

North Shore School for Seniors

Spring Classes Starting in March 2023

Visit Our Website – Nss4s.org

| Term 1 Dates: | Term 2 Dates: |
|------------------------------|----------------------------|
| Mondays, March 6 – March 27 | Mondays, April 17 – May 8 |
| Tuesdays, March 7 – March 28 | Tuesdays, April 18 – May 9 |

Arts, Crafts and Skills

Apple iPhone Basics – Pam Treisman

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|-----------------------|----------------|--------------|---------|
| Term 1 on 4 Tuesdays: | Mar 7 – Mar 28 | 12:30 – 1:45 | \$40.00 |
| Term 2 on 4 Tuesdays: | Apr 18 – May 9 | 12:30 – 1:45 | \$40.00 |

Bring your iPhone and learn tips to use it. You'll have time to practice what you learn. *Sign up for Term 1 or Term 2 or both.*

Basic Drawing Skills – Kimberly Burnett and Tracy Nicholson

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|-----------------------|----------------|---------------|---------|
| Term 1 on 4 Tuesdays: | Mar 7 – Mar 28 | 11:00 – 12:15 | \$40.00 |
| Term 2 on 4 Tuesdays: | Apr 18 – May 9 | 11:00 – 12:15 | \$40.00 |

This class will teach basic drawing skills, including shading and line work. Even if you've never drawn in your life, you will enjoy making marks on paper! *Please bring:* One drawing sketchbook, ideally around 9x12" in size; 1 set of drawing pencils; and 1 eraser. *Sign up for Term 1 or Term 2 or both.*

Clear Away the Clutter – Melissa Meier

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|-----------------------|---------------|---------------|---------|
| Term 2 on 2 Tuesdays: | May 2 – May 9 | 10:00 – 10:50 | \$20.00 |
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Decluttering and downsizing can be daunting but is achievable when you approach it with confidence. Learn why you should declutter, delve into the "why" it's hard to let go of certain items, know how to start, and walk away with tools to help.

Conversational French – Barbara Collignon

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|-----------------------|----------------|---------------|---------|
| Term 1 on 4 Tuesdays: | Mar 7 – Mar 28 | 11:00 – 11:50 | \$40.00 |
| Term 2 on 4 Tuesdays: | Apr 18 – May 9 | 11:00 – 11:50 | \$40.00 |

For beginners or as a review, this introduction to French conversation and culture will help you learn or review basics like numbers, dates, greetings, questions, how to introduce yourself and talk about family, shopping, and food. We'll "visit" Paris and the Loire Valley learning about French cuisine, and holidays. *Sign up for Term 1 or Term 2 or both.*

Introduction to the Enneagram – Diana Otterbacher

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|-----------------------|----------------|--------------|---------|
| Term 1 on 3 Tuesdays: | Mar 7 – Mar 21 | 9:00 – 10:15 | \$30.00 |
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"I have four kids and they are all different." – a parent. Easy to grasp, the ENNEAGRAM is the logical system for understanding yourself and the 9 primary personalities found around the world and around your kitchen table. **The ENNEAGRAM** (ANY uh gram) is Greek for "9 points." It's used by writers, business consultants and counselors.

Knitting for Beginners or Advanced Beginners – Mary Wood

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|-----------------------|----------------|--------------|---------|
| Term 2 on 4 Tuesdays: | Apr 18 – May 9 | 12:30 – 1:45 | \$40.00 |
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Learn to cast-on, knit, purl, increase and decrease stitches or refresh basic skills. Reading patterns will also be included. *Please bring* size 8 wooden needles, 50–100 grams medium/Aran weight wool yarn in a light color.

Memoir Writing – Gail Thomas

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|-----------------------|----------------|--------------|---------|
| Term 1 on 4 Tuesdays: | Mar 7 – Mar 28 | 12:00 – 1:15 | \$40.00 |
| Term 2 on 4 Tuesdays: | Apr 18 – May 9 | 12:00 – 1:15 | \$40.00 |

Everyone has their own life story. We will read about, discuss, and share yours and others' memories that eventually can be molded into individual memoirs. Emphasis will be on using sensory images to tell your personal story. *Sign up for Term 1 or Term 2 or both.*

Open Painting Studio with Acrylics or Watercolor– Wendy Sostock

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|-----------------------|----------------|--------------|---------|
| Term 1 on 4 Tuesdays: | Mar 7 – Mar 28 | 12:00 – 1:50 | \$40.00 |
| Term 2 on 4 Tuesdays: | Apr 18 – May 9 | 12:00 – 1:50 | \$40.00 |

Bring your acrylic or watercolor supplies and join us. Each class will start off with a 15-minute lesson in technique. Get suggestions and encouragement to help you start your painting or get it finished! *Bring all your supplies:* canvas or canvas paper, brushes, paint, newspaper as a table cover, and a cup for water. *Sign up for Term 1 or Term 2 or both.*

Quilting: Layers of Love – Sonja Pavlik and Therese Chambers

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|-----------------------|----------------|-------------|---------|
| Term 1 on 4 Tuesdays: | Mar 7 – Mar 28 | 2:00 – 3:30 | \$40.00 |
| Term 2 on 4 Tuesdays: | Apr 18 – May 9 | 2:00 – 3:30 | \$40.00 |

In this introduction to quilting, students will learn about and view traditional and art quilts and bags from award winning quilters, Sonja Pavlik and Therese Chambers. They will show and explain samples of their quilts – done by hand and sewing machine. After the first class, students are invited to bring needle and thread to begin a quilt piece that will serve as a wall hanging. Term 2 will feature the option to sew using a sewing machine – depending on the interests of students. Interested students should bring their own sewing machines to Term 2 or continue to hand sew the quilts.

Health and Wellness

Dementia Friends – Melissa Meier

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|----------------------|--------|--------------|---------|
| Term 2 on 1 Tuesday: | Apr 25 | 12:00 – 1:15 | \$10.00 |
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Become a Dementia Friend and attend this 75-minute informational session. Learn what dementia is, what it's like to live with dementia, and some communication tips. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia.

Please note: "Dementia Friends" does not receive any fees for their programs. The usual \$10 fee per class is charged to cover the administrative costs of the North Shore School for Seniors.

How to Comfort a Grieving Friend – Mary Anne Borowski-Iutz

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| Term 2 on 2 Tuesdays: | May 2 – May 9 | 12:00 – 12:50 | \$20.00 |
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Your friend is hurting. What do you say? How do you help? What do you do? This class will briefly explore some facts about grief and discuss some ways to help a grieving person.

Making the Most of Being a Grandparent – Carol Justin

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|-----------------------|---------------|-------------|---------|
| Term 2 on 2 Tuesdays: | May 2 – May 9 | 1:00 – 2:15 | \$20.00 |
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Grandparenting can be heartwarming and fun. It can also be a time that exacerbates family tensions and differences. This class will explore grandparent relationship skills and use lots of group "wisdom-sharing" to increase the joyful moments and decrease the difficulties.

Meditation for Restful Sleep and Relaxation – Connie Popp

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|----------------------|----------------|--------------|---------|
| Term 1 on 4 Mondays: | Mar 6 – Mar 27 | 12:00 – 1:00 | \$40.00 |
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| Term 2 on 4 Mondays: | Apr 17 – May 8 | 12:00 – 1:00 | \$40.00 |
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Explore meditation and relaxation techniques as ways to manage stress and discover pathways to restful sleep. The class is held in the Chapel, first floor. *Sign up for Term 1 or Term 2 or both.*

Exercise

Gentle, Chair Yoga – Kari Foote

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|----------------------|----------------|-------------|---------|
| Term 1 on 4 Mondays: | Mar 6 – Mar 27 | 1:00 – 2:00 | \$40.00 |
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| Term 2 on 3 Mondays: | Apr 24 – May 8 | 1:00 – 2:00 | \$30.00 |
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Lift yourself up on Monday afternoons with a gentle chair yoga class. All experience levels are welcome. Mobility will include sitting and standing poses with the assist of a chair. The gentle movement and breath-work will allow for the release of tension in your mind and body as you take a break in the middle of your day. *Sign up for Term 1 or Term 2 or both.*

Tai Chi – Janae Kakulis

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|----------------------|----------------|---------------|---------|
| Term 1 on 4 Mondays: | Mar 6 – Mar 27 | 11:00 – 12:00 | \$40.00 |
| Term 2 on 4 Mondays: | Apr 17 – May 8 | 11:00 – 12:00 | \$40.00 |

Reduce stress and improve your balance and health by learning the ancient art of Tai Chi. We use the traditional Tai Chi forms as well as adaptations like Tai Chi for Health to provide participants with an opportunity to relax, recover and refocus their energy for a better life. *Sign up for Term 1 or Term 2 or both.*

Zumba Gold – Mimi Oxman

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|----------------------|----------------|---------------|---------|
| Term 1 on 4 Mondays: | Mar 6 – Mar 27 | 10:00 – 10:50 | \$40.00 |
| Term 2 on 4 Mondays: | Apr 17 – May 8 | 10:00 – 10:50 | \$40.00 |

ZUMBA is a “feel-good,” fun and easy way to get some exercise and dance at the same time. The “steps” are simple, and the class is aimed at “older adults.” You can do Zumba sitting or standing. Come and have fun! *Sign up for Term 1 or Term 2 or both.*

History

A Brief History of Time – Hawking’s World – Joe Friedman

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| Term 2 on 2 Tuesdays: | Apr 18 – Apr 25 | 9:00 – 9:50 | \$20.00 |
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This class will be discussion based and focus on the life and findings of Steven Hawking. A familiarity with Hawking’s book would be helpful.

China Today – Rick Rocamora

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| Term 1 on 1 Tuesday: | Mar 7 | 10:00 – 11:15 | \$10.00 |
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Rick will lead a discussion on the latest developments on China: “For the past ten years, the United States and China have been locked in a competition for who has the greatest global influence. One major point of contention is the status of Taiwanese sovereignty, which has become even more relevant recently with the possibility that Russia’s invasion of Ukraine may prompt China to take similar action regarding Taiwan. How will the United States engage a China which is increasingly seeking to expand its sphere of influence?”
Quoted from David Lampton

Funeral Practices Across Cultures: Current & Past – Bill Washabaugh

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| Term 2 on 2 Tuesdays: | Apr 18 – Apr 25 | 10:00 – 10:50 | \$20.00 |
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An anthropologist considers “the American way of death” in the light of burial practices through time and in different societies. Green burials will be highlighted.

How the Iroquois Helped Create the U.S. Constitution – Richard Gonzalez

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| Term 2 on 4 Tuesdays: | Apr 18 – May 9 | 11:00 – 12:15 | \$40.00 |
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Come and meet the Iroquois as Richard welcomes new and former students as he discusses the Iroquois Confederation and its influence in forming the United States of America. Students will review who the Iroquois are, their sense of democracy and liberty and their reliance on the wisdom of women. The Iroquois were recognized by the U.S. Senate in 1987 affirming their role in helping colonial officials form "a more perfect union" – the United States of America. The presenter is a member of the Iroquois Confederation, Oneida Nation of Wisconsin, and Turtle Clan. His Oneida name "Loliwayntati" means "He Who Brings the Good Word."

Indian Boarding Schools – Richard Gonzalez

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|-----------------------|----------------|---------------|---------|
| Term 1 on 4 Tuesdays: | Mar 7 – Mar 28 | 11:00 – 12:15 | \$40.00 |
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Learn from a member of the Iroquois Confederation, Oneida Tribe and Turtle Clan about a shameful time when thousands of young Native Americans were removed from their homes and sent to various boarding schools around our nation.

Ukraine, Yesterday and Today – Sofron Nedilsky

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| Term 2 on 2 Tuesdays: | Apr 18 – Apr 25 | 2:00 – 3:15 | \$20.00 |
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Sofron Nedilsky and his family lived in Ukraine until 1944. With strong ties to the current situation, Sofron will explain how Ukraine's history relates to the current intentions of Russia, which began with an invasion of Ukraine in February 2022. Consider how important the country's continued independence is to countries bordering on Russia as well as democracies throughout the world.

Music and Theater

The Art of Mime – Nancy Weiss–McQuide

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| Term 2 on 1 Tuesday: | May 2 | 10:30 – 11:45 | \$10.00 |
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Discover how this beautiful performance art developed from ancient times to the present with live demonstrations by professional mime artist Nancy Weiss–McQuide included in the program. Entertaining and fun, mime is not just charades but a skillful discipline.

Getting "Fiddler" up on the Roof – Nancy Weiss–McQuide

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| Term 2 on 1 Tuesday: | Apr 25 | 10:30 – 11:45 | \$10.00 |
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It was a world-wide hit, from its 1964 Broadway premiere and continuing. Discover how some 1894 Yiddish/Russian folk tales were shaped by the director, choreographer, lyricist, music composer and actors into the beloved show, and learn about its Wisconsin connection.

History of Jazz– Don Behrens

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| Term 1 on 2 Tuesdays: | Mar 7 – Mar 14 | 2:00 – 2:50 | \$20.00 |
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The class will discuss and/or listen to 12 recordings that illustrate important developments in jazz from its beginnings to today.

Jazz Singers from the Beginning to Today – Don Behrens

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| Term 1 on 2 Tuesdays: | Mar 21 – Mar 28 | 10:00 – 10:50 | \$20.00 |
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Jazz Singers Past and Present: A Dozen Desert Island Recordings –The class will discuss and/or listen to 12 recordings of jazz singers from the beginnings of jazz to current, rising stars.

Passionate Musics: A Comparison – Bill Washabaugh

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| Term 1 on 2 Tuesdays: | Mar 7 – Mar 14 | 10:00 – 10:50 | \$20.00 |
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Flamenco, Blues, Fado, Rebetica, Tango, and Afro–Cuban musical styles have much in common despite being dispersed and independent. An anthropologist examines and illustrates these diverse musical styles, paying close attention to the similar social roots from which each emerged and flowered.

The British Invasion – Greg Jenks

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| Term 1 on 2 Tuesdays: | Mar 7 – Mar 14 | 9:00 – 9:50 | \$20.00 |
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The Beatles’ appearance on The Ed Sullivan Show in 1964 forever altered the trajectory of popular music and opened the door for a battalion of musicians from across the Atlantic who quickly overran the Billboard charts. This course will review the music history of the US and the UK before, and after, the Fab Four’s arrival while also playing the songs and discussing the artists that filled the airwaves in the first 2 years of the musical incursion.

The Day the Music Died – Greg Jenks

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| Term 1 on 2 Tuesdays: | Mar 21 – Mar 28 | 1:00 – 1:50 | \$20.00 |
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Thanks to Don McLean’s song, American Pie, Buddy Holly’s 1959 plane crash has been forever etched in the American consciousness, but how much do you really know about the tragic event? Who else was on the plane, and why were they flying that evening? What were four of the hottest rock and roll artists of the time doing touring the upper Midwest in the middle of winter, in a school bus? What are the Wisconsin ties to the story? These are just some of the questions that will be answered as we review the lives of the artists and tell the heartbreaking story that ended in a snowy cornfield in Clear Lake, Iowa.

Local Interest

America's Black Holocaust Museum – Howard L. Austin

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|----------------------|--------|---------------|---------|
| Term 2 on 1 Tuesday: | Apr 25 | 10:00 – 10:50 | \$10.00 |
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A summary presentation of the exhibits and historical information on view at America's Black Holocaust Museum and a reflection of events leading to its founding in 1988.

Behind the Scenes at the Pabst Mansion – Gary Strothmann

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| Term 1 on 1 Tuesday: | Mar 7 | 10:00 – 10:50 | \$10.00 |
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Call this a blue-ribbon class. The Milwaukee mansion that Captain Frederick Pabst built in 1892 has been carefully restored and hosts more visitors and themed events every year. Gary, the mansion's director of guest experience, offers intriguing stories about this Gilded Age showplace.

Downtown Art Scene – Debra Brehmer

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| Term 2 on 1 Tuesday: | Apr 25 | 2:00 – 3:30 | \$10.00 |
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Debra Brehmer, owner and curator of the *Portrait Society Gallery* and former editor of *Art Muscle Magazine* will lead us through an exploration of the street sculptures, public art Milwaukee Institute of Art and Design and warehouses that showcase art in downtown Milwaukee.

Lake Park and Olmsted's Legacy – Anne Hamilton

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| Term 2 on 1 Tuesday: | May 9 | 10:00 – 11:15 | \$10.00 |
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Frederick Law Olmsted, renowned for designing Central Park in New York City, also designed Milwaukee's Lake Park. Anne Hamilton, president of Lake Park Friends, will help us understand Olmsted's vision, celebrate his 200th birthday, and appreciate his very positive legacy in Milwaukee.

Migratory Birds – Chuck Hagner

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| Term 2 on 1 Tuesday: | Apr 25 | 2:30 – 3:30 | \$10.00 |
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Learn about Spring bird migration from the author of the [American Birding Association Field Guide to Birds of Wisconsin](#), and former director of *Bird City Wisconsin*, Chuck Hagner. Chuck will explain which birds will be migrating through Wisconsin this Spring and how to spot them; what birds people should look for in their backyards or nearby parks and many other things helpful to know about migratory birds or the birds we live with.

The World of Honeybee Life for the Good of the Planet – Bryan Bergner

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| Term 1 on 1 Tuesday: | Mar 28 | 10:00 – 11:30 | \$10.00 |
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The class will highlight the honeybee's life. We'll learn what it takes to be a beekeeper and why it's so important.

Waterways and Saving the Great Lakes – Kate Morgan

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| Term 1 on 1 Tuesday: | Mar 14 | 9:30 – 10:45 | \$10.00 |
| Term 2 on 1 Tuesday: | Apr 18 | 2:00 – 3:15 | \$10.00 |

This presentation provides an overview of Milwaukee Metropolitan Sewage District’s commitment to the protection of public health and the health of Lake Michigan. The presentation highlights the work of MMSD from its water reclamation facilities, innovative solutions to flood management, and the role of partnerships in MMSD’s work. *Sign up for Term 1 or Term 2 or both.*

Wisconsin’s Underground Railroad & Sojourner Truth – Roslyn Sanford

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|-----------------------|----------------|---------------|---------|
| Term 1 on 2 Tuesdays: | Mar 7 – Mar 14 | 10:00 – 10:50 | \$20.00 |
| Term 2 on 2 Tuesdays: | May 2 – May 9 | 10:00 – 10:50 | \$20.00 |

Participants will learn about the Underground Railroad and Sojourner Truth and their impact and effect on Wisconsin. *Sign up for Term 1 or Term 2 or both.*

What’s Next?

Legal Documents – What You Need – Sue Bronson

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|----------------------|--------|---------------|---------|
| Term 2 on 1 Tuesday: | Apr 18 | 10:00 – 11:15 | \$10.00 |
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Learn what decisions you need to make for your family in case of serious illness or death. What can you do on your own, and when is an attorney recommended? What can help the tasks become easier when the time comes?

Options for Senior Living – Sue Kubiak

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|-----------------------|-----------------|---------------|---------|
| Term 1 on 2 Tuesdays: | Mar 14 – Mar 21 | 11:00 – 11:50 | \$20.00 |
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Join us for an interactive discussion about all the different levels of senior living and care/support options: independent living, assisted living, memory care, long term care, and home care. Bring your questions, and we will help you!

Preparing Yourself & Your Home for Sale – Mary Liner

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|-----------------------|----------------|-------------|---------|
| Term 1 on 4 Tuesdays: | Mar 7 – Mar 28 | 1:00 – 1:50 | \$40.00 |
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Learn some of the secrets to make your home sell for top dollar in any market. We’ll talk about how to get started, marketing tips to show your house in the best light, how to find a realtor and how to find a new living space.

Instructor Biographies

Howard L. Austin: Currently a docent at Milwaukee Art Museum; Griot (Gree-oh) at ABHM; retired faculty member MATC (35 years Graphic Design); adjunct faculty MSOE-Technical Communications, 15 years; television graphics (early WVTM and WHA).

Don Behrens: "I am a classically trained, conservatory educated former musician and music teacher with a life-long interest in jazz."

Bryan Bergner: Owner of Highlands Honey, and a former golf course superintendent of Westmoor Country Club.

Mary Anne Borowski-lutz: "I am a trained bereavement facilitator and have been facilitating support groups for over 20 years."

Debra Brehmer: Featured recently in Sunday's *Milwaukee Journal Sentinel*, for her exhibition called "Art Against the Odds: Wisconsin Prison Art Exhibition," Debra is a leader in bringing current art productions to the Milwaukee community. She is the owner and director of the Portrait Society Gallery and is an art historian who has curated numerous exhibitions and written about art for various publications for over 20 years.

Sue Bronson: A pioneer in mediation since 1983, Sue is a retired psychotherapist. She is an instructor of mediation courses at UWM and is the lead trainer for elder caring coordinators nationally and internationally.

Kimberly Burnett: Kim is a self-taught artist from Milwaukee. She's been making art since she was two and never stopped. Today she works mostly in oils and charcoal.

Therese Chambers: "I am a lifelong sewer and currently make usable quilts and bags. I use original patterns based on traditional methods for bed quilts of all sizes. I love color - the brighter the better. I belong to the North Shore Quilt Guild and am a retired nurse."

Barbara Collignon: "Learning French was the best thing I ever did since it led to two careers and many hours of pleasure and friendship."

Kari Foote: RYT-200 Yoga Alliance certified yoga instructor with training in integrative yoga, gentle and restorative yoga, yoga for cancer, and diverse ability yoga. She has seen first-hand the benefit of mindful movement as a powerful way to increase mobility, strength, flexibility, and mindfulness while reducing stress.

Joe Friedman: "Hi, my name is Joe. I grew up in Shorewood. In 2021, I graduated with a communications degree from Ithaca College. I am now working as a contractor."

Richard Gonzalez: Richard is a member of the Iroquois Confederation, Oneida Tribe of Wisconsin, and Turtle Clan. He is a seasoned and informed lecturer and consultant on the origin of Iroquoian thought influencing the U.S. Constitution as well as Indian Boarding Schools, as his mother and maternal grandparents were subjected to this travesty. He holds advanced degrees in education and administration.

Chuck Hagner: Chuck is the author of the *American Birding Association Field Guide to Birds of Wisconsin* (Scott & Nix, Nov. 2019) and two other books about birds and bird watching. He is the former editor-in-chief of *BirdWatching Magazine* and former staff writer and editor at Time-Life Books. Director of Bird City Wisconsin, his freelance clients include the World Bank, Scott & Nix, the Global Environment Facility, Princeton University Press, and others.

Anne Hamilton: Anne taught political science for 20 years at UW-Whitewater, but she is now turning her attention to more local issues. She currently serves as president of Lake Park Friends and is coordinating the Olmsted 200 celebration.

Greg Jenks: Greg retired from Franklin Public Schools in 2017 after 32 years as a school psychologist and has reinvented himself as a home brewer, amateur actor/singer and presenter on historical topics including those of his greatest passions: music and sports.

Carol Justin: Carol is a parent, grandparent and retired clinical social worker and family therapist. She worked in numerous social service settings and as a therapist in private practice for 27 years.

Janae Kakulis: Janae has been teaching water aerobics for 6 years and practicing Tai Chi for 4 years. She was certified in Tai Chi two years ago and enjoys teaching participants how to slow down in their lives.

Sue Kubiak: Sue served in leadership roles in sales and marketing in senior living for over 20 years. She helps guide older adults navigating the challenges of senior living options. As an advocate and educator for seniors, their families and community groups, Sue also volunteers for senior programs. She holds a B.S. in Social Welfare.

Mary Liner: As a Realtor for over 30 years, Mary enjoys helping sellers get the most money for their home and advising them on what will work best for them as they move on to their next living space.

Melissa Meier: Melissa has her master's degree in Gerontology and serves as Executive Director of Eastside Senior Services (ESS), a neighborhood outreach program serving the east side of Milwaukee and Shorewood.

Kate Morgan: Kate has over 20 years of experience in education, public engagement, and communications with a focus on freshwater and the Great Lakes. She currently serves as Senior Public Engagement Specialist for Milwaukee Metropolitan Sewerage District (MMSD) and works to develop partnerships and programs in support of MMSD's mission.

Sofron Nedilsky: Sofron is uniquely qualified to talk about Ukraine "yesterday and today." He was five when his family fled Ukraine in 1944. A Glendale resident since 1981, he served as Clerk of the U.S. District Court for the Eastern District of Wisconsin until retiring in 2006.

Diana Otterbacher: Diane is a retired United Methodist Pastor from Illinois, as well as a former social worker, teacher, journalist, and elected official. Currently volunteering with many local organizations, she finds teaching the Enneagram helps people to know themselves and others better.

Mimi (Michele) Oxman: She is a former MPS teacher, curriculum supervisor, and assistant principal. Since retiring in 2001, Mimi has spent time doing what she loves, needlework and dancing. She started teaching Zumba in 2008, and (before COVID) was teaching three classes a week at Alexian Village, the Shorewood Senior Center and Milwaukee Catholic Home.

Sonja Pavlik: An award-winning art quilter who sews with the North Shore Quilter Guild. All her work is original, bright and joyful. She loves to play with fabric and break the rules.

Connie Popp: Connie has led meditation classes at Alverno College and taught Peace Studies at UWM. As Campus Minister at both colleges, she facilitated numerous retreats and prayer services. Her educational background includes a Master's Degree in Pastoral Ministry and a Doctorate in Education.

Rick Rocamora: A Power Systems Engineer at Cooper Industries for 41 years, Rick lived in Shanghai for 10 years and set up Cooper Power System's business in China. Rick and his wife Joan studied Chinese history and culture while in China.

Wendy Sostock: Wendy is a leader in painting with watercolor or acrylics. She has been invited to show her work regularly at the Art Bar and Cedarburg art shows. She has an astute eye that makes her an excellent instructor in helping her students to perceive their paintings with a positive, critical eye.

Roslyn Sanford: "I'm a daughter, sister, aunt, friend, newly retired Milwaukee Public School teacher with a strong belief in God's will and his way. I'm blessed to have both of my parents still alive, living close enough to spend time with them often."

Gary Strothmann: Gary refers to his post as director of guest experience at the Pabst Mansion as his "last gig before retirement." Previously, Gary has served up first-class hospitality at other Milwaukee landmarks such as the Boulevard Inn. At the Pabst Mansion, his efforts include helping to make it a primary stop for cruise-ship travelers.

Gail Thomas: Gail has taught writing classes at NSSS for ten years. She also has taught various English, journalism and writing classes at the high school and college levels.

Pam Treisman: Pam is a nursing PhD student. Her research focuses on promoting health and wellness for children and their families.

Bill Washabaugh: Bill is a professor of Anthropology, UWM, since 1974 with foci in linguistics of Creole societies & Deaf communities, music and politics in southern Spain and personal identity as represented in movies.

Nancy Weiss-McQuide: Nancy is a professional actor, choreographer, mime artist, dance teacher, writer, and speaker. She also has been a teaching artist for the Milwaukee Repertory Theater for 14 years, and a dance teacher at UWM for 15 years.

Mary Wood: Mary learned to knit as a teen many years ago and renewed her interest as she neared retirement. She loves the relaxing and meditative aspect of knitting.

Spring 2023—Registration, Procedures, and Office Hours

We welcome all interested seniors to our Spring classes – there is no age limit. We hold our classes on the second floor of the United Methodist Church of Whitefish Bay. Our office is room 210. You will also find cookies and refreshments in the office so please stop in anytime that we are in session.

Office hours: The North Shore School for Seniors office room 210, is open on Mondays from 10:00 – 1:00 and Tuesdays from 8:30 am to 3:30 pm while school is in session.

Phone contact: You can call and leave a message, and we will make every effort to get back to you within a day or two. Our phone number is **414-292-0960**.

You can register for the Spring 2023 Sessions. Use one of the methods below:

Preferred method: Website: Check out our website www.nss4s.org, to view our Fall classes, and you can also now register and pay online as well! Use the “Registration” link on the first page of the website.

By mail: Print and mail the website registration form provided on the website www.nss4s.org, Be sure to include your check for the classes you wish to attend with your registration form.

–OR–

Pickup and Drop-off: Pick up a registration form or drop it off with a *check* at the United Methodist Church of Whitefish Bay, 819 E. Silver Spring Drive. *For in-person registration, we do not accept credit or debit cards.*

–OR–

First day of classes: If space is available, you may register on the first day of class in the school office, Room 210, on the second floor (where the classes are held). Call ahead to be sure classes are still available: 414-292-0960.

Refunds: No refunds are issued for missed classes. If classes are cancelled because of weather or Instructor s illness, we will attempt to make them up. Refunds are issued if you cancel before classes begin or if the class is cancelled due to low enrollment.

Closures: We will use the procedures of the Milwaukee Public Schools if classes must be cancelled because of weather conditions.

Security: We are required to have a security system to protect the Nursery School children who share the second floor. When you enter the second floor, if no one is present to open the door, please use the wall phone and call 310. Someone will come and open the door for you.

Catalogs: Catalogs are available in the United Methodist Church of Whitefish Bay office where you also can register, OR request one by calling 414.292.0960 and leaving a message with your mailing address. You also can access the catalog at www.nss4s.org.

Parking: Street parking is available. Please be sure to heed the parking signs. There is also a parking lot behind Winkies.

Please use our website “Registration” link for online registration and payment.

The mission of North Shore School for Seniors is improving mind and spirit through learning and friendship. The school is an adult outreach program of the United Methodist Church of Whitefish Bay.

For In-Person or mail registration:

Please return this form as soon as possible with your check made out to NSSS at the address below. Include all requested information. Class sizes are limited. We will only notify you if the class is already filled or canceled.

When registering, please fill in the total cost of each class, below.

| Class Title (Cost for one Term) | Terms | Indicate Term: 1,2 or Both | Total Cost |
|------------------------------------|-----------|----------------------------------|---------------|
| Apple iPhone | \$40 | 1 + 2 | |
| Basic Drawing | \$40 | 1 + 2 | |
| Clear Clutter | \$20 | 2 | |
| Conversational French | \$40 | 1 + 2 | |
| Enneagram | \$30 | 1 | |
| Knitting | \$40 | 2 | |
| Memoir Writing | \$40 | 1 + 2 | |
| Open Studio Paint | \$40 | 1 + 2 | |
| Quilting | \$40 | 1 + 2 | |
| Dementia Friends | \$10 | 2 | |
| Comfort Grieving Friend | \$20 | 2 | |
| Grandparenting | \$20 | 2 | |
| Sleep - Meditate | \$40 | 1 + 2 | |
| Chair Yoga | \$40/\$30 | 1 + 2 | |
| Tai Chi | \$40 | 1 + 2 | |
| Zumba Gold | \$40 | 1 + 2 | |
| Brief History S. Hawking | \$20 | 2 | |
| China Today | \$10 | 1 | |
| Funeral Practices | \$20 | 2 | |
| Iroquois and U.S | \$40 | 2 | |
| Indian Boarding Schools | \$40 | 1 | |
| Ukraine | \$20 | 2 | |
| Art of Mime | \$10 | 2 | |
| Fiddler on the Roof | \$10 | 2 | |
| Lake Pk + Olmsted | \$10 | 1 | |
| History of Jazz | \$20 | 1 | |
| Jazz Singers | \$20 | 1 | |
| Passionate Musics | \$20 | 1 | |
| British Invasion | \$20 | 1 | |
| Day Music Died | \$20 | 1 | |
| Black Holocaust Mus. | \$10 | 2 | |
| Pabst Mansion | \$10 | 1 | |
| Downtown Art Scene | \$10 | 2 | |
| Lake Park | \$10 | 2 | |
| Migratory Birds | \$10 | 2 | |
| Honeybee Life | \$10 | 1 | |
| Waterways Great Lakes | \$10 | 1 + 2 | |
| Legal Documents | \$10 | 2 | |
| Options Senior Living | \$20 | 1 | |
| Preparing Home - Sale | \$40 | 1 | |

Print Name Clearly:

Address:

City

Zip/Phone:

Email:

Total Amount Due:

To pay by mail, please return this form with your check to North Shore School for Seniors at this address:

North Shore School for Seniors
 UMC of Whitefish Bay
 819 E. Silver Spring Drive
 Whitefish Bay, WI 53217
 PHONE: 414.292.0960