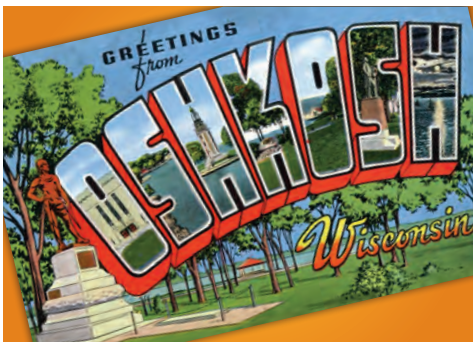




Stay sharp, active & involved!
**2025 FALL
COURSE CATALOG**



 **Evergreen**
Possibilities await.



LEARN
something new
SHARE
engaging activities
MEET
interesting people



Learning in Retirement
at Evergreen in partnership
with UW Oshkosh

Learning in Retirement 2025 - 2026 Steering Committee

Officers



Jim Krueger, President



Dennis Dettlaff, Vice President



Kathi Sawall, Secretary



Andrew Smith, Treasurer

To reach an officer, please send an email to lir@EvergreenOshkosh.com or call the office at 920-237-2124 and your message will be forwarded to the appropriate person.

Committee Chairs



**Administrative/Finance
Terrie Kragenbrink**



**Curriculum
Lee Prellwitz**

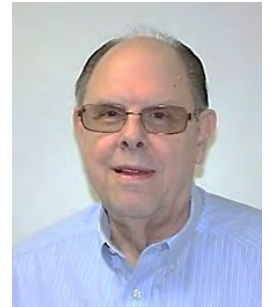
At this time, LIR is in need of volunteers for the Membership/Promotion Committee.
Contact LIR President Jim Krueger at jrkruegerlir@gmail.com if interested.



From the President

Last fall, LIR celebrated the first full semester with Evergreen as our partner in what we expect to be many years of cooperation and development. Success continued with the spring 2025 efforts. The day-to-day processes carried on as designed thanks to the efforts of LIR members and the staff of Evergreen.

Speaking of the members, LIR found more individuals who volunteered and contributed their time and efforts to meet the organization's needs. We discovered people who rose to the challenge of committee work and officer positions. Thank you to those volunteers who responded to the organization's ongoing needs.



The effort of "strategic visioning" is anticipated to come to fruition in the following weeks. The organization will require continuing dedication for LIR's attempt to deliver continued strong content. All members are asked to consider their abilities and how they can contribute to LIR. Recall that our purpose is described as a "participatory peer-led organization".

J. Krueger



Reasons to stay engaged in Lifelong Learning:

- Improves self-confidence and other personal qualities.
- Strengthens your mental capabilities and overall well-being.
- Provides opportunities to meet new and like-minded people.
- Assists in developing new hobbies and interests; and
- Puts your well-developed skills to use after retirement.
- **Be a lifelong learner!**

LIR is being offered through Evergreen in partnership with UW Oshkosh. Evergreen staff provide administrative support for LIR by collecting and tracking registrations, memberships, and other payments.

They are your go-to for answering questions and day-to-day administration of the program.

You may contact:

Administrative Support at lir@EvergreenOshkosh.com or by calling **920-237-2124**.

The Mailing Address is:

Evergreen

Attn: LIR

1130 Westfield Street

Oshkosh, WI 54902

Membership & Registration of Courses

Membership: Your LIR Membership fee of \$105 includes attendance at unlimited programs for one academic year July 1 – June 30. Membership year is July 1 thru June 30. Annual membership renewal opens up in the Fall. Course catalogs will be made available annually (Fall and Spring). To join in Spring, the membership fee is \$55.

Renew membership and register for courses online through the LIR website by scanning the QR code, or at www.evergreenoshkosh.com/learning-in-retirement. Instructions for registration will be available through the LIR office. Evergreen staff will also be available to guide members through this registration process. Contact lir@EvergreenOshkosh.com.



Course Registration Reminders:

- Please only register for programs you plan to attend. If you're no longer able to attend a program, we encourage you to cancel your registration through your Timely Network Inc. "RSVP details for the event..." email or contact the LIR office to let us know.
- Programs listed as "Evergreen-Hybrid" as the location can be attended either in person or via Zoom. If you plan to join zoom, please register online and notify the LIR office.
- The **Fall Course Reference Sheet** is a helpful tool to keep track of your course choices.

Payment Procedures for Membership and Fee-Based Programs

Payment Instructions

- After completing your online registration, please submit the **LIR Registration Payment Form** along with your payment.
 - We are requesting two separate checks: one for membership and one for course fees.
 - Make checks payable to **Evergreen** and include **LIR** in the memo line.
- Payments and forms may be dropped off or mailed to:

Evergreen, Attn: LIR
1130 North Westfield St.
Oshkosh WI 54902

General Information

Bring a Friend: Non-member guests are welcome unless otherwise noted and must be registered separately. Guests should be registered with the member's name and the word "Guest" added to the last name. Example: Jim Krueger (Guest)

Program Change Notifications: If there is a last-minute program schedule change or cancellation due to circumstances other than weather, an email will be sent to those registered. Make sure your email is up to date in the office.

Weather Cancellations: Check Green Bay TV Stations for notifications. If public schools are closed **in the city where the program is being held**, the program is cancelled. You may not receive any other notification. Cancellations may be made prior to the day of, on a case-by-case basis. If possible, an email will be sent informing those registered of the cancellation.

Special Interest Groups

1) Readers' Choice

Love books and reading? Group participants decide on the selection of books to read and discuss.

Dates: Wednesdays; September 3, October 1, November 5, December 3, January 7

Time: 2 – 3:30 p.m.

Coordinator: Lee Prellwitz

Location: Evergreen

2) Garden Group

Experts will present on a variety of gardening and landscape topics. Field trips to area nurseries and gardens are a favorite activity. Group participants decide on the programming and activities.

Dates: Fridays; September 5, October 3, November 7, December 5, January 9

Time: 10 – 11:30 a.m.

Coordinator: Debby Butch

Location: Coughlin Center and various other locations selected by group.

3) Life Writing Group

Reflect on your life and write autobiographical stories that focus on aspects of those memories. The focus of this group is to share your personal writing and offer feedback to one another. Some helpful writing resources will be supplied. Participants will receive monthly writing prompts or themes to use but are free to write on any topic.

Dates: Tuesdays; September 23, October 28, November 25, December 16, January 27

Time: 10 – 11:30 a.m.

Coordinator: Helen Adams and Marsha Rossiter

Location: Evergreen

Maximum Participants: 15

Courses and Tours

4) Safe Online Shopping

Jeff Kersten from the Wisconsin Bureau of Consumer Protection will share timely tips on how to shop safely online. This is his third presentation for LIR, focusing on methods used to defraud individuals, especially older adults, in Wisconsin.

Date: Monday September 8, 2025

Time: 10 – 11:30 a.m.

Presenter: Jeff Kersten

Coordinator: Lee Prellwitz

Location: Oshkosh Seniors Center

5) New Developments in the Therapeutic Use of Psychedelics

Since the 1960s, psychedelics have been woven into our cultural fabric, but their use in therapy was largely overlooked. Positive responses were reported as early as the 1960s, and a recent resurgence has renewed interest in psychedelics as a treatment for mental illness. Dr. Hatcher's talk will explore both the history and the current potential of psychedelics in mental health care.

Date: Wednesday, September 10, 2025

Time: 1:30 – 3 p.m.

Presenter: Dr. Joe Hatcher, Retired Professor of Psychology, Ripon College

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

6) Self-Drive Tour: Snakes of Wisconsin

Snakes are one of the most misunderstood animals on the planet. Join Park Ranger Adam Brandt to learn about Wisconsin's native snake species and meet a few of them in person. You will walk away loving snakes even more or at least disliking them a little less.

Date: Friday, September 12, 2025

Time: 10 – 11:30 a.m.

Presenter: Adam J. Brandt, Park Ranger

Coordinator: Mary Shepard

Location: Mosquito Hill Nature Center, N3880 Rogers Rd, New London, WI 54961

Cost: \$7

Note: Participants for this program must register and pay by Friday, September 5th. Payment must include a payment form, instructions can be found on page 4.

7) Theatre Program: "Chicago"

Riverside Players will perform "Chicago" at the Theatre in the Park. The Riverside Players' stage is located in an outdoor park shelter with a roof and open sides, which are covered with netting to help limit bugs. A pre-performance talk will be provided for LIR members.

Date: Saturday September 13, 2025

Time: 12:15 p.m. pre-performance talk, 1pm performance starts

Presenter: Susan Rabideau, Riverside Players

Coordinator: Kathi Sawall

Location: Riverside Park, 500 E. Wisconsin Ave, Neenah 54956

Cost: \$20

Maximum Participants: 20

Note: Participants for this program must register and pay by Friday, September 5th. Payment must include a payment form, instructions can be found on page 4.

8) The Path to Wellness: Navigating Food, Medications & Lifestyle

Dr. JJ Allen, owner of Hometown Pharmacy on Sawyer Street in Oshkosh, will lead a discussion focused on the connection between nutrition, medications, and healthy living. Drawing from his experience as a pharmacist and certified sports nutritionist, Dr. Allen will offer practical tips for improving wellness, understanding your body's needs, and asking the right questions about your health.

Date: Tuesday, September 16, 2025

Time: 10 – 11:30 a.m.

Presenter: Dr. JJ Allen, PharmD, CISSN, Hometown Pharmacy

Coordinator: Karen Kaempffe

Location: Oshkosh Seniors Center

9) "Remember When": More Stories From Oshkosh's Historic Past

"Remember When" offers a rich collection of stories that helped shape Oshkosh's unique past. Meet the eccentric gentleman who made his living on street corners by challenging bystanders to stump him. Revisit the chilling Rocking Chair Murder and recall the golden days of *WOSH—1490 On Your Dial*. Learn about an infamous serial killer whose path crossed through Oshkosh, and discover the birth of the theater organ, invented right here at the turn of the 20th century. Ride along with Tommy's Angels, a legendary fast-pitch softball team, during the era when the sport reigned supreme—and more. Local author Randy Domer leads this nostalgic journey, turning back the hands of time.

Date: Wednesday, September 17, 2025

Time: 10 – 11:30 a.m.

Presenter: Randy R. Domer

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

10) “...And Everyone Hates the Jews”: Why Anti-Semitism Persists

Historically why has antisemitism persisted across centuries and political ideas? This talk explores how conspiracy theories often target successful minority groups viewed as competent but untrustworthy outsiders. Antisemitism tends to fade in prosperous times but returns during crises, fueled by stereotypes and scapegoating. Drawing on history, psychology, and current events, the presentation will explain how these dynamics continue to shape antisemitic beliefs today.

Date: Friday, September 19, 2025

Time: 1:30 – 3 p.m.

Presenter: Peter Glick

Coordinator: Karen Kaempffe

Location: Evergreen – Hybrid

11) Chef’s Choice: All Athletic Trainers Work in Sports, Right?

Ever wonder who rushes onto the field when athletes get injured? Or who helps dancers keep moving and workers stay on the job? Kim will explain what athletic trainers do and what they do not do, as well as their growing role in public health. Many athletic trainers in school are choosing careers outside of sports, in areas you might not expect.

Date: Monday, September 22, 2025

Time: 12:15 p.m. – 2:30 p.m. Lunch served at 12:15 p.m., Presentation at 1:15 p.m.

Presenter: Kim Calvert, Assistant Professor of Kinesiology and Athletic Training, UW-Oshkosh

Coordinator: Pat Lowney

Location: Evergreen

Cost: \$15

Maximum Participants: 60

Note: Participants for this program must register and pay by Friday, September 12.

Payment must include a payment form, instructions can be found on page 4.

12) The Magic Horses Bring: How Horses Can Make Us Better

Cindy Warner, executive coach and author of *Leading with Clarity, Connection and Courage*, shares how working with horses can build self-awareness, emotional intelligence, and happiness. Learn how equine assisted coaching supports personal growth and leadership in this inspiring, science-based session.

Date: Tuesday, September 23, 2025

Time: 1:30 – 3 p.m.

Presenter: Cindy Warner

Coordinator: Karen Kaempffe

Location: Evergreen – Hybrid

13) Learn about the Company: RemarkABLE

Rob Servais, CEO of RemarkABLE Inc. (formerly Lakeside Packaging Plus), will share the inspiring story of this nonprofit organization, from its founding in 1962 to its current operations in Oshkosh and Neenah. RemarkABLE Inc. provides meaningful employment, engaging projects, and enriching activities for individuals with diverse abilities. Learn how the organization continues to grow while staying true to its mission of elevating the lives of those they serve.

Date: Thursday, September 25, 2025

Time: 10 – 11:30 a.m.

Presenter: Rob Servais

Coordinator: Kathi Sawall

Location: Evergreen – Hybrid

14) Pillars of Health: Live with more Joy, Strength and Energy

In this talk, Dr. Eric Koehler, a Doctor of Physical Therapy, will guide you through a comprehensive understanding of the Five Pillars of Health. These pillars include Mindset, Restoration, Nourishment, Movement Health, and Resiliency Training. Learn about the power of purposeful living, simple ways to assess your health, and three practical tips for each pillar that you can easily incorporate into daily life to increase energy, joy, and strength.

Date: Tuesday, September 30, 2025

Time: 10 – 11:30 a.m.

Presenter: Dr. Eric Koehler, Doctor of Physical Therapy

Coordinator: Nathalie Moore/Kathi Sawall

Location: Evergreen – Hybrid

15) “The Mighty Mississippi”

Dr. Johnson will present on “The Ups and Downs of the Mississippi River,” as well as the lefts and rights. She will share photos from her research trips on the river and explain how the Mississippi became the most endangered river in the United States. How did this happen, and what can be done to improve its condition?

Date: Thursday, October 2, 2025

Time: 1:30 – 3 p.m.

Presenter: Beth Johnson, Ph.D., Professor of Geology, UW Oshkosh

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

16) Turning Around Ripon’s Downtown

In 2007, Ripon entered into an agreement with Boca Grande in a project to revitalize its downtown. The effort failed. However, in the years since, downtown Ripon has transformed into a thriving destination for people throughout east central Wisconsin. Craig Tebon, Executive Director of Ripon Main Street Inc., will share the actions that led to this remarkable turnaround and discuss future plans.

Date: Tuesday October 7, 2025

Time: 10 – 11:30 a.m.

Presenter: Craig Tebon

Coordinator: Lee Prellwitz

Location: Oshkosh Seniors Center

17) How Does Regional Coordination Happen?

In the 1950s, it became clear that many projects were too large for even the biggest units of government to handle alone. To support cooperation among communities, the State of Wisconsin created the East Central Wisconsin Regional Planning Commission. The Commission promotes intergovernmental collaboration, regional planning, and a shared vision for the future. Its current focus includes transportation, economic development, water quality management, and more. Learn how the Commission works with communities to help them use their assets and resources in the most effective way for both local and regional benefit.

Date: Wednesday, October 8, 2025

Time: 1:30 – 3 p.m.

Presenter: Craig Moser, Deputy Director, East Central Wisconsin Regional Planning Commission

Coordinator: Pat Lowney

Location: Evergreen – Hybrid

18) Fall Luncheon: The Gaelic Harp

Jeff Pockat will share a unique performance on the Gaelic harp, blending music, storytelling, and historical insight. Jeff offers both quiet background and engaging center stage entertainment, shaped by years of research into Celtic music, harpers, and instruments. *Chicken Marsala will be served, vegetarian option available upon request.*

Date: Thursday, October 9, 2025

Time: Doors open at 11:00 a.m., Lunch at 11:30 a.m., presentation at 12:30 p.m.

Presenter: Jeff Pockat

Coordinator: Lee Prellwitz

Location: La Sure's Banquet Hall, 3125 South Washburn St, Oshkosh, WI 54904

Cost: \$26 for members, \$30 for non-members

Note: Participants for this program must register and pay by Thursday, September 25.

Payment must include a payment form, instructions can be found on page 4.

19) Demonstration of the Oshkosh Police Department K-9 Officer

Officer Martinez will provide a presentation & demonstration of the Oshkosh Police Department K-9.

Date: Monday, October 13, 2025

Time: 1:30 – 3 p.m.

Presenter: Roberto Martinez, K-9 Officer, Oshkosh Police Department

Coordinator: Mary Petzold

Location: Evergreen – Hybrid

20) The Big Sort

UW Oshkosh Sociology Professor Paul Van Auken will discuss his current research and data showing that when people relocate, they often move to areas where the majority shares their political views. Projections suggest this trend could lead to significant changes in the number of representatives each state has in the United States House of Representatives.

Date: Wednesday October 15, 2025

Time: 10 – 11:30 a.m.

Presenter: Paul Van Auken

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

21) Bus Tour: The Clauson Family Music Show – Rock 'n' Roll Legends

Enjoy a live music show in a beautifully restored barn-turned-theater, showcasing the greatest hits of rock 'n' roll from the '50s, '60s, '70s, and beyond. Before the show, a delicious buffet will be served and the gift shop will be open to tour.

Date: Thursday, October 16, 2025

Time: 10 a.m. – 6 p.m. (*approximately*)

Coordinator: Kathi Sawall

Location: The Clauson Family Music Show, W13412 County Rd CC, Coloma, WI 54930

Cost: \$120 for members, \$125 for non-members

Maximum Participants: 50

Note: Participants for this program must register and pay by Friday, September 19.

Payment must include a payment form, instructions can be found on page 4.

22) Sacred Ground – How Americans Remember the Past

Dr. Edward Linenthal, retired professor of Religion and American Culture, is a leading expert on the concept of "sacred ground" which are defined as places sanctified by sacrifice. He has authored several books and consulted on national memorials including the Flight 93 Memorial and the United States Holocaust Memorial Museum. He also served on the commission for the proposed 1995 Smithsonian exhibit marking the 50th anniversary of the atomic bombing of Hiroshima.

Date: Monday, October 20, 2025

Time: 1:30 – 3 p.m.

Presenter: Dr. Edward Linenthal

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

23) Paine Art Center and Gardens: The Impetus for Beauty

Sherer will lead a participatory session inviting each person to reflect on their own views of beauty and consider how others may see things differently. This personal exploration will be connected to the mission and offerings of the Paine Art Center and Gardens in Oshkosh.

Date: Tuesday, October 21, 2025

Time: 10 – 11:30 a.m.

Presenter: Aaron Sherer, Executive Director, The Paine

Coordinator: Karen Kaempffe

Location: Coughlin Center

24) Brain Health

Fox Valley Memory Project's Mindworks resource is a facilitated program designed for individuals experiencing early symptoms of dementia or memory loss. Learn about the opportunities Mindworks offers to build social connections while supporting brain health and overall wellness.

Date: Wednesday, October 22, 2025

Time: 10 – 11:30 a.m.

Presenter: Kristy Millar, Resource Navigator, Fox Valley Memory Project

Coordinator: Barb LeGault

Location: Evergreen – Hybrid

25) How Should Journalists Cover the Trump Administration?

Love him or hate him, Donald Trump has redefined the presidency. Does journalism also need to be rethought in response? Dr. Tony Palmeri will share his perspective on what journalism in the Trump era should look like.

Date: Thursday, October 23, 2025

Time: 1:30 – 3 p.m.

Presenter: Tony Palmeri, Professor of Communication Studies, UW Oshkosh

Coordinator: Nathalie Moore

Location: Evergreen – Hybrid

26) Learn About the Brain's Neuroplasticity

The Brain Center of Green Bay is committed to improving brain health for all generations in Northeastern Wisconsin. The brain has an incredible ability to adapt, change and create new pathways. This ongoing process occurs throughout our lives and shows that the brain functions like a muscle instead of a stagnant organ. Neuroplasticity is fundamental to all new learning, training and rehabilitation.

Date: Monday, October 27, 2025

Time: 10 – 11:30 a.m.

Presenter: LaReina Tipping, Program Manager, The Brain Center of Green Bay

Coordinator: Barb LeGault

Location: Oak Park Place

27) "Cursed, not created: Anatomy of two monsters"

The original archetypes of Mary Shelley's *Frankenstein* and Bram Stoker's *Dracula*, not their popular culture versions, are the focus of this presentation. Neither monster was created evil. Shelley's protagonist is a version of the noble savage, while Stoker's Dracula is a savage noble cursed by fate. One is intelligent, profoundly alone, alienated, and exiled from humanity, a creature without a soul. The other is bloodless and driven to destroy souls to sustain his undead existence, a being damned by his condition. William Baurecht will explore these characters and themes, reading from the English novels that continue to engage and even shock readers around the world.

Date: Wednesday, October 29, 2025

Time: 1:30 – 3 p.m.

Presenter: William Baurecht

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

28) Happy Halloween – Ghostly Activity in Oshkosh

Debra Daubert, retired curator from the Oshkosh Public Museum, will share stories from 19th century newspapers about possible ghostly activity in Oshkosh.

Date: Friday October 31, 2025

Time: 10 – 11:30 a.m.

Presenter: Debra Daubert

Coordinator: Lee Prellwitz

Location: Oshkosh Seniors Center

29) Celebrating 30 Years of Service: The Green Lake Conservancy

As the area's only all volunteer nonprofit land trust, the Green Lake Conservancy invests in natural capital by offering watershed protection through acquisition, gifts, or conservation easements. Lands that have been placed in trust, which support forests, prairies, wetlands, and shorelands, are protected forever. The Green Lake Conservancy remains committed to permanently preserving special places in the Green Lake watershed and surrounding county.

Date: Monday November 3, 2025

Time: 1:30 – 3 p.m.

Presenter: Bur Zeratsky

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

30) There & Back Again: The Past and Present History of Green Lake

Dr. Wallace volunteers with the Green Lake Association. The Association's mission is to safeguard Green Lake by improving water quality, protecting it from critical threats, and accelerating its return to a clean state. His presentation will focus on how Green Lake reached its current condition and what actions are being taken and planned to restore it to clean lake status.

Date: Tuesday November 4, 2025

Time: 1:30 – 3 p.m.

Presenter: Dr. Robert Wallace, Retired Professor of Biology, Ripon College

Coordinator: Lee Prellwitz

Location: Coughlin Center

31) Timber – A Northwoods Story of Lumberjacks, Logging, & the Land

In the mid-1800s, logging camps and sawmills opened, and lumberjacks moved in as the logging boom began. Millions of trees were cut down. What was it like to live and work in the woods? How did the giant logs travel from the forests to the sawmills? What happened after the forests were cut down? Discover the true story behind the Northwoods logging boom and learn what can be done to protect and enjoy our forests today and in the future.

Date: Thursday November 6, 2025

Time: 1:30 – 3 p.m.

Presenter: Susan Apps-Bodilly

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

32) Mental Wellbeing

Learn strategies to promote mental wellness, including mindfulness, building a support network, and simple daily practices. This session will provide space for each participant to reflect on their wellbeing and choose one or two techniques to add to their daily routine.

Date: Monday, November 10, 2025

Time: 10 – 11:30 a.m.

Presenter(s): Samaritan Counseling Team Member

Coordinator: Barb LeGault

Location: Oshkosh Seniors Center

33) America's Greatest Ace

EAA Museum Manager Chris Henry will honor Veterans Day with a presentation on Paul Bong, America's greatest World War II ace. Bong, a Wisconsin native, was credited with shooting down 40 Japanese planes.

Date: Tuesday, November 11, 2025

Time: 10 – 11:30 a.m.

Presenter: Chris Henry, EAA Museum Manager

Coordinator: Karen Kaempffe

Location: Evergreen – Hybrid

34) Supper with the Chef

Relax and savor the experience as a skilled Evergreen Chef showcases the preparation of a specially crafted Greek menu, designed exclusively for LIR. Enjoy the culinary journey!

Date: Thursday, November 13, 2025

Time: 4:30 – 7:00 pm, bar opens at 4:30, presentation at 5

Presenter: An Evergreen Chef

Location: Evergreen

Cost: \$20

Maximum Participants: 45 (*members only program*)

Note: Participants for this program must register and pay by Tuesday, November 4.

Payment must include a payment form, instructions can be found on page 4.

35) Patient Voice is the Canary of the Coal Mine of Healthcare

The presenter is a patient, who will share how she uses her voice to improve the human experience for all patients.

Everyday patients speak up about situations in healthcare. Their voice is ignored because healthcare professionals do not want to know there is a problem. The canary is the warning that a never event is about to happen in a coal mine, the patient voice is warning healthcare about a never event.

Date: Friday, November 14, 2025

Time: 10 – 11:30 a.m.

Presenter: Rosie Bartel

Coordinator: Karen Kaempffe

Location: Evergreen – Hybrid

36) Ripon: Birth of the Republican Party

We know the Republican Party was formed in Ripon in 1854, but do you know why?

Dr. Woolley will explore how national political developments and a strong local culture of liberty-minded activism led to Ripon's role in founding the party. He will highlight the influence of Horace Greeley, then publisher of the New York Tribune, and explain how a group of citizens unhappy with their political options took action to create something new.

Date: Tuesday, November 18, 2025

Time: 10 – 11:30 a.m.

Presenter: Dr. William Woolley, Retired, History Professor, Ripon College

Coordinator: Pat Lowney

Location: Evergreen – Hybrid

37) Great Reads of 2025

Review many of the outstanding books from the past year. Mr. McArthur will cover both fiction and non-fiction and provide reading lists to help you plan for the year ahead. Additionally, Mr. McArthur and his staff will select the second annual Lois Hedge memorial book to be presented to the Evergreen Library.

Date: Wednesday, November 19, 2025

Time: 10 – 11:30 a.m.

Presenter: Michael McArthur, Local Historian & Genealogy Librarian Oshkosh Public Library
with assistance from other librarians

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

38) Meet the Elephant: Nature's Gentle Giant

Step into the world of one of the planet's most awe-inspiring creatures. Elephants are remarkable animals known not just for their size, but for their intelligence, empathy, and deep social bonds. Join Naturalist Adam "Doc" Brandt to learn about their daily lives, surprising behaviors, and the challenges they face in a rapidly changing world. Perfect for all curious minds, this talk invites you to learn, wonder, and fall in love with elephants.

Date: Thursday, November 20, 2025

Time: 10 – 11:30 a.m.

Presenter: Adam L. Brandt, Naturalist

Coordinator: Mary Petzold

Location: Evergreen – Hybrid

39) The Myth of Coequal Branches

The Executive Branch uses executive orders to bypass Congress. In doing so, Congress gives up some of the powers granted to it by the US Constitution. The courts can issue rulings but lack the power to enforce them. Professor David J. Siemers will discuss these issues, which he explored in his 2018 book, *The Myth of Coequal Branches: Restoring the Constitution's Separation of Functions*.

Date: Monday December 1, 2025

Time: 10 – 11:30 a.m.

Presenter: Dr. David Siemers, Professor of International Studies, UW Oshkosh

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

40) Photography & Music from Lake Superior

Jeff and Patty Henry will present a digital photo show titled "Gichigami: The Great Lake Superior." The program begins with a 10 to 15-minute spoken introduction accompanied by photos, followed by a visual journey around Lake Superior through each season, set to recorded instrumental music.

Date: Tuesday December 2, 2025

Time: 10 – 11:30 a.m.

Presenters: Jeff & Patty Henry

Coordinator: Lee Prellwitz

Location: Oshkosh Seniors Center

41) Nature Makes Us Happy: Connection to Nature and Well-being

This presentation explores how emotional connection to nature relates to health and well-being. Topics include the benefits of nature exposure, trends in time spent outdoors, and efforts to strengthen human connections with nature.

Date: Thursday, December 4, 2025

Time: 1:30 – 3 p.m.

Presenter: Amy Knepple Carney, PhD

Coordinator: Natalie Moore

Location: Evergreen – Hybrid

42) The Oshkosh All-Stars

Mr. LaPoint will share the fascinating story of the Oshkosh All Stars, Oshkosh's professional basketball team. He will also give a brief overview of his new book, *Oshkosh Remembered II*, and will have copies available for purchase by LIR members.

Date: Monday, December 8, 2025

Time: 1:30 – 3 p.m.

Presenter: Ron LaPoint

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

43) Healing Through Horses

BEAMING, Inc. offers life-changing equine programs that support physical, cognitive and emotional well-being for individuals facing unique challenges. Learn how their services benefit those living with disabilities, dementia, Parkinson's, trauma and more through horse-assisted activities that build strength, confidence, and connection.

Date: Tuesday, December 9, 2025

Time: 10 – 11:30 a.m.

Presenter: Katie Samuelson

Coordinator: Karen Kaempffe

Location: Oshkosh Seniors Center

44) Communicable Disease and Influenza

A communicable disease is an illness transmitted through contact with microorganisms. People, animals, food, surfaces, and air can all carry the microorganisms that pass infectious illnesses from one host to another. Data on communicable disease trends in Winnebago County will be presented, along with the latest updates and recommendations on immunizations.

Date: Wednesday, December 10, 2025

Time: 10 – 11:30 a.m.

Presenter: Staff Member of Winnebago County Health Department

Coordinator: Barb LeGault

Location: Evergreen – Hybrid

45) Theatre Program: "Christmas Stars"

Christmas Stars features a cast of over 250 performers (ages five to senior citizen) in a dazzling holiday musical revue featuring favorite Christmas tunes.

Date: Saturday December 13, 2025

Time: 1:00 p.m.

Coordinator: Mary Bayorgeon

Location: Xavier High School, 1600 West Prospect Ave, Appleton, WI 54914

Maximum Participants: 25

Cost: \$16

Note: Participants for this program must register and pay by Friday, December 5th.

Payment must include a payment form, instructions can be found on page 4.

46) Unpacking the AI Boom: Promise, Perils, and Just Plain Weirdness

Artificial intelligence, or AI, is the hot new topic featured in nearly every ad and product description. We have been promised self-driving cars, automated content creation, and amazing discovery tools. At the same time, concerns include job loss, fully autonomous weapons, deep fakes, and computers that hallucinate. This non-technical talk cuts through the hype to explore what AI and machine learning really mean.

Date: Monday December 15, 2025

Time: 1:30 – 3 p.m.

Presenter: Dr. Nic McPhee, Professor of Computer Science

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

47) Social Security

Social Security is the common term for the federal Old-Age, Survivors, and Disability Insurance (OASDI) program, administered by the Social Security Administration. The Social Security Act was passed in 1935, and the current version, as amended, includes several social welfare and insurance programs. Professor Morrison will discuss the history of Social Security, changes made over the years, its current status, and future projections based on the fund's viability. The presentation will also explore whether Social Security remains at risk of program cuts.

Date: Thursday January 8, 2026

Time: 10 – 11:30 a.m.

Presenter: William Morrison & Cindy Thompson

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

48) CIONIC: Innovative Technology in Mobility Support

Discover how cutting-edge technology is transforming mobility and independence. The Cionic Neural Sleeve is the first FDA approved bionic clothing designed to assist people with mobility challenges and improve walking in daily life. The FDA has approved for people with traumatic brain injury, stroke, and mild to moderate MS. Maddi Niebanck, Community Engagement and Advocacy Manager for CIONIC, will share how this breakthrough innovation works and her personal experience with it. An LIR member, Barb Wagner, will also offer insight into her journey using the Neural Sleeve.

Date: Friday, January 9, 2026

Time: 1:30 – 3 p.m.

Presenter: Maddi Niebanck & Barb Wagner

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

49) Serving with the United States Army in Ukraine 2019-2020

The Reverend Clay Salmela, pastor of Grace Lutheran Church in Ripon, also serves as a part-time brigade chaplain with the Wisconsin Army National Guard 32nd Infantry Brigade Combat Team. He was stationed in western Ukraine for ten months, from October 2019 to August 2020, to help train Ukrainian military forces toward greater independence from their former Soviet Union rulers.

Reverend Salmela's presentation will cover his time in Ukraine as well as developments since Russia's invasion in late February 2022.

Date: Tuesday January 13, 2026

Time: 10 – 11:30 a.m.

Presenter: Reverend Clay Salmela

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

50) Chef's Choice: "The Guns at Last Light"

Pulitzer Prize-winning historian Rick Atkinson will present in a pre-recorded virtual talk on *The Guns at Last Light*, the final volume in his Liberation Trilogy. In this presentation he explores the last year of World War II in Western Europe, including D-Day, the Battle of the Bulge, and the fall of Nazi Germany, blending strategic insight with powerful personal accounts from the front lines.

Date: Thursday January 15, 2026

Time: 12:15 p.m. – 2:15 p.m. Lunch served at 12:15 p.m., Presentation at 1:15 p.m.

Presenter: Rick Atkinson (*Note: A pre-recorded virtual presentation*)

Coordinator: Lee Prellwitz

Location: Evergreen

Cost: \$15

Maximum Participants: 60

Note: Participants for this program must register and pay by Tuesday, January 6.

Payment must include a payment form, instructions can be found on page 4.

51) Student Enrollment at UW Oshkosh – Present & Future

The retention rate for first-year students at UW Oshkosh fell to a 40-year low in fall 2021, following the educational and economic challenges of the pandemic. However, the pandemic was not the only factor. Ms. Grisham will explore the complex issues that influence student retention today.

Date: Friday, January 16, 2026

Time: 10 – 11:30 a.m.

Presenter: Erin Grisham; Vice-Chancellor for Enrollment & Student Success , UW Oshkosh

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

52) Dr. Martin Luther King Jr.

On Martin Luther King Day, Dr. Harris will focus on the trajectory of King's activism, from his push for integration during the Montgomery Bus Boycott and advocacy for the 1964 Civil Rights Act to his later efforts on voting rights, fighting poverty, and opposing the Vietnam War. The presentation will also cover the events leading up to his assassination in 1968.

Date: Monday January 19, 2026

Time: 1:30 – 3 p.m.

Presenter: Dr. Paisley Harris, Retired Professor of History, UW Oshkosh

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

53) Wild Carnivores in Wisconsin!

A presentation about wolves, bears and cougars in Wisconsin. As the populations of Wisconsin's native carnivores continue to grow, the chances of human-wildlife interactions grow with it. The Wisconsin Department of Natural Resources (DNR) seeks to increase public understanding of these important species so that everyone may enjoy the benefits they bring to Wisconsin. These species are vital to our local ecosystems and the DNR seeks to encourage everyone to help with the management of these species through public outreach and education.

Date: Thursday, January 22, 2026

Time: 1:30 – 3 p.m.

Presenter: Kevin Brown, Wildlife Biologist

Coordinator: Lee Prellwitz

Location: Evergreen – Hybrid

54) Antarctica

Mountain, Wisconsin-based artist, adventurer, and K-12 art educator Breanne Kanak will be presenting photographs, videos, artwork, artifacts, and a reflective retelling of her once-in-a-lifetime expedition to Antarctica. The drawings and paintings featured were completed abroad her expedition shop or during travel delays. Often considered a cold and unwelcoming environment, Antarctica provided unexpected warmth and complexity of scenery, wildlife, and endless inspiration.

Dates: Friday, January 23, 2026

Time: 10 – 11:30 a.m.

Presenter: Breanne Kanak

Coordinator: Karen Kaempffe

Location: Evergreen – Hybrid

Additional Learning and Entertainment Opportunities

We are fortunate that both UW Oshkosh and Ripon College offer numerous speakers, panels, and presentations that align with LIR's "Lifelong Learning" objective. LIR regularly monitors the UW Oshkosh and Ripon College calendars to identify programs that might interest our members, some of which are available for virtual viewing. Watch your email throughout the semester for notifications of these additional opportunities.

Course Locations

Coughlin Center, 625 E County Rd Y, Oshkosh, WI 54901

Evergreen, 1130 N Westfield Ave, Oshkosh, WI 54902

La Sure's Banquet Hall, 3125 South Washburn St, Oshkosh, WI 54904

Mosquito Hill Nature Center, N3880 Rogers Rd, New London, WI 54961

Oak Park Place, 2205 Midway Rd, Menasha, WI 54952

Oshkosh Seniors Center, 200 N Campbell St, Oshkosh, WI 54902 (Main Building)

Riverside Park, 500 E. Wisconsin Ave, Neenah 54956

The Clauson Family Music Show, W13412 County Rd CC, Coloma, WI 5493

Xavier High School, 1600 West Prospect Ave, Appleton, WI 54914

Tours: Transportation for tours this semester will include both a bus tour and self-drive . The mode of transportation will be indicated in the program title.

Bus Tour Details:

- Approximate time is listed for the length of the tour, from bus departure to return
- More information regarding tour specific details will be shared to those who register
- Coach Bus Pick-up Locations will be the parking lot of Rogan's Shoes, 2145 S. Koeller Street, Oshkosh, WI 54902 and Evergreen



Hearing Loop Availability: A hearing loop is available for hearing aid users at the following locations: Coughlin Center, Evergreen, Mosquito Hill Nature Center, Oshkosh Seniors Center, and Xavier High School.

Course Delivery Instructions

Programs will be offered in a couple of different formats:

In-Person: If a location is listed, the program is in-person and that is the only option to view the program.

Hybrid: If the program is at Evergreen and says “Evergreen – Hybrid,” you may choose to register to attend in-person or view the program virtually. Registration is required if you know you will view it virtually. You may not have the same experience virtually, but you will be able to view it from the comfort of your home. Please be aware that not all programs at Evergreen are available virtually.

Virtual Viewing Reminders:

- Links for all Hybrid and Virtual programs will be sent to registered participants from Timely Network Inc. Please keep these emails for your records.
- Please turn off your camera and microphone when viewing the presentation.
- Closed caption is available, if you want to use it, click on “Live Transcript” and select subtitles.
- To ask a question, click on the word “Chat” at the bottom of your screen and type in your question.

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day	2	3 Readers' Choice 2-3:30 p.m.	4	5 Garden Group 10-11:30 a.m.	6
7	8 Safe Shopping Online 10-11:30 a.m. Oshkosh Seniors Center	9	10 Therapeutic Use of Psychedelics 1:30-3 p.m. Evergreen	11	12 Tour: Mosquito Hill (Snakes of Wisconsin) 10-11:30 a.m. Mosquito Hill	13 Theater: "Chicago" 12:15 p.m.
14	15 Admin/ Finance Committee 10-11:30 a.m.	16 Navigating Food, Medications, & Lifestyle 10-11:30 a.m. Oshkosh Seniors Center	17 "Remember When" 10-11:30 a.m. Evergreen	18 Steering Committee 10-11:30 a.m.	19 Why Anti-Semitism Persists 1:30-3 p.m. Evergreen	20
21	22 Chef's Choice Athletic Training 12:15-2:15 p.m. Evergreen	23 Life Writing Group 10-11:30 a.m. <hr/> The Magic Horses Bring 1:30-3 p.m. Evergreen	24	25 RemarkABLE 10-11:30 a.m. Evergreen	26	27
28	29	30 Pillars of Health 10-11:30 a.m. Evergreen				

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Readers' Choice 2-3:30 p.m.	2 The "Mighty Mississippi" 1:30-3 p.m. Evergreen	3 Garden Group 10-11:30 a.m.	4
5	6	7 Turning Around Ripon's Downtown 10-11:30 a.m. Oshkosh Seniors Center	8 Regional Coordination 1:30-3 p.m. Evergreen	9 Fall Luncheon 11 a.m.- 2 p.m. LaSure's	10 Curriculum Committee 10-11:30 a.m.	11
12	13 K9 Officer 1:30-3 p.m. Evergreen	14	15 The Big Sort 10-11:30 a.m. Evergreen	16 Bus Tour: Clauson Family Music Show	17	18
19	20 Sacred Ground 1:30-3 p.m. Evergreen	21 The Impetus for Beauty 10-11:30 a.m. Coughlin Center	22 Brain Health 10-11:30 a.m. Evergreen	23 Journalists Covering the Trump Administration 1:30-3 p.m. Evergreen	24	25
26	27 Learn About the Brain's Neuroplasticity 10-11:30 a.m. Oak Park Place	28 Life Writing Group 10-11:30 a.m. <hr/> Admin/ Finance Committee 10-11:30 a.m.	29 "Cursed, Not created..." 1:30-3 p.m. Evergreen	30 Steering Committee 10-11:30 a.m.	31 Ghostly Activity in Oshkosh 10-11:30 a.m. Oshkosh Seniors Center	

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Green Lake Conservancy 1:30-3 p.m. Evergreen	4 There & Back Again 1:30-3 p.m. Coughlin Center	5 Readers' Choice 2-3:30 p.m.	6 Timber 1:30-3 p.m. Evergreen	7 Garden Group 10-11:30 a.m.	8
9	10 Mental Wellbeing 10-11:30 a.m. Oshkosh Seniors Center	11 America's Greatest Ace 10-11:30 a.m. Evergreen	12	13 Supper with the Chef 4:30-7 p.m. Evergreen	14 Patient Voice 10-11:30 a.m. Evergreen	15
16	17 Admin/ Finance Committee 10-11:30 a.m.	18 Ripon: Birth of the Republican Party 10-11:30 a.m. Evergreen	19 Great Reads 2025 10-11:30 a.m. Evergreen	20 Meet the Elephant 10-11:30 a.m. Evergreen	21 Steering Committee 10-11:30 a.m.	22
23	24	25 Life Writing Group 10-11:30 a.m.	26	27 Thanksgiving	28	29
30						

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 The Myth of Coequal Branches 10-11:30 a.m. Evergreen	2 Photography & Music from Lake Superior 10-11:30 a.m. Oshkosh Seniors Center	3 Readers' Choice 2-3:30 p.m.	4 Nature Makes Us Happy 1:30-3 p.m. Evergreen	5 Garden Group 10-11:30 a.m. <hr/> Curriculum Committee 10-11:30 a.m.	6
7	8 The Oshkosh All-Stars 1:30-3 p.m. Evergreen	9 Healing Through Horses 10-11:30 a.m. Oshkosh Seniors Center	10 Communicable Disease and Influenza 10-11:30 a.m. Evergreen	11	12	13 "Christmas Stars" 1pm
14	15 AI Boom 1:30-3 p.m. Evergreen	16 Life Writing Group 10-11:30 a.m.	17	18	19	20
21	22	23	24	25 Christmas	26	27
28	29	30	31			

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 Readers' Choice 2-3:30 p.m.	8 Social Security 10-11:30 a.m. Evergreen	9 Garden Group 10-11:30 a.m. <hr/> CIONIC 1:30-3 p.m. Evergreen	10
11	12	13 Ukraine 10-11:30 a.m. Evergreen	14	15 Chef's Choice 12:15-2:15 p.m. Evergreen	16 Student Enrollment at UWO 10-11:30 a.m. Evergreen	17
18	19 Admin/ Finance Committee 10-11:30 a.m. <hr/> Dr. Martin Luther King Jr. 1:30-3 p.m. Evergreen	20	21 Steering Committee 10-11:30 a.m.	22 Wild Carnivores in Wisconsin 1:30-3 p.m. Evergreen	23 Antarctica 10-11:30 a.m. Evergreen	24
25	26	27 Life Writing Group 10-11:30 a.m.	28	29	30	31

THANK YOU!

Learning in Retirement extends its thanks and appreciation to the individuals and organizations listed below who have given their time, shared and added their wealth of knowledge and skill to the enrichment of the programs from which our members benefited greatly this past Spring 2025 semester.

Spring 2025 Guest Presenters

- | | |
|--|--|
| • Reverend Dr. Kevin Mundell | • Lee Prellwitz |
| • William Morrison, CPA, CFA, CFP | • Tammy Borden, Author |
| • Michael Ford, UW Oshkosh | • Chris Henry, EAA |
| • Kevin Mueller, Boys & Girls Club | • Sgt. Heath Feavel, Oshkosh Police Department |
| • Karen Schneider | • Shane Boeder, Ph.D. |
| • Rosie Buser | • Donna Nelson, ArtsCore |
| • Alana Erickson, Winnebago County Health Department | • Kathleen Steiner, LPC-IT |
| • Chris Mehring, Wisconsin Timber Rattlers | • Jean Skeels |
| • Claire Aither & Skyler Donachie | • David Sakrison |
| • Dr. Martin Farrell, Ripon College (Retired) | • Ally Noll, Mosquito Hill Nature Center |
| • Dr. John A. Cross & Dr. Kazimierz J. Zaniewski, UW Oshkosh (Retired) | • Dr. Brigid E. Vance Lawrence University |
| • Dr. JJ Allen, PharmD, CISSN, Hometown Pharmacy | • Kate Zern, Resolution Center, Inc. |
| • Dr. Tony Palmeri, UW Oshkosh | • Jean Long Manteufel |
| • Evelyn Anderson, Family Nurse Practitioner | • Jennifer Skolaski, PhD |
| • Marc Golde, Rock Garden Studio | • Dr. John A. Cross, UW Oshkosh |
| • William Morrison | • Gretchen Herrmann |
| • Megan Bartelt, L.Ac., MSOM, Dipl.Ac | • Carrie Esselman, Fox Valley Memory Project |
| • Wendell Ray, 90.3 WRST-FM, UW Oshkosh | • LaReina Tipping, Brain Center of Green Bay |
| • Trina Woldt, Leadership Oshkosh | • Deb Daubert |
| | • Adam Brandt, Mosquito Hill Nature Center |

Host Locations

- | | |
|-------------------------------|----------------------------------|
| • Boys & Girls Club | • Oshkosh Seniors Center |
| • Coughlin Center | • Rawhide Youth Services |
| • Evergreen | • Rock Garden Studio |
| • Mosquito Hill Nature Center | • The Fireside Theater |
| • Oak Park Place | • UW Oshkosh Theatre Arts Center |

Learning In Retirement

Are you looking for something to keep yourself sharp, active, and involved?

Then join a community of lifelong learners!

Learning in Retirement (LIR) is a self-directed, membership-based association that offers learning opportunities to its members.

The annual membership fee of \$105 (July 1-June 30) includes unlimited access to:

- Learning sessions led by experts in their fields
- Member-led interest groups
- Tours of business, industry, museums, and gardens
- Music and theater performances

Highlights for the Fall Semester:

Theatre Programs: "Chicago" and "Christmas Stars"

Chef's Choice Luncheons

Fall Luncheon at La Sure's: The Gaelic Harp

Demonstration of the Oshkosh Police Department K-9 Officer

Bus Tour: Clauson Family Music Show

Supper with the Chef

Ripon: The Birth of the Republican Party

Unpacking the AI Boom: Promise, Perils, and Just Plain Weirdness

CIONIC: Innovative Technology in Mobility Support

Special Interest Groups: Reading, Writing, and Gardening

