



Spring 2025 Program Guide

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- ▶ Class Descriptions
- ▶ Semester Calendar
- ▶ Registration Form



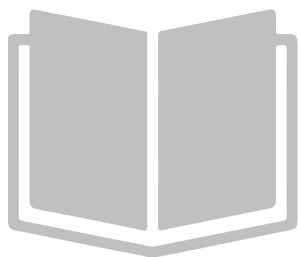
Learning Is ForEver

LIFElong Learning On-Demand!

Don't miss a moment of LIFE!

Gain access to our extensive vault of recorded presentations on Canvas, featuring years of engaging content.

Sign up for Canvas and enjoy the convenience of LIFElong learning anytime, anywhere!



Organized by recent uploads and subject categories, it's easy to revisit a presentation you missed or explore something new—all while sipping your morning coffee.

Explore topics like:

- Current Events
- History
- Technology
- Health & Wellness
- Science
- and **MORE!**



Watch for email instructions to sign up for Canvas or reach out to uwscelife@uwsp.edu



Welcome To LIFE

LIFE (Learning is ForEver) is a membership-based association of adult learners, providing a wide array of classes and activities that share experiences, promote intellectual and cultural enrichment, and encourage lifelong learning. It is sponsored by University of Wisconsin-Stevens Point and hosted by Continuing Education and Outreach. All instructors are volunteers.

Designed to meet your needs and interests, the LIFE program provides new learning opportunities on a variety of topics in an assortment of formats including:

- Peer Teaching and Learning
- Lectures by Visiting Experts
- Theater and Sports Events
- Field Trips

What Does LIFE Offer?

Since members are the heart of the LIFE program, programs are developed based on member interest. Most programs meet once while there might be a few that have two parts. Programs and events are offered during two terms:

- Summer/Fall (July – December)
- Winter/Spring (January – June)

A LIFE membership includes one term. One bi-annual membership fee (\$59) entitles you to participate in as many programs as you wish and select discounts on select UWSP programming for one semester.

LIFE Contact Information

Email	uwspcelife@uwsp.edu	Website	www.uwsp.edu/conted/LIFE
Phone	715-346-3838	Hours	8 a.m. – 4:30 p.m.
Fax	715-346-3504	Address	2100 Main Street Old Main Bld. 012 Stevens Point, WI, 54481

LIFE Board 2024 – 2025

President	Ed Miller
Secretary	Richard Ruppel
Treasurer	Betty Kieliszewski
Membership/Promo Chair	Paul Shogren
Curriculum Committee Chair	Paul Shogren
Technology Committee Chair	Roger Bullis
Members At-Large	Kurt Hase
	Pat Kluetz
	Teresa Stoltenberg
	Mike Wrzinski
UWSP Program Manager	Rebecca Bauer

Meetings are held via Zoom at 9 a.m.:
February 4, April 1, and June 3

Membership/Promotion Committee

Dale Emrick
Kurt Hase
Betty Kieliszewski
Deane Mathews
Paul Shogren
Barb Weyenberg

Meetings are held monthly via
Zoom at 9 a.m. on Mondays:
January 6, February 10, March 4,
April 7, May 5, June 2.

Technology Committee

Roger Bullis
Kurt Hase
Betty Kieliszewski
Ed Miller

Meetings are held via Zoom as
needed. Notification of meetings
will be sent out a week prior to
the meeting.

Curriculum Committee 2024 – 2025

Barb Bartkowiak
Kurt Hase
Bill Kirby
Ed Miller
Tom Ordens
Jane Osypowski
Jan Seiler
Paul Shogren
Teresa Stoltenberg
Jim Walker
Mary Zinda

We hope you will enjoy a diverse lineup of classes and activities offered this semester. LIFE's Curriculum Committee (a volunteer group of your fellow members) is always looking for fresh class ideas and new presenters.

If you are interested in leading a class or trip, please contact any of the curriculum committee members, attend a curriculum committee meeting, or better yet, join the committee! Email the curriculum committee or the LIFE Board at UWSPCELIFE@uwsp.edu

Meetings will be held via Zoom at 10:30 a.m.:
January 21, February 3, February 17, March 3, March 17, March 31

Privacy Disclaimer in Zoom Classes

Most LIFE classes will be recorded and posted on our Canvas page. The Canvas page is only accessible to registered LIFE members and the recording will only be available there. If you have concerns about your name or face being displayed in this video, please feel free to change your display name and/or shut off your video. You can tell if we are recording by checking for a red light in the top left of your screen. Thank you in advance for saving us hours of editing time.

Important Notes

Welcome to the LIFE Program for the Winter/Spring Term

We are excited to again bring you an assortment of offerings, most of which will be available via Zoom with a good number that can be attended in-person. Presenters choose whether they are willing to do their program before an audience in addition to being made available on Zoom, or as Zoom only. If there is an in-person component, presenters choose the campus that where they will offer their session. LIFE members can attend at the campus where the program is offered and not just at the campus closest to where they live. LIFE, like UWSP, is working hard to integrate our three locations. Hybrid programs at the Stevens Point Campus will continue in the Chemistry Biology Building (Room 161). Attending in person is a great way to get to know other LIFE members and engage with the presenter. In addition, LIFE continues to offer several local field trips to its members. These have been very popular. Also, if you miss a class you wanted to attend, a recorded version will be available from our Canvas library. We are especially proud of our tech volunteer staff that will ensure that you are able to participate in our programs on Zoom and to access past programs from our library. Do not hesitate to ask us for assistance. While LIFE began using Zoom because of Covid, it has allowed us to have our members participate wherever they are located. Some members live all or part of the year outside Wisconsin. Also, parking and weather are not issues. This allows LIFE to draw upon a wider range of presenters, including notable scientists and book authors. Besides exploring interesting topics, the LIFE program is important in maintaining cognitive well-being and keeping members socially connected. LIFE encourages all members to volunteer to help us design and run our programs. Please let us know if you can help.

Looking forward to seeing you this semester!

Ed Miller,

President of LIFE, Professor Emeritus of Political Science

Thank You To Our Donors

Anonymous Donor

Barbara Bartkowiak

Arthur and Barbara Herman

Suzanne Kinyon

Meryl Lee Nelson

Pauline Pray

Anne Rogalski

Jan Seiler

Mary Zinda

Consider making a contribution to the LIFE Foundation, which will be used to support LIFE operations and is tax deductible as allowed by law. Please make your donation check payable to UWSP Foundation - LIFE and mail contributions to:

UWSP Foundation
Old Main, Room 212
2100 Main Street
Stevens Point, WI 54481

A special thank you to our friends at
UWSP Continuing Education who help make all of our
LIFE events, trips and this program guide possible!



Rebecca Bauer, CE Program Manager
Kelly Bird, CE Administrative Assistant
Steve Sparrow, Customer Service/Hybrid Tech
Tim Zeszutek, Marketing Specialist

and everyone else on the Continuing
Education Team when they help out!

LOOKING FOR SOMETHING QUICK?

Keep an eye out for these icons to help you quickly decide if a talk or trip is for you! All Adventure Tour trips will need pre-registration and more information will be sent after signing up.



Over Zoom



In-Person



Hybrid Class



Daycation



Multi-Day Trip

LIFE Membership Committee Meeting

All are welcome to attend.



Monday, January 6

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Membership/Promotion Committee Chair)

GOOD IDEAS CONFERENCE – 40TH ANNUAL

A University Experience for Adults! Join a group of adult lifelong learners for an enriching three-day conference.

Sessions this year include talks on artificial intelligence, history, learning Icelandic, better gardening habits, card games and more!

Please see <https://www3.uwsp.edu/conted/Pages/Good-Ideas.aspx>



Tuesday – Thursday

January 7 – 9

Class times will vary

Pre-registration Required

Location: UWSP Wausau Campus

In-Person or select online



LIFE BOOK DISCUSSION

Mad Honey by Jodi Picoult (2022). This riveting novel of suspense, an unforgettable love story, and a moving and powerful exploration of the secrets we keep and the risks we take in order to become ourselves.

Check your local library for a copy of the book or ebook.



Monday, January 13

1:30 – 3 p.m.

Location: Zoom Meeting Only

Led by: Mary Zinda (LIFE Member)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby lead a discussion about a film. Film titles will be announced two weeks before via email and social media.



Tuesday, January 14

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)
and Carol Colby (Retired English and Communication Arts Instructor)

LION KING: THE MUSICAL

Over 100 million people worldwide have experienced the magic of Disney's *The Lion King*, and now it is your turn to witness this beloved production as it returns. Winner of six Tony Awards®, including Best Musical, this iconic show features a remarkable creative team from Broadway. Directed by Tony Award® winner Julie Taymor, it tells a story filled with hope and adventure, complemented by stunning visuals. You will also enjoy some of Broadway's most famous music by the talented duo Elton John and Tim Rice. There is truly nothing like *The Lion King*. This trip includes tickets to the show, dinner at Pullman's at Trolley Square, and coach bus to Appleton and back.

Saturday, January 18

All Day, 2 p.m. Performance



Location: Performing Arts Center, Appleton

Led By: Anne Rogalski (CE Associate Director)
and Rebecca Bauer (LIFE Program Manager)

Registration Closed



KEEP IN MIND!

Unfortunately, sometimes we have cancellations due to a variety of reasons. Remember to check your email or our social media for updates!

LIFE Curriculum Committee Meeting

All are welcome to attend as we prepare programs for the Fall Semester.



Tuesday, January 21

10:30 a.m. – Noon

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Curriculum Committee Chair)

NEW MEMBER ORIENTATION

An orientation meeting for all new members to learn more about the LIFE program, how things are done, and the benefits of being a LIFE member. Previous LIFE members are welcome to join us to meet new members.



Monday, January 27

10 – 11 a.m.

Location: Zoom Meeting Only

Led By: Rebecca Bauer (LIFE Program Manager)

BETTER YOUR BALANCE, PREVENT FALLS

Good balance and strength are important for everyday activities and can be improved at any age. Join us to learn about ways to “Better Your Balance” and to avoid a potentially dangerous and costly fall.



Tuesday, January 28

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Jennifer Clark (Community Health Educator with ADRC of Central WI)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby lead a discussion about a film. Film titles will be announced two weeks before via email and social media.



Tuesday, January 28

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)
and Carol Colby (Retired English and Communication Arts Instructor)

Join us for a Hybrid Class in CBB 161!

We have a room in the Chemistry Biology Building for our Hybrid Classes! These are a great way to meet your fellow LIFE Members, socialize, and have a better experience with our presenters.

Chemistry Biology Building 161, 2101 4th Avenue Stevens Point.
CBB map on page 37. There is metered parking available in Lot T.



THE GREATEST OF ALL PLAGUES: HOW ECONOMIC INEQUALITY SHAPED POLITICAL THOUGHT FROM PLATO TO MARX

David Williams will discuss his new book, which addresses the role of economic inequality in the thought of some of the best-known thinkers of the Western tradition. Williams situates the thinkers in their historical context, explores why they thought inequality was problematic, and what they thought could be done about it. In doing so, Williams brings together familiar old thinkers with a pressing matter of contemporary debate.



Thursday, January 30

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: David Lay Williams (Professor of Political Science at DePaul University and formerly Professor of Philosophy and Political Science at UWSP, also author)

LIFE Curriculum Committee Meeting

All are welcome to attend as we prepare programs for the Fall Semester.



Monday, February 3

10:30 a.m. – Noon

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Curriculum Committee Chair)

LIFE Board Meeting

All are welcome to attend.



Tuesday, February 4

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Ed Miller (LIFE President)

GENTRIFICATION: THE NEGATIVE EXTERNALITY OF DEVELOPMENT

What is gentrification? Do you know it when you see it? This presentation will explore the origin and essence of gentrification and more importantly, its impact on the socio-economic fabric of society.



Wednesday, February 5

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Ismaila Odogba (UWSP Professor - Geography and Geology)

SLEEP, HEALTH, AND AGING

Dr. Barczi discusses the basic principles of sleep, health consequences of impaired sleep, and basic strategies for optimizing sleep.



Thursday, February 6

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Dr. Steve Barczi (Professor of Medicine (Geriatrics/Sleep Medicine)
UW Health)

All of our virtual options use Zoom!
If you need quick tips you can follow this link
uwsp.edu/conted/Pages/Zoom-Tutorial.aspx



LIFE Membership Committee Meeting

All are welcome to attend.



Monday, February 10

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Membership/Promotion Committee Chair)

LIFE BOOK DISCUSSION

Stones from the River by Ursula Hegi (1994). A daring, dramatic and complex novel of life in Burgdorf, a small fictional German town, between 1915 and 1951. Trudi is considered a Zwerg - the German word for dwarf woman. As a dwarf she is set apart, the outsider whose physical “otherness” has a corollary in her refusal to be a part of Burgdorf’s silent complicity during and after World War II. Trudi establishes her status and power as the town’s librarian and relentless collector of stories. Through Trudi’s unblinking eyes, we witness the growing impact of Nazism on the ordinary townsfolk of Burgdorf as they are thrust on to a larger moral stage and forced to make choices that will forever mark their lives.

Check your local library for a copy of the book.



Monday, February 10

1:30 – 3 p.m.

Location: Zoom Meeting Only

Led by: Julie Hladky (LIFE Member)

WAS ABRAHAM LINCOLN A RACIST?

During the Civil War, did the Great Emancipator believe that Africans were inherently lower in ability and intelligence than Europeans? Why did Lincoln continue to look for a place to remove and resettle freed slaves beyond the US, even at the war's end? Is it possible that the war to end slavery really had little to do with slaves? Let's explore the apparent contradictions that follow us today and their impact on how we fail to teach about this dangerous threat to our national existence.



Tuesday, February 11

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led by: Jeff Kleiman (Emeritus Professor of History; Doctorate with emphasis on Progressive Era Politics)

FILM DISCUSSION

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Tuesday, February 11

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP) and Carol Colby (Retired English and Communication Arts Instructor)

A SIMPLE WAY TO HELP!

Consider making a contribution to the LIFE Foundation! Any donation is used to support LIFE operations and LIFE trips. See page 5 for more information

LIFE COFFEE SOCIAL

Join us for some good company and coffee (or tea) with fellow LIFE members. We will meet at local coffee shops around Stevens Point. Locations will be shared a couple weeks before in Friday's email. If weather permits, we may incorporate an exhibit or walk with our morning.



Wednesday, February 12

10 – 11 a.m.

Location: In-Person Only – TBD – See Weekly Email

Led by: LIFE Members

DISCOVERING ACCURATE INFORMATION FOR ELECTIONS AND PUBLIC POLICIES

We receive much information via television, mailings, speeches, and social media. Unfortunately, much of it is inaccurate. Increasingly, credible fact-checkers alert us to questionable statements and data. This program will examine sources you should be wary of and those that are more trustworthy.



Thursday, February 13

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led by: Ed Miller (Professor Emeritus of Political Science, UWSP and Political Analyst for the Educational Division of the Wall Street Journal)

LIFE Curriculum Committee Meeting

All are welcome to attend as we prepare programs for the Fall Semester.



Monday, February 17

10:30 a.m. – Noon

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Curriculum Committee Chair)

SO WHAT EXACTLY IS AN AGING AND DISABILITY RESOURCE CENTER?

ADRCs and Aging Units are state-directed services for seniors and adults with disabilities. We have services that range from helping choose a Medicare Part D plan, applying for publicly funded long term care, having a core provider list, providing caregiver supports chores, to providing meals. We are a source for public information, education, advocacy and opportunities for seniors and adults with disabilities.



Tuesday, February 18

1 – 2:30 p.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led by: Cindy Piotrowski (Director of ADRC of Portage County)

LIFE CARD SOCIAL

Whether you are an avid card player or someone who wants to learn some new card games, join our card playing social with your fellow LIFE members. We will start with the more popular card games and can introduce some not so famous card games as the interest arises.



Wednesday, February 19

10 a.m.

Location: In-Person Only – TBD – See Weekly Email

Led by: Paul Shogren (LIFE Curriculum Committee Chair)

THE FIVE SECTOR POLITICAL SPECTRUM

A short duration hands-on exercise that reveals participants' political beliefs across five sectors of the political spectrum. Some historical context on the origin of the left-right political spectrum, including policy concepts and Constitutional issues, will be included.



Thursday, February 20

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Jim Cox (Retired Professor of Economics/Political Science, Georgia State University-Georgia Perimeter College)

TECH Q & A

Bring your technology questions for more information or clarification. We can discuss things such as what to consider buying, subscribing to, and downloading for easy and better home tech use. Join us even if you don't have a question to bring, you will still gain the opportunity to learn something new.



Tuesday, February 25

1 – 2 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby lead a discussion about a film. Film titles will be announced two weeks before via email and social media.



Tuesday, February 25

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)
and Carol Colby (Retired English and Communication Arts Instructor)



KEEP IN MIND!

Unfortunately, sometimes we have cancellations due to a variety of reasons. Remember to check your email or our social media for updates!

PSYCHOLOGICAL BENEFITS OF EXPLORING YOUR FAMILY HISTORY – PART 2

This discussion will continue (back by popular demand and we ran out of time!) our conversation from Part 1 in November of 2024. We will delve further into the benefits of exploring and knowing family history. We will also discuss the important roles of family elders in the exploring and sharing the family history.



Wednesday, February 26

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Michael Schulein (Retired Clinical Psychologist Marshfield Clinic)

POST-SHOW TALK – PIRATES OF PENZANCE

Pirates of Penzance is a comic opera with a hilarious farce of sentimental pirates, bumbling policemen, dim-witted young lovers, and an eccentric major general. LIFE members are welcome to bring non-LIFE members as their guest to the post-show chat with the director. Tickets for the performance must be purchased separately through the UWSP Box Office or online.



Sunday, March 2

Following 2 p.m. performance

Location: In-Person Only – Stevens Point Campus - NFAC 221

Led by: Mark Hanson (Director)

LIFE Curriculum Committee Meeting

All are welcome to attend as we prepare programs for the Fall Semester.



Monday, March 3

10:30 a.m. – Noon

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Curriculum Committee Chair)

LIFE Membership Committee Meeting

All are welcome to attend.



Tuesday, March 4

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Membership/Promotion Committee Chair)

TRAVEL FOR MIND AND BODY

This presentation focuses on the benefits of travel on mental and physical health. From balance to brain health, travel is good for mind, body and spirit. You can travel to a local park or internationally to reap these benefits.



Wednesday, March 5

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led by: Kelly Van Laanen (BA Science in Environmental Education and Interpretation from UW-Stevens Point and 25 years of teaching outdoor recreation and leading trips)

A SIMPLE WAY TO HELP!

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THE LATEST ISSUES OF IMMIGRATION

This presentation focuses on the latest issues of U.S. immigration, especially regarding racism and xenophobia in public discourse and politics, with comparison to situations in other parts of the world.



Thursday, March 6

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: David Chunyu (Associate Professor of Sociology at UW-Stevens Point)

MILWAUKEE BUCKS VS ORLANDO MAGIC GAME

Join us to see an electrifying evening NBA game of the Milwaukee Bucks take on the Orlando Magic at Fiserv Forum, in Milwaukee. This trip includes coach bus transportation and seats in the Lower Bowl (section 114). These seats are located near many food/drink vendors and restrooms.



Saturday, March 8

All Day (7 p.m. Game Time)

Location: Fiserv Forum, Milwaukee

Led By: Anne Rogalski (Associate Director, CE),
and Kelly Bird (CE Administrative Assistant)

Pre-registration Required: Online or Call 715-346-3838

LIFE: \$195 | Non-LIFE \$215

Registration closes February 6

LIFE BOOK DISCUSSION

Go Set a Watchman by Harper Lee (2015) takes place twenty years after the trial of Tom Robinson. Scout returns home to Maycomb to visit her aging father and struggles with personal and political issues as her small Alabama town adjusts to the turbulent events beginning to transform the United States in the mid-1950s. Features many iconic characters from *To Kill a Mockingbird*.

Check your local library for a copy of the book or ebook.



Monday, March 10

1:30 – 3 p.m.

Location: Zoom Meeting Only

Led by: Teresa Stoltenberg (LIFE Member At Large)

All of our virtual options use Zoom!
If you need quick tips you can follow this link
uwsp.edu/conted/Pages/Zoom-Tutorial.aspx



FILM DISCUSSION

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Tuesday, March 11

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)
and Carol Colby (Retired English and Communication Arts Instructor)

LIFE COFFEE SOCIAL

Join us for some good company and coffee (or tea) with fellow LIFE members. We will meet at local coffee shops around Stevens Point. Locations will be shared a couple weeks before in Friday's email. If weather permits, we may incorporate an exhibit or walk with our morning.



Wednesday, March 12

10 – 11 a.m.

Location: In-Person Only – TBD – See Weekly Email

Led by: LIFE Members

WHAT GOES INTO A JOB?

Hear from a panel of professional self-care enthusiasts: a licensed Cosmetologist, Nail Technician, and Massage Therapist. Find out why they chose their career and the various tasks their jobs entail. Q & A will follow a short presentation.



Wednesday, March 12

1 – 2:30 p.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led by: Michelle Armstrong (Cosmetologist),
Meranda Inpravong (Nail Technician),
Nicole Campos (Massage Therapist)

THE ELEPHANT SANCTUARY IN TENNESSEE

How does an elephant born in the wild make their way to Tennessee? Hear the story of one of our resident elephants and the story of The Elephant Sanctuary. This introduction to The Sanctuary will illuminate our mission and offer an understanding of how we care for these complex creatures in captivity. Foster compassion for animals and an awareness of animal welfare by hearing about the life stories of our resident elephants. Discuss what goes into caring for the elephants and meet the resident elephants who live at The Elephant Sanctuary in Tennessee.



Thursday, March 13

10 – 11 a.m.

Location: Zoom Meeting Only

Led by: Katie Anest (Education Coordinator at The Elephant Sanctuary in TN)

LOOKING FOR SOMETHING QUICK?

Keep an eye out for these icons to help you quickly decide if a talk or trip is for you! All Adventure Tour trips will need pre-registration and more information will be sent after signing up.



Over Zoom



In-Person



Hybrid Class



Daycation



Multi-Day Trip

STEEL KING TOUR

Join us for an exciting tour of Steel King's state-of-the-art facility where you'll get a firsthand look at the innovative products they produce. They have been in business since 1970 right here in Stevens Point, WI. The new corporate location, which opened in January 2024, features a truly impressive product showcase. During the tour, you'll learn about the high-quality solutions they provide and see their products in action. Don't miss this opportunity to explore their modern workspace and experience the Steel King difference up close!



Friday, March 14

10 a.m.

Location: In-Person Only – 5233 Coye Drive
Stevens Point, WI 54481

Led by: LIFE Members

Pre-registration Required: Online or Call 715-346-3838

Limited to 20 participants; Transportation on your own
\$5 per LIFE Member (non-refundable)

SOME LIKE IT HOT

Join us for a classic comedy story with a vibrant, high-energy stage adaption, featuring fantastic tap-dancing, catchy songs, hilarious situations, and a charming cast of characters, making it a great choice for a night of pure entertainment with big laughs and dazzling spectacle. It is essentially the beloved movie *Some Like It Hot* brought to life with the added flair of musical theater, including stunning costumes and choreography. This trip includes coach bus transportation, dinner at Pullmans at Trolley Square and a seat at the show.



Saturday, March 15

All Day (2 p.m. Performance)

Location: Performing Arts Center, Appleton

Led By: Anne Rogalski (Associate Director, CE),
and Kelly Bird (CE Administrative Assistant)

Pre-registration Required: Online or Call 715-346-3838

LIFE: \$215 or \$235 | Non-LIFE \$235 or \$255

Registration closes January 15

LIFE Curriculum Committee Meeting

All are welcome to attend as we prepare programs for the Fall Semester.



Monday, March 17

10:30 a.m. – Noon

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Curriculum Committee Chair)

WELLNESS BENEFITS OF ACUPUNCTURE

Enjoy a discussion-style presentation on general health and well-being aspects of acupuncture and Chinese medicine. Learn the differences between acupuncture and dry needling.



Tuesday, March 18

1 – 2:30 p.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led by: Jessica Lobner (Licensed acupuncturist and herbalist in Wisconsin)

LIFE CARD SOCIAL

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Wednesday, March 19

10 a.m.

Location: In-Person Only – TBD – See Weekly Email

Led by: Paul Shogren (LIFE Curriculum Committee Chair)

A PEEK INTO THE PAST – STEVENS POINT 1950

Featuring images from the Portage County Historical Society's collections and focusing on how Stevens Point has changed in the last 75 years. Though rural schools were the norm, and Central States Teachers' College pre-dated UWSP, much remains from the past and is familiar to us today.



Thursday, March 20

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led by: Andy Barnett (Retired Librarian)

HOW BETTER VOTING SYSTEMS PRODUCE BETTER POLITICIANS

Politicians respond and adapt to the ecosystem in which they exist. Come hear how different voting systems incentivize different behavior from politicians.



Monday, March 24

2:30 – 4 p.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led by: Andy Felt (Professor of Mathematical Sciences, UWSP)

TECH Q & A

Bring your technology questions for more information or clarification. We can discuss things such as what to consider buying, subscribing to, and downloading for easy and better home tech use. Join us even if you don't have a question to bring, you will still gain the opportunity to learn something new.



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Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)

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**FILM DISCUSSION**

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Tuesday, March 25

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)
and Carol Colby (Retired English and Communication Arts Instructor)

BACKYARD CHICKEN KEEPING

Covering the basics of keeping a small flock of backyard chickens: breed selection based on aesthetic preferences, climate, egg production, and breed disposition; consideration of local ordinances and neighbors; coop specifications and square footage; feed/water systems; husbandry, nutrition requirements, and troubleshooting health concerns; and deciding whether to incubate/hatch fertile eggs (and “how to”) versus buying day-old chicks versus buying started pullets or mature hens.



Wednesday, March 26

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led by: Kate Taylor (Business Consultant, SBDC)

VISIT CREATE PORTAGE COUNTY'S NEW HOME!

This will be a walk-through of the new space on Maria Drive (formerly the St. Joseph Convent) and explanation of CREATE's programming.



Friday, March 28

10 a.m.

Location: In-Person Only – 1039 Ellis St, Stevens Point

Led by: William Schierl (CREATE Board Treasurer)

and Kristin Dostel (CREATE Executive Director)

Pre-registration Required: Online or Call 715-346-3838

Limited to 20 participants; Transportation on your own

\$5 per LIFE Member (non-refundable)

LIFE Curriculum Committee Meeting

All are welcome to attend as we prepare programs for the Fall Semester.



Monday, March 31

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Curriculum Committee Chair)

LIFE Board Meeting

All are welcome to attend.



Tuesday, April 1

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Ed Miller (LIFE President)

WHAT EXACTLY IS CANCER?

Overview of how cancer starts, how and why it grows, types of cancer treatments, and lifestyle and dietary changes to make to help prevent cancers.



Wednesday, April 2

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Colleen Urben (Consultant, MLS (ASCP))

THE SPORT OF RUGBY: HISTORY, RULES, AND HOW TO PLAY THE GAME

The presentation will cover a brief history of the sport of rugby and how it is played. If possible, an exhibition match might be scheduled with the UWSP Women's Rugby Club in late spring 2025.



Thursday, April 3

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led by: John Blakeman (Political Science Professor, UWSP and UWSP's Women's Rugby Coach)

LIFE Membership Committee Meeting

All are welcome to attend.



Monday, April 7

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Membership/Promotion Committee Chair)

NEW INSIGHTS INTO THE GENETICS OF CANCER RISK BASED ON THE *ALL OF US* RESEARCH PROGRAM

Are your long telomeres an elixir for long life or a predictor of doom? Telomeres are DNA elements that protect the ends of our chromosomes. Hear ground-breaking research being conducted at Marshfield Clinic using All of Us data that demonstrates telomere genetics influence cancer risk.



Tuesday, April 8

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led by: Scott Hebbring (Senior Research Scientist at Marshfield Clinic)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby lead a discussion about a film. Film titles will be announced two weeks before via email and social media.



Tuesday, April 8

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)
and Carol Colby (Retired English and Communication Arts Instructor)

LIFE COFFEE SOCIAL

Join us for some good company and coffee (or tea) with fellow LIFE members. We will meet at local coffee shops around Stevens Point. After a discussion we will meet at the Riverfront Arts Center to see current display.



Wednesday, April 9

10 – 11 a.m.

Location: In-Person Only – Emy J's Coffee House
1009 1st St Suite A, Stevens Point

Led by: LIFE Members

MID-STATE TECHNICAL COLLEGE – AMETA CENTER TOUR

Tour the Mid-State Technical College Wayne H. Bushman Advanced Manufacturing, Engineering Technology, and Apprenticeship (AMETA) Center. Ryan Kawski will lead the tour and identify strategic partners who helped fund and construct the \$23-million project.



Friday, April 11

10 a.m.

Location: In-Person Only – 5000 Coye Drive, Stevens Point

Led by: Ryan Kawski (Dean, School of Applied Technology)

Pre-registration Required: Online or Call 715-346-3838

Limited to 20 participants; Transportation on your own

\$5 per LIFE Member (non-refundable)

POST-SHOW TALK – DANSTAGE 2025

Danstage is a special evening of new works created by UWSP instructors Michael Estanich, Pamela Luedtke, Sarah Olson and guest artist Jeffery Patterson. This annual dance event features the extraordinary talents of UWSP student dancers and highlights the artistry of the dance faculty. LIFE members are welcome to bring non-LIFE members as their guest to the post-show chat with the director.

Tickets for the performance must be purchased separately through the UWSP Box Office or online.



Sunday, April 13

Following 2 p.m. performance

Location: In-Person Only – Stevens Point Campus
NFAC 221

Led by: Michael Estanich (Director)

LOOKING FOR SOMETHING QUICK?

Keep an eye out for these icons to help you quickly decide if a talk or trip is for you! All Adventure Tour trips will need pre-registration and more information will be sent after signing up.



Over Zoom



In-Person



Hybrid Class



Daycation



Multi-Day Trip

LIFE BOOK DISCUSSION

The Vanishing Half by Brit Bennett (2022) follows the lives of twin sisters who grow up in a small, racially segregated town in Louisiana. After running away at sixteen, the sisters take drastically different paths: Desiree returns to their hometown with her dark-skinned daughter, while Stella passes as white and builds a new life in California. The novel explores themes of identity, race, family, and the complexities of belonging, as the sisters' divergent choices impact not only their lives but also the lives of their children. Over several decades, the story examines how their choices ripple through generations, revealing the tensions between race, class, and self-perception.

Check your local library for the book or ebook.



Monday, April 14

1:30 – 3 p.m.

Location: Zoom Meeting Only

Led by: Betty Kieliszewski (LIFE Treasurer)

LIFE CARD SOCIAL

Whether you are an avid card player or someone who wants to learn some new card games, join our card playing social with your fellow LIFE members. We will start with the more popular card games and can introduce some not so famous card games as the interest arises.



Wednesday, April 16

10 a.m.

Location: In-Person Only – TBD – See Weekly Email

Led by: Paul Shogren (LIFE Curriculum Committee Chair)

HEAR FOR YOU: NAVIGATING HEARING DEVICES

In this lecture, Dr. Formella Zdroik, a licensed audiologist, will address available hearing devices including hearing aids, over-the-counter devices, solutions, and more. Learn about the options for accessibility and why hearing music may be challenging when using a device.



Thursday, April 17

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led by: Hannah Formella Zdroik (Doctor of Audiology)

CREATIVE VITALITY: STAYING SHARP AS A SENIOR ARTIST AND MASTERING CELLPHONE PHOTOGRAPHY

This presentation will explore how staying mentally active as a senior artist can enhance creativity and well-being. A photographer will demonstrate techniques for improving cellphone photography skills.



Monday, April 21

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led by: Peter Sanderson (Photographer)

TECH Q & A

Bring your technology questions for more information or clarification. We can discuss things such as what to consider buying, subscribing to, and downloading for easy and better home tech use. Join us even if you don't have a question to bring, you will still gain the opportunity to learn something new.



Tuesday, April 22

1 – 2 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby lead a discussion about a film. Film titles will be announced two weeks before via email and social media.



Tuesday, April 22

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)
and Carol Colby (Retired English and Communication Arts Instructor)

BANNED BOOKS AVAILABLE FOR CHECKOUT AT YOUR PUBLIC LIBRARY!

Discuss the current state of book challenges in the United States. Where do challenges come from? Do public libraries really ban books? How does a library decide what to purchase? Have you ever pondered the role public libraries play in a democracy? Will explore these and other questions as well as audience queries.



Wednesday, April 23

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Patrick Losinski

THE COMMUNITY HEALTH CENTER MODEL OF CARE

Take an in-depth look at the origins and evolution of the community health center movement. It explores the model's focus on delivering comprehensive, patient-centered care, while ensuring equitable access to medical, dental, and behavioral health services for underserved populations. The presentation highlights the movement's history, the role of community partnerships, and ongoing efforts toward quality improvement and sustainable growth to meet the changing needs of communities.



Thursday, April 24

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led by: Laura Waldvogel (CEO Noble Clinics)

SPRING BIRDING AT SCHMEECKLE RESERVE

Come explore Schmeckle Reserve to search for spring migrants. We will explore a few areas of the property at a slow pace searching a few different habitats. April weather can be unpredictable, so dress accordingly and binoculars are recommended.



Friday, April 25

10 a.m.

Location: In-Person Only – 2419 North Point Dr, Stevens Point

Led by: Rob Pendergast (15 years of bird identification field experience and field trip leader for several organizations in the Midwest)

Pre-registration Required: Online or Call 715-346-3838

Limited to 20 participants; Transportation on your own
\$5 per LIFE Member (non-refundable)

THE FIRST 100 DAYS

A discussion and evaluation of the first 100 days of the new administration after taking office following the 2024 presidential and congressional elections. What new ideas and bills have been proposed and what have been the successes and failures of these proposals.



Tuesday, April 29

10 – 11 a.m.

Location: Zoom Meeting Only

Led By: James Canfield (Professor Emeritus of Political Science, UWSP)

LIFE Annual Meeting

All are welcome to attend.



Wednesday, April 30

10:30 a.m. – Noon

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Ed Miller (LIFE President)

LOON RESCUE PRESENTATION

Kevin and Linda Grenzer of Loon Rescue, Inc, have traveled throughout the State of Wisconsin to rescue loons. They will present their rescue stories of loons who they successfully captured that were either injured, sick, entangled or iced in. Kevin and Linda will also discuss ways that you can help to protect loons.



Thursday, May 1

1 – 3 p.m.

Location: Zoom Meeting Only

Led By: Kevin and Linda Grezner

MARS, THE ULTIMATE VOYAGE

Ever wondered what it will take for astronauts to travel to the moon, Mars and beyond? On this long journey, what challenges will astronauts face? How will they stay motivated and healthy on their spacecraft so far away from Earth? The new, original planetarium show *Mars: The Ultimate Voyage*, explores these questions and more!



Friday, May 2

10 a.m.

Location: In-Person Only – Stevens Point Campus

Allen F. Blocher Planetarium, Science Building,
Room A217

Led by: Sebastian Zamfir (Associate Professor/Planetarium
& Observatory Director)

Pre-registration Required: Online or Call 715-346-3838

Limited to 50 participants; Transportation on your own
\$7 per LIFE Member (non-refundable)

**KEEP IN MIND!**

Unfortunately, sometimes we have cancellations due to a variety of reasons. Remember to check your email or our social media for updates!

A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL

Join us to experience the electrifying story of one of the most iconic voices in music history—Neil Diamond! From his humble beginnings to superstardom, *A Beautiful Noise* takes you on an unforgettable journey through the music that shaped a generation. With timeless hits like *Sweet Caroline*, *Cracklin' Rosie*, and *Song Sung Blue*, this sensational musical will leave you humming and heartwarming for days. This day trip includes tickets to the show, dinner at Pullman's At Trolley Square, and coach bus to Appleton and back.

Sunday, May 4



All Day (6:30 p.m. Performance)

Location: Performing Arts Center, Appleton

Led By: Kelly Bird (CE Administrative Assistant)

and Tim Zeszutek (CE Marketing Specialist)

Pre-registration Required: Online or Call 715-346-3838

LIFE: \$175 or \$195 | Non-LIFE \$235 or \$255

Registration closes February 27

PRE-SHOW TALK – LOVE'S LABOR WON

A delightful comedy with many twists and turns, which keep you guessing all the way to the end. LIFE members are welcome to bring non-LIFE members as their guest to the pre-show chat with the director. Tickets for the performance must be purchased separately through the UWSP Box Office or online.

Sunday, May 4



1 p.m.

Location: In-Person Only – Stevens Point Campus
NFAC 221

Led by: Dana Dancho (Director)

LIFE Membership Committee Meeting

All are welcome to attend.



Monday, May 5

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Membership/Promotion Committee Chair)

VIETNAM WAR: HOW THE U.S. LOST THE WAR

The reasons why and how we lost the Vietnam War will be presented in a very informative and educational manner.



Tuesday, May 6

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led by: Michael Moore (Retired Lieutenant Commander, Supply Corps Officer)

LIFE COFFEE SOCIAL

Join us for some good company and coffee (or tea) with fellow LIFE members. We will meet at local coffee shops around Stevens Point. Locations will be disclosed a couple weeks before in Friday's email. If weather permits we may incorporate an exhibit or walk in our morning.



Wednesday, May 7

10 – 11 a.m.

Location: In-Person Only – TBD - See Weekly Email

Led by: LIFE Members

TYPEWRITERS

An introduction to typewriters and their history including their contribution to communication in the 20th century literature, journalism, entertainment, business, etc. Followed by a discussion of how typewriters evolved over the years and the value they are today for collectors. Rounding off with how writing with typewriters differ from writing with computers and explore opportunities for using typewriters.



Thursday, May 8

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led by: Robert Walker (Owner of 25 typewriters (from 1880s to the 2000s). Published a typewriter-themed novel in 2024. Career in journalism and communications, as well as part-time experience teaching writing courses at MSTC)

Join us for a Hybrid Class in CBB 161!

We have a room in the Chemistry Biology Building for our Hybrid Classes! These are a great way to meet your fellow LIFE Members, socialize, and have a better experience with our presenters.

Chemistry Biology Building 161, 2101 4th Avenue Stevens Point. CBB map on page 37. There is metered parking available in Lot T.



C2 MAKERSPACE TOUR

Located on the UWSP Marshfield campus, the *C2 (Create and Collaborate) Makerspace* is a dynamic hub for innovation and creativity. This fully equipped space invites community members and visitors to explore, build, and collaborate using a wide range of tools, including 3D printers, a laser engraver/cutter, a vinyl cutter, a drill press, a miter saw, and more. The Makerspace also offers exciting youth clubs and community programs in robotics, metalworking, and 3D printing. During the tour, you'll get a hands-on look at the tools, learn about the possibilities, and even create a keepsake!



Friday, May 9

10 a.m.

Location: In-Person Only – Marshfield Campus

Led by: Amy Guidry (C2 Makerspace Manager)

Pre-registration Required: Online or Call 715-346-3838

Limited to 20 participants; Transportation on your own
\$15 per LIFE Member (non-refundable)

A SIMPLE WAY TO HELP!

Consider making a contribution to the LIFE Foundation! Any donation is used to support LIFE operations and LIFE trips. See page 5 for more information

LIFE BOOK DISCUSSION

The Language of Flowers by Vanessa Diffenbaugh (2012) shows how Victorian language of flowers was used to convey romantic expressions, but for Victoria Jones it's been more useful in communicating grief, mistrust, and solitude. After a childhood spent in the foster-care system, Victoria is eighteen and emancipated. With nowhere to go, she sleeps in a public park where she plants her own small garden. When a local florist discovers her talents, Victoria realizes she has a gift for helping others through flowers. Check your local library for a copy of the book or ebook.



Monday, May 12

1:30 – 3 p.m.

Location: Zoom Meeting Only

Led by: Mary Zinda (LIFE Member)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby lead a discussion about a film. Film titles will be announced two weeks before via email and social media.



Tuesday, May 13

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)
and Carol Colby (Retired English and Communication Arts Instructor)

OPERATION BOOTSTRAP TOUR

Operation Bootstrap is a non-profit organization that provides assistance services to individuals of Stevens Point. Roseann DeBot will give the history of Operation Bootstrap as well as a tour of the facility and warehouse.



Friday, May 16

10 a.m.

Location: In-Person Only – 5000 Heffron Street,
Stevens Point

Led by: Roseann DeBot (Founder of Bootstrap)

Pre-registration Required: Online or Call 715-346-3838

Limited to 20 participants; Transportation on your own
\$5 per LIFE Member (non-refundable)

PINE INSECTS, DISEASES, AND MANAGEMENT

This field day will focus on common issues affecting native pine species, primarily red and white pine. There will be a focus on identification, diagnosis, and management of the common pests in both plantation and natural pine stands. Bring your boots, questions, and curiosity and let's take a walk! This field workshop will involve long periods of walking outside on gravel or wood chip trails. Please wear sturdy footwear and dress for the weather.



Thursday, May 22

9 a.m. – Noon

Location: In-Person Only – George Rogers Living Forest,
Stevens Point, Wis.

Led by: Alex Feltmeyer (Forest Health Specialist-Division of Forestry, WI DNR)

Pre-registration Required: Online or Call 715-346-3838

Limited to 25 participants; Transportation on your own
LIFE: \$15 | Non-LIFE \$25

MJ: THE MUSICAL

Come join us on this trip to see the riveting performance of *MJ the Musical* at the Marcus Center for the Performing Arts in Milwaukee! Centered around the making of Michael Jackson's 1992 Dangerous World Tour, and created by Tony Award-winning director/choreographer Christopher Wheeldon and two-time Pulitzer-Prize winner Lynn Nottage, MJ goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Jackson into legendary status. Trip includes bus transportation, dinner at Saz's State House, and tickets to the show in orchestra seats.

Saturday, May 31



All Day (7:30 p.m. Performance)

Location: Marcus Center for the Performing Arts, Milwaukee

Led By: Anne Rogalski (Associate Director, CE),
and Kelly Bird (CE Administrative Assistant)

Pre-registration Required: Online or Call 715-346-3838

LIFE: \$279 | Non-LIFE \$299

Registration closes April 30

LIFE Membership Committee Meeting

All are welcome to attend.



Monday, June 2

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Membership/Promotion Committee Chair)

LIFE Board Meeting

All are welcome to attend.



Tuesday, June 3

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Ed Miller (LIFE President)

LOOKING FOR SOMETHING QUICK?

Keep an eye out for these icons to help you quickly decide if a talk or trip is for you! All Adventure Tour trips will need pre-registration and more information will be sent after signing up.



Over Zoom



In-Person



Hybrid Class



Daycation



Multi-Day Trip

LIFE BOOK DISCUSSION

American Dirt by Jeanine Cummings (2020) - Lydia is a book store owner in Acapulco. She has a son, Luca who is eight, and a wonderful husband who is a journalist. While cracks are beginning to show in Acapulco because of the cartels, Lydia's life is fairly comfortable. But after her husband's tell-all profile of the newest drug lord is published, none of their lives will ever be the same. Forced to flee, Lydia and Luca find themselves joining countless people trying to reach the United States. Lydia soon sees that everyone is running from something. But what exactly are they running to?

Check your local library for the book or ebook.



Monday, June 9

1:30 – 3 p.m.

Location: Zoom Meeting Only

Led by: Betty Kieliszewski (LIFE Treasurer)

MYSTERY TRIP #5

Join us on our fifth "Mystery Trip!" Encouraged by travelers' requests, we have created a daycation with five stops, for which travelers will receive clues the day of the adventure. Bring your curiosity, an appetite, and spending money for potential goodies to bring back with you.



Friday, June 20

All Day

Location: ???

Led By: Anne Rogalski (Associate Director, CE),
and Kelly Bird (CE Administrative Assistant)

Pre-registration Required: Check our website

LIFE BOOK DISCUSSION

The Alice Network by Kate Quinn (2017) is an enthralling novel about two women, a female spy recruited to the real-life Alice Network in France during World War I and an unconventional American socialite searching for her cousin in 1947. They are brought together in a mesmerizing story of courage and redemption to discover the truth, no matter where it leads. Check your local library for the book or ebook.



Monday, July 14

1:30 – 3 p.m.

Location: Zoom Meeting Only

Led by: Betty Kieliszewski (LIFE Treasurer)

LIFE Memories



LIFE Memories



Thank You To Our Presenters

Katie Anest	Andy Felt	Ismaila Odogba
Michelle Armstrong	Alex Feltmeyer	Rob Pendergast
Dr. Steve Barczy	Hannah Formella Zdroik	Cindy Piotrowski
Andy Barnett	Kevin Grezner	Anne Rogalski
Rebecca Bauer	Linda Grezner	Peter Sanderson
Kelly Bird	Amy Guidry	William Schierl
John Blakeman	Mark Hanson	Michael Schulein
Roger Bullis	Scott Hebbring	Paul Shogren
Nicole Campos	Julie Hladky	Teresa Stoltenberg
James Canfield	Meranda Inpravong	Kate Taylor
David Chunyu	Ryan Kowski	Colleen Urban
Jennifer Clark	Betty Kieliszewski	Kelly Van Laanen
Carol Colby	Jeff Kleiman	Laura Waldvogel
Jim Cox	David Lay Williams	Robert Walker
Dana Dancho	Jessica Lobner	Sebastian Zamfir
Roseann DeBot	Patrick Losinski	Tim Zeszutek
Kristin Dostel	Ed Miller	Mary Zinda
Michael Estanich	Michael Moore	

And all of our LIFE Members who assisted

UW-Stevens Point Map



University of Wisconsin
Stevens Point

STEVENS POINT • MARSHFIELD • WAUSAU

UW-Stevens Point Campus Map

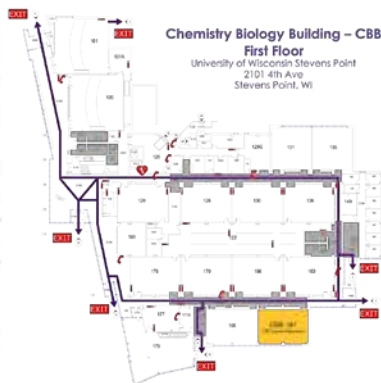
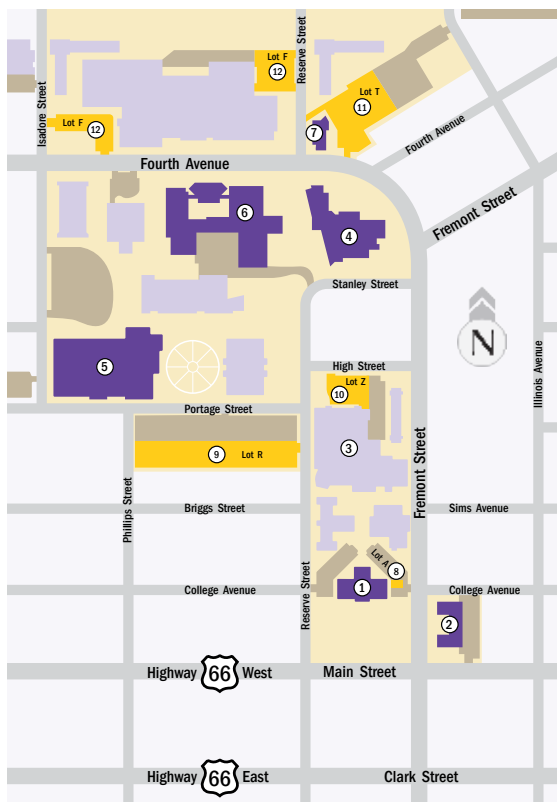
Academic Buildings ■

- 1 – Old Main
- 2 – Nelson Hall
- 3 – Dreyfus University Center (DUC)
- 4 – **Chemistry Biology Building (CBB)**
- 5 – Noel Fine Arts Center (NFAC)
- 6 – Science Building
- 7 – Welcome Center

Parking Lots ■

The sections in yellow are metered parking areas in the UWSP lots.

- 8 – Lot A – Continuing Education has 1 parking space in the East side of Lot A. You can use this to visit us for a moment in the basement of Old Main.
- 9 – Lot R
- 10 – Lot Z
- 11 – Lot T – Best Lot to park in for Hybrid Classes in CBB
- 12 – Lot F



UWSP at Wausau Map



Wausau
UW-Stevens Point

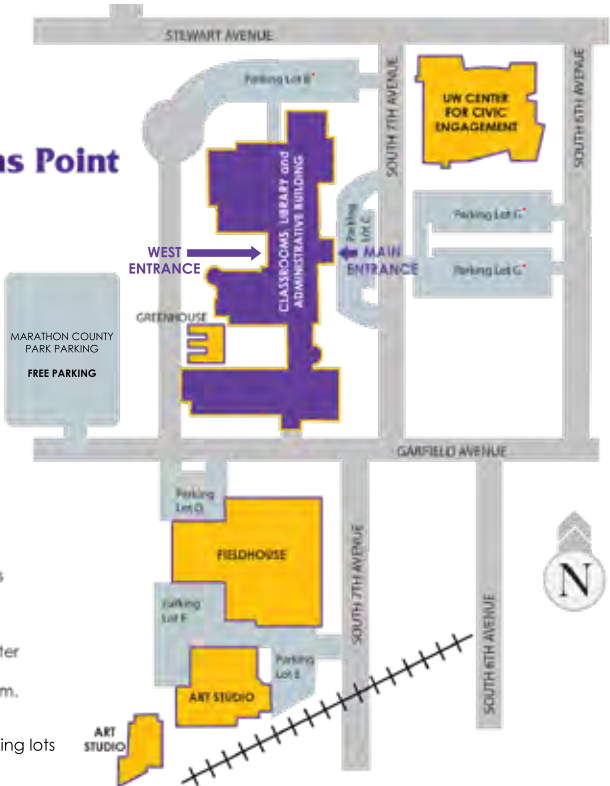
Wausau Campus Map

Lot B, F, D
Faculty and Staff only

Lot C
Visitor only parking. Free permits
obtained from Student Affairs

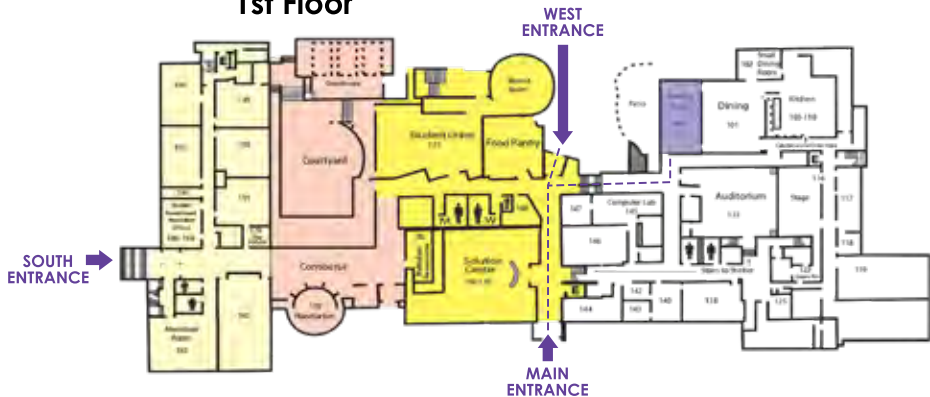
Lot E, G
Paid permit parking for commuter
student and faculty/staff only.
Monday to Friday 8 a.m. to 5 p.m.

***Lot B, G**
Tickets are issued in these parking lots



Main Building

1st Floor



UWSP at Marshfield Map

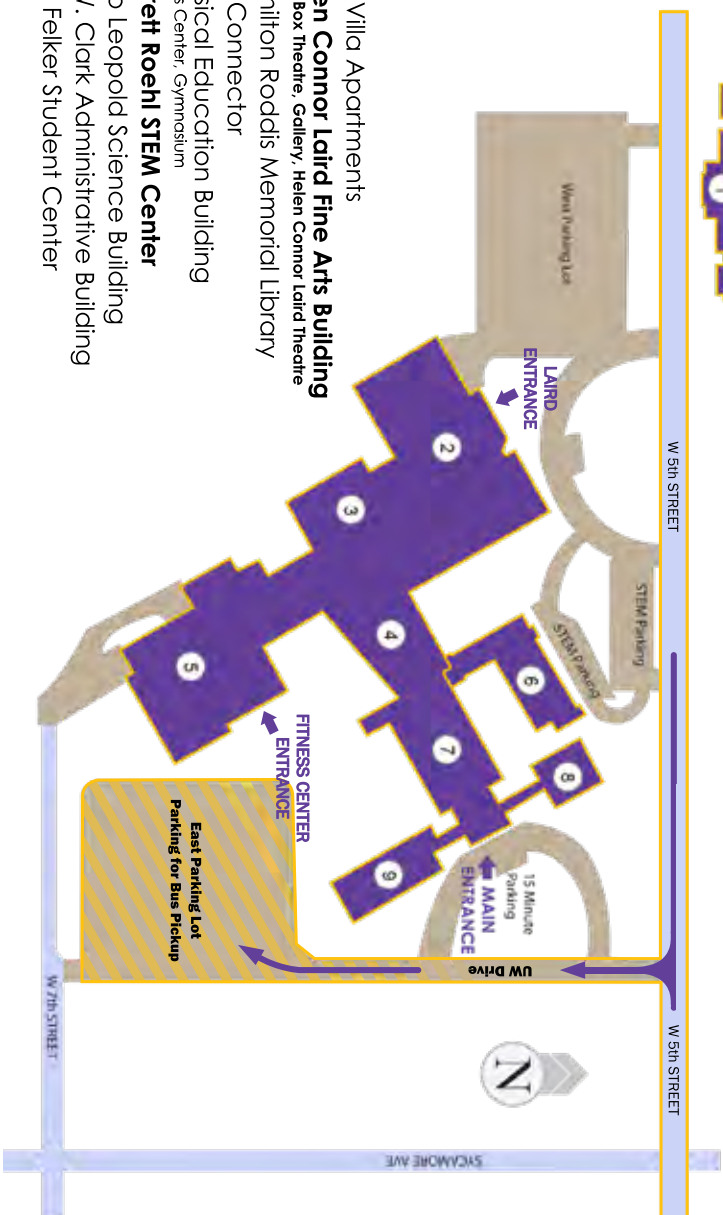


Marshfield
UW-Stevens Point

Marshfield Campus Map



1. The Villa Apartments
2. **Helen Connor Laird Fine Arts Building**
Black Box Theatre, Gallery, Helen Connor Laird Theatre
3. Hamilton Roddis Memorial Library
4. The Connector
5. Physical Education Building
Fitness Center, Gymnasium
6. **Everett Roehl STEM Center**
7. Aldo Leopold Science Building
8. W.W. Clark Administrative Building
9. A.G. Felker Student Center



Perks For All LIFE Members

LIFE Members: Your UWSP LIFE Lanyard/LIFE Nametag grants you perks at ALL THREE campus locations.

Stevens Point

- Free coffee at LIFE Headquarters (Old Main, Room 032)
- Free guest WIFI and public restrooms
- Access to the Arboretum and Public Common Areas across campus for reading, studying, chatting, etc.
- Art Gallery viewing (when open)
- Discounted tickets to select UWSP Music, Theatre and Dance Performances.
Promo Code – LIFE2025
- Option to purchase fitness center passes
- Other businesses open to the public (food service/restaurant and catering, book store, and outdoor grounds area, such as tennis courts, etc.)
Does not include paid reservations

Marshfield

- Free coffee at the Solution Center
- Free guest WIFI and public restrooms
- Free Parking
- Access to the Center for Inclusive Excellence, Arboretum, Library, Public Common Areas for reading, studying, chatting, etc.
- Art Gallery viewing (when open)
- Discounted tickets to UWSP - Marshfield Campus Music and Theatre Performances.
Promo Code – LIFE2025
- Indoor walking route available Monday through Friday, 7 a.m. – 6 p.m.
- Option to purchase fitness center passes
- John Harrington Memorial Athletic Fields

Wausau

- Free guest WIFI and public restrooms
- Access to the Union (music, food, ping pong, gaming) and Library
- Art Gallery viewing (when open)
- Discounted tickets to UWSP - Wausau Campus Music and Theatre Performances.
Promo Code – LIFE2025
- Free admission to women's volleyball and men's basketball games
- Indoor walking route available Monday through Friday, 7 a.m. – 5 p.m.
(please see map)
- Option to purchase fitness center (including racquetball court) and pool passes

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Feeling Adventurous?



Multi-Day Trips



Multi-Day Trips: Our Multi-Day trips are typically week long adventures that consist of a schedule built to give you the best experience possible! Whether you are looking to take a trip to New York City, Yosemite National Park, or even explore Europe, we've got you covered!

Daycations: These are one day trips that are designed to help enrich your mind with fun local adventures that are never more than a bus ride away. We go to Brewers Games, tour wineries, and explore what Wisconsin has to offer!

Daycations



January				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 LIFE Membership Committee Meeting	7 Good Ideas Conference 40 th Annual	8 Good Ideas Conference 40 th Annual	9 Good Ideas Conference 40 th Annual	10
13 LIFE Book Discussion	14 Film Discussion	15	16	17 18 Lion King: The Musical
20	21 LIFE Curriculum Committee Meeting	22	23	24
27 New Member Orientation	28 Better Your Balance, Prevent Falls Film Discussion	29	30 The Greatest of All Plagues: How Economic Inequality Shaped Political Thought from Plato to Marx	31
February				
3 LIFE Curriculum Committee Meeting	4 LIFE Board Meeting	5 Gentrification: The Negative Externality of Development	6 Sleep, Health, and Aging	7
10 LIFE Membership Committee Meeting LIFE Book Discussion	11 Was Abraham Lincoln a Racist? Film Discussion	12 LIFE Coffee Social	13 Discovering Accurate Information for Elections and Public Policies	14
17 LIFE Curriculum Committee Meeting	18 So What Exactly is an Aging and Disability Resource Center	19 LIFE Card Social	20 The Five Sector Political Spectrum	21
24	25 Tech Q & A Film Discussion	26 Psychological Benefits of Exploring Your Family History – Part 2	27	28
March				
2 Post-Show Talkback Pirates of Penzance 3 LIFE Curriculum Committee Meeting	4 LIFE Membership Committee Meeting	5 Travel for Mind and Body	6 The Latest Issues of Immigration	7 8 Milwaukee Bucks vs Orlando Magic Game
10 LIFE Book Discussion	11 Film Discussion	12 LIFE Coffee Social What Goes Into a Job?	13 The Elephant Sanctuary in Tennessee	14 Steel King Tour 15 Some Like It Hot
17 LIFE Curriculum Committee Meeting	18 Wellness Benefits of Acupuncture	19 LIFE Card Social	20 A Peek Into the Past Stevens Point 1950	21
24 How Better Voting Systems Produce Better Politicians	25 Tech Q & A Film Discussion	26 Backyard Chicken Keeping	27	28 Visit CREATE Portage County's New Home!
31 LIFE Curriculum Committee Meeting				

April

Monday	Tuesday	Wednesday	Thursday	Friday
	1 LIFE Board Meeting	2 What Exactly is Cancer?	3 The Sport of Rugby: History, Rules, and How to Play the Game	4
7 LIFE Membership Committee Meeting	8 New Insights into the Genetics of Cancer Risk Programs Film Discussion	9 LIFE Coffee Social	10	11 Mid-State Technical College – Ameta Center Tour
13 Post-Show Talkback Danstage 2025 14 LIFE Book Discussion	15	16 LIFE Card Social	17 Hear for You: Navigating Hearing Devices	18
21 Creative Vitality: Staying Sharp as a Senior Artist and Mastering Cellphone Photography	22 Tech Q & A Film Discussion	23 Banned Books Available for Checkout at Your Public Library!	24 The Community Health Center Model of Care	25 Spring Birding at Schmeckle Reserve
28	29 The First 100 Days	30 LIFE Annual Meeting		

May

			1 Loon Rescue Presentation	2 Mars, the Ultimate Voyage
4 A Beautiful Noise: The Neil Diamond Musical Pre-Show Talk - Love's Labor Won 5 LIFE Membership Committee Meeting	6 Vietnam War: How the U.S. Lost the War	7 LIFE Coffee Social	8 Typewriters	9 C2 Makerspace Tour
12 LIFE Book Discussion	13 Film Discussion	14	15	16 Operation Bootstrap Tour
19	20	21	22 Pine Insects, Diseases, and Management	23
26	27	28	29	30 31 MJ: The Musical

June

Monday, June 2
LIFE Membership
Committee Meeting

Tuesday, June 3
LIFE Board Meeting

Monday, June 9
LIFE Book Discussion

Friday, June 20
Mystery Trip #5

July

Monday, July 14
LIFE Book Discussion

Remember these icons are used to help you quickly decide if a talk or trip is for you!



Over Zoom



In-Person



Hybrid Class



Daycation



Multi-Day Trip



University of Wisconsin
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Adventure.Tours@uwsp.edu

715-346-3838

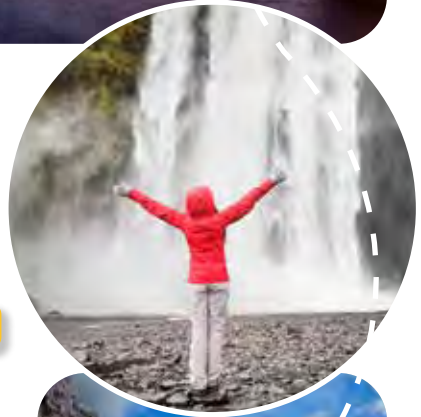


Northern Iceland

Women's Wellness
and Culture

July 31 – August 10, 2025

- This tour shares the beauty of Northern Iceland; far away from the any tourists.
- Relax, refresh and recharge through unique experiences you won't find anywhere else.
- We will visit the Museum of Prophecies, the Akureyri Botanical Gardens, and explore the countryside by riding Icelandic horses. Relax as you drink wine in the midnight sun and while soaking in spas such as the Beer Spa, Geoseas Nature Baths and the Forest Nature Baths.



Registration Closes April 4, 2025

Registration Fee for trip participants

10 or 11 People – **\$7,650 Per person**

12 or 13 People – **\$7,000 Per person**

14 People – **\$6,700 Per person**

15 People – **\$6,550 Per person**

uwsp.edu/conted/Pages/Northern-Iceland-Women's-Wellness-and-Culture-Trip.aspx



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I ♥ NY

NEW YORK CITY TRIP

THEATRE AND CULTURE

October 21 – 25, 2025

- Immerse yourself in New York theatre and sightseeing in this trip for active, self-motivated travelers!
- Experience four Broadway shows (To be determined: show selection based on Tony Award nominees and winners). On past trips we have seen **& Juliet**, **A Beautiful Noise: The Neil Diamond Musical**, **Hamilton**, **The Outsiders**, and more!
- Join us on a custom city tour and new unique experiences of group interest!

More information on price and experiences coming soon!

uwsp.edu/conted/Pages/New-York-City-Trip-Fall.aspx



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Puglia, Italy

October 2 – 11, 2025

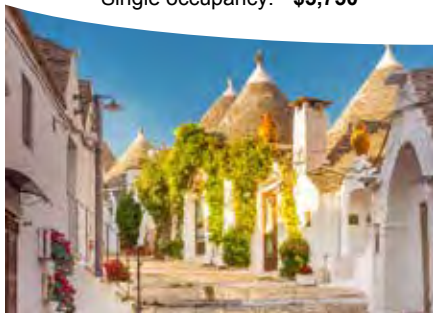
- Join us in Bari, Monopoli, Polignano a Mare, and Lecce!
- In historic Bari, watch artisans craft pasta by hand and explore the ancient walls of Castel del Monte.
- Visit Alberobello's UNESCO-listed trulli homes, taste local cheese in Cisternino, and try your hand at baking traditional focaccia.
- Wander through Lecce, the "Florence of the South," and marvel at Matera, with its ancient cave dwellings and colorful seaside.

Registration Closes February 14, 2025

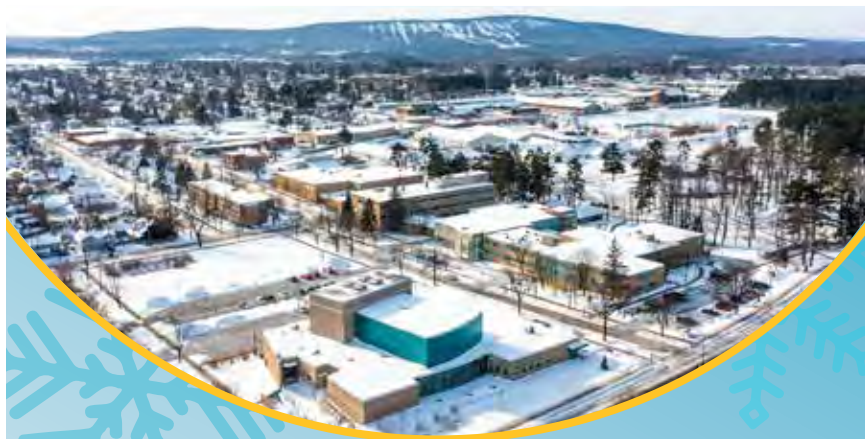
Registration Fee

Double occupancy: **\$4,750 per person**

Single occupancy: **\$5,750**



uwsp.edu/conted/Pages/Puglia-Italy-Trip-2025.aspx



40TH GOOD IDEAS CONFERENCE

January 7-9, 2025

Offered in-person and Online! An enriching
three-day program for lifelong learners.
Good Ideas is a university experience for adults!



Visit [Bit.ly/GoodIdeas2025](https://bit.ly/GoodIdeas2025) for more
information and a full list of presentations



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Referral Program

Recruit your friends or family to earn a free membership the following semester.

LIFE members may bring guests for a one time “free” class to see if they like it.

We continue to offer current LIFE members an opportunity to get the next semester of LIFE for free! Earning the free membership is easy. All you need to do is recruit two NEW people to join the LIFE program in the same semester. When they register have them include your name in the referral section (or you can email us to let us know you referred them). After the two NEW LIFE members have joined, we will contact you about your free membership for the next semester.

What is LIFE? Selling points:

- A membership-based association of nearly 400 adult learners providing the opportunity to share learning experiences and to discover new joys in life.
- There are no requirements to join this group of adult learners in their quest to be informed, to learn more, and pursue other interests.
- LIFE offers 60-70 individual learning opportunities per semester, lead by visiting experts, community leaders, UWSP faculty, and LIFE members.
- Participate in discussions with adults of similar age, with similar interest.
- Attend field trips to experience learning opportunities about area events, institutions, and activities.
- Hybrid options are available for you to meet and socialize with other LIFE members.
- You can attend classes in the comfort of your own home (wherever that may be) or while on vacation with our zoom options.
- Tech help for zooms available if needed.

Contact us if you would like to any marketing materials to pass around.

Learning Is ForEver Registration Form

Spring 2025

If you plan on mailing in your registration, please complete this registration form and mail it to UWSP Continuing Education, 2100 Main Street, Old Main 032, Stevens Point, WI 54481.

Name (A) _____

Name (B) _____

Address _____

City _____ County _____ Zip _____

Home Phone _____

Cell Phone (A) _____ (B) _____

Email (A) _____ (B) _____

Emergency Contact Name _____

Emergency Contact Phone _____

Emergency Contact Relationship _____

UWSP Release of Liability (REQUIRED)

I and my heirs, in consideration for my being allowed to participate voluntarily in the LIFE program through the University of Wisconsin–Stevens Point, do hereby release the University of Wisconsin System and its employees, officers, and agents from any liability for damage to or loss of personal property, sickness and injury from whatever source, legal entanglement and death, which might occur while participating in this event. I also understand and acknowledge that I am responsible for my own well being while participating, and I understand the possible dangers and risks involved in this program.

Signature of Participant A / Date

Signature of Participant B / Date

Photography Release

Yes, UWSP Continuing Education may use my photograph and video presence for promotional or advocacy purposes. Initial A _____ B _____

REGISTRATION OPENS **January 6, 2025 at 9 a.m.** Online registration available at www.uwsp.edu/conted/life. If you do not know your password, click "I forgot my password" at the bottom of the logon page to receive a new password via email.

PAYMENT METHOD

☐ Check Payment

- Please make check payable to UWSP CONTINUING EDUCATION

☐ Credit Card payment can only be made when registering online.

- Paying by check saves the LIFE Program paying credit card fees.

SPRING 2025 MEMBERSHIP

A or B LIFE Membership (January – June) \$59/person \$ _____

☐ First-time member

How did you learn about the LIFE Program? _____

Name of LIFE member who referred you: _____

CLASSES/TRIPS WITH FEES

A or B Steel King Tour \$5/person \$ _____
(March 14 in Stevens Point)

A or B Visit to Create Portage County's New Home! \$5/person \$ _____
(March 28 in Stevens Point)

A or B Mid-State Technical college – Ameta Center Tour \$5/person \$ _____
(April 11 in Stevens Point)

A or B Spring Birding at Schmeeckle Reserve \$5/person \$ _____
(April 25 in Stevens Point)

A or B Mars, the Ultimate Voyage \$7/person \$ _____
(May 2 in Stevens Point)

A or B C2 Makerspace Tour \$15/person \$ _____
(May 9 in Marshfield)

A or B Operation Bootstrap Tour \$5/person \$ _____
(May 16 in Stevens Point)

A or B Pine Insects, Diseases, and Management
(May 22 in Portage County)

LIFE – \$15/person \$ _____
Non LIFE – \$25/person

TOTAL ENCLOSED: \$ _____



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