



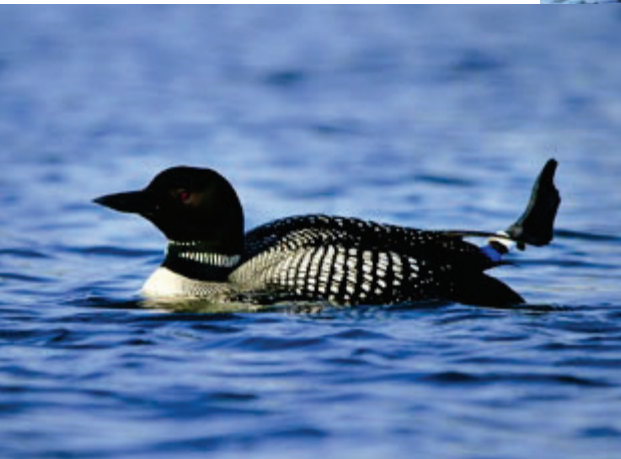
NICOLET COLLEGE
LEARNING IN RETIREMENT

LEARNING



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IN



RETIREMENT

C L A S S S C H E D U L E

Fall 2026

Classes Begin September 9

NOTES FROM THE PRESIDENT

Dear Learning in Retirement (LIR) Members,

Welcome!

My name is Sue Richie. My husband, Mike, and I have been members of Learning in Retirement for more than ten years. I currently have the honor of serving as your President for 2026-2027.

Over the years, we have had the privilege of taking many memorable classes. Some of our favorites have included the Ced Vig Nature Series, Lunch Bunch, Travelogs, and tours of various businesses throughout our beautiful Northwoods! We have also enjoyed the many social events offered each year, including our Fall Kick-Off, Holiday Celebration, and the Annual Meeting held in the spring. I hope to meet many of you at these events and in our classes throughout the fall semester.

I hope you have all had a great summer and are now ready to “fall into Fall” with us beginning on Wednesday, September 9, at our 31st Fall Kick-Off. We are grateful for our continued partnership with Nicolet College and especially thankful for the Nicolet College staff, including the IT and Maintenance departments, instructors, and support staff. They are a pleasure to work with and play an important role in the success of Learning in Retirement. Without their ongoing support, we would not be able to offer such an ideal setting for lifelong learning and connecting with others who share a common passion for education. While you are on campus, I encourage you to take a few moments to look around and truly enjoy the beautiful surroundings that make Nicolet College such a special place.

To me, fall always feels like a new beginning—a fresh start filled with opportunities to learn and make new friends!

To our returning members, thank you for your continued support. We are truly grateful to have you back! If you are a new member, joining us for the first time, welcome. We look forward to meeting you and sharing all the amazing classes and opportunities that Learning in Retirement has to offer for the Fall 2026 semester.

Our Curriculum Committee is currently co-chaired by Marilyn Pekol and Bobbie Keso-Mode, along with a group of very dedicated members who are passionate about lifelong learning. They have worked diligently to offer a diverse selection of classes (33 at the time of this writing) that are sure to provide engaging and enriching experiences for everyone.

We also have a Social Committee, chaired by LaNora Kleerup, and an Entertainment Committee, chaired by Judy Burscheid. Together, members of these committees creatively plan delicious lunches, fun entertainment, and special events throughout the year. Some favorites include themed Bunco games, an afternoon movie at the Rouman Cinema in Rhinelander, and our Holiday Celebration. They sure do know how to have fun!

As you look through our Fall Semester catalog, I hope you will discover many classes that interest and inspire you this semester. I look forward to seeing you in classes and I am excited to meet more of you as we continue to share our love of learning. No matter what our age, learning never retires!

Most Sincerely,
Sue Richie
LIR President

FROM OUR CURRICULUM COMMITTEE CO-CHAIRS

Hello LIR Members,

We are excited to present a fantastic variety of offerings for Fall 2026. You will find a selection of interesting and fun class topics to help keep you learning. The popular Ced Vig Nature Series is back for all you nature lovers. Two fascinating travel talks are in store: one about an archaeological dig near Jerusalem and another with Ed the Diver, who will share stories of cleaning up Wisconsin's lakes and rivers. We will also have the opportunity to learn about Chinese art history, the foods of The Great Gatsby, holiday music from around the world, and so much more. Whatever your interests, we are sure you will find something in this catalog that you will want to attend this fall.

Retirement is a time to learn new things, make new friends, and explore new places. We may be getting older, but we can do so with dignity, grace, and style. Our Challenges of Aging category of classes offer valuable insight on the best way to do just that through classes like *Common Scams and Fraud Targeting Seniors*, *How to Eat as You Age*, and more.

We are thrilled to welcome you all to another great season of learning. A big thank you to all our dedicated committee members, as they have come up with such an outstanding lineup of classes. Invite your friends and family to enjoy Learning in Retirement with you and we'll see you all in class!

Marilyn Pekol, Curriculum Co-Chair
Bobbie Keso-Mode, Curriculum Co-Chair

LEARNING IN RETIREMENT – COMMITTEES 2026-2027

Steering Committee

Sue Richie • President
Sue Stodola • President-Elect
Brenda Peltier • Past President
Diane Tatrow • Secretary
LaNora Kleerup • Social Committee Chair
Judy Burscheid • Entertainment Committee Chair
Jean Spencer • Member at Large
Jay Joppa • Member at Large
Marilyn Pekol • Curriculum Committee Co-Chair
Bobbie Keso-Mode • Curriculum Committee Co-Chair
Heather Schallock • Nicolet College Representative
Melissa Haselton • Nicolet College Community Engagement Support Specialist

Curriculum Committee

Karen Amstadt	Karen Leathers
Margaret Barnes	Cookie Lough
Susan Brettingen	Marilyn Pekol
Judy Burscheid	Brenda Peltier
Mary Dean	Sue Richie
Joel Furda	Carol Ritter
Mary Grieco	Sue Stodola
Bobbi Keso-Mode	

Social & Entertainment Committee

Margaret Barnes	Paulette Novak
Judy Burscheid	Gary Prod
Mary Dean	Jane Prod
Lu Dudley	Joan Schluter
Marilyn Duschl	Annette Theilig
LaNora Kleerul	

LIR MEMBERSHIP ENROLLMENT

Thank you for your interest in Learning in Retirement at Nicolet College! An annual membership is **\$50.00 per person** and is good through **June 30, 2027**. Membership provides access to more than 60 classes throughout the year. New members are always welcome and may join at any time.

Most classes are included with membership at no additional cost. A small number of classes may require a nominal fee at the door. Classes are primarily held on the Nicolet College campus, with some classes being held at off-campus locations. A Locations guide is included at the back of this catalog.

For any questions or for more information:

Email LIR@nicoletcollege.edu

Phone 715.365.4544

Join or Renew Your Membership

To join or renew your Learning in Retirement membership online, visit nicoletcollege.edu/lir and select **"Member Enrollment."** You can pay securely by credit card, and no card information is stored during the transaction.

If you prefer to pay by check, complete the registration form located at the back of your printed catalog or download it from nicoletcollege.edu/lir by clicking **"Registration Form."** Mail the completed form with a check for **\$50.00 per person**, payable to Nicolet College. Please write **"LIR"** on the memo line of your check.

Mail your completed registration form and payment to:

Nicolet College
Learning in Retirement
PO Box 518
Rhineland, WI 54501

Register for Classes

Once your membership is active, you will begin receiving the weekly Learning in Retirement email. Class registrations open approximately two weeks before each class date and can be completed through this email by clicking **"REGISTER HERE"** button below the class description.

Nicolet College is committed to creating inclusive and accessible environments and events. If you need a reasonable accommodation, please contact LIR@nicoletcollege.edu or 715.365.4544.

Class Cancellations and Inclement Weather

If an LIR class is cancelled for any reason, members will be notified by email as soon as possible.

In the event Nicolet College closes due to inclement weather or other unforeseen circumstances, all LIR classes and events will be cancelled. College closures are announced on local radio and television stations.

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TECHNOLOGY ASSISTANCE

Computers and Technology

Beginning Date: Wednesday, September 9 | Nicolet College or Other Locations

Instructor: Ray Blackburn *Call Ray for an Appointment: 630.460.5791

Need help using your computer, tablet, smartphone, e-reader, or other device? Ray Blackburn can provide free technology assistance to LIR members on a variety of topics, including:

- Basic computer/internet skills
- Microsoft Office (Word, Excel, etc.)
- Social media (Facebook, X, etc.)
- Accessing e-books and library databases
- Using a new computer or mobile device and more!

Schedule a 30-minute one-on-one session to address your technology problems or questions. To set up a session, call Ray at 630.460.5791. Sessions to be held on the Nicolet College Campus unless otherwise arranged.

An educator first, with a thirst for knowledge and a clear understanding that teaching material is always second to educating and nurturing students. An experienced software engineer and people manager with broad experience based in education, technology, and people management. Teaching experience includes being on the faculty at an inner-city school as well as adjunct faculty experience instructing students in two-year, four-year, and graduate level curriculums. Technical background includes software design, development, integration, testing, deployment, and support. Managed teams of highly skilled engineers and project managers in a variety of assignments. Education: MS, Computer Science, With Distinction, DePaul University, Chicago, IL, 1990. Ray is a valued member of LIR.

COMMON SCAMS AND FRAUD TARGETING SENIORS

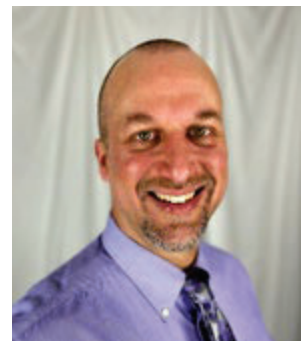
Meeting the Challenges of Aging

Thursday, September 10 | 1:00 PM

Nicolet College, Northwoods Center 208

Instructor: Jeffery Kersten, Outreach Specialist—

Division of Trade & Consumer Protection, Wisconsin Department of Agriculture,
Trade & Consumer Protection



The Wisconsin Bureau of Consumer Protection will discuss common scams that target seniors, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful fact sheets from the Bureau of Consumer Protection will be available.

As Wisconsin's lead agency for consumer protection, the Bureau of Consumer Protection within the Wisconsin Department of Agriculture, Trade and Consumer Protection provides information and education, mediates complaints, investigates cases, and takes enforcement actions to fight fraudulent and deceptive practices that harm consumers and honest businesses.

Jeff Kersten is an Outreach Specialist for the Bureau of Consumer Protection within the Wisconsin Department of Agriculture, Trade and Consumer Protection. As an Outreach Specialist, Jeff travels throughout the state to educate the public, businesses, and law enforcement on common scams and fraud, privacy protection, data security, identity theft, and other areas of consumer protection. Jeff has over twelve years of experience as a police officer and is a former Consumer Protection Investigator for the Bureau of Consumer Protection.

USING TECHNOLOGY IN LIR

Computers and Technology

Monday, September 14

10:00 AM

Nicolet College, Northwoods Center 208

Instructors: Alec Effinger and Marilyn Pekol

Learn how to use technology to facilitate your experience with LIR. Topics will include how to join a class using Zoom, view recorded classes, and more. Have questions? We will help make it easier for you to navigate LIR using your computer and other devices.

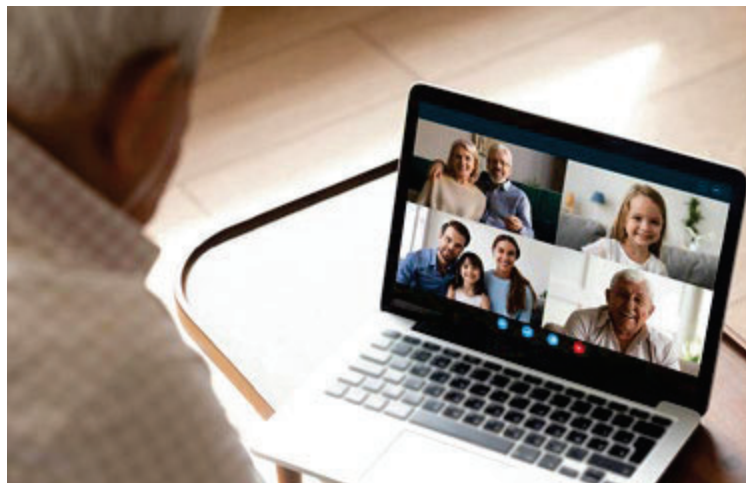


Photo credit: WSJ

THE DAO OF CHINESE PAINTING

The Arts (literature, art, music)

Mondays, September 14, 21, 28 and October 5

1:00 PM

Nicolet College, Northwoods Center 208

Instructor: David Barnhill

Maximum: 20 participants

September 14: Intro to Chinese religions, aesthetics, and the painting of the Northern Song Period (960-1127)

September 21: Landscape painting in the Southern Song (1127-1279) and Yuan (1271-1338) Periods

September 28: Landscape painting in the Ming Period (1368-1644)

October 5: Landscape painting in the Qing Period (1644-1912) and the 20th Century



David Barnhill received his PhD in Chinese and Japanese religions and literature from Stanford University. During his career he taught courses on religions, aesthetics, and painting in China. Since his retirement, he has been teaching a variety of courses on art appreciation in the local area.

ED THE DIVER—DIVING FOR TREASURES!

Nature and Environment

Tuesday, September 15

1:00 PM

Nicolet College, Lakeside Center Theatre

Instructor: Ed Bieber AKA "Ed the Diver" and

Christie Barlement

Join us as we hear interesting stories from "Ed the Diver" and his "mermaid", Christie Barlement. Hear the stories about the many lakes and rivers they have explored, helped clean up, and the treasures they have uncovered. One of their diving experiences even brought them to Rhinelander with a dive in the Wisconsin River. Find out what treasures they found in our own backyard!



Photo credit: Ed Bieber and Christie Barlement

Ed Bieber began his diving recovery business in 2017 with a cheap diving mask, swim trunks, a boogie board and some old gym shoes. He is now Scuba Certified (PADI). He is a fountain full of knowledge and experience and has progressed from diving in Wisconsin to Michigan, Illinois, and Minnesota. His "mermaid", **Christie Barlement** joined him in 2024 and is originally from the Green Bay area. They do many volunteer cleanups and also operate a business (Bieber's Underwater Recovery LLC). Their mission is to clean up waterways and educate people of all ages.



CED VIG NATURE SERIES

Ced Vig 1

THE HOLMBOE CONIFER FOREST

Nature and Environment

Wednesday, September 16

10:00 AM

Nicolet College, Lakeside Center Theatre

Instructors: Mark Miazga and Frank Schroyer

Hybrid: In-Person or Zoom

Nearly sixty-one years after Frithjof Holmboe donated the beloved Holmboe Conifer Forest to The Nature Conservancy, this class will peel back the curtain on the man behind the legacy—a world-traveling, self-made botanist whose love of nature shaped the heart of the greater Rhinelander community.

Mark Miazga will take participants on a historical journey through Frithjof Holmboe's life. The presentation will trace his immigration from Norway and the establishment of his family in early-20th century Rhinelander. It will also explore his work as a photographer and filmmaker, as well as the lasting legacy he left through the creation of a nature preserve on the Pelican River, now owned and managed by Northwoods Land Trust.

There will be an exclusive viewing of some of Holmboe's wildflower photography. Frank Schroyer will then provide a visual tour of the Holmboe Conifer Forest as it exists today. He will share insights into its unique habitat and ecological features, and highlighting the significant reasons for its preservation as a wild area.

Mark Miazga, a Rhinelander native and author, recently released the third volume of his series *Tales of the Northwoods: Echoes of Rhinelander's Past*, which includes the fascinating life of Frithjof Holmboe. Mark will highlight additional tales from this book in a second LIR class also taking place on September 16, 2026 at 1 pm. See the next entry in this catalog.

Frank Schroyer joined the Northwoods Land Trust as a Land Conservation Associate in September 2021 to support the stewardship and monitoring of conservation lands, as well as educational and outings programs. Frank lived in several areas of Wisconsin growing up and graduated from the University of Wisconsin–Milwaukee in 2017 with a BS in Biological Sciences and BS in Conservation and Environmental Sciences.



Photo credit: Courtesy Northwoods Land Trust

TALES OF THE NORTHWOODS

History and Travel

Wednesday, September 16

1:00 PM

Nicolet College, Lakeside Center Theatre

Instructor: Mark Miazga

Hybrid: In-Person or Zoom

Why just imagine the tales behind Hodag fastpitch softball, moonshine activity in the Northwoods, or the reasons Rhinelander streets have the names they do? Why miss out on the story of the first Rhinelander hospital for lumberjacks? Instead, join this class and hear about these fascinating events from the not-so-distant past.

Mark Miazga will share some "Tales of the Northwoods," that he has penned after extensive historical research. We will all be chuckling and shaking our heads as we learn more about our town's founding fathers and mothers.

hodagpress.com

Mark Miazga was raised in Rhinelander and is a 1987 graduate of Rhinelander High School. He earned a BA in Sociology from the University of Wisconsin-Eau Claire and a Juris Doctorate degree from Mitchell Hamline School of Law in Saint Paul, Minnesota. Mark is the Director of the University of Minnesota Survey and Assessment Services office and has published work in the areas of public health and survey research.

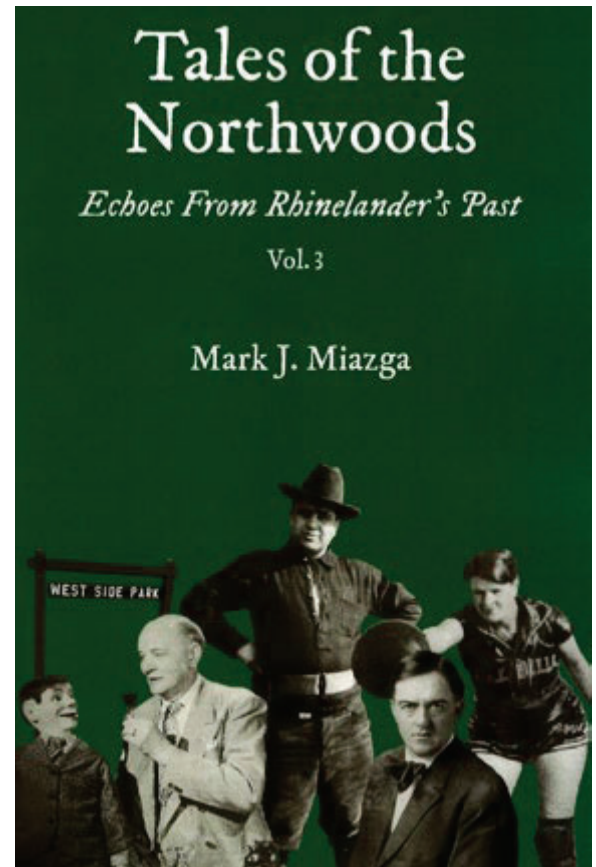


Photo credit: Mark Miazga

LUNCH BUNCH

Tours and Activities

Thursdays, September 17, October 15, November 19, and December 17

11:30 AM

Various Locations

Instructors: Brenda Peltier & Cookie Lough

Maximum: 20 participants

Enjoy exploring different restaurants and new cuisines while getting to know your fellow LIR members. We meet on the third Thursday of each month. The restaurant location is decided by the group, with the exception of the first Lunch Bunch, which is decided by the leaders. We always meet at 11:30 am to beat the lunch crowd. We will meet four times this session: September, October, November, and December.

HERBAL TEA BLENDING: ART, TRADITIONAL AND EVERYDAY WELLNESS

Health and Wellness

Tuesday, September 22

1:00 PM

Rhineland Historical Society Museum: 9 S Pelham St., Rhineland, WI 54501

Instructor: Amy Adkins

Maximum: 30 participants

Please note: This tea party will be held outdoors, weather permitting. Dress in your favorite tea party attire!

Come join us for a tea party exploring herbal tea as both nourishment and tradition rooted in long-standing plant use. This class is ideal for tea enthusiasts, gardeners, beginners interested in herbal wellness, and anyone curious about simple, and traditional plant-based practices. Each participant can sample teas and will leave with a finished herbal tea to take home.

Amy Adkins is the founder of Wild Roots Herbal LLC in Rhineland. She works with locally foraged and traditionally used plants to create small-batch herbal products inspired by old-world apothecary methods and regional plant knowledge. Her work is rooted in a simple belief: the world around us provides what we need when we learn how to see it, respect it, and work with it.

ENZO'S FROZEN TREATS

Finance and Business

Wednesday, September 23

1:00 PM

Nicolet College, Lakeside Center Commons

Instructor: Elida Rendon Garnier

Please note: Cash only for purchases from the food truck.

Elida is the founder of Enzo's Frozen Treats LLC, a venture she launched in the summer of 2016. After successfully running the business for four summers, she made the strategic decision to sell it for three years before reclaiming ownership in 2023. Her entrepreneurial journey is marked by determination and growth, showcasing her ability to overcome challenges and adapt.

In establishing Enzo's, Elida sourced a food truck from Spooner, Wisconsin, obtained a seller's permit, and registered her LLC with local support. This experience has enriched her understanding of entrepreneurship, and she welcomes questions from others interested in learning from her path of perseverance and growth.

Join Elida to gain insight into navigating business challenges, fostering personal growth, and building meaningful connections in both professional and everyday life. After class, indulge in one of Enzo's delightful frozen treats. There is something to satisfy every sweet tooth. Elida will have her truck of treats available with a variety of options.

Elida Rendon Garnier embodies curiosity, compassion, and commitment to forging meaningful connections. With a passion for personal growth and creative problem-solving, she values authenticity, kindness, and resilience in both her professional and personal life. Outside of her entrepreneurial ventures, she cherishes quiet moments, explores new ideas, and nurtures relationships with loved ones.

INFORMATION ON VACCINES IN 2026

Health and Wellness

Thursday, September 24

1:00 PM

Nicolet College, Lakeside Center Theatre

Instructor: Dr. Dave Schiek, Dr. Joel Furda,
and Dr. Chris Koepl

Hybrid: In-Person or Zoom

This class aims to inform older adults about their health through vaccinations. Participants will learn about:

- **The basics of vaccines:** What vaccines are and how they work.
- **The importance of vaccines for older adults:** Increased vulnerability to certain diseases and specific vaccines recommended for seniors.
- **Addressing common concerns:** Discuss common myths and misconceptions.
- **Community impact and personal responsibility:** How individual vaccination supports community health.
- **Empowering choices:** The importance of staying informed and making health-conscious decisions.

David Schiek, RPh, Owner & Managing Pharmacist, Rhinelander Hometown Pharmacy

David Schiek grew up in Rhinelander, Wisconsin. After earning his pharmacy degree from Ferris State University in Big Rapids, Michigan, David returned to Rhinelander in 1996 to begin his career. David is an active voice for rural and independent pharmacy at the state level, recently serving as Region C Director on the Pharmacy Society of Wisconsin's Board of Directors and on the PSW Membership Committee. He is the recipient of PSW's Innovation Award, recognized for his work developing cumulative medication reviews (CMRs) as a tool for proactive patient care. David has a longstanding interest in patient-centered health management, allowing him to provide individualized care that large chain pharmacies rarely can.

Dr. Joel Furda, MD

Dr. Joel Furda is a retired (sort of!) internal medicine specialist with nearly 50 years of experience in medicine. He graduated from the University of Iowa in 1974. He had a solo internal medicine practice on Frederick Street in Rhinelander for many years, and later, after additional cardiovascular training, affiliated with Cardiovascular Associates, continued to serve patients in our community and region. He currently provides free cardiovascular consults through the Oneida County Public Health Department.

Dr. Christopher Koepl, MD

Dr. Christopher Koepl is a retired internal medicine physician with nearly 40 years of clinical experience in the Rhinelander and Crandon area. He earned his medical degree with honors from the University of North Carolina and completed postgraduate training at the University of Iowa Hospital and Clinics. He is a fellow of the American College of Physicians and served as a founding member and lead physician of the Northern Wisconsin Memory Diagnostic Clinic for 25 years, specializing in memory and cognitive impairment. Dr. Koepl began his practice in Rhinelander in 1986 and considers it a privilege to grow older alongside his patients.



DIGGING FOR TREASURE BY THE SEA OF GALILEE

History and Travel

Tuesday, September 29

1:00 PM

Nicolet College, Northwoods Center 208

Instructor: Sara Walker Scholten

This class is intended to provide a sense of what it is like to participate in an archaeological dig in an area rich with artifacts and ongoing discoveries. We will explore the mystery, drama and international intrigue involved in developing a site rich in history to people of varying backgrounds.



Sara Walker Scholten has enjoyed being an outdoor naturalist in northern Wisconsin for more than 30 years. Her desire to learn all things relating to science and nature started as a youth living on the other side of the Great Eastern Mixed Forest in Pennsylvania. Her undergraduate studies at Grace University/ University of Nebraska included courses in biology, botany, zoology, inorganic and organic chemistry, and biochemistry. Graduate studies include a master's degree in medicine from the University of Nebraska Medical Center and a professional degree in Physician Assistant (Associate)-Certified. In retirement, Sara has taught nature classes to adults at a local camp and to church groups.

CED VIG NATURE SERIES

Ced Vig 2

CONNECTING WITH OUR NIGHT SKY: HOW TO PRESERVE & PROTECT DARK SKIES IN THE NORTHWOODS

Nature and Environment

Wednesday, September 30

10:00 AM

Nicolet College, Northwoods Center 208

Instructor: Michele Sadauskas

Hybrid: In-person and Zoom

Without the natural night sky, we could not have walked on the moon, navigated the globe, or discovered that humans are made of stardust. Sadly, we are losing our dark skies light by light.

Join Michele Sadauskas on a photographic journey to gain a greater appreciation of the night sky, understand how light pollution affects life on Earth, and explore how each of us can make a positive change to protect a natural resource many people take for granted.

Michele Sadauskas is the Oneida County Conservationist. She originally joined the Oneida County Land and Water Conservation Department in 2011 as the Aquatic Invasive Species Coordinator. Michele strives to develop landscape-level projects that incorporate regional partners, especially those involving native plantings. Sadauskas grew up on Pioneer Creek in Conover, Wisconsin, and has a passionate relationship with the water resources of the Northwoods. She graduated from UW-Stevens Point with majors in Forest Management and Biology, focusing her studies on plant ecology.

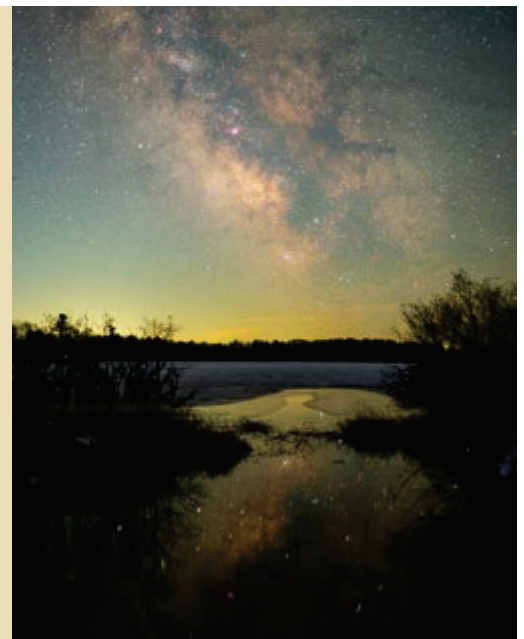


Photo credit: Courtesy Michele Sadauskas

CHRISTMAS TREE FARM TOUR

Tours and Activities

Thursday, October 1

11:00 AM

Herman's Clover Valley Farm:

4623 Clover Valley Road, Harshaw, Wisconsin

Instructor: Gay Herman

Please note: Good walking shoes and weather-appropriate clothing recommended.

Meet the Elves who help bring Christmas to life! Learn about Herman's Clover Valley Farm LLC, a 109-year-old family farm and its Christmas tree operation. Martin and Carrie Herman arrived in Harshaw in 1917 and established the farm. Today, 109 years later, their descendants continue to operate the 950-acre farm, creating a welcoming community in northern Wisconsin through their cut-your-own Christmas tree farm, farmers market participation, potato sales and celebration, and wreath-making endeavors.

Discover the 12-year process of growing a Christmas tree—from propagating, shaping to pest control management. You will also learn how the family has diversified its operations to help ensure the farm continues running for another 100 years!

The farm is currently owned and managed by four third-generation and one fourth-generation members of the Herman family. Although we have pursued careers in fields such as public service, chemistry, and sales, most of us are now retired. Together with our families and the next generation of owners, we return on weekends and during busy seasons for weeks at a time, to operate and maintain the farm.

Meeting Location: In case of inclement weather, we will meet at the farm (4623 Clover Valley Road, Harshaw, Wisconsin). If the weather is good, we will meet on the corner of Webster Road and Clover Valley Road, Harshaw, Wisconsin, about two blocks from the farm. You will see the Christmas trees on both sides of the road; please park along the roadside.



Photo Credit: Herman Family Members

CRANBERRY TOUR

FROM BOG TO TABLE: A CRANBERRY HARVEST EXPERIENCE AT ONE STONE CRANBERRY MARSH

Tours and Activities

Monday, October 5

Rain date: Thursday, October 8

Two tour times available: 11:00 AM & 2:00 PM

One Stone Cranberry Marsh: 2370 Wykowski Road, Three Lakes, WI

Instructor: Linda Goldsworthy

Maximum: 15 participants per tour

Step into the heart of Wisconsin's cranberry country for an immersive two-hour educational tour at One Stone Cranberry Marsh, a fourth-generation family operation nestled between Three Lakes and Eagle River. Led by retired Rhinelander High School history teacher Linda Goldsworthy, this tour blends local history, agricultural science, and hands-on observation.



Participants will explore the rich history of cranberry cultivation in Wisconsin's Northwoods, including the Goldsworthy family's pioneering role in bringing this industry to the region following the marsh's founding in 1947. You will learn about the three essential natural resources required to grow *Vaccinium macrocarpon* (the American cranberry), witness the harvest process firsthand, and watch a demonstration of fresh fruit sorting. Linda's presentation weaves together anecdotal stories and historical context, making this tour both entertaining and educational.

Linda Goldsworthy grew up on a dairy farm in Berlin, Wisconsin, where she developed a deep appreciation for agriculture and hard work. She earned degrees in History and English from Carroll College before beginning her career in marketing and public relations with an architecture firm. Teaching had always been her calling, and in 1996 she earned her teaching certification and accepted a position at Rhinelander High School. Throughout her career, Linda coached volleyball and Academic Decathlon, advised the National Honor Society, and mentored senior classes. Her dedication to education and global awareness earned her numerous honors, including the Herb Kohl Fellowship Award, the Rotary International Paul Harris Fellow recognition, and Wisconsin Global Educator of the Year. Since retiring, she has continued her commitment to lifelong learning by earning a master's degree in United States History from Gettysburg College. She also remains active in the community as a Meals on Wheels volunteer and Chair of the Three Lakes Community Foundation.

"SHACKERS" OF VILAS AND ONEIDA COUNTIES

History and Travel

Tuesday, October 6

1:00 PM

Nicolet College, Northwoods Center 208

Instructor: Kay Krans

Join Kay Krans as she shares stories of the "Shackers" of Vilas and Oneida Counties. Shackers were independent, often solitary woodsmen, frequently of Finnish descent, who lived and worked in small, temporary or semi-permanent shacks while cutting cedar, balsam and pulpwood in the early 1900s through the 1950s. Their stories have become part of the folklore of Wisconsin's Northwoods.

Discover what happened to some of these lumberjacks after the camps closed and companies moved west. Learn the stories of the men who remained in the woods and created a subsistence lifestyle.

Kay Krans is a graduate of the University of Wisconsin-Stevens Point and Mississippi State University. She spent her career as an adjunct lecturer in the College of Education at Mississippi State on the Methods of Teaching Social Studies and a high school history teacher. In retirement, Kay serves on the board of the Manitowish Waters Historical Society. She divides her time among research, writing, giving presentations, and leading historical tours of the Manitowish Waters region.

HOW TO EAT AS YOU AGE

Health and Wellness

Wednesday, October 7

10:00 AM

Nicolet College, Northwoods Center 208

Instructor: Sydney Zettler

Join Sydney Zettler, Clinical Nutritionist and Nutrition Response Testing Practitioner, to delve deeper into how to eat as you age. Learn how to make simple changes to what, when, and how you eat to optimize your hormones. Explore different fasting approaches and whether any may be right for you. You'll discover how to pair foods and make the best choices for an optimized diet that's tailored to your season of life. A questions and answers session will follow the presentation.

Sydney Zettler was born and raised in northern Wisconsin and found her passion in whole body healing after beginning her own health journey at ORGANIQUE. This profound way of healing allowed her to grow spiritually, physically, and emotionally and inspired her to help others visualize and achieve their health goals. Sydney graduated from the University of Wisconsin-La Crosse with a degree in Exercise Sport Science and Nutrition. She completed the Advanced Autonomic Response Testing under Dr. Klinghardt at the Sophia Health Institute in Washington as well as the Professional Clinical Training in Nutrition Response Testing in Florida. Sydney has also trained directly under Ashley Meyer, owner of ORGANIQUE Clinic, for seven years, integrating Ashley's understanding of the environmental, emotional, and spiritual components of health into her own toolbox.

FOODS FROM THE GREAT GATSBY ERA

History and Travel

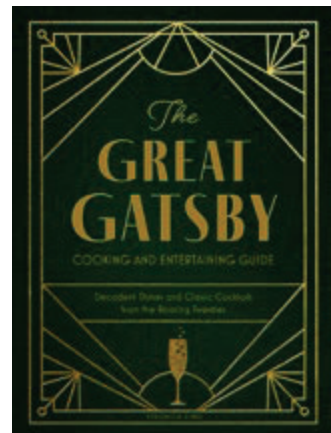
Monday, October 12

1:00 PM

Nicolet College, Northwoods Center 208

Instructor: Veronica Hinke

Celebrate 100 years of *The Great Gatsby* by stepping into the culinary world of the Roaring Twenties. Learn about the recipes and entertaining styles of that bygone era while exploring the world of flappers, speakeasies, and extravagant soirées. Discover menu items from local restaurants around 1925.



Based on *The Great Gatsby Cooking and Entertaining Guide: Decadent Dishes and Classic Cocktails from the Roaring Twenties!*

Veronica Hinke is a culinary and lifestyle journalist and instructor specializing in drinking, dining, and entertaining. She is the author of *The Last Night on the Titanic: Unsinkable Drinking, Dining, and Style*; *Titanic: The Official Cookbook*; *Harry Potter Afternoon Tea Magic*; and *The Great Gatsby Cooking and Entertaining*.

10 SIMPLE STEPS TO A HEALTHY LIFE WITH DIABETES

Health and Wellness

Tuesday, October 13

10:00 AM

Nicolet College, Northwoods Center 208

Instructor: Nancy Jensch & Suzette Katchko

With improved understanding and new treatments available, people with diabetes can live long, healthy lives without fear. This presentation discusses steps to help individuals take control of their health. Many of these steps can be applied to general health, whether or not you have diabetes.



Nancy Jensch is an RN Certified Diabetes Care and Educational Specialist (CDCES), a National Board-Certified Health and Wellness Coach (NBC-HWC), and a Certified Tobacco Treatment Specialist (TTS). She has enjoyed a long career as an RN, working primarily with patients managing chronic conditions in hospitals and primary care practices throughout the Northwoods. Her background includes hospital nursing, dialysis, and cardiac rehabilitation before specializing in diabetes care and education. In this role, she has worked with diabetes medical devices and patient education for individuals of all ages. She currently serves as an educator and health coach at Peter Christensen Health Center in Lac du Flambeau.

Suzette Katchko, APNP, began her Medical Vocation as a candy striper and a certified nursing assistant while in high school. She earned a Bachelor of Science in Nursing from University of Wisconsin-Madison. After spending 20 years working in intensive care and emergency room settings, she received her master's degree in 2008. She then spent the next 10 years in the Internal Medicine Department at Ministry Health Care before partnering with Nancy Jensch to provide care for patients with diabetes. Suzette retired in 2025 after serving patients at local tribal clinics, where she focused on diabetes management.

CED VIG NATURE SERIES

Ced Vig 3

LAKE SCIENCES BASICS

Nature and Environment

Wednesday, October 14

10:00 AM

Nicolet College, Northwoods Center 208

Instructor: Ted Rulseh

Hybrid: In-person and Zoom



Photo credit: Courtesy Ted Rulseh

Appreciation of the lakes we love is enriched by a basic understanding of lake science and aquatic life. Do you know the difference between a seepage lake and a perched lake? What are the trophic states and strata of lakes? What are the different lake zones called, and what lives and grows in each one? We'll explore these and other "ABCs" of inland lakes during this presentation. We may even get a primer on how lake ice forms and melts and the effects those processes have on the lake itself.

Join **Ted Rulseh**, a freelance writer, author, and advocate for protecting and preserving our inland lakes. Ted grew up in the Lake Michigan community of Two Rivers, Wisconsin, where he developed a fascination with water resources. Family vacations in the Northwoods instilled a love for the abundance and diversity of Wisconsin's lakes. For the past decade, he has devoted his time to helping others better understand and appreciate the lakes they love. He currently serves as president of the Oneida County Lakes and Rivers Association.

Websites:

- thelakeguy.net
- ocla.org

JOE AND NELLIE MERCEDES: FROM STAGE MAGIC TO NORTHWOODS TOURISM

History and Travel

Monday, October 19

1:00 PM

Nicolet College, Northwoods Center 208

Instructor: Kerry Bloedorn

Join Kerry Bloedorn, Northwoods historian, as he brings to life the incredible story of Joe and Nellie Mercedes, a world-famous telepathy duo who amazed audiences with a "see it to believe it" act. After a career of performing for presidents and royalty, tragedy brought them to their cabin on Blue Lake and later to their home in Rhinelander. From there, they turned their showmanship toward building the Heart of the Lakes region, helping to shape Northwoods tourism as we know it today.

Kerry Bloedorn is the director of Rhinelander's Pioneer Park Historical Complex and the host of WJFW's Connecting the Dots and WXPB's Northwoods Moment in History. He also writes for New North Magazine.

UNDERSTANDING ALZHEIMER'S: SUPPORT & RESOURCES

Health and Wellness, Meeting the Challenges of Aging

Wednesday, October 21

1:00 PM

Nicolet College, Northwoods Center 208

Instructor: Julie St. Pierre

Hybrid: In-person and Zoom

Alzheimer's impacts more than 7 million Americans—and nearly 12 million family members and friends who care for them—making it a growing health challenge that touches many lives in our local community. But there is hope, support, and a powerful movement working toward change.

The Alzheimer's Association is the world's leading voluntary health organization dedicated to Alzheimer's care, support, and research, with a bold mission: to end Alzheimer's and all other dementias. Join us for an engaging and informative presentation where you'll gain a clear understanding of Alzheimer's disease and other dementias, learn about current diagnosis and treatment options, and discover the wide range of local resources available through the Alzheimer's Association. Most importantly, you'll explore meaningful ways you can support those affected and take an active role in the fight against Alzheimer's and all dementias.

Julie St. Pierre, Program Manager for the Alzheimer's Association Wisconsin Chapter. Julie serves the Rhinelander area and has worked with the Association and families affected by dementia for more than 21 years.



Photo credit: Julie St. Pierre



CED VIG NATURE SERIES

Ced Vig 4

LOON RESCUE IN THE NORTHWOODS

Nature and Environment

Wednesday, October 28

10:00 AM

Nicolet College, Northwoods Center 208

Instructor: Linda and Kevin Grenzer

Hybrid: In-person and Zoom



Photo credit: Linda Grenzer

The iconic common loon, often seen and heard on lakes throughout the Northwoods, faces a number of life-threatening perils, many of them human-caused. What can you do if you notice a wounded, sick, or stranded loon? Call Loon Rescue, Inc. of course!

Linda and Kevin Grenzer of Tomahawk will explain how they rescue injured loons and transport them to wildlife rehabilitators, such as the Raptor Education Group in Antigo. Learn about the recurring threats loons face, how we can modify our behaviors to decrease those threats, and hear stories of successful rescues and returns back into the wild.

Linda and Kevin have a passion for loons and founded Loon Rescue to provide meaningful assistance to loons in need of medical care. Linda is also a gifted nature photographer who collaborates with The Loon Project, doing extensive surveillance and positive identification of loons by their color bands to document which birds return to lakes within the study area. Together, the Grenzers closely monitor the resident loon pair on the lake where they live.

Loon Rescue, Inc: 715.966.5415

Facebook: facebook.com/people/Loon-Rescue-Incorporated/100087364586426/

VISUALLY IMPAIRED TOOLS, TRAINING, AND SUPPORT FOR LIVING WITH VISION LOSS

Health and Wellness

Wednesday, October 28

1:00 PM

Nicolet College, Northwoods Center 208

Instructor: Jeffrey Droll, Office for the Blind and Visually Impaired



Photo credit: OBVI Brochure

If vision changes are affecting how you read, cook, get around, or use technology, you're not alone—there is help. Discover simple techniques, helpful tools, and local services designed to support independence and improve quality of life.

Presented by a Rehabilitation Specialist with the Office for the Blind and Visually Impaired and a Certified Orientation and Mobility Specialist.

STATE OF THE BAT: ONEIDA COUNTY EDITION

Nature and Environment

Thursday, October 29

10:00 AM

Nicolet College, Northwoods Center 208

Instructor: Marcia Obukowicz

Hybrid: In-Person and Zoom

Come join Marcia as she explores the state of the bats here in the Northwoods. She will share her 'retirement' project: conducting summer nighttime acoustic bat surveys from her kayak in Oneida County. She collects valuable data to support state and county grant-funded projects while monitoring species recovery and the health of local lake habitats.



Photo credit: Marcia Obukowicz

She will share data gathered from area lakes over the past six years, including encouraging news on gains made after the population of these winged wonders were nearly decimated by the white-nose fungus. She will discuss ways you can help keep our bats healthy and thriving. Along the way, Marcia will share some of her fun experiences made possible through the Wisconsin Master Naturalist Program, which connected her with state researchers in need of Northwoods data and a willing late-night paddler.

Marcia Obukowicz is a State Bat Ambassador and Master Naturalist. She has volunteered as a Wisconsin Master Naturalist for the past 11 years, contributing more than 1,000 volunteer hours to a variety of nature-based projects. Her work with bats led to her selection and specialized training as a State Bat Ambassador with the Department of Natural Resources (DNR) bat program. For the past six years, she has spent countless evenings driving back roads and paddling local waters to survey bats. Marcia is a retired CESA 9 Assistive Technology Specialist and Occupational Therapist.

I'M NOT BROKEN: LIVING WITH ARTHROGRYPOSIS MULTIPLEX CONGENITA (AMC)

Health and Wellness

Wednesday, November 4

10:00 AM

Nicolet College, Northwoods Center 208

Instructor: Jessica Johnson

Strength, determination, and the unwavering belief that "I'm not broken" gave Jessie the courage to face one of life's greatest challenges—losing the ability to walk at age 41. Yet even in the face of that loss, she has never lost her independence, resilience, or passion for adventure.



Photo credit: Jessica Johnson

Living with arthrogryposis, a rare condition that causes joint contractures and limits mobility, has never defined who Jessie is. Instead, her story is one of perseverance, adaptability, and strength. Come hear Jessie share how living with a condition that affects multiple joints and restricts range of motion never meant she was broken. "I'm not broken. I'm resilient, adaptable, and stronger than the challenges placed before me. Every day is proof that strength is not about what you have lost—it's about how you continue moving forward."

Jessie Johnson is a proud wife and mom raising two incredible girls with her husband and golden retriever. She enjoys spending her summers in Minocqua and is a very active volunteer at her daughters' school and with Girl Scouts. She also enjoys downhill skiing and water skiing and is always up for an adventure with her two girls!

HOME SAFETY FOR SENIORS

Meeting the Challenges of Aging

Thursday, November 5

10:00 AM

Nicolet College, Northwoods Center 208

Instructor: Jennifer Sackett , ADRC Specialist

Learn how to modify your home to improve safety for independent living as you age. Eliminating tripping hazards, improving lighting, and installing supportive fixtures are just a few precautions you can take to avoid accidents, falls, and injuries. Learn how to spot potential problems in your home and determine steps you could take to prevent mishaps.

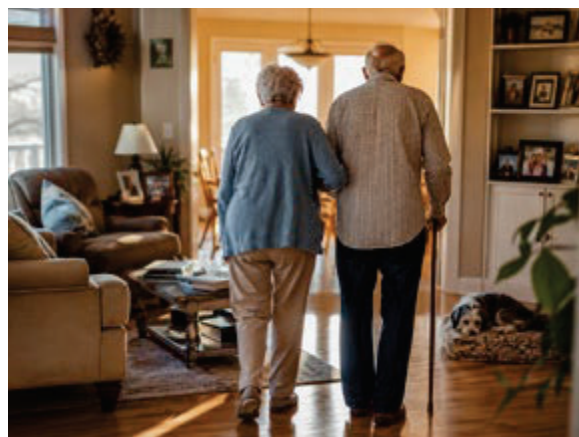


Photo Credit: AI-generated

Jennifer Sackett is an Aging & Disability Resource Center (ADRC) specialist. ADRC provides older adults and adults with physical or intellectual/developmental disabilities the resources needed to live with dignity and security and achieve maximum independence and quality of life. The goal of the ADRC is to empower individuals to make informed choices and to streamline access to appropriate services and supports.

MILITARY SERVICE—WHAT IS IT REALLY LIKE?

Community and Government

Tuesday, November 10

10:00 AM

Nicolet College, Lakeside Center Commons

Instructor: Jill Geoffroy

Want to know what military life is really like? Have you ever wished you could have flown in a UH-1 Huey or a UH-60 Blackhawk helicopter? What survival skills are taught? What are the ups and downs of this profession—the real day-to-day experiences? What responsibilities did Jill carry throughout her service?



Photo Credit: Jill Geoffroy

From her commission in the U.S Army in 1991 to her retirement at the rank of Major in 2013 and everything in between—this presentation explores her military journey. Why did she enlist? Why did she choose the Army? Her inspiring story will highlight her multifaceted service and experiences in the U.S. Army.

Throughout her military career, Jill served in various positions, including aeromedical evacuation pilot, platoon leader, unit commander, safety officer, and aviation liaison officer. She holds a bachelor's degree from the University of Wisconsin-La Crosse and a master's degree in management from Cardinal Stritch University. She served on both active duty and in the Wisconsin Army National Guard and has more than 1,500 hours of flight time in UH-1 Huey and UH-60 Blackhawk helicopters. While serving in the National Guard, Jill also worked for the Department of Transportation as a Regional Manager. Once retired, she was the Adjutant at the Wisconsin Veterans Home—King and later served as the veterans service officer (VSO) for Marathon County.



THE WHO, WHAT, WHY, AND HOW OF POWERS OF ATTORNEY

Meeting the Challenges of Aging

Wednesday, November 11

10:00 AM

Nicolet College, Northwoods Center 208

Instructor: Diane Tatrow and Amanda Trecartin

Hybrid: In-Person or Zoom

In this 75-90 minute session, we'll learn about both medical and financial/legal powers of attorney (POAs) from two experienced professionals in the medical and legal fields. The extended time will include a Q&A period and optional one-on-one coaching to complete a Medical POA using materials available on-site.

Whether you are considering a power of attorney for the first time or already have one in place, this class has something for everyone. If you don't already have POAs, you'll learn why they are important. If you'd like to create one or both POAs, you'll discover how to get started. If you already have POAs, you'll learn how to review, update, or revoke them. And if you have agreed to be someone else's medical or financial power of attorney (MPOA or FPOA), you'll gain a better understanding of your responsibilities.

Join **Diane Tatrow**, a nurse practitioner, board-certified in gerontology, advanced oncology and palliative care, to learn about Medical Power of Attorney. Diane helped bring palliative care to our community in 2014 at St. Mary's Hospital. She has extensive experience in implementing MPOA in the clinical setting of end-of-life care.

Amanda Trecartin, attorney with Hougum Law Firm, LLC, based in Wausau, will share her expertise in all forms of Power of Attorney. Amanda earned her bachelor's degree in social work from Andrews University. She attended law school at UW-Madison, where she served as a Senior Managing Editor of the Wisconsin Law Review.

Hougum Law is a full-service estate planning, elder law, and probate law firm. The firm advises clients on legacy planning, medical emergency planning, Medicaid and long-term care planning, probate and trust administration, business succession planning, and veterans benefits.

Website: hougumlaw.com

CATCHING THE NORTHERN LIGHTS

Nature and Environment

Thursday, November 12

1:00 PM

Nicolet College, Northwoods Center 208

Instructor: Heidi Evers

The northern lights have made many appearances lately. This presentation will offer tips on how to learn about possible upcoming appearances of the aurora borealis, as well as how to view them from the Northwoods of Wisconsin.



Photo credit: Heidi Evers

Heidi Evers is a northern lights enthusiast who has spent an inordinate amount of time watching the night sky since her first real taste of locally observed aurora borealis in March 2023. She now frequently observes the lights in all their beautiful forms from here in northern Wisconsin. She is a Group Expert for the Michigan Aurora Chasers Facebook group and an aurora “spotter” for an alert system on the Telegram app called Aurora Relay Channel (ARC) GLOW Alerts, as well as active on other Facebook groups and communities dedicated to viewing and educating others about the northern lights.

THE FAQs OF LIFE

Health and Wellness

Tuesday, November 17

10:00 AM

Nicolet College, Northwoods Center 208

Instructor: Joel Furda, MD

Hybrid: In-person and Zoom

At last! The most frequently asked questions (FAQs) in a general cardiology practice...with ANSWERS!

Most of us probably have never considered how often a physician is asked the same question over the years of an office or hospital career. The mark of a truly good doctor is the ability to treat each answer as a unique response to every individual and refine it over time to be the most up-to-date, understandable, and helpful answer possible.

Dr. Joel Furda has done just that and will share some of these answers with us. We'll learn whether we should be concerned if our heart skips a beat, races, or “flip-flops”. We'll find out what makes our hearts tire and weaken—and how to cope if it does. We'll hear about the risks of high blood pressure and high cholesterol (lipids). We'll also discover if amyloid in the heart and the amyloid plaques in the brain in dementia are related in any way, along with answers to take home, ponder, and share with others.

Dr. Joel Furda, MD, is a retired (sort of!) internal medicine specialist with nearly 50 years of experience in the medical field. He graduated from the University of Iowa in 1974. He operated a solo internal medicine practice on Frederick Street in Rhinelander for many years. After additional cardiovascular training, he affiliated with Cardiovascular Associates and continued to serve patients in our community and region. He currently provides free cardiovascular consults through the Oneida County Public Health Department.

HOLIDAY MUSIC AND CUSTOMS AROUND THE WORLD

The Arts (literature, art, music)

Wednesday, December 2

1:00 PM

Nicolet College, Lakeside Center Commons

Instructor: Marilyn Pekol

Members of the Rhinelander Area Community Band will perform holiday music from around the world. They will also share traditions and customs of the holidays from those countries. Don't be surprised to find a few culinary treats, too, as you learn about celebrations from places outside the United States.



The Rhinelander Community Band is under the direction of LIR member Marilyn Pekol. Their mission is to provide entertainment and education to the community through their performances. In addition to playing as a full band, members also enjoy performing as soloists and in small ensembles.

FALL 2026 CLASS LISTINGS AND EVENTS

DATE	TIME	SEPTEMBER
9/9	12:00 PM	Fall Kick-Off *RSVP Required
9/9	By Appointment	Technology Assistance
9/10	1:00 PM	Common Scams and Fraud Targeting Seniors
9/14	10:00 AM	Using Technology in LIR
9/14	1:00 PM	The Dao of Chinese Painting
9/15	1:00 PM	Ed the Diver–Diving for Treasures!
9/16	10:00 AM	Ced Vig 1: The Holmboe Conifer Forest
9/16	1:00 PM	Tales of the Northwoods
9/17	11:30 AM	Lunch Bunch
9/21	1:00 PM	The Dao of Chinese Painting
9/22	1:00 PM	Herbal Tea Blending: Art, Traditional and Everyday Wellness
9/23	1:00 PM	Enzo's Frozen Treats
9/24	1:00 PM	Information on Vaccines in 2026
9/28	1:00 PM	The Dao of Chinese Painting
9/29	1:00 PM	Digging for Treasure by the Sea of Galilee
9/30	10:00 AM	Ced Vig 2: Connecting with Our Night Sky: How to Preserve & Protect Dark Skies in the Northwoods

DATE	TIME	OCTOBER
10/1	11:00 AM	Christmas Tree Farm Tour
10/5	11:00 AM	Tour 1: From Bog to Table: A Cranberry Harvest Experience at One Stone Cranberry Marsh
10/5	2:00 PM	Tour 2: From Bog to Table: A Cranberry Harvest Experience at One Stone Cranberry Marsh
10/5	1:00 PM	The Dao of Chinese Painting
10/6	1:00 PM	"Shackers" of Vilas & Oneida Counties
10/7	10:00 AM	How to Eat as You Age
10/12	1:00 PM	Foods from the Great Gatsby Era
10/13	10:00 AM	10 Simple Steps to a Healthy Life with Diabetes
10/14	10:00 AM	Ced Vig 3: Lake Sciences Basics
10/15	11:30 AM	Lunch Bunch
10/19	1:00 PM	Joe and Nellie Mercedes: From Stage Magic to Northwoods Tourism
10/21	1:00 PM	Understanding Alzheimer's: Support & Resources
10/28	10:00 AM	Ced Vig 4: Loon Rescue in the Northwoods
10/28	1:00 PM	Visually Impaired Tools, Training, and Support for Living with Vision Loss
10/29	10:00 AM	State of the Bat: Oneida County Edition
10/29	1:00 PM	Bunco @YMCA of the Northwoods

FALL 2026 CLASS LISTINGS AND EVENTS

DATE	TIME	NOVEMBER
11/4	10:00 AM	I'm Not Broken: Living with Arthrogryposis Multiplex Congenita (AMC)
11/5	10:00 AM	Home Safety for Seniors
11/10	10:00 AM	Military Service—What is it Really Like?
11/11	10:00 AM	The Who, What, Why, and How of Power of Attorney
11/12	1:00 PM	Catching the Northern Lights
11/17	10:00 AM	The FAQs of Life
11/19	11:30 AM	Lunch Bunch

DATE	TIME	DECEMBER
12/2	1:00 PM	Holiday Music & Traditions Around the World
12/10	12:00 PM	Holiday Celebration
12/17	11:30 AM	Lunch Bunch



Pictured left to right:

Sue Stodola
(President Elect 2027-28)

Sue Richie
(Current President 2026-27)

Brenda Peltier
(Past President 2025-26)

Mary Dean
(Past President 2024-25)

Margaret Barnes
(Past President 2023-24)

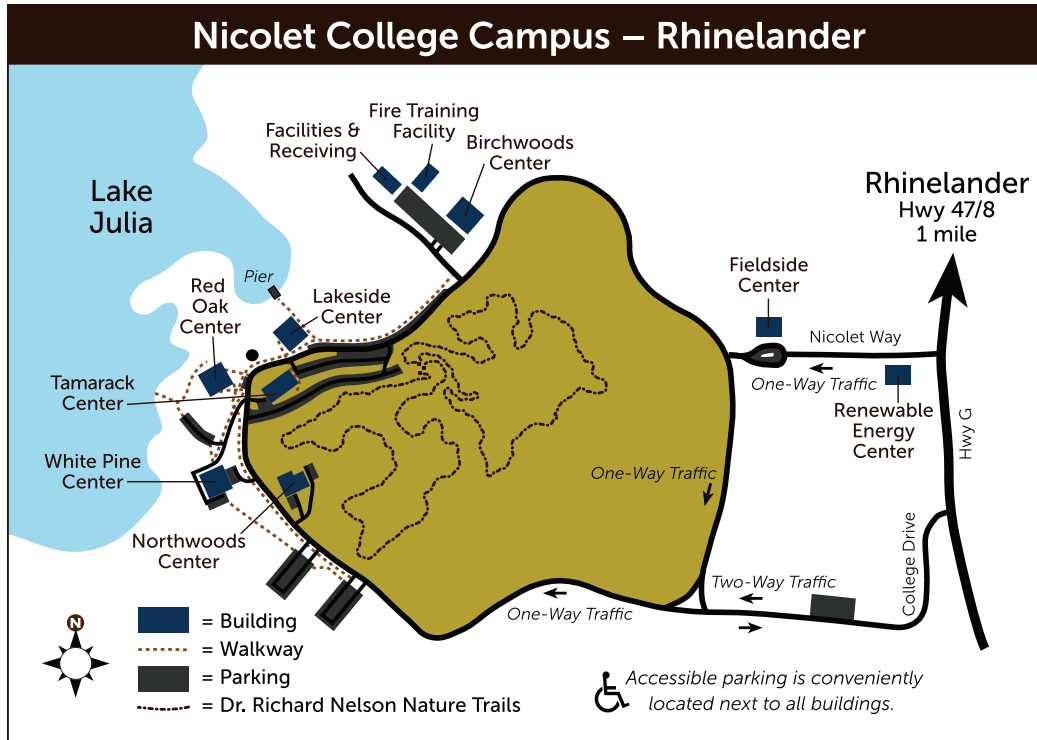
Our Mission

Learning in Retirement values a lifelong learning process that provides education and social opportunities that are stimulating, exciting, challenging, and fun.



LOCATION OF CLASSES

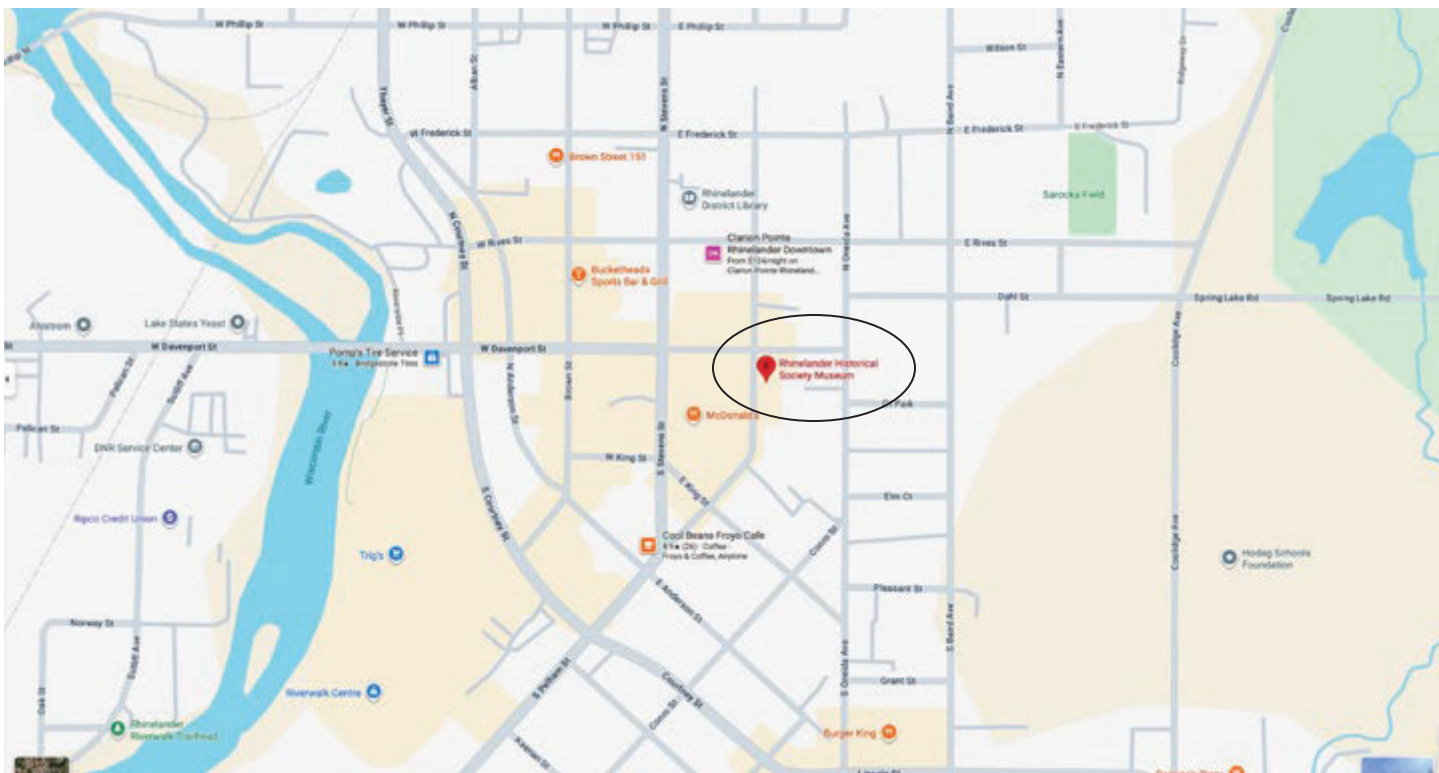
If you have a GPS system, you can enter the entire address into your device to get directions from your home to the location of the class. Or download your own maps at [google.com/maps](https://www.google.com/maps)



Nicolet College, Rhinelander, WI
5364 College Dr, Rhinelander, WI 54501

Most classes will meet in:

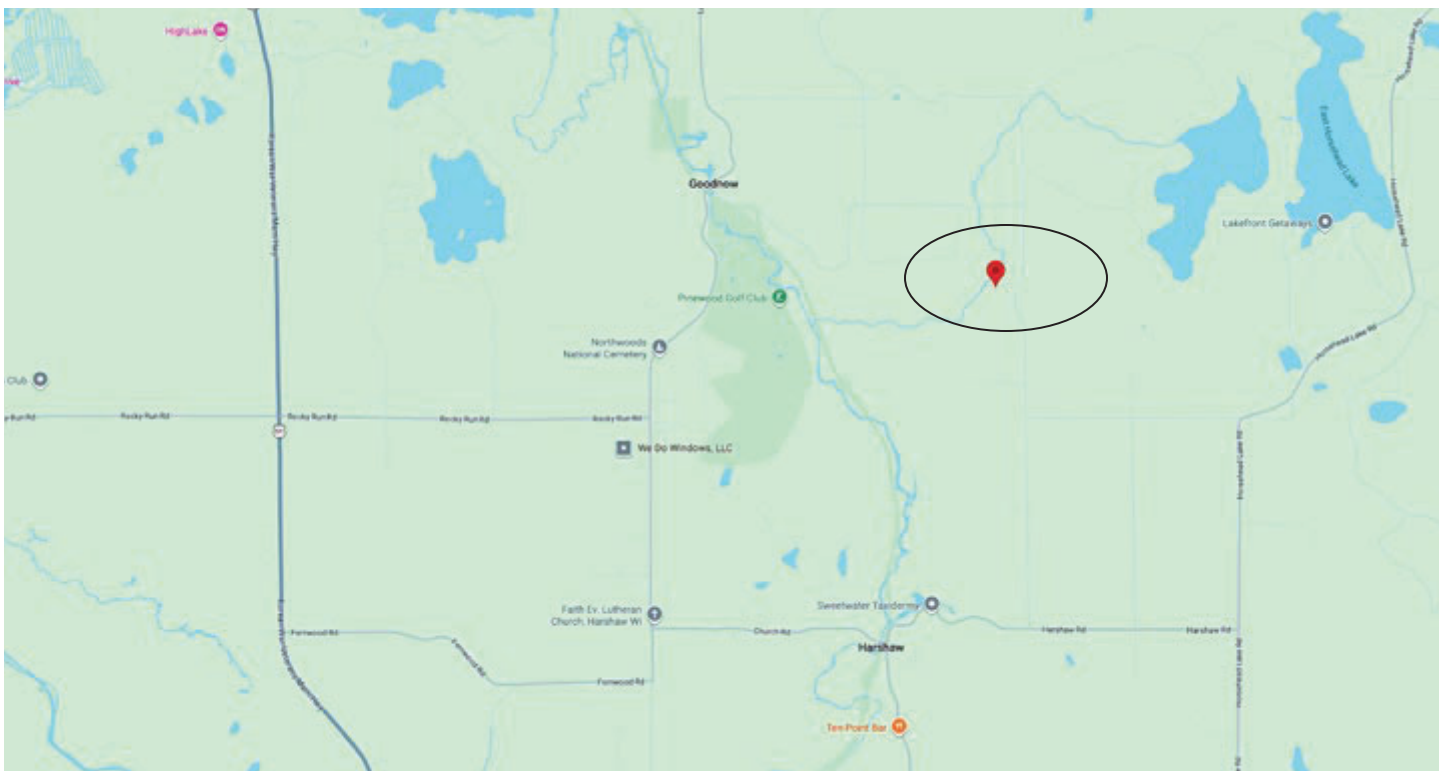
- Northwoods Center 207-209, Entry Level
- Northwoods Center 111, Lower Level
- Tamarack Center 110, Lower Level
- Lakeside Center, Theatre or Commons Area, or Both



Rhinelander Historical Society Museum

9 S Pelham St

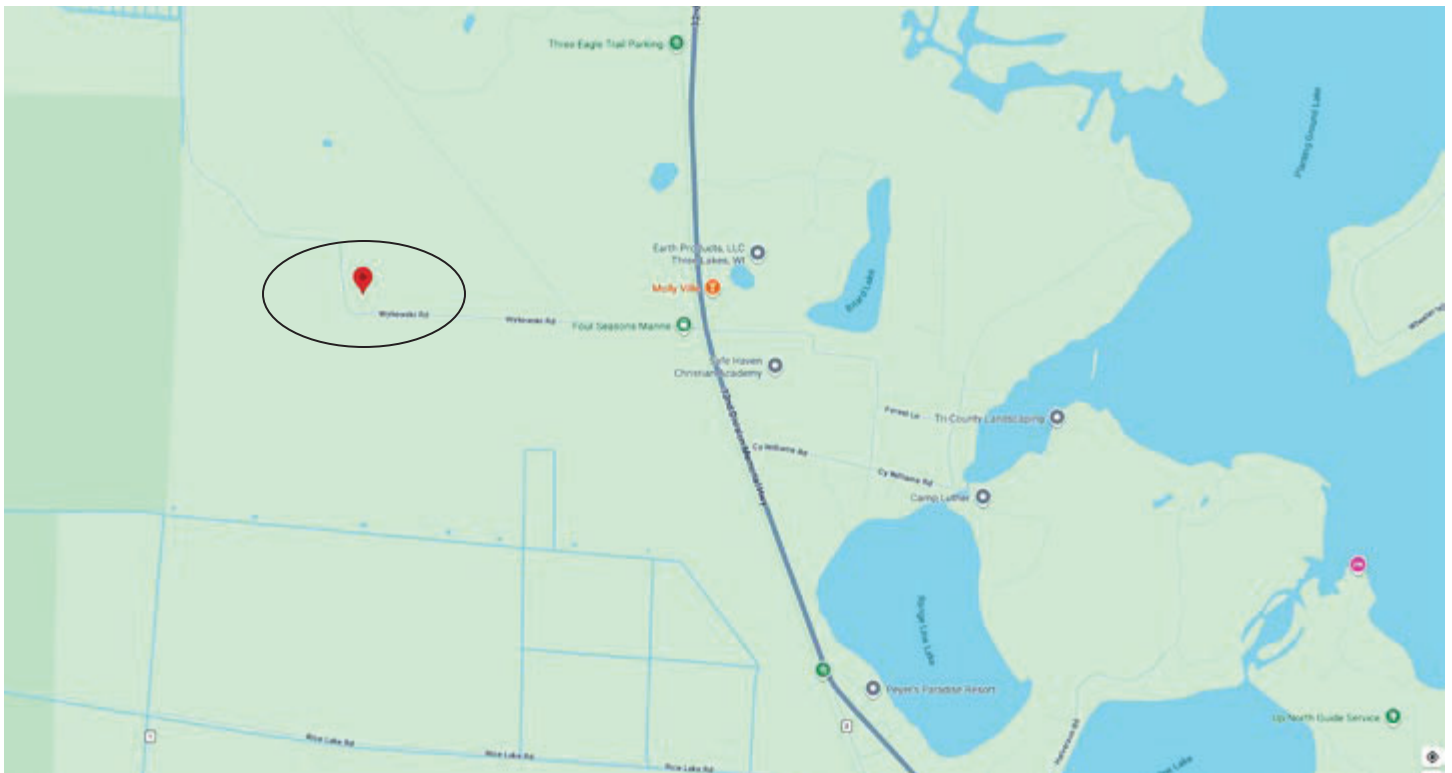
Rhinelander, WI 54501



Herman's Clover Valley Farm

4623 Clover Valley Rd

Harshaw, WI 54529



One Stone Cranberry Marsh
2370 Wykowski Road
Three Lakes, WI 54562

DID YOU KNOW?

*LIR provides two \$2,000
scholarships to nontraditional
students at Nicolet College.*

Contact LIR

Phone: 715.365.4544

TTY: 800.947.3529 or 711

Email: LIR@nicoletcollege.edu

Visit LIR Online

Go to: nicoletcollege.edu/lir to view the
current classes and to enroll in LIR.



NICOLET COLLEGE

LEARNING IN RETIREMENT

Nicolet College
5364 College Drive
PO Box 518
Rhineland, WI 54501-0518

Nicolet College does not discriminate on the basis of race, color,
national origin, sex, disability, or age in its programs and activities.
Any questions concerning non-discrimination policies can be
directed to: Director of Human Resources and Title IX Coordinator,
PO Box 518, Rhineland, WI 54501-0518, Phone: 715.365.4928,
TTY: 800.947.3529 or 711

26-000



SEPTEMBER 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2	3	4	5
6	7	8	9 CLASSES BEGIN Technology Assistance Begins Fall Kick-Off 12:00 pm @LC Commons	10 Curriculum Committee Meeting 11:30am @NC111 Common Scams and Frauds Targeting Seniors 1:00 pm @NC 208	11	12
13	14 Using Technology in LIR 10:00 am @NC 208 The Dao of Chinese Painting 1:00 pm @NC 208	15 Ed the Diver– Diving for Treasures! 1:00 pm @LC Theatre	16 Ced Vig 1: Holmboe Conifer Forest 10:00 am @LC Theatre Tales of the Northwoods 1:00pm @LC Theatre	17 Lunch Bunch 11:30 am @Various Locations	18	19
20	21 The Dao of Chinese Painting 1:00 pm @NC 208	22 Herbal Tea Blending 1:00 pm @Rhinelander Historical Society Museum, Outdoors	23 Enzo's Frozen Treats 1:00 pm @LC Commons	24 Information on Vaccines in 2026 1:00 pm @LC Theatre	25	26
27	28 The Dao of Chinese Painting 1:00 pm @NC 208	29 Digging for Treasure by the Sea of Galilee 1:00 pm @NC 208	30 Ced Vig 2: Connecting with our Night Sky 10:00 am @NC 208			



OCTOBER 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Christmas Tree Farm Tour 11:00 am @ Herman's Clover Valley Farm	2	3
4 Cranberry Tour 1 11:00 am @One Stone Cranberry Marsh The Dao of Chinese Painting 1:00 pm • @NC 208 Cranberry Tour 2 2:00 pm @ One Stone Cranberry Marsh	5	6 "Shackers of Vilas & Oneida Counties" 1:00 pm @NC 208	7 How to Eat as You Age 10:00 am @NC 208	8 Cranberry Tour Rain Date Curriculum Committee Meeting 11:30 am @NC 111	9	10
11 Foods from the Great Gatsby Era 1:00 pm @NC 208	12	13 10 Simple Steps to a Healthy Life with Diabetes 10:00 am • @NC 208 Steering Committee Meeting 1:00 pm • @ NC 111	14 Ced Vig 3: Lake Sciences Basics 10:00 am @NC 208	15 Lunch Bunch 11:30 am @Various Locations	16	17
18 Joe and Nellie Mercedes: From Stage Magic to Northwoods Tourism 1:00 pm • @NC 208	19	20	21 Understanding Alzheimer's: Support & Resources 1:00 pm • @NC 208	22	23	24
25	26	27	28 Ced Vig 4: Loon Rescue in the Northwoods 10:00 am • @NC 208 Visually Impaired Tools, Training, and Support for Living with Vision Loss 1:00 pm • @NC 208	29 State of the Bat: Oneida Co Edition 10:00 am • @NC 208 Bunco 1:00 pm @YMCA of the Northwoods	30	31



NOVEMBER 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4 I'm Not Broken: Living with Arthrogryposis Multiplex Congenita (AMC) 10:00 am @NC 208	5 Home Safety for Seniors 10:00 am @NC 208	6	7
8	9	10 Military Service-- What is it Really Like? 10:00 am @LC Commons	11 The Who, What, Why, and How of Power of Attorney 10:00 am @NC 208	12 Curriculum Committee Meeting 11:30 am @NC 111 Catching the Northern Lights 1:00 pm @NC 208	13	14
15	16 The FAQs of Life 10:00 am @NC 208	17	18	19 Lunch Bunch 11:30 am @Various Locations	20	21
22	23	24	25	26	27	28
29	30					



DECEMBER 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2 Holiday Music & Traditions Around the World 1:00 pm @LC Commons	3	4	5
6	7	8	9	10 Holiday Celebration 12:00 pm @LC Commons	11	12
13	14	15	16	17 Lunch Bunch 11:30 am @Various Locations	18	19
20	21	22	23	24	25	26
27	28	29	30	31		