

# North Shore School for Seniors

Spring Classes Starting Throughout March, April, and May 2025

Visit Our Website – Nss4s.org

Term 1 Dates:	Term 2 Dates:
Mondays, Mar 10 – Mar 31	Mondays, Apr 14 – May 5
Tuesdays, Mar 11 – Apr 1	Tuesdays, Apr 15 – May 6

## Crafts and Skills

### Apple iPhone Photography: The Only Camera You'll Ever Need - Beth Eckman

Term 1 on 2 Tuesdays:	Mar 11 – Mar 18	12:00 – 12:50	\$20.00
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Each of us has a camera...and a video recorder...at our fingertips on our iPhone! Come to class to learn how to take pictures you're proud to share and videos that will last a lifetime.

### Basic Spanish – Mark Caballero

Term 1 on 4 Mondays:	Mar 10 – Mar 31	1:45 – 2:45	\$40.00
Term 2 on 4 Mondays:	Apr 14 – May 5	1:45 – 2:45	\$40.00

Learn basic vocabulary and grammar. Practice pronunciation and speaking skills. Term 2 classes will be a continuation of term 1. If you are joining in Term 2, you can contact Mark by email ([markcaballeroyes@gmail.com](mailto:markcaballeroyes@gmail.com)), to discuss any questions you may have.

*Note: a fee of \$18 will be collected on the first class to cover the cost of a workbook.*

### Brain Health – Melissa Meier

Term 1 on 1 Monday:	Mar 10	10:00 – 10:50	\$10.00
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Learn comprehensive ways to improve your brain health and gain new memory techniques to help you in your everyday life.

## From Egg to Silk in Milwaukee – Samantha Erwin

Term 1 on 1 Monday:	Mar 17	10:00 – 11:00	\$10.00
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Join Samantha Erwin, Milwaukee weaver, as she takes you on a journey of raising Bombyx Mori silkworms. Discover the intricate process from egg to silk and learn about the traditional tools she uses from the Edo Period of Japan. Samantha will share valuable tips on raising silkworms in colder climates. Even if you don't plan to raise or harvest silkworms yourself, you'll gain a deeper understanding of the history of silk, silk fiber and how it can be used and turned into yarn.

## Mahjong for Beginners – Maryanne Niesen

Term 1 on 4 Mondays:	Mar 10 – Mar 31	1:00 – 2:30	\$40.00
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Participants will be introduced to the basics of the game. Time will be spent on identifying the tiles, going over the card with the winning hands, discussing the order of play and the rules. Handouts will be given. *Note: Class will be limited to 8 people. Mail registrations: call to find out if space is available.*

## Revive Your French – Barbara Collignon

Term 1 on 4 Tuesdays:	Mar 11– Apr 1	1:00 – 1:50	\$40.00
Term 2 on 4 Tuesdays:	Apr 15 – May 6	1:00 – 1:50	\$40.00

Revive your French! We'll read "Short Stories in French for Beginners" by Olly Richards and Richard Simcott. At an intermediate level, it has controlled vocabulary, chapter summaries and comprehension questions in stories that use authentic dialog. It's a novel way of reviving your language skills.

## Welcome to the Wonderful World of Knitting – Carrie Kelly & Mary Wood

Term 1 on 4 Tuesdays:	Mar 11 – Apr 1	1:30 – 3:30	\$40.00
Term 2 on 4 Tuesdays:	Apr 15 – May 6	1:30 – 3:30	\$40.00

Come join us to learn new knitting skills and explore the craft of fiber work. The class is open to all skill levels of knitters. Bring ideas for new projects or UFOs (Unfinished Objects) if you want help with them. Beginners will learn how to cast on, knit, purl, increase and decrease and cast off. *Please bring light colored worsted weight yarn and size 8 wooden needles if you are a beginner knitter. Sign up for Term 1 or Term 2 or both.*

## Creative Arts

### Adapting to a Changing Media Landscape – Louisa Kamps

Term 1 on 1 Monday:	Mar 31	11:00 – 11:50	\$10.00
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Join journalist, editor and personal historian Louisa Kamps as she discusses her 25+ year career working as a writer and editor for national magazines and newspapers, including *The New Yorker* and *The New York Times*.

### Basic Drawing Skills – Barbara Collignon

Term 1 on 4 Mondays:	Mar 10 – Mar 31	1:00 – 1:50	\$40.00
Term 2 on 4 Mondays:	Apr 14 – May 5	1:00 – 1:50	\$40.00

This class explores concepts such as composition, perspective, and light and shadow. The objective is to have fun and enjoy your progress. *Please bring 9" x 12" drawing sketchbook, set of drawing pencils and an eraser. Optional: Eberhart Faber ebony jet-black pencil and crayons, colored pencils or pastel crayons. Sign up for Term 1 or Term 2 or both.*

### Create with Watercolor Paint – Barbara Collignon

Term 1 on 4 Mondays:	Mar 10 – Mar 31	2:00 – 3:00	\$40.00
Term 2 on 4 Mondays:	Apr 14 – May 5	2:00 – 3:00	\$40.00

Learn various techniques used in painting with watercolor paints. You'll learn wet on wet and wet on dry techniques as well as how to blend colors and create texture. You'll paint a variety of flowers as well as attempt a still life scene and a landscape. *Supplies: Watercolor paints (pan or tube), a 9" x 12" watercolor paper pad, watercolor brushes (set of 6 with assorted soft nylon bristle tips recommended), reusable water cup and paper towels and a clipboard or sketch board. Also useful: Saral Transfer Paper, masking fluid and artist masking tape. Bring what you have. Sign up for Term 1 or Term 2 or both.*

### Memoir Writing – Gail Thomas

Term 1 on 4 Mondays:	Mar 10 – Mar 31	12:00 – 1:15	\$40.00
Term 2 on 4 Mondays:	Apr 14 – May 5	12:00 – 1:15	\$40.00

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

## **The Nature Journal: a Place for Connecting Nature, Creativity and Mindfulness – Kathryn Randall**

Term 2 on 2 Mondays:	Apr 28 – May 5	10:00 – 10:50	\$20.00
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Why keep a nature journal? Learn how to set up a nature journal and the benefits of keeping one! No artistic experience is needed – just a sense of curiosity and a love of the natural world. We will set up our journals in these 2 sessions and have the opportunity to meet again in the fall to share what we have learned through our nature journaling practice.

## **Origami for Beginners – Kristina Paris**

Term 1 on 2 Tuesdays:	Mar 25 – Apr 1	1:00 – 2:00	\$20.00
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Learn the basic folds of origami and then create a few easy models that can be used for decoration, mobiles and other fun projects. Origami paper is provided.

*Class size limited to 10 people. Mail registrations: call to find out if space is available.*

## **Write Your Own Legacy Letter – Louisa Kamps**

Term 2 on 1 Tuesday:	Apr 15	11:00 – 11:50	\$10.00
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Come pen a legacy letter – a personal missive capturing important life lessons you've learned, the cultural or family values that have guided you and/or a message of love and gratitude to your loved ones.

## **Writing Family Stories – Aleta Chossek**

Term 1 on 4 Tuesdays:	Mar 11 – Apr 1	2:00 – 3:00	\$40.00
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Funny or poignant, families come alive in the stories of what makes your family unique. Through the use of prompts, photos and examples, we will explore what makes a family story interesting, practice telling stories to one another and write a family story. No prior experience needed.

## **Local Focus: Milwaukee + Wisconsin**

### **Entertainers with Wisconsin Ties: Part II – Greg Jenks**

Term 2 on 2 Tuesdays:	Apr 29 – May 6	2:15 – 3:30	\$20.00
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A previous two-week course proved insufficient to discuss all the actors, athletes, musicians and miscellaneous entertainers with links to the Badger state. This class will continue to highlight, with videos and in-depth stories, many significant performers with connections to our wonderful state.

## **Hildegarde DeJaVu – Jean Kaldunski**

Term 1 on 1 Tuesday:	Mar 25	1:00 – 2:00	\$10.00
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Learn how 'The Incomparable Hildegarde', began her 70+ year career as a teenager accompanying silent movies in 1920s Milwaukee and personified growing up during the Roaring Twenties. This presentation features music by Jerome Kern, Irving Berlin and others.

## **History of Segregation in Milwaukee – Fran Kaplan**

Term 1 on 1 Monday:	Mar 31	10:00 – 11:15	\$10.00
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A video about the impacts of past and present laws and social practices as seen through the eyes of the Freemans, a Black family residing in Milwaukee, followed by class discussion led by the filmmaker, Dr. Kaplan.

## **Immigration: Can We Make a Home Here? – Fran Kaplan**

Term 1 on 1 Tuesday:	Apr 1	2:00 – 3:15	\$10.00
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This video examines the complex challenges of coming here as an immigrant or refugee through the personal stories of migrants from seven countries: Myanmar, Tanzania, Afghanistan, Northern Ireland, Ukraine, Laos and Pakistan. These migrants are now our neighbors.

## **Thomas Jefferson's Wisconsin Connection – Richard Kane**

Term 2 on 1 Monday:	Apr 21	2:15 – 3:30	\$10.00
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Thomas Jefferson and Sally Hemings's youngest son Eston grew up at Monticello, and eventually moved to Madison, Wisconsin with his family. We will discuss his journey and the service of sons Beverly and John Wayles in the Civil War and their accomplishments.

## **U.S. Coast Guard on the Great Lakes – LTJG Santiago Tamburini**

Term 1 on 1 Tuesday:	Mar 18	11:00 – 11:50	\$10.00
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We will provide an overview of the U.S. Coast Guard missions and what they look like on the Great Lakes. Topics will include Search & Rescue, Maritime Law Enforcement, Pollution Response and Waterways Management. We will also have a Q&A to answer any questions students may have.

## Wisconsin Women Poets of Note -Barbara Collignon

Term 1 on 4 Tuesdays:	Mar 11 – Apr 1	12:00 – 12:50	\$40.00
Term 2 on 4 Tuesdays:	Apr 15 – May 6	12:00 – 12:50	\$40.00

Discover the poetry of gifted women from Wisconsin! Wisconsin can boast of several poet laureates: Karla Huston, Ellen Kort, Kimberly Blaeser and Denise Sweet. You'll also enjoy the poetry of Wisconsin natives Marilyn Taylor, Susan Firer, Lisa Vihos and Peggy Rozga. Come learn about these women and explore their insightful, provocative and influential works of poetry. *Sign up for Term 1 or Term 2 or both.*

## Health, Wellness and Exercise

### Become a Dementia Friend – Melissa Meier

Term 1 on 1 Monday:	Mar 31	1:00 – 2:00	\$10.00
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Become a Dementia Friend by attending this one-hour informational session. Learn what dementia is, what it's like to live with it and some communication tips. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia. While there is no charge for Dementia Friends, a \$10 fee will be charged to cover the administrative costs of North Shore School for Seniors.

### Healing Ourselves – Philip Chard

Term 1 on 2 Tuesdays:	Mar 25 – Apr 1	11:00 – 11:50	\$20.00
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We are all emotionally wounded in this life, whether by loss, trauma, tragedies or other misfortunes. In this two-session class, we will explore the science and art of emotional and spiritual healing. Drawing on both ancient and modern practices, the class will be interactive as it seeks to identify and apply healing pathways that assuage distress and nurture renewal.

### Meditation for Stress and Sleep – Connie Popp

Term 1 on 4 Tuesdays:	Mar 11 – Apr 1	1:00 – 2:00	\$40.00
Term 2 on 4 Tuesdays:	Apr 15 – May 6	1:00 – 2:00	\$40.00

Learn a variety of meditation techniques in order to use them for practical purposes, such as stressful conflict situations and times when a busy mind interrupts healthy sleep patterns. Participants will practice relaxation techniques to quiet their mind and spirit.

## Nutrition for Mind, Body, Health and Longevity – Karen Krchma

Term 1 on 2 Tuesdays:	Mar 18 – Mar 25	11:15 – 12:15	\$20.00
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Learn about the latest nutrition strategies. Experts can be all over the place on this, but Karen offers tried and true guidelines for healthy eating. This is a chance to get your questions answered and reset your healthy choices!

## Release Pain and Stress with Tapping – Mary Liner

Term 1 on 2 Mondays:	Apr 21 – Apr 28	11:00 – 11:50	\$20.00
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This is an introduction to an easy process of tapping with your fingers on parts of your body to relieve stress and pain, lower cortisol, improve sleep and more. Classes will include the science behind tapping (EFT), handouts, resources and tapping as a group.

## Senior Fitness – Kristen Uphaus

Term 2 on 4 Mondays:	Apr 14 – May 5	9:00 – 9:50	\$40.00
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This is a full body, low intensity, cardio and strength class designed especially for seniors. You will raise your heart rate while focusing on functional movements to strengthen muscles, promote balance, agility and mobility. All fitness levels welcome!

## Tai Chi – Janae Kakulis

Term 1 on 4 Mondays:	Mar 10 – Mar 31	11:00 – 11:50	\$40.00
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Term 2 on 4 Mondays:	Apr 14 – May 5	11:00 – 11:50	\$40.00
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Reduce stress and improve your balance and health by learning the ancient art of Tai Chi. We use the traditional Tai Chi forms as well as adaptations like Tai Chi for Health to provide participants with an opportunity to relax, recover and refocus their energy for a better life. *Sign up for Term 1 or Term 2 or both.*

## Zumba Gold – Mimi Oxman

Term 1 on 4 Mondays:	Mar 10 – Mar 31	10:00 – 10:50	\$40.00
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Term 2 on 4 Mondays:	Apr 14 – May 5	10:00 – 10:50	\$40.00
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ZUMBA is a “feel-good,” fun and easy way to get some exercise and dance at the same time. The “steps” are simple, and the class is aimed at “older adults.” You can do Zumba sitting or standing. Come and have fun! *Sign up for Term 1 or Term 2 or both.*

## ***History, Culture and Politics***

### **America's New Deal: FDR's Achievement and Today's Challenges – David Riemer**

Term 1 on 2 Tuesdays:	Apr 1 + Apr 22	10:00 – 11:15	\$20.00
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In this 2-part presentation, David will explain how President Franklin Roosevelt and his allies responded to the Great Depression of the 1930s by revolutionizing how government tackles economic insecurity and failing markets. This program will explore the New Deal's breathtaking history, great achievements, major shortcomings, and challenging future.

### **America's Secret Family – Richard Kane**

Term 2 on 1 Monday:	Apr 21	1:00 – 2:15	\$10.00
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For nearly two centuries, historians doubted that Thomas Jefferson and Sally Hemings had a relationship in which Jefferson fathered Hemings's children. DNA testing in the 1990s and strong circumstantial evidence changed that belief. The speaker will present how the relationship began, efforts to hide the relationship, attempts to expose the relationship that historians chose to ignore, and the evidence supporting the relationship. Also discussed will be how Jefferson could write that "all men are created equal" and still justify the ownership of slaves.

### **America's Youngest First Lady – Roger Stafford**

Term 1 on 1 Tuesday:	Mar 11	1:00 – 1:50	\$10.00
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Not only was this First Lady decades younger than her husband, she also was more popular. A recent addition to Roger Stafford's collection of political memorabilia prompted him to get off the bench and tell you more about the first First Lady to welcome visitors to the White House in non-consecutive terms.

### **Anger and Women in the 20<sup>th</sup> Century – Gwynne Kennedy**

Term 1 on 2 Tuesdays:	Mar 11 – Mar 18	11:30 – 1:00	\$20.00
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Anger can be a negative (irrational) or positive (righteous) emotion. Gender is one factor affecting how someone's anger is perceived. Beginning with angry women stereotypes, we consider 20<sup>th</sup> century women from multiple fields (e.g., philosophy, psychology, literature) who challenged those stereotypes.



## **The Anthropology of W.E.I.R.D. Love – Bill Washabaugh**

Term 2 on 3 Tuesdays:	Apr 15 – Apr 29	10:00 – 10:50	\$30.00
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Anthropologists tell us that romantic love is ubiquitous, and that different practices of love influence the construction of culturally distinctive persons. Here we will chart the practices that have helped to create Western, educated, industrialized, rich, democratic persons.

## **The Civil War – Why it Matters Today – James Marten**

Term 1 on 4 Tuesdays:	Mar 11 – Apr 1	2:00 – 2:50	\$40.00
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Knowledge of the Civil War era is crucial to understanding more than a century-and-a-half of American history, culture and race relations. This course will explore four ways in which the “long Civil War” is still a central event in the lives of every American.

## **The Hmong in America – Amoun Sayaovong**

Term 1 on Tuesday:	Mar 11	2:00 – 2:50	\$10.00
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This class will teach students about the history of the Hmong people, why they are in the United States and where they came from. Learn how the Hmong have enriched the culture of Wisconsin.

## **How Lawyers and Juries Prevent Injuries and Death – Robert Habush**

Term 1 on 4 Tuesdays:	Mar 11 – Apr 1	1:00 – 1:50	\$40.00
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One of the country’s most successful trial lawyers discusses how lawyers and juries have prevented future injuries and deaths from defective and unsafe products. Robert L. Habush, recipient of the Champion of Justice Award, returns to NSSS to describe the impact of actual trials.

## **President Trump’s First 100 Days – Bill Holahan**

Term 2 on 1 Tuesday:	Apr 22	2:00 – 3:30	\$10.00
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A series of data charts will be presented to summarize the performance of the US economy through March 2025. If all goes well, lively discussion will ensue, with all points of view welcome.

## **Our Adventure to India – Ross and Sandy Workman**

Term 2 on 1 Tuesday:	Apr 29	1:00 – 2:00	\$10.00
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Last November, we took a once-in-a-lifetime, three-week trip to India. Share in our journey through pictures, stories and information about this fascinating country.

## **Wide World of Sports: From Mavericks to Trailblazers – Greg Jenks**

Term 1 on 2 Mondays:	Mar 10 – Mar 17	2:15 – 3:30	\$20.00
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We all know the story of Jackie Robinson who became the first African American to play in Major League baseball when he started for the Brooklyn Dodgers in 1947. However, there are many more athletes that most of us have never heard of who pushed the boundaries of their sport in significant ways. This presentation will tell their stories.

## ***Movies, Music, Theater and Literature***

### **Bob Dylan – Together Through Life – Kathy and Jerry Fortier**

Term 2 on 1 Tuesday:	Apr 29	1:00 – 2:30	\$10.00
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Bob Dylan, seen through the lens of lifelong fans.

### **Classical Music’s Great Romantic Composers – Matt Annin**

Term 2 on 4 Mondays:	Apr 14 – May 5	11:00 – 11:50	\$40.00
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In this class, Matt will discuss four great composers of the Romantic period: Brahms, Tchaikovsky, Mahler and Strauss. The life and times of these composers will provide a backdrop for discussing and listening to some of their most beloved music.

### **Dances Through the Ages – Nancy Weiss-McQuide**

Term 2 on 1 Tuesday:	Apr 15	2:00 – 3:15	\$10.00
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Social dances are linkages to history. What made the Virginia Reel, the Charleston, the Jitterbug, Disco and others popular and of their times? Hear about the cultural history of many American dances, with dance demonstrations as part of the program. Memories, history, and fun combine in this lively presentation.

### **Short Stories at the Movies – Joel Kriofske and Tad Kriofske Mainella**

Term 1 on 2 Tuesdays:	Mar 11 – Mar 18	10:00 – 11:00	\$20.00
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How does a 9-page short story become an epic 90-minute movie? Let’s find out together. We will read and watch selections from *What We Talk About When We Talk About Love* by Raymond Carver, “The Swimmer” by John Cheever and more.

## **Ungilded – Feminist Writers at the Turn of the 20<sup>th</sup> Century – Eva Hagenhofer**

Term 1 on 3 Mondays:	Mar 10 – Mar 24	1:00 – 2:30	\$30.00
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Join us as we read three short stories that reveal the constraints and conflicts in the lives of women during what was a gilded time for some - Elizabeth Glaspell, Sara Oren Jewett and Edith Wharton.

## ***Nature's Wonders: Birds, Bees, Butterflies and Critters***

### **In Search of Rare and Unusual Animals – Andy Holman**

Term 2 on 1 Monday:	Apr 21	10:00 – 11:00	\$10.00
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This class will look at personal stories and photographs of rare and unusual species of animals from the cahow to platypus. The class will focus on animals in Java, Bermuda, Zanzibar and Australia.

### **Invasive Species in Wisconsin – Gretchen Meyer**

Term 2 on 1 Tuesday:	Apr 22	1:00 – 1:50	\$10.00
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The flora and fauna of Wisconsin's natural areas includes both native species as well as species that have been introduced from elsewhere. Some of these introduced species can become superabundant and threaten native species. Where do these invasive species come from, why do they become so abundant and what can we do about them? Take this class if you would like to explore these questions.

### **Signs of Life in Estabrook Park – Andrew Dressel**

Term 1 on 1 Tuesday:	Mar 25	2:15 – 3:30	\$10.00
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We'll look at the wildlife that can be found in Estabrook Park, at the pond and in the river and on land. You never know what you will see! Andrew will show colorful pictures and relate tales of creatures that he has seen on his daily early morning walks through the park.

### **Spring Garden Wake-up – Meghan Anderson**

Term 1 on 1 Monday:	Mar 17	11:00 – 12:00	\$10.00
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We will discuss a timeline of tasks and considerations for bringing your garden out of its winter dormancy and into springtime growth. Topics covered include cleanup, mulching, fertilizing, planting and more – with special attention given to ecologically-beneficial methods.

## Wisconsin's Birds of Spring – Chuck Hagner

Term 1 on 2 Mondays:	Mar 24 – Mar 31	2:00 – 3:00	\$20.00
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A two-part class covering spring bird migration in southeastern Wisconsin – including which birds migrate and why, when birds migrate, how high they fly and how fast, the challenges they face and what you can do to help them.

## Stepping into the Future

### A Care Manager for the Elderly – Phyllis Brostoff

Term 1 on 1 Tuesday:	Mar 25	11:00 – 12:00	\$10.00
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What is a geriatric care manager? When does hiring one make sense? In a series of vignettes, Phyllis will give participants an introduction to this professional service, which can make the impossible something that can be managed.

### Clear Your Space: Downsizing – Melinda Stuart

Term 1 on 1 Tuesday:	Mar 18	1:00 – 2:00	\$10.00
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Term 2 on 1 Tuesday:	Apr 22	1:00 – 2:00	\$10.00
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Whether preparing to move or looking to make your current space more user friendly, this class is for you. We will discuss methods for right-sizing and what to do with the items you are wanting to let go.

### Estate and Financial Planning for Peace of Mind – Lyssa McGauran and Jess Henrickson

Term 2 on 1 Tuesday:	Apr 15	1:00 – 2:00	\$10.00
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Everyone, regardless of age or wealth, can benefit from having an estate and financial plan. Wills, trusts and beneficiary planning provide direction and continuity for passing on your assets after death and helping your loved ones administer your estate. Equally important are during-life issues such as health care directives and durable powers of attorney. We will discuss strategies to help you protect your assets and ease the burden on your loved ones.

## Exploring Senior Care Options – Jessica Nye and Katie Deprey

Term 1 on 2 Tuesdays:	Mar 11 – Mar 18	12:00 – 12:50	\$20.00
Term 2 on 2 Tuesdays:	Apr 15 – Apr 22	12:00 – 12:50	\$20.00

Please join us for an interactive discussion about all the different levels of Senior Living and Care/Support Options, Independent Living, Assisted Living, Memory Care, Long Term Care, Short Term Rehabilitation, Home Care, Respite, Palliative and Hospice. Learn about Healthcare Power of Attorney and how to be a health care advocate. We know there are lots of questions, so we are here to help! *Sign up for Term 1 or Term 2.*

## Preparing Yourself to Sell Your Home – Mary Liner

Term 1 on 3 Tuesdays:	Mar 18 – Apr 1	11:00 – 11:50	\$30.00
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Learn what you need to do to get your house ready to sell, from what to keep and what needs to be giving away. We'll also discuss how to interview a real estate agent so you get the most money for your house, tips on how to make to move smoothly and who and when to contact to help get you organized for the move.

## Selling Your Stuff: Tips & Tricks – Erica Elia and Liz Beeghly

Term 1 on 2 Mondays:	Mar 24 – Mar 31	11:00 – 11:50	\$20.00
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Want to make extra cash selling items you no longer need? Considering a big move and have a house full of stuff? We'll give you multiple options, pros and cons, and resources for non-tech savvy people too!

## What Matters: Write Your Own Obituary – Carolyn Kott Washburne

Term 1 on 1 Tuesday:	Mar 25	11:00 – 11:50	\$10.00
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When you die, your loved ones might not know what to include in your obituary. In this class, you'll learn how to write your own obituary (both a resume-type obituary and a narrative type) as well as a legacy letter.

## Instructor Biographies

Meghan Anderson: Meghan lives on the east side of Milwaukee and operates a small landscape design and garden consultation business that specializes in small urban spaces and native plants.

Matt Annin: Matt has been the Principal Horn of the Milwaukee Symphony since 2011. He has performed concerts all over the world with many orchestras in the United States and Canada.

Phyllis Mensh Brostoff: Phyllis is a social worker who has spent more than 50 years working with the elderly, including 35 years as the co-founder and CEO of Stowell Associates, a geriatric care management company that pioneered this speciality practice, locally and nationally.

Mark Caballero: Mark was formerly an educator at Marquette University with a recent transition to stay at home dad. He loves learning and the personal satisfaction that comes with a new hobby. He also tries to run and bike outside year-round!

Philip Chard: Philip is a psychotherapist specializing in health psychology and trauma treatment. He writes an award-winning weekly column titled *Out of My Mind*, previously in the *Milwaukee Journal Sentinel* and now the *Shepherd Express* and has authored three books. Previously, he was Director of Behavioral Science Education and Associate Professor at Michigan State University's College of Human Medicine, where he received the Outstanding Faculty Award.

Aleta Chossek: A retired not-for-profit administrator, Aleta loves hearing, reading and writing personal stories. She began writing family stories after her retirement. In 2019, Aleta published *Kristine Finding Home*, the creative non-fiction account of her grandmother's immigration to the United States. Residents of Milwaukee for more than 50 years, she and her husband enjoy traveling, learning together and their six grandchildren.

Barbara Collignon: Barbara has enjoyed drawing and painting as a hobby. She has taken art courses and by copying or experimenting, she has acquired many skills and had fun. She says that the point is to take pleasure in your progress, and she hopes to teach basic drawing and watercolor concepts so as to challenge you and inspire you. Enjoyment is found in the process. Barbara also teaches French and poetry. She is very enthusiastic about teaching each of these additional two classes.

Katie Deprey: Katie is an experienced Registered Nurse with a background in care management, public health, home care, assisted living and acute care settings. Katie has her Certified Case Manager designation which demonstrates the ability to provide case management and care coordination to clients with complex medical needs and situations, while advocating for the client throughout the continuum of care.

Andrew Dressel: Andrew runs the Bicycle and Motorcycle Engineering Research Lab at UWM, and has taught engineering mechanics at UWM and MSOE. He started taking pictures of wildlife in Estabrook Park as a sanity project after noticing an unusual-looking duck on the pond soon after UWM closed its campus in March of 2020 for COVID.

Beth Eckman: Beth is a certified teacher with a master's degree in educational leadership and an avid iPhone user. She has two amazing teenage children whose lives she captures in photos and videos using her iPhone camera!

Erica Elia and Liz Beeghly: Erica and Liz own Caring Transitions of Milwaukee North Shore. They have extensive experience selling items online, hosting estate sales and CTBids.com online auctions. They also relocate seniors from homes to condos, independent, and assisted living.

Samantha Erwin: Samantha is a fiber artist and weaver passionate about farm-to-yarn processes. With experience in spinning, dyeing, and weaving, she loves exploring the journey from raw materials to finished textiles. She is excited to share knowledge of raising silkworms and the various uses of silk.

Kathy & Jerry Fortier: Kathy and Jerry have seen Bob Dylan in concert dozens of times from 1963 through 2024. Kathy owned Sweet Doomed Angel, a Milwaukee vintage clothing store, from 1978-1994. She retired in 2019 from the Elumenati, an immersive projection design company based in Milwaukee. She is creator and administrator of the "Facebook Group Bob Dylan's Theme Time Radio Hour" with more than 11,000 members.

Jerry is a musician, filmmaker, set designer and artist. He spent the summer of 1965 in Greenwich Village. Beginning in the mid-1960s, he and Kathy performed light shows around the world with bands and theater productions. Jerry also was a set and projection designer off and on Broadway, in California, Chicago and Milwaukee. He has an MFA in Film from UWM and was Senior Graphic Artist at the Haggerty Museum of Art.

Robert L. Habush: Robert retired in 2017 after practicing law for 50 years. A University of Wisconsin Law School graduate, he has held numerous leadership positions in Bar Associations, including president of the American Trial Lawyers Association and the Wisconsin Academy of Trial Lawyers. He has been awarded numerous tributes, including the Champion of Justice Award, the highest honor of the American Association of Justice.

Eva Hagenhofer: Eva says that after more than 25+ years of teaching writing and literature at MATC – while raising children and (hopefully) students' world awareness – she is delighted to bring some very special stories from around the world to a more mature audience.

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

Jess Henrickson: Jess has been a financial advisor at Baird since 2008. He received a B.S. in Business Management from Miami University in Oxford, Ohio. His expertise in retirement income planning, portfolio construction and risk management help clients attain financial peace of mind.

Bill Holahan: Emeritus professor William Holahan taught in the UWM economics department for 40 years and served for 10 years as its chair. Since retirement, he has published more than 150 newspaper articles on economics for general readership.

Andy Holman: Andy is a retired CPA with a lifelong passion for photography coupled with conservation and biodiversity. He says that "much of the world has amazing environments, and I have had the good fortune to travel to see many environments and cultures."

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

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

Jean Kaldunski: Jean is a retired educator and musician living in Brookfield. After learning about the Wisconsin native known worldwide as The Incomparable Hildegard, Jean studied the life and music of the cabaret singer and developed presentations linking Hildegard to historical events during the 20th century.

Louisa Kamps: Louisa is a journalist, editor and personal historian; her profiles, articles, essays and reviews have appeared in many publications, including *The New Yorker*, *The New York Times*, and *ELLE*, where she was a contributing writer for 21 years. Through her personal history business, Let's Write Your Story, she helps businesses and individuals share their stories with custom books, articles and biographies. She can be reached through her website, [www.louisakamps.com](http://www.louisakamps.com).

Fran Kaplan: Fran is a lifelong social justice educator and activist. She holds a Master of Social Work degree and a doctorate in Education for the Advancement of Learning and Service. Her training/consulting firm, Nurturing Diversity Partners, helps build healthy multicultural communities.

Richard Kane: Richard is a retired physician, and he decided to research Wisconsin Civil War soldiers with Jewish heritage. Having discovered grandsons of Jefferson and Hemings who fought for Wisconsin, he became interested in their relationship and wants to share their intriguing story.

Carrie Kelly: Having been fortunate enough to know a lot of knitters, Carrie has learned from them as well as through her own knitting journey.



Gwynne Kennedy: Gwynne is Associate Professor of English and Women's & Gender Studies at UWM, where she served as both director and chair of Women's Studies. Her work focused on early English women writers and on emotions.

Karen Krchma: Karen is a licensed dietician who conducts clinics to promote healthy eating and good nutritional habits. She will help us understand what's in, what's out, and how to combat blood sugars, gluten and high blood pressure. A necessary class for anyone that wants to improve their health.

Joel Kriofske: Joel is an experienced journalist, free-lance writer and published author.

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

Tad Mainella: Tad has master's degrees in education, is an experienced teacher, free-lance writer and interviewer.

James Marten: James is Professor Emeritus of History at Marquette University. He is the author or editor of two dozen books. His most recent is *The Sixth Wisconsin and the Long Civil War: The Biography of a Regiment* (2025).

Lyssa McGauran: Lyssa is a financial advisor who joined Baird in 2020. She graduated from UW-Madison with a Bachelor of Business Administration degree in Finance, Investment, and Banking and a certificate in Wealth Management. She has a passion for financial planning and helping families, individuals and their next generations reach their financial and personal goals.

Melissa Meier: Melissa has her Masters in Gerontology, serves as Executive Director of Eastside Senior Services (ESS), and is a member of Shorewood's Dementia Awareness Work Group. ESS is a neighborhood outreach program serving the eastside of Milwaukee and Shorewood.

Gretchen Meyer: Gretchen is retired from the University of Wisconsin-Milwaukee Field Station. She taught many classes on ecology and field biology, in addition to being responsible for managing the university's natural areas. She is very familiar with the problems caused by invasive species.

Maryanne Niesen: Maryanne is a former classroom teacher and an administrator. She has been playing Mahjong for over ten years and has taught it to many friends and friends of friends. She continues to play in person weekly and online often.

Jessica Nye: Jessica brings over 16 years of experience in healthcare as both a direct care provider and in leadership roles in sales and marketing. She has worked in multiple levels of care from community based, inpatient hospital acute care, critical care and sub-acute rehab. She helps guide older adults navigate the challenges of senior living options. She is an advocate for seniors and their families.

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

Kristina Paris: Kristina has been folding origami since she was four years old. She enjoys teaching this art form to all ages and also sells her work at holiday art fairs.

Connie Popp: Connie is a board member of the North Shore School for Seniors, has earned a master's degree in Pastoral Ministry, a doctorate in Education, and has practiced numerous meditation techniques as Campus Minister both at UWM and Alverno College.

Kathryn Randall: Kathy creatively brought science to life for her students as a middle-school teacher. Her debut novel, *The Listening Tree*, was published in 2021. She is currently weaving real science into the magical adventure of the second book in the trilogy. Her website and blog can be found at [www.kathrynrandall.com](http://www.kathrynrandall.com).

David Riemer: David has been active for decades in reshaping policies on poverty and healthcare. After working for Milwaukee's mayor, two Wisconsin governors, and Sen. Edward Kennedy, he wrote *Putting Government in Its Place: The Case for a New Deal 3.0*.

Amoun Sayaovong: Born in Vientiane, Laos, Amoun came to America as a refugee, attended Riverside University High School and the University of Wisconsin. After graduating from the University of Michigan Law School in 2006, she practiced law for 10 years until taking a break to teach English in Thailand. She has worked at the Hmong American Friendship Association and has given many lectures about Hmong history.

Roger Stafford: From school days in Ohio until retirement in Wisconsin, Roger has been interested in American history. Most items in his collection of political memorabilia come with stories, which he likes to share with friends and strangers. Recently, he acquired an item featuring the first First Lady to serve in non-consecutive terms and her fascinating life is appropriate for discussion in 2025!

Melinda Stuart: Melinda is a certified move manager and the owner of Smart Moves. She enjoys hearing people's life stories as they prepare for their next chapter.

Santiago Tamburini: A U.S. Coast Guard officer, LTJG Tamburini is an Enforcement Officer at Sector Lake Michigan. Prior to this tour, he was stationed on a patrol boat in Northern California, where he served as a boat crew member and boarding team member. LTJG Tamburini is from San Diego, CA.

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

Kirsten Uphaus: Kirsten has a background in engineering, but she switched gears to pursue her passion for fitness while raising her three young children. She is a certified fitness instructor and personal trainer, teaching seniors for the past eight years. "I love teaching fitness!"

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

Carolyn Kott Washburne: Carolyn has been a freelance writer and editor for over 40 years and taught writing and editing in the UWM English Department for 33 years. She has written obituaries for family members, friends, paying clients – and herself.

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

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

Ross and Sandy Workman: Ross and Sandy are both retired nurses and are passionate about traveling. They believe that in addition to being great fun, travel teaches everyone to be better citizens of the world.

## Spring 2025 Registration, Procedures, and Office Hours

**Our phone number is 414-292-0960.**

**We welcome all interested seniors to our classes – there is no age limit. We hold our classes on the second floor of the United Methodist Church of Whitefish Bay. Our office is room 210.**

You will also find cookies and refreshments in the office so please stop in anytime that we are in session.

**Office hours:** The North Shore School for Seniors office room 210, is open on Mondays from 10:00 – 3:00 and Tuesdays from 9:00 am to 4:00 pm while school is in session.

**Phone contact:** You can call and leave a message, and we will make every effort to get back to you within a day or two.

**Register for Classes: Use one of the methods below:**

***Preferred method: Website:*** Check out our website [www.nss4s.org](http://www.nss4s.org), to view our Spring classes where you can also register and pay online. **Use the “Registration” link on the first page of the website.**

**\*By mail:** Print and mail the website registration form provided on the website [www.nss4s.org](http://www.nss4s.org), Or mail the form in the printed catalog. Be sure to include your check for the classes you wish to attend with your registration form.

**\*Pick up a registration form or drop it off** with a check at the United Methodist Church of Whitefish Bay, 819 E. Silver Spring Drive.

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

**Refunds:** No refunds are issued for missed classes. If classes are cancelled because of weather or Instructor’s illness, **you are welcome to sit in on another class.** Refunds are issued if you cancel before classes begin or if the class is cancelled due to low enrollment.

**Closures: When the Milwaukee Public Schools cancels classes because of weather conditions, we also close. For MPS closure information, check your local stations.**

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

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

**Parking:** Street parking is available. Please be sure to heed the parking signs. There is additional parking behind Winkie’s.

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