

CENTER FOR ENRICHMENT

CLEMENT MANOR

Classes for Lifelong Personal Growth Summer Schedule

June 1 ~ August 26, 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

CLEMENTMANOR.COM

◆ Short Courses ◆ Special Interest Groups
◆ Talks ◆ Aqua Fit ◆ Yoga

Register for courses today!



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.

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.

WAYS YOU CAN SUPPORT THE CENTER FOR ENRICHMENT

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?
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.

CFE Used Book Sale Fundraiser

Tuesday, August 4 9:00 am to 3:00 pm

Wednesday, August 5 9:00 am to 2:00 pm

Come support CFE and stock up your book collection. You will find a variety of books including fiction, non-fiction, children's, cookbooks, mysteries, classics, spiritual, history, etc. All proceeds go to support CFE's year-round programming.

Donate to the CFE Book Sale!

Things to keep in mind when donating books:

- No books older than 10 years. Exceptions will be made if they are a part of a series.
- Please do not drop off books in the CFE offices without speaking to staff.
- What is needed for the sale: All works of Fiction or Non-Fiction (Paperbacks preferred but will accept hard cover books.)
- Please no Reader's Digest books, dictionaries, encyclopedias, medical books over 5 years old, college textbooks, Harlequin Romance, cookbooks over 5 years old, magazines of any kind, DVDs or CDs.

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. Membership is good for a year from term of purchase. Use form on page 9.

- **Single membership:** \$25.00
- **Couples/two people at the same address:** \$35.00

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 and other programs.
- ✓ 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 CANCELED.

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

Catalog Contains:

Term 4: June 1-August 26

Upcoming Terms:

Term 5: September 14-October 23

Term 6: November 2-December 11

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 canceled 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

Class Cancellation notices are sent via email or phone call if no email is on file.

A full refund will be issued to program participants if CFE cancels a program for any reason - full cash 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 is 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.

SUMMER MEMBERSHIP OPPORTUNITIES

Italian, Anyone?

The Center for Enrichment has an opportunity to collaborate with Marquette University's Psychology and LLAC departments in a study which would investigate how learning a second-language initiated in later adulthood could delay the onset of cognitive decline. This will be done through the use of a curriculum specifically designed Dr. Giordana Poggioli-Kaftan.

By committing to the class you will be expected to attend as many sessions as possible (attendance will be tracked). You will also need to participate in both pre- and post-intervention neuropsychological assessments conducted by Dr. Kristy Nielson and Marquette students who will be evaluating for changes in executive function, attention, and working memory. Max 15

**Mondays, Tuesdays and Wednesdays,
Class Starts June 22 thru August 19**

Please be aware you may need to come for assessments the week of June 15

Time: 10:00-11:15 am

Instructor: Dr. Giorana Paggioli-Kaftan, Professor of Italian Language, Culture, and Literature in the LLAC Department at Marquette University

Course Fee: No Fee for CFE Members

Better Sleep

One in Three American adults fail to get enough sleep. Are you one of them? Instead of loading up on extra caffeine, join us to discuss what's getting in the way of better sleep and what you can do about it. The session will cover:

- The relationship between sleep and health
- Sleep needs for adults
- Reasons why you can't sleep
- Promoting better sleep through good sleep hygiene
- Getting help for sleep issues

Wednesday, June 10

Time: 11:00 am-12:15 pm

Presenter: Pat Shapiro

Course Fee: Free to CFE Members

The Vikings of North America

Nearly five hundred years before Columbus the Vikings discovered and settled in America. Come learn about their explorations and lives in the lands they called Vinland. Learn how they interacted with Native Americans and what caused their settlements to fail and be mostly forgotten today. **Monday, June 15**

Time: 1:00-2:00 pm

Presenter: Paul Beck

Course Fee: \$10.00

Creative Card Making with Nancy

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

Wednesday, June 17

Wednesday, August 19

Time: 1:00-3:00 pm

Instructor: Nancy Lee Black

Course Fee: \$10.00 per class

Hales Corners, 1900-1910: A Crossroads Becomes a Community

We'll go back in time, learn about a few of the early citizens of Hales Corners, and get a glimpse of the Village as it was more than 100 years ago. Of the more than two dozen buildings of this tour, seven still remain in Hales Corners: the Stahl-Conrad Homestead, Jacob Wagner House, Dewey-Crouse House, Annie's Place, Bosch Tavern, William Hale House, and the Seneca Hale Summer Kitchen. What were the others? Come Find out. **Tuesday, June 16**

Time: 1:00-2:15 pm

Presenter: Alan Streckow

Course Fee: \$10.00

The Old Ghost Town of Root Creek

Did you know that Milwaukee County is home to at least ten ghost towns? That is right—Milwaukee has at least ten communities that vanished over time, though some physical signs of them have survived into the modern day. Come learn about Root Creek, a ghost town in your own backyard, and see some hidden community history. **Wednesday, June 17**

Time: 1:00-2:30 pm

Presenter: Jim Nelsen, MPS Teacher

Course Fee: \$10.00

Growing up Black in Milwaukee (1940s–1960s)

Did you know that from the late 40s to early 60s, referring to someone as "black" was often associated with insults or contempt until the Black Power movement of the mid-1960s reclaimed it. Although living in California since 1997, Judy still considers herself a Milwaukeean. She still visits annually and will share her experiences growing up black in this city. She is recently retired but she will also share about her robust music career.

Saturday, June 20

Time: 10:00-11:30 am

Presenter: Judy Baity

Course Fee: Free to CFE Members

Save the Songbirds

Did you know that in the last 50 years native bird populations have declined by over 30%? That is 3 BILLION birds lost. While these can be shocking numbers there is evidence that human efforts can work to bring back bird populations. Come join us as Tom, owner of Wild Birds Unlimited in Brookfield, talks about this problem, what you can do to help, and the benefits you can personally find along the way. **Monday, June 22**

Time: 1:00-2:00 pm

Presenter: Tom Moser

Course Fee: \$10.00

Oak Creek, Wisconsin Through Time

Join us as Jim Cech, local author, walks us through the transformation of a rural township of farmers and orchards into a bustling "City of Balance," blending industrial development with residential growth. **Wednesday, June 24**

Time: 1:00-2:00 pm

Presenter: Jim Cech

Course Fee: \$10.00

Major Decisions of the United States Supreme Court

In this course we'll discuss some of the major decisions the United States Supreme Court has made and their impact.

3 Tuesdays, July 7, 14, 21

Time: 11:00 am-12:20 pm

Presenter: Jim Santelle

Course Fee: \$20.00

Mysterious Comets

For centuries, we have been fascinated by the appearances of comets. Charles Messier (1730-1817) was known as the Comet Hunter. Dr. Roscoe will explore the world of comets. What are they made of, where do they come from, and what role did they play in establishing life on Earth, are just a few topics that will be discussed. Recently, we have been visited by comets that originated outside of our own solar system. There has been a flurry of news reports about how these interstellar visitors could be alien spacecraft. Fact or fiction?

Tuesday, July 14

Time: 1:30-2:45 pm

Presenter: Dennis Roscoe

Course Fee: \$10.00

Managing Arthritis:

Work Smarter, Not Harder

Join Aurora Health Care physical and occupational therapists for a free educational program focused on practical ways to manage arthritis and stay active.

Topics include: Non-medication strategies to reduce pain, Tips to maintain independence with chronic pain. Benefits of staying active and safe ways to move. **Wednesday, July 15**

Time: 10:30-11:30 am

Presenters: Melissa Kasbohm, Physical Therapist and Caitlin Smith, Occupational Therapist

Course Fee: No fee, guests welcome.

Stand up For your Health

This program is designed for older adults who sit more than six hours per day. Learn in a group of peers and help each other identify strategies to stand up more often and for longer periods of time throughout the day.

Stand Up has been researched and proven to reduce sitting time by 68 minutes per day!

5 Tuesdays, August 18, 25, September 1, 8 & October 6

Time: 9:30-11:30 am

Presenter: Southwest Health Department

Course Fee: No fee, guests welcome.

New Challenges to our Model of the

Universe - How's the universe going to end?

Astronomers thought they had figured it out... until two years ago, when new observations showed that "dark energy", a mysterious energy that makes up most of the "stuff" in the universe, was behaving much differently than previously thought. In his program, William Gottemoller, a senior at Harvard College, will unpack new questions about the nature of the universe, our new models for dark energy, and how the models change our predictions of the universe's evolution and death. **Tuesday, August 25**

Time: 1:00-2:30 pm

Presenter: William Gottemoller

Course Fee: \$10.00

The Skinny on Fats & Your Heart

Confused about the different types of fats in food and how they affect your heart? Registered Dietitian, Heather Klug, from The Karen Yontz Women's Cardiac Awareness Center will review the four main types of fat in the foods we eat and how they each impact our heart. Tips will be provided for including healthy fats in a safe and healthy way to keep your heart in tip-top shape along with recipes that include heart-healthy fats.

Monday, July 13

Time: 1:30-2:30pm

Presenter: Heather Klug

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.

6 Tues., June 16, 30, July 14, 28, August 11, 25

No Friday Classes

Time: 9:00-9:50 am Instructor: Deb Solis

Course Fee: \$6.00/class or \$30.00 for all 6 classes

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.

6 Tues., June 16, 30, July 14, 28, August 11, 25

3 Fridays, June 19, July 17, August 21

Tuesday Time: 10:00-10:50 am

Friday Time: 10:45-11:35 am

Instructor: Deb Solis

Course Fee: \$6.00/class or \$30.00 for all 6 classes

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.

Min 7, Max 18

Summer I: 4 Wednesdays, June 3-24

Summer II: 5 Wednesdays, July 1-29

Time: 10:00-10:50 am

Instructor: Michelle Kreiter

**Course Fee: Summer I: \$24.00 Summer II: \$30.00
or all 9 Sessions: \$50.00**

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. Min 7, Max 12

Summer I: 4 Wednesdays, June 3-24

Summer II: 5 Wednesdays, July 1-29

Time: 11:00-11:50 am

Instructor: Michelle Kreiter

**Course Fee: Summer I: \$24.00 Summer II: \$30.00
or all 9 Sessions: \$50.00**

AQUATIC FITNESS

Each aqua fitness class is targeted for different fitness levels. Participants are encouraged to work at their own pace. No swimming skills are required.

Please bring your own towel, swimsuit and lock. Water Shoes are strongly recommended. Center for Enrichment is not responsible for lost, damaged, or stolen items. No food nor drink (other than water) in the locker rooms and pool area.

Warm Water Pool-temperature between 85-88.

Center for Enrichment member coupons cannot be applied to water exercise classes.

Therapeutic Aqua Walking

March and walk through the water to create resistance and improve your cardiovascular fitness, muscular endurance, and flexibility. This class has no instructor and is at your own pace. Min. 4, Max. 12

Summer I

6 Mondays, June 8-July 13

6 Wednesdays, June 10-July 15

Summer II

6 Mondays, July 27-August 31

6 Wednesdays, July 29-September 2

Time: 8:30-9:30 am

Instructor: Self Led

Course Fee: \$20.00/6 week Session

Aqua Fit I-Low Intensity Make the most of water's natural resistance to help increase your flexibility and muscle strength. Low level, non-aerobic workout is safe and fun without impact to the joints. Even people who suffer from arthritis may want to give these classes a try! Min. 6, max.12.

Summer I

6 Tuesdays, June 9-July 14

6 Thursdays, June 11-July 16

Summer II

6 Tuesdays, July 28-September 1

6 Thursdays, July 30-September 3

Time: 10:00-11:00 am

Instructor: Laura Haas

Course Fee: \$36.00/6 week class

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

Summer I

6 Tuesdays, June 9-July 14

6 Thursdays, June 11-July 16

Summer II

6 Tuesdays, July 28-September 1

6 Thursdays, July 30-September 3

Time: 11:00 am-Noon

Instructor: Laura Haas

Course Fee: \$36.00/6 week class

SENIOR SAGE MOVIES AT CFE

Movies Shown From 1:00-3:00 pm

Donations Welcome

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

Tuesday, June 9-Hamlet-R 1h53m

Hamlet comes home for his father's funeral and finds his uncle Claudius marrying his widowed mother Gertrude. His father's ghost reveals Claudius murdered him, leading Hamlet toward revenge and introspection.

Tuesday, June 23-Shall We Dance-PG13 1h46m

A romantic comedy where a bored, overworked Estate Lawyer, upon first sight of a beautiful instructor, signs up for ballroom dancing lessons.

Tuesday, June 30-Remarkably Bright Creatures-PG13 1hr51m

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

Tuesday, July 7-Freakier Friday-PG 1h50m

22 years after Tess and Anna endured an identity crisis, Anna now has a daughter and a soon-to-be stepdaughter. As they navigate the challenges that come when two families merge, Tess and Anna discover that lightning might strike twice.

Tuesday, July 28-Ella McCay-PG13 1h55m

An idealistic young woman juggles her family and work life in a comedy about the people you love and how to survive them.

Tuesday, August 18-Wicked For Good-2h17m

Elphaba, the future Wicked Witch of the West and her relationship with Glinda, the Good Witch of the North. The second of a two-part feature film adaptation of the Broadway musical.



CFE MEMBER OPPORTUNITIES

CFE Member and Instructor Ice Cream Social

Tuesday, July 21 1:30 pm

We invite all of our wonderful members and instructors to join us for a fun afternoon of delicious ice cream and thoughtful conversation. The ice cream is on CFE to thank you for the support you give us each year.

RSVP to 414-546-7302 by Tuesday, July 14.

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

Time: 9:00-11:30 am

Course Fee: Free to CFE Members

LIFELONG LEARNING BOOK CLUB

First Tuesday of the Month

Time: Noon-1:00 pm

Have an hour of fun discussing the latest hits or the classics. Each month's book selection is based on the interest of the monthly attendees and led by a member of the group.

Upcoming Book Club Selections:

Tuesday, June 2

Three Days in June by Anne Tyler

Tuesday, July 7

Where the Rivers Merge by Alice Monroe

Tuesday, August 4

The Homecoming by Kate Morton

Tuesday, September 1

The Teacher by Freida McFadden

ALZHEIMER'S ASSOCIATION FAMILY CAREGIVER SUPPORT GROUP

Third Monday of the Month

Time: 2:00-3:00 pm

Dealing with the changing needs of your loved one who has Alzheimer's is challenging. You are not alone. Sharing information with other caregivers can be a great source of information and support. Call our Pastoral Care Office for more information or to register call (414) 546-7980.

MUSIC UNDER THE STARS

Outdoor Summer Concert Series 6:00 pm
Clement Manor presents the Music Under the Stars Summer Concert Series, open for all residents, families and community citizens to attend! Concerts will occur once per month June – September at the Clement Manor outdoor courtyard.

Tuesday, June 9 - Ceol Cairde-The Music of Friends Traditional Irish band performing jigs, reels, and other Celtic music.

Tuesday, July 8 - Joe Kadlec
Multi-instrumentalist and singer known for his Americana, rock, pop, and country covers and original music. Performed with guitar, mandolin and vocals.

Tuesday, August 11 - Robert Stewart Mitchell
A beautiful blend of love songs, Celtic folk ballads, 1970s American pop, 1950s musical theater, Italian opera and contemporary world music.

Tuesday, September 8 - Remember When Trio
Best of the 50s, 60s and 70s

Time: 6:00 – 7:00 pm

Where: Clement Manor Courtyard Gazebo,
9405 W. Howard Ave., Greenfield

Concerts will be moved indoors for inclement weather.



CLEMENT MANOR GOLF CLASSIC

Join us at New Berlin Hills Golf Course on Monday, July 20.

The Clement Manor Golf Classic is our biggest fundraiser of the year. As a non-profit organization, we rely on the generosity of others to help us provide the highest quality of care for our residents. 100% of the proceeds are dedicated to enriching the lives of our residents. Please consider supporting this cause, even if you're not a golfer! We hope to see you there.

The fun-filled event features games and prizes on the course, a Hole-in-One Contest, and food/beverages on the course.

8:30 am - Registration begins
10:00 am - Shotgun start and scramble play
4:00 pm - Cash Bar and Silent Auction
5:00 pm - Dinner and Program; Prizes
6:00 pm - Event Concludes

To sign up go to www.clementmanor.com/golf/

Questions about the event? Contact Natalie Strade at 414-546-7984 or Email: nstrade@clementmanor.org

CLEMENT MANOR OPEN HOUSE

You are invited to our Open House!

Thursday, June 4, 2026

2:00 - 4:00 PM

Whether you're exploring possibilities for yourself or someone you love, this is the perfect chance to discover how a new season can bring renewed comfort, community, and purpose.

What You'll Enjoy During the Open House:

- Guided tours of our Independent Living apartments.
- Meet & greet with our staff.
- Delicious treats and refreshments.

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

