11:00 am-12:30 pm

Presenter: Jim Santelle

Course Fee: \$30.00

What's News Literacy?

What is the definition of "news literacy?" Keeping up with current events through reliable sources? Spotting misinformation on social media? Maybe. But the concept itself is under fire as American society grows more fragmented. We'll explore how both new and familiar forces are working to shape news, consumers' perceptions and beliefs. We'll see how vastly different the information ecosystem can be for young vs old, poor vs wealthy, liberal vs conservative and engaged vs checked-out citizens. The terms "news literacy," "reliable sources" and "misinformation" are harder than ever to define.

Wednesday, April 22

Time: 11:00 am-Noon

Presenter: Jane Daley

Course Fee: \$10.00

Middle East

How did we get to where we are today? Whose land is it? We will discuss the Ottoman Empire rule through WWI, the division of the land by Great Britain and France, the United Nation resolution in 1947 as well as subsequent armed conflicts and peace proposals. What might the future look like?

2 Mondays, May 4 & 11

Time: 9:30-10:45 am

Presenter: Lloyd Levin

Course Fee: \$14.25

Savor the Flavors of the Mediterranean

Diet The Mediterranean Diet is consistently hailed as one of the healthiest ways of eating. Extensive research shows it can help promote good health and longevity. Registered Dietitian, Heather Klug, from The Karen Yontz Women's Cardiac Awareness Center will discuss the foods, explain health benefits and provide tips for creating a Mediterranean kitchen in your own home. **Monday, May 4**

Time: 1:00-2:00 pm

Presenter: Heather Klug



Course Fee: \$10.00

How Drugs Metabolize in the Body

The rate and pathway of metabolism vary widely between different substances, regardless of their legal status. The primary organ for drug metabolism is the liver, where enzymes break down the drug molecules into metabolites. This class will discuss several key factors that influence how a drug is metabolized and how long it stays in the body.

Tuesday, May 5

Time: 1:30-2:45 pm

Presenter: Sara Schreiber

Course Fee: \$10.00

Lincoln Conspiracy: Dr. Mudd & Fort

Jefferson Hear the story of the conspirators with an emphasis on the involvement of Dr. Mudd and his treatment of John Wilkes Booth's leg injury and why Dr. Mudd was sentenced to Fort Jefferson.

Gordon Dammann, DDS is a retired dentist and founder of the National Museum of Civil War Medicine. A licensed guide at Antietam National Battlefield for 16 years, he has presented programs across the U.S. for over 20 years.

Monday, May 18

Time: 1:00-2:00 pm

Presenter: Gordon Dammann

Course Fee: \$10.00

FITNESS CLASSES

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 13 -February 24

No Class January 27

6 Fridays, January 16-February 20

Term 2

6 Tuesdays, March 3-April 7

6 Fridays, March 6-April 10

Term 3

6 Tuesdays, April 21-May 26

6 Fridays, April 24-May 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, Qigong exercises and part of the new Chen form will be taught.

Term 1

6 Tuesdays, January 13 -February 24

No Class January 27

6 Fridays, January 16-February 20

Term 2

6 Tuesdays, March 3-April 7

6 Fridays, March 6-April 10

Term 3

6 Tuesdays, April 21-May 26

6 Fridays, April 24-May 29

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

Gentle Chair Yoga

This is the practice of integrating mindful movement with the breath. The focus of improving balance, strength, flexibility and calm will all be addressed utilizing a chair whenever necessary. Wear comfortable clothing and bring a beach towel or a yoga mat. CFE coupons cannot be applied.

Term 1 6 Wednesdays, January 14-February 25

No class January 28

Term 2 6 Wednesdays, March 4-April 8

Term 3 6 Wednesdays, April 22- May 27

Time: 10:00-10:50 am

Instructor: Michelle Kreiter

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 14-February 25

No class January 28

Term 2 6 Wednesdays, March 4-April 8

Term 3 6 Wednesdays, April 22- May 27

Time: 11:00-11:50 am

Instructor: Michelle Kreiter

Course Fee: \$35.00/per term

Walking in the Woods

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. 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 happens.

Term 3 Locations:

Mitchell Park & Fox Brook Park, Brookfield; Bugline Trail, New Berlin; Bugline Trail, Menomonee Falls; Grobschmidt Park, Franklin Minooka Park, Waukesha; Fox Hill Nature Preserve, West Bend

6 Mondays, April 20-June 1 No walk May 25

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 nor stolen items. Warm Water Pool-temperature between 85°-88°. **CFE member coupons cannot be applied to water 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 12-February 16

6 Wednesdays, January 14-February 18

Term 2-6 Mondays, March 2-April 6

6 Wednesdays, March 4-April 8

Term 3-6 Mondays, April 20-June 1

(No Class May 25)

6 Wednesdays, April 22-May 27

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!

2 Class options-note dates below

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.

3 Class options-note dates below

Term 1

6 Tuesdays, January 13-February 17

6 Thursdays, January 15-February 19

Term 2

6 Tuesdays, March 3 -April 7

6 Thursdays, March 5-April 9

Term 3

6 Tuesdays, April 21-May 26

6 Thursdays, April 23-May 28

Tuesdays

Time: 10:00-11:00 am - Moderate Intensity

Time: 11:00 am-Noon - Moderate Intensity

Time: Noon to 1:00 pm - Low Intensity

Thursdays

Time: 10:00-11:00 am - Low Intensity

Time: 11:00 am-Noon - Moderate Intensity

Instructor: Laura Haas

Course Fee: \$36.00/6 week class

Note term, day and time on registration form

Registration for Term 3 Opens March 30

Min. 6, Max.11

SAGE MOVIES

Time: 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 27-Oh Canada-Not Rated

1hr31m A famed Canadian documentary filmmaker, gives a final interview to one of his former students to tell the whole truth about his life. A confession filmed right in front of his wife.

Tuesday, February 10-Saturday Night-R 1h49m

At 11:30 pm on October 11th, 1975, a ferocious troupe of young comedians and writers changed television forever. Find out what happened behind the scenes in the 90 minutes leading up to the first broadcast of Saturday Night Live (1975).

Tuesday, March 10-The Thursday Murder Club

PG-13 1h58m Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands. Helen Mirren, Pierce Brosnan, Ben Kingsley

The Man on the Inside-1:00-2:00 pm A retired professor gets a new lease on life when a private investigator hires him to go undercover inside a San Francisco retirement home.

(Season 1, series will be shown with commercial breaks) **Tuesday, March 24** Episode 1 & 2

Tuesday, March 31 Episode 3 & 4

Tuesday, April 14 Episode 5 & 6

Tuesday, April 28 Episode 7 & 8

Tuesday, May 12-You Gotta Believe-PG 1h44m

A Little League baseball team of misfits dedicates their season to a player's dying father. In doing so, they accomplish the impossible by reaching the World Series finals in a game that became an ESPN instant classic.

Tuesday, May 26-The Friend-R 1hr59m

When a solitary writer adopts and bonds with a Great Dane that belonged to a late friend, she begins to come to terms with her past and her own creative inner life.

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"? How do I use accessibility features, set 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 bring your user password for your phone. Classes are limited per session and filled on a first-come-first served basis.
Monday, January 19 and Monday, February 16
Time: 9:30-11:00 am

Facilitators: Whitnall National Honor Society
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 Wednesdays of the month: January 14, February 18, March 18, April 15 and May 20
Time: 1:00-3:00 pm

Instructor: Nancy Lee Black
Course Fee: \$10.00 per class

Mandala Dot

Mandala dot art involves creating designs by placing dots of paint in a symmetrical and circular pattern, forming a mandala. Create beautiful dot mandalas with easy-to-follow instructions for beginners. **Monday, April 20**
Time: 11:00am -12:30 pm
Instructor: Louise Weare
Course Fee: \$20.00

Wet Cyanotypes

Wet cyanotypes involves working with cyanotype chemicals while they are still wet on the paper, allowing for more organic and unpredictable results. This technique allows artists to introduce other reactive materials, like salt, vinegar, or soap, to create unique patterns and colors. We will teach you the cyanotype process, using the sun as our UV light source. The focus is on creating photograms on paper with found objects, and simple contact prints with film positives and negatives.
Monday, May 18 (Wednesday, May 20 Back up)
Time: 11:00 am–Noon, Class will break, resuming 1:00-1:30 pm
Presenter: Louise Weare
Course Fee: \$20.00

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

CFE MONTHLY 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 6

The Oligarch's Daughter by Joseph Finder

Tuesday, February 3

If She Wakes by Michael Koryta

Tuesday, March 3

The Women by Kristin Hannah

Tuesday, April 7

How to Read a Book by Monica Wood

Tuesday, May 5

Hello Beautiful by Ann Napolitano

Tuesday, June 2

Three Days in June by Anne Tyler

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 19

Chapter and Curse by Elizabeth Penny

Monday, February 16

The Ballad of Smallhope and Pennyroyal
by Jodi Taylor

Monday, March 16

Three Bags Full By Leonie Swann

Monday, April 20

The Last Patient of the Night by Gary Gerlacher

Monday, May 18

Helen Hath no Fury by Gillian Roberts

Time: 1:00-2:00 pm

Course Fee: Free to CFE Members

Facilitator: Holly Schoenecker

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 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-3:00 pm

Course Title	Term	Day	Time	Course Tuition
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
Membership required for most classes. Are you a Member? Yes ___ No ___ Membership Renewal ___ New ___ Single ___ Couple ___ \$25.00 Single Membership Fee \$35.00 Couple Membership Fee			Membership fee if due.	\$
Term: ___ Date Prepared: ___ Date 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 (Mastercard & Visa) Exp. Date ___ / ___
 Card# _____ CVV _____
 \$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

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 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-3:00 pm

Course Title	Term	Day	Time	Course Tuition
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
Membership required for most classes. Are you a Member? Yes ___ No ___ Membership Renewal ___ New ___ Single ___ Couple ___ \$25.00 Single Membership Fee \$35.00 Couple Membership Fee			Membership fee if due.	\$
Term: ___ Date Prepared: ___ Date Sent: ___	Sub-Total \$			

Payment Method: (check one)

☐ Check - (make checks payable to CFE)

☐ Cash ☐ Gift Certificate

☐ Credit Card (Mastercard & Visa) Exp. Date ___ / ___
 Card# _____ CVV _____

\$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

CLEMENT MANOR



Center for Enrichment

9405 W. Howard Avenue
Greenfield, WI 53228

NON-PROFIT ORG.

U.S. Postage

PAID

Milwaukee, WI

Permit #3074

Here's to New Beginnings

A new year is upon us, and with it comes a new opportunity to join our vibrant senior community.

With an experienced staff, remodeled facility and apartments, as well as a wide range of activities and amenities, we are committed to providing a safe, caring environment for all of our residents to call home. We provide ongoing care through a continuum of services.

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



**Clement
Manor**
LIFE ENRICHED
www.clementmanor.com