

CENTER FOR ENRICHMENT

CLEMENT MANOR

Classes for Lifelong Personal Growth

September 14 ~ October 23, 2026

November 2 ~ December 11, 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 ◆ T'ai Chi ◆ Yoga



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

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

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 Friday, August 21 or after. (Priority given to mail in)
Walk in Registrations beginning Monday, August 24**

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: Terms 5 & 6 Course Info

Tentative 2027 Terms:

Term 1: January 18-February 26

Term 2: March 8-April 16

Term 3: April 26-June 4

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

Seeking Spiceland Presented by Cynthia Clampitt Tuesday, September 22 1:30 PM

Throughout most of the history of civilization, people have been seeking ways to get to southern India, because a surprisingly large percentage of the world's most flavorful spices come from a relatively small area at the tip of the subcontinent. The pursuit of these spices has had a tremendous impact on world events.

However, today, tourists largely ignore the region that was for more than 4,000 years the destination of merchants, armies, dreamers, the Jewish Diaspora, and others. That's a pity, because southern India is a remarkable destination that is rich in history, stunning beauty, gracious people, wonderful food, and, as one saying tells it, more coconuts than there are stars in the sky.

In this program, Cynthia Clampitt will provide information about the spices that come from this region, the history of the spice trade, the place of southern India in world events, and the delights to be enjoyed by a traveler today.

The Intricate Riddle of Life: Mary Shelley Portrayed by Debra Miller Tuesday, October 20 1:30 PM

It is June 16, 1848, and you have traveled to London and are seated in the parlor of 24 Chester Square, where you await the lady of the house—fifty-year-old Mary Godwin Shelley.

Mary Shelley was the daughter of social revolutionaries William Godwin and Mary Wollstonecraft, wife of romantic poet Percy Shelley, and mother of Frankenstein and his monster. But beneath the sweeping romantic tale of love unbound by societal convention and a life of travel, is the truth of the life of Mary Shelley; abandoned, disowned, and betrayed, wounded by the deaths of husband and children, she was besieged by creditors and so-called friends.

We call on Mary Shelley in the spring of 1848. Mary is financially secure at last, her most recent book has been well received, and her only living son is on the verge of marriage.



George Burns Presented by Peter Small Tuesday, November 24 1:30 PM

George Burns' life and entertainment career covered a century. From the streets of New York to the stages of Hollywood and Las Vegas, he and his wife, Gracie Allen, entertained audiences from Vaudeville to radio, motion pictures, and television.

This portrayal and others by Peter Small grew out of his love of history, while he taught history in the greater Los Angeles and Washington, D.C. areas. He has performed for a wide range of national audiences, including the Presidential Libraries of Richard Nixon, Ronald Reagan, Herbert Hoover, and George Bush and the History Channel.



If these Walls Could Talk—the Stories of the Notre Dame Cathedral Presented by Dr. Lorrie Wenzel Tuesday, December 15 1:30 PM

If these walls could talk—the stories of the Notre Dame Cathedral. For more than 850 years, Notre-Dame has stood at the heart of Paris, witnessing coronations, revolutions, wars, and triumphs. Discover the fascinating history, stunning Gothic architecture, legendary treasures, devastating 2019 fire, and remarkable restoration of one of the world's most beloved cathedrals.



Dr. Lorrie Wenzel is a professor, author, church historian, and former faculty member in the Religious Studies department at Cardinal Stritch University in Milwaukee. Over the course of her career, she has traveled extensively through Europe, studying more than 300 churches and cathedrals.

All programs are held at Center for Enrichment, 9405 W. Howard Avenue, Greenfield, located on the Clement Manor grounds, Room 109.

Registration/Payment

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

TERM 5 CLASSES

Artificial Intelligence: The Deepening Threat

The evolution of artificial intelligence (AI) continues to accelerate and the threats to humanity are becoming increasingly more defined. Experts are now declaring that Artificial General Intelligence (AGI) is now here and is indistinguishable from every aspect of human intelligence. Dr. Roscoe will discuss AGI's effects on future job markets, military usage, social media and even how Hollywood is being impacted. What was once science fiction is now science reality.

Monday, September 14

Time: 11:00 am-12:15 pm

Presenter: Dennis Roscoe

Course Fee: \$10.00

Role of the Gut Microbiome in Dementia and Alzheimer's

The gut microbiome plays a central role in regulating human metabolism. Different types of gut bacteria influence which substances are produced and released into the bloodstream and central nervous system. Dr. Bendlin will speak on the potential role of the gut microbiome in dementia, including Alzheimer's disease.

Tuesday, September 15

Time: 10:30-11:45 am

Presenter: Barbara Bendlin, Badger Talk Speaker

Course Fee: \$10.00

Billboards Top Ten Singles from September 10, 1976

Join us as we discuss who made the songs that made the top ten singles list on September 10, 1976.

Tuesday, September 15

Time: 1:00-2:15 pm

Presenter: Greg Jenks

Course Fee: \$10.00

Moving and Downsizing

Join Bruce's Team and Smart Moves for a moving and downsizing event! Learn all you need to know about the moving and downsizing process. Let Bruce's Team take you from overwhelmed to "I can do this", when it comes to moving from your long-time home.

Wednesday, September 16

Time: 11:00 am -12:15 pm

Presenter: Realty Executive and Smart Moves

Course Fee: Free to CFE Members

Grief

This course is for anyone who wants to learn what grief is, ways it affects individuals, what you can do to heal yourself or help others. For death, loss of job/income/home, unexpected diagnosis, declining health, loss of hope.

2 Wednesdays, September 16 & 23

Grief & Mourning: Definitions, healing choices, types, tasks, relationships, expectations, self-awareness, change.

Wednesday, September 30

Forgiveness, Unfinished business.

Wednesday, October 7

Importance of Ritual, Tear Soup, After death experiences.

Wednesday, October 14

Helping Other Grievers

Time: 1:00-2:30 pm

Presenter: Marge Schell

Course Fee: All for \$25.00 or \$10.00/session

Wild West: Outlaws and Lawmen

This course will look at some of the famous, and infamous, legends of the Wild West.

These will include The James-Younger Gang led by Jesse James, Billy the Kid, Wild Bill Hickok, the Earp brothers and several others. Come learn more about this exciting time in American History.

6 Wednesdays, September 16-October 21

Time: 2:00-2:50 pm

Presenter: Paul Beck

Course Fee: \$30.00

Should the FCC Bring Back the Fairness Doctrine?

The Fairness Doctrine was revoked in 1987 by the FCC during the Reagan administration. The FCC argued that it violated the First Amendment's free speech clause. It gave birth to conservative talk radio. But the Trump administration has indicated that it and the equal-time rule need to be reinstated due to concerns about late-night talk shows and Saturday Night Live. Would it help the political divide if the rules came back?

Monday, September 21

Time: 10:00-11:15 am

Presenter: Dave Edwards

Course Fee: \$10.00

Edward Townsend Mix: Architect of the Gilded Age

Mix was a versatile architect who practiced an eclectic variety of styles, sometimes mixing styles in novel ways. Through his efforts to remain abreast of changing architectural fashions, Mix introduced to the Upper Midwest many popular styles from eastern cities, and his buildings helped shaped the urban landscape of Milwaukee and Minneapolis.

2 Mondays, September 21 & 28

Time: 1:00-2:15 pm

Presenter: Al Streckow

Course Fee: \$14.25

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?

Tuesday, September 22 & Wednesday, September 23

Time: 10:00-11:15 am

Presenter: Lloyd Levin

Course Fee: \$14.25

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.

Tuesday, September 22

Time: 10:00-11:30 am

Presenter: Southwest Suburban Health Department

Course Fee: Free to CFE Members & Guests

The Battle of Midway: A Turning Point in the Pacific War

Discover how the Battle of Midway changed the course of World War II in the Pacific. This one-time lecture explores the events leading up to the June 1942 battle, the critical role of intelligence and codebreaking, the key decisions made by American and Japanese commanders, and the battle's lasting impact on naval warfare and the Allied victory. Through maps, photographs, and historical analysis, participants will gain a deeper appreciation for one of history's most decisive military engagements.

Monday, September 28

Time: 10:00-11:15 am

Presenter: Chris Kolakowski

Course Fee: \$10.00

Pharmacology: Understanding How Medicines Work

Gain a better understanding of the medications used to prevent, treat, and manage disease. This one-time lecture introduces the fundamentals of pharmacology, including how drugs interact with the body, common medication classifications, routes of administration, and factors that influence drug effectiveness and safety. Participants will also explore potential side effects, drug interactions, and the importance of proper medication use.

Tuesday, September 29

Time: 10:15-11:30 am

Presenter: Sara Schreiber

Course Fee: \$10.00

The Muppet Show

The Muppet Show (1976-1981) was Jim Henson's prime-time variety show for audiences of all ages, and at the end of the 1970s it was the most popular television series in the world. It was notable for how it revived the style of live variety entertainment -- the vaudeville tradition -- using the techniques of puppetry and television. The Muppet Show both looks back to an earlier era and establishes the Muppets as modern celebrities who would transcend TV. This program will explore the show's origins, its style of zany and absurd comedy, and its place in popular culture of the twentieth century.

Tuesday, September 29

Time: 1:00-2:00 pm

Presenter: Michael Z. Newman

Course Fee: \$10.00

How Children Understand Race

There is a myth in popular culture that children are "colorblind" or don't notice race. This leads many adults to avoid engaging young children in race or racism. In this presentation, Prof. Erin Winkler of Wayne State University, will review the research on children's understanding of race, including how ideas about race form, what children learn and when, why we see changes at various ages, why all of this matters and how adults can help children understand racial identity, racism and racial inequities in age-appropriate ways that empower the young children in their lives.

Wednesday, September 30

Time: 11:00 am-12:15 pm

Presenter: Professor Erin Winkler

Presenter will be Live via Zoom from Michigan.

Please note at registration if you will be seated here at CFE or viewing from home same day

Course Fee: \$10.00

Pioneering Medical Scientist Series

Monday, October 5 Time: 10:00-11:15 am

Ignatz Semmelweis-Conquering Puerperal Fever
While childbirth is now routine, it was historically perilous; before penicillin, "childbed fever" was often a death sentence. In 19th-century Vienna, a physician discovered a way to conquer this fatal infection, yet the medical establishment tragically ignored his life-saving insights.

Monday, October 19 Time: 9:45-11:00 am

Emil Von Behring

More than a century ago, diphtheria was a devastating and deadly childhood disease, killing millions. Emil Von Behring, a pioneering bacteriologist, struggled for years to develop an effective treatment for the disease. His work, which earned him the first Nobel Prize in Medicine in 1901, drastically lowered the mortality rate. Today, thanks to global vaccination efforts, diphtheria is rarely heard of in many parts of the world.

Pioneering Medical Scientist Series continued

Monday, November 9 Time: 10:00-11:15 am

Frederick Banting & Charles Best

For centuries, diabetes was a devastating and often fatal disease, with the only "treatment" being a severe, near-starvation diet. This grim reality changed dramatically due to the groundbreaking work of two Canadian researchers, Frederick Banting and Charles Best. Banting & Best's relentless pursuit of a solution led to the discovery of insulin, a life-saving hormone.

Presenter: Kathy Smith

Course Fee: All for \$22.00 or \$10.00/class

Only in Wisconsin

What makes Wisconsin unlike anywhere else?

Given suggestions and ideas from previous classes; this course will continue to explore the state's culture, traditions, and innovations that have shaped its identity via visits to unique Wisconsin museums. You will discover the people, places, and events that make Milwaukee and Wisconsin truly one of a kind.

Monday, October 5

Time: 1:00-2:30 pm

Presenter: Mary Long

Course Fee: \$10.00

The Legacy of Megacarcasses

This class will start with the screening of a documentary following an international team of researchers as they discover the unappreciated role of elephants in healthy savannas. Two researchers from Marquette University, Dr. Nathan Lemoine and Ms. Michelle Budny, will be present for a Q&A session after the screening.

Tuesday, October 6

Time: 10:00-11:15 am

Presenter: Nate Lemoine

Cost: \$10.00

The Cook Lab

Come learn about what some Marquette students are doing at the Cook Lab! Learn about how organisms perceive the world, communicate with others, and organize to affect change in their environment. From genes to groups, they study how animals balance social and ecological information to determine collective action. All this through the study of bees!

TBA Tentatively Tuesday, October 6 (between 12:30-3:00 pm) or Monday, October 12 (between 9:30 am-Noon)

Presenter: Chelsea Cook

Cost: \$10.00

Vision loss is challenging, suffering is optional

Age related vision loss can be devastating. Treatments and tools are only part of the vision loss journey. Advances in treatments for many eye diseases show great promise. There are many ways technology can ease the challenges of vision loss, but they are only a part of the journey. We will focus on the impact mindset and commitment to lifelong learning has on the ability to adapt to age related vision loss.

Tuesday, October 6

Time: 1:00-2:15 pm

Presenter: Dan Lococo

Course Fee: \$10.00

Emergency Smarts for Seniors

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 reaction, diabetic event, etc.

Wednesday, October 7

Time: 10:00-11:15 am

Presenter: Gina Cesarz

Cost: \$10.00

Antarcticas Through the Ages: Past, Present, and... Future?

Antarctica lies isolated alone, frozen-off from the rest of the world. This desolate land is often imagined as a frozen, lifeless continent-but it isn't and wasn't always that way. Through the experiences of an Antarctic geology researcher, we will journey through deep time to discover how Antarctica evolved from glaciers hundreds of millions of years ago into a land of forests, rivers, and dinosaurs, and back into the ice-covered world at the bottom of the globe. We'll explore the powerful forces of plate tectonics, shifting climates, and ancient oceans that transformed the southern most continent over millions of years.

We'll then examine modern Antarctica: its massive ice sheets, hidden mountains and lakes, and crucial role in regulating Earth's climate and sea level. We will consider what the future may hold as a warming climate challenges the stability of the Antarctic ice. What changes are already underway? What remains uncertain, and what can Antarctica's remarkable past teach us about the future of our planet? This talk combines geology, climate science, and exploration into the fascinating story of Earth's most mysterious, desolate, and misunderstood continent. **Monday, October 12**

Time: 1:00-2:15 pm

Presenter: Zelenda Koch

Course Fee: \$10.00

How to Avoid Senior Scams

Protect yourself from being a victim. In the age of technology, more and more seniors are falling prey to scammers wanting to make a quick buck. Scasny will share what are the latest scams being used today and how to spot a scam.

Monday, October 12

Time: 1:00-2:00 pm

Presenter: Mike Scasny

Course Fee: Free to CFE Members

How the Working-Class Home Became Modern, 1900-1940

In 1900, the average American family still lived by kerosene light, ate in their kitchen, and used an outhouse. In 1940, electric lights, dining rooms, and bathrooms were the norm as the traditional working-class home was fast becoming modern. This lecture will tell the story of how average Americans, including Granite Staters, transformed their typical dwellings from a primitive, premodern home life into an industrialized, modern domesticity—a transformation without precedent, either before or after, in American history. Come hear Professor Hubka's telling of how a "middle majority" of Americans first obtained modern domestic improvements at the beginning of the 20th century.

Tuesday, October 13

Time: 11:30 am-12:45 pm

Presenter: Thomas Hubka, Presenter will be Live via Zoom from Portland, OR. Please note at registration if you will be seated here at CFE or viewing from home same day.

Course: \$10.00

Gunfight at Little Bohemia

The FBI raid on Little Bohemia Lodge in northern Wisconsin on April 22, 1934, stands as one of the most dramatic and controversial law enforcement operations of the Great Depression. Acting on a tip that John Dillinger and his gang were hiding at the resort, federal agents launched a nighttime assault intended to capture the gang. Instead, poor planning, miscommunication, and critical mistakes allowed Dillinger and the gang members to escape, while innocent civilians were caught in the chaos. The failed raid became a major embarrassment for the FBI.

Tuesday, October 13

Time: 1:00-2:30 pm

Presenter: Don Valentino

Course Fee: \$10.00

Wisconsin's Ice Age Trail: From its Formation to Today's Trails

One of only 11 National Scenic Trails in the country, the Ice Age Trail is a 1,200 mile footpath found entirely within the state of Wisconsin. It traverses through some of the state's most beautiful natural areas. Join 'Thousand-Miler' Diana Matthews from the Waukesha/Milwaukee County Chapter of the Ice Age Trail Alliance in "Exploring the Ice Age Trail." Diana will highlight some of the unique landscape features of the IAT, its background and its stewardship. She'll also share tips and resources, information on chapter activities, volunteering and "Tales from the Trail".

Wednesday, October 14

Time: 11:00 am-12:15 pm

Presenter: Diana Matthews

Course Fee: \$10.00

Bridges to Understanding: Ways to Talk to Each Other

A presentation on nonviolent communication-ways to have honest conversations on sensitive topics-by School Sisters of St. Francis Mary Diez and Mary Boyd.

Wednesday, October 14

Time: 1:00-2:00 pm

Presenters: School Sisters of St. Francis Mary Diez and Mary Boyd.

Course Fee: \$10.00

The Developmental History of Alcohol (Beer & Wine)

This course discusses who, when and where beer, wine and spirits were "discovered" and how alcohol has become the billion-dollar industry it is today. Special focus will be on the evolution in the United States and Milwaukee's historic contributions.

2 Mondays, October 19 & 26

Time: 11:00 am-12:15 pm

Presenter: Greg Jenks

Course Fee: \$10.00

Taming the Sweet Tooth

How much added sugar do we really eat in this country? How much can we safely eat? What about artificial sweeteners? And what does all of that added sugar really do to the body? Join registered dietitian, Heather Klug, from the Karen Yontz Center and Aurora Health Care for a discussion on added sugars and how they affect your health. Come see her sugar visuals and walk away with concrete and realistic tips to decrease added sugar intake.

Monday, October 19

Time: 1:30-2:30 pm

Presenter: Heather Klug

Course Fee: \$10.00

Feminism: Then and Now

Together we will explore the history of the women's movement from its start until now. We will discuss the "waves" of this movement and the complex reality of feminism today. As we go, we will note the evolving goals of the movement and the differing ideas about gender that arose along the way. Key concepts and historical notes will be presented as part of the talk, but the hope is for us to bring our questions for discussion and exploration.

Tuesday, October 20

Time: 9:45-10:45 am

Presenter: Trish Lewis

Course Fee: \$10.00

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, October 20-December 1

(No Class November 3)

Time: 11:00 am-12:20 pm

Presenter: Jim Santelle

Course Fee: \$30.00

Living Well with Changing Vision

More than 60,000 people in Southeastern Wisconsin have vision loss that cannot be corrected. We want you and your loved ones to know that you are not alone. Attend this educational presentation and demonstration of strategies, devices, and assistive technology for living well with changing vision. Learn about common eye diseases including macular degeneration, glaucoma, diabetic retinopathy, and cataracts. See first-hand demonstrations of tools for cooking, reading, recreation, and staying organized that can help you continue to live as independently as possible. Discover how you can help a friend or neighbor whose vision is changing.

Wednesday, October 21

Time: 11:00 11:50 am

Presenter: Veronica Davis Quiroz

Course Fee: Free to CFE Members

TERM 6 CLASSES

Loneliness and Social Connection: How Can We Connect Better? Maybe you're heard we are living in a loneliness epidemic. Why is that important and why does it matter? This talk will look at the implications of the loneliness epidemic, why it matters to each of us, and share some practical how-to's we can use in our everyday lives to better connect with one another.

Tuesday, October 27

Time: 1:30-2:45 pm

Presenter: Prasanta Verma Anumolu

Course Fee: \$10.00

Spanish-American and Philippine-American Wars

Explore the causes and major events of the Spanish-American War and the subsequent Philippine-American War. We'll look at the international tensions that led to war with Spain, the explosion of the USS Maine, the influence of yellow journalism, American Imperialism and key military campaigns. We'll also look at the emergence of the U.S. as a global power. The course then shifts to the ensuing Philippine-American War (Philippine Insurrection). This struggle between American and Filipino forces was the result of conflicting interpretations of American intentions and the Filipino desire for independence.

5 Tuesdays, October 27-December 8

(No Class November 17 & 24)

Time: 1:30-2:30 pm

Presenter: Don Valentino

Course Fee: \$30.00

The Science of Forensic Science

This course examines the scientific foundations of modern forensic science, emphasizing the physical, chemical, biological, and statistical principles that underpin forensic methods. We will explore how forensic evidence is generated, analyzed, validated, and interpreted through the lens of scientific inquiry. Find out if CSI has gotten it right.

Wednesday, October 28

Time: 9:30-10:45 am

Presenter: Sara Schreiber

Course Fee: \$10.00

Better Brain Health

While age is the number one risk factor for dementia, dementia is NOT a normal part of aging. Many individuals maintain high levels of cognitive function well into their late years, but what you do with lifestyle matters! This session will teach participants what they can do to lower their dementia risk and keep their brains healthy.

Monday, November 2

Time: 11:00 am-12:15 pm

Presenter: Pat Shapiro

Course Fee: Free to CFE Members

Get Your Kicks on Route 66

Route 66 turns 100 this year. It has changed a great deal in the six decades between its opening in 1926 and its removal from the U.S. highway system in 1985. A renewed interest in what John Steinbeck dubbed "America's Mother Road" as both a historical byway and a travel destination continues to grow. We are taking a road trip along as much of this legend as is still intact. For a nostalgic armchair ride along Route 66 join us in this class.

6 Tuesdays, November 3-December 8

Time: 10:00-10:50 am

Presenter: Barb Schacht

Course Fee: \$30.00

Hygiene Through History: How Filthy Were Our Ancient Ancestors?

People in the past have a reputation for being dirty and unhygienic, but is this true? While many aspects of personal hygiene have evolved over the centuries, others have remained surprisingly similar. So, how did our ancestors' hygiene practices differ from ours? **Wednesday, November 4**

Time: 11:00 am-12:30 pm

Presenter: John Horgan

Course Fee: \$10.00

How Thomas Edison's Light Bulb Changed the Way You Sleep

The invention of the light bulb changed the way the world slept, socialized, and worked. Thomas Edison's incandescent light bulb gave the world light at every time of day and radically changed our daily behavior.

Wednesday, November 11

Time: 11:00 am-12:30 pm

Presenter: John Horgan

Course Fee: \$10.00

Magnifica Humanitas

On May 15, 2026, Pope Leo XIV issued the encyclical letter, Magnifica Humanitas: On Safeguarding the Human Person in the Time of Artificial Intelligence. In this session, we will discuss what an encyclical is, and how this encyclical follows in a long line of encyclicals from previous popes. We will see what Pope Leo has to say about how we should respond to the impacts of artificial intelligence on workers, on students and teachers, and on those who create artificial intelligence and on all of us who may use it and have it used on us.

Monday, November 16

Time: 10:00-11:15 am

Presenter: Donna Engelmann

Course Fee: \$10.00

Tentative Term 6 Classes to Be Confirmed by September

- **Making Sense of Populism, Authoritarianism and Fascism**
- **Renewable Energy-Economic Sense**
- **The Folk Movement of the 1960's**

ART CLASSES

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, September 14 (Back up September 16)

Time: 11:00 am-Noon, Class will take a break then return from 1:00-1:30 pm

Presenter: Louise Weare

Course Fee: \$20.00

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!

September 16, October 21, November 18,

December 16

Time: 1:00-3:00 pm

Instructor: Nancy Lee Black

Course Fee: \$10.00/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, October 12**

Time: 11:00am-12:30 pm

Instructor: Louise Weare

Course Fee: \$20.00

Suminagashi Ink Marbling

Discover the joy of paper marbling in this Suminagashi class. Create stunning works of art with step-by-step instruction. Max 10.

Monday, November 16

Time: 11:00 am-Noon; Class will take a break then return from 12:30-1:30 pm

Presenter: Louise Weare

Course Fee: \$20.00

Open Art Studio

Self-guided art adventure; participants are welcome to bring in art projects and paint, draw, sketch with their peers. Open studio time allows participants to gather and share ideas with other artists.

Term 5: Tuesdays, September 15-October 20

Term 6: Tuesdays, November 3-December 8

Time: 9:30-11:30 am

Fee: Free to CFE Members

FITNESS CLASSES

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 and the following walks meet at the designated park then hike/walk, rest a bit, continue on the hike/walk and finish within two-hours time. No special abilities nor experience needed, just wear comfortable shoes and clothing. Decide to walk? Let us know your favorite wooded spot! Carpooling is optional! Course fee does not include entry fees into state parks nor gardens.

Term 5-Mondays-Tentative walk schedule

September 14- Wehr Nature Center -Whitnall Park

September 21-Simmons Woods

September 28-Bender Park

October 5-Village Park

October 12-Deer Creek Sanctuary

October 19-Lion's Den

Term 6-Mondays-Tentative walk schedule

November 2-Calhoun Park

November 9-Three Bridges

November 16- Stigler Nature Preserve

November 23- Fox River Sanctuary

November 30-Oak Creek Parkway

December 7-Retzer Nature Center

Time: 10:30 am-Noon Guide: CFE Member Led

Course Fee: \$10.00/session

CFE coupons cannot be applied.

A Breath of Energy: T'ai Chi Ch'uan- For Continuing & Advanced Students

This class will continue expanding on lessons using quiet, supple movements involving the entire body 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 Long form will be taught.

Term 5

6 Tuesdays, September 22-October 27

6 Fridays, September 18-October 23

Term 6

6 Tuesdays, November 3-December 8

6 Fridays, October 30-December 4

Time: 9:00-9:50 am

Instructor: Deb Solis

Course Fee: \$35.00/session

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, Giong exercises and part of the new Chen form will be taught.

Term 5

6 Tuesdays, September 22-October 27

6 Fridays, September 18-October 23

Term 6

6 Tuesdays, November 3-December 8

6 Fridays, October 30-December 4

Tuesday Time: 10:00-10:50 am

Friday Time: 10:45-11:35 am

Instructor: Deb Solis

Course Fee: \$35.00/session

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 5

6 Wednesdays, September 16-October 21

Term 6

6 Wednesdays, November 4-December 16

(No class November 25)

Time: 10:00-10:50 am

Instructor: Michelle Kreiter

Course Fee: \$35.00/session

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 techniques and mindfulness. Continuing yoga students will review basic yoga positions. New poses and breathing techniques will be introduced. Bring a towel or floor mat and wear comfortable clothing.

Term 5

6 Wednesdays, September 16-October 21

Term 6

6 Wednesdays, November 4-December 16

(No class November 25)

Time: 11:00-11:50 am

Instructor: Michelle Kreiter

Course Fee: \$35.00/session

AQUA FITNESS

All aqua fitness classes are targeted for different fitness levels. Participants are encouraged to work at their own pace. No swimming skills are required for these shallow water workouts.

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. CFE Membership Required. Guests not allowed.

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. It can help strengthen and tone many muscle groups, burn calories while being gentle on your bones and joints. This class has no instructor and is at your own pace. Min. 4, Max. 12

Term 5

6 Mondays, September 14-October 19

6 Wednesdays, September 16-October 21

Term 6

6 Mondays, November 2-December 7

6 Wednesdays, November 4-December 16

(NO class November 25)

Time: 8:30-9:30 am

Instructor: Self Led

Session Fee: \$20.00/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! Min. 6, Max. 12

Term 5

6 Thursdays, September 17-October 22

Term 6

6 Thursdays, November 5-December 16

(No class November 26)

Time: 10:00-11:00 am

Instructor: Laura Haas

Course Fee: \$36.00/session

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

Term 5

6 Tuesdays, September 15-October 20

6 Thursdays, September 17-October 22

Term 6

6 Tuesdays, November 3-December 8

6 Thursdays, November 5-December 17

(No class November 26)

Tuesdays

Time: 10:00-11:00 am

Time: 11:00 am-Noon

Thursdays

Time: 11:00 am-Noon

Instructor: Laura Haas

Course Fee: \$36.00/session

Note term, day and time on registration form

CFE MEMBER OPPORTUNITIES

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 9:00-11:00 am

Fee: Free to CFE Members

Monthly Mystery Book Club

Before the First Body is Discovered, A Look at Mystery Series Authors

Third Monday of the Month 1:00-2:00 pm

Facilitator: Holly Schoenecker

Join us for laughter, lively 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. Those women's rights? That nosy neighbor? The Shadow in the night? The locations change and the characters remain interesting.

Upcoming Book Club Selections:

Monday, September 21

One for the Money by Janet Evanovich

Monday, October 19

The Shop on Royal Street by Karen White

Monday, November 16

The Body on the Beach by Simon Brett

Monday, December 14 (2nd Monday)

The Enchanted Greenhouse by Sarah Beth Durst

Lifelong Learning Book Club

First Tuesday of the Month 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, September 1

The Teacher Freida McFadden

Tuesday, October 6

James by Percival Everett

Tuesday, November 3

Family of Spies by Christine Kuehn

Tuesday, December 1

Simply Lies by David Baldacci

Profit for You Tours

Raising Money for Charity through Travel. Join them on a series of thoughtfully curated tours that not only offer unforgettable experiences but also make a positive impact on the communities visited. A portion of your tour fee comes back to CFE when you mention us at time of registration.

Contact: Lori, 414-477-0155;

Profitforyoutours.com

The Center for Enrichment (CFE) is providing this travel opportunity as a courtesy to the Agency. CFE makes no recommendations or endorsements regarding the travel opportunities. CFE makes no guarantees and gives no assurances, as to the quality of service provided, or the safety of those who use the service. CFE assumes no responsibility to any person for any loss, damage, cost, or expense, to include any physical or pecuniary injuries, incurred or arising as a result of travel

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 by calling (414) 546-7302.

Wednesday, November 4 Hamnet R (2025)

William Shakespeare and his wife, Agnes, celebrate the birth of their son, Hamnet. However, when tragedy strikes and Hamnet dies at a young age, it inspires Shakespeare to write his timeless masterpiece 'Hamlet'.

Starring: Paul Mescal and Jessie Buckley

Wednesday, November 11 Mission Impossible-The Final Reckoning PG13 (2025)

Ethan Hunt and his IMF team embark on a high-stakes mission to track down a formidable artificial intelligence known as the Entity, which has successfully infiltrated global intelligence networks and poses an unprecedented threat. Starring: Tom Cruise and Hayley Atwell

Wednesday, November 18 Maestro R (2023)

This fearless love story chronicles the complicated lifelong relationship between music legend Leonard Bernstein and Felicia Montealegre Cohn Bernstein. Starring: Bradley Cooper, Carey Mulligan, Matt Bomer

Wednesday, December 2 The Devil Wears Prada 2 PG13 (2026)

Miranda Priestly struggles against Emily Charlton, her former assistant turned rival executive, as they compete for advertising revenue amid declining print media, while Miranda nears retirement. Starring: Meryl Streep, Anne Hathaway, Emily Blunt, Stanley Tucci.

Wednesday, December 9 Good Bye June R (2025) Netflix

A messy yet affectionate family gathers round their mother's hospital bed to grapple with grief, complicated love and the tenderness of a final goodbye. Starring: Helen Mirren, Kate Winslet, Toni Collette.

CLEMENT MANOR AND CFE MEMBER SOCIAL EVENTS

Halloween Costume Contest and Happy Hour

Friday, October 30

Time: 2:30 pm

Where: Clement Manor Rainbow Room

Cost: \$5.00-RSVP by October 22

Live Music: Ada Duo

Classical Music Strings and Grand Piano or 2 different strings instruments.

Wednesday, November 18

Time: 3:00 pm

Where: Rainbow Room

Remember When Duo-Oldies 50's-80's

Friday, November 7

Time: 3:30 pm

Where: Room 109

ALZHEMER'S ASSOCIATION FAMILY CAREGIVER SUPPORT GROUP

Third Monday of the Month

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 at (414) 546-7980.

Center For Enrichment Registration Form

1. Contact and Personal Information

Name:

First Name _____ MI _____ Last Name _____

Marital Status: _____ Education Level: _____

Date of Birth: _____

☐ **Returning members with no changes check here and skip to Course Selection.**

(Former) Occupation: _____

Address: _____

How did you learn of us? _____

City, State ZIP: _____

Membership required for most classes.

Phone: () _____

Are you a Member? Yes _____ No _____

E-mail address: _____

***See section 3 to renew or purchase a new membership**

Emergency Contact: _____

Please mail or drop off your completed form to:

Center for Enrichment

9405 West Howard Avenue, Greenfield, WI 53228

Phone: () _____

Office Hours: M-W 8:30 am-3:00 pm

2. Course Selection

	Term	Day	Time	Course Tuition
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
3. Membership \$25.00 Single Membership \$35.00 Couple Membership			Membership fee if due.	\$
Renewal _____ New _____ Single _____ Couple _____				
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

1. Contact and Personal Information

Name: First Name _____ MI _____ Last Name _____ Marital Status: _____ Education Level: _____
☐ **Returning members with no changes check here and skip to Course Selection.** Date of Birth: _____
 Address: _____ (Former) Occupation: _____
 How did you learn of us? _____
Membership required for most classes.
Are you a Member? Yes _____ No _____
***See section 3 to renew or purchase a new membership**
 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

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				\$
				\$
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3. Membership \$25.00 Single Membership \$35.00 Couple Membership			Membership fee if due.	\$
Renewal _____ New _____ Single _____ Couple _____				
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	\$2.00 processing fee added to all charges Signature Of Cardholder: _____		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

Come for Class, Stay for Lunch!

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

Weekly Menu can be found at:

<https://www.clementmanor.com/services/center-for-enrichment-life-long-learning/>



9405 W Howard Ave., Greenfield, WI 53228
414-546-7389