Senior Activity Center of Sheboygan in partnership with Senior Scholars of Sheboygan present:

World Religions: The Middle East and Islam
- Dates: Mondays, February 9 – March 2
- Learn about the history of the Modern Middle East (1890–present) and various forms of Islam and Jihadi movements in the context of contemporary events.

India and Indian Religions
- Dates: Mondays, April 6 – 27
- This course will compare and contrast the dominant religions of India (Hinduism, Buddhism, Islam, Christianity, Jainism, and Sikhism) and the way they interact in contemporary Indian society.

Origins and Course of the Second World War
- This course will briefly examine the origins of WWII in both Europe and the Pacific. We will touch on the major events of the war and then discuss the consequences of the conflict.

Revisit the 1950s–60s and Rock n’ Roll
- From Doo-wop to Woodstock, revisit political, racial, and other cultural changes of the fifties and sixties. Come to this class expecting to add your knowledge of the times to discussions, to engage in this diverse and significant music of our American heritage, and to stroll down memory lane.

Culture Connections...
Discovering Italia
- This course will explore a sampling of Italian art, culture, language and cuisine. Learn about the distinctive culture of Italy’s many regions, simple Italian sentences and vocabulary. The course includes an authentic Italian dinner.
- Dates: Thursdays, April 30; May 7, 21
- Time: 6:30–8:00 p.m.
- For more information, please call (920) 459-6617.

Canvas with a Twist
- Create your own masterpiece while enjoying a fun, relaxing and social evening. No experience is necessary. So, whether you are a skillful painter or just hoping to discover your creative side, you will be amazed at your very own work of art. Supplies and refreshments included.
- Dates: Thursdays, April 30; May 7, 21
- Time: 6:00–8:00 p.m.
- Room: 3107, Main Building
- Tuition: $59.00
- Instructor: Pamela Hertel, MS, LCSW, LPC

Stop Reading So Slow!
- This course is designed to quickly improve your reading speed by 50–100%, using a newly developed technique that increases the speed and flexibility of your reading voice. Slow readers read word by word, faster readers read whole phrases (groups of words) in a single glance, which boosts comprehension, recall and makes reading a lot more fun. Appropriate for ages 14–adult.
- Dates: Mondays, April 6, 13, 20
- Time: 6:00–7:30 p.m.
- Room: 3107, Main Building
- Tuition: $49.00
- Instructor: James Protsman

Clutter to Comfort
How To Clear Your Home, Head and Heart
- Join us as we discuss the thoughts, feelings and behaviors which trap us in the overwhelm of life. This class will examine how and why we hold on to clutter, often manifesting itself as emotional burden, mental stress and physical disorganization. Explore how to simplify and clear the clutter - from home, head and heart - and begin living a life of greater intention. A gentle and non-judgmental approach will be used.
- Dates: Thursdays, April 9 & 16
- Time: 6:00–8:00 p.m.
- Room: 3107, Main Building
- Tuition: $59.00
- Instructor: Pamela Hertel, MS, LCSW, LPC

Digital Photography
- Learn basic to advanced digital photography techniques from photographer Maggie Olson of ML Photography and Design. From easily manipulating your camera to fun tips and tricks to get the perfect photo, any skill level can learn something new.
- Dates: Thursdays, April 2, 9, 16, 23, 30; May 7
- Time: Noon–1:00 p.m.
- Room: 5001, Learning Resources Building
- Tuition: $59.00
- Instructor: Maggie Olson

Selling on eBay for Beginners
- Making money on eBay is a skill that can be learned. Learn why a PayPal account is important and how to price, photograph and write good descriptions. Also learn about closing a sale, shipping and why feedback is important. Students should be computer savvy and know how to use the Internet. Please register with E-Bay and PayPal prior to starting this class.
- Dates: Tuesdays, April 7, 14, 21
- Time: 6:30–8:30 p.m.
- Room: 5001, Learning Resources Building
- Tuition: $65.00
- Instructor: Lisa Hurley and Lori Risse

For more information or to register, visit sheboygan.uwc.edu/continuing-ed or call (920) 459-6617 today!
**HEALTH & WELLNESS**

**As You Think**
Learn to use your thoughts effectively to create the life you want. Learn about "Vibrational Universe" and how it works, recognize why your life may be moving in a certain direction and how to make changes, also learn to apply the power of intention.

**Date:** Tuesday, March 17
**Time:** 6:30–8:30 p.m.
**Room:** 3211, Main Building
**Tuition:** $29.00
**Instructor:** John Oestreicher

**Yoga with Maggie**
Move, breathe and laugh. Learn everything from basics to advanced. No previous experience needed and all fitness levels are welcome. A water bottle and mat are recommended.

**Session 1:** Tuesdays, March 31–May 5
**Session 2:** Tuesdays, May 12–June 16
**Time:** 4:45–5:45 p.m.
**Room:** Cyber Café, Main Building
**Tuition:** $60.00 (drop-ins at $10 per class)
**Instructor:** Maggie Olson

**Reiki, Level 1**
Reiki is a Japanese form of stress reduction and deep relaxation which helps strengthen the immune system and promotes healing. Students will receive a Level 1 Reiki attunement, which enables them to use Reiki energy. Upon completion of the workshop, students will receive Level 1 Reiki Certification. Please bring to class a massage table (if you have one), a highlighter marker; a bag lunch, or plan to visit a nearby restaurant; a training manual: “Reiki: The Healing Touch (First & Second Degree)” by William Lee Rand. Manuals will also be available for purchase from the instructor before class for $20, cash or checks only.

**Date:** Saturday, March 14
**Time:** 8:00 a.m.–4:30 p.m.
**Room:** 2114, Main Building
**Tuition:** $185.00
**Instructor:** John Oestreicher

**Herbs for a Healthy Heart**
Learn about herbs that support the heart and circulatory system. Herbs can even heal a broken heart. We will learn the best way to prepare herbs for optimal results.

**Date:** Wednesday, March 25
**Time:** 6:30–8:30 p.m.
**Room:** 3107, Main Building
**Tuition:** $25.00
**Instructor:** Linda Conroy

**Herbal Spring Tonics**
Join herbalist Linda Conroy to learn about herbs that nourish the body and support the transition from winter to spring. We will learn about herbs that can be ingested as tea, infusions and/or soups as well as decoctions.

**Date:** Wednesday, April 15
**Time:** 6:30–8:30 p.m.
**Room:** 3107, Main Building
**Tuition:** $25.00
**Instructor:** Linda Conroy

**Reiki, Group Seminar and Session**
Learn about Reiki’s many rewards including relaxation, stress reduction, pain relief and improved health. Following the discussion, students may participate in a group Reiki session.

**Date:** Tuesday, March 3
**Time:** 6:30–8:30 p.m.
**Room:** 3211, Main Building
**Tuition:** $29.00
**Instructor:** John Oestreicher

**Tai Chi, Yang Style 24 Form**
Increase your mobility, flexibility, strength, and well-being at any age with Qi Gong and Tai Chi. It is a martial art that gives people a quiet mind and heart to reflect on their inner leadership and grace. Movements are slow, gentle and even to restore balance in the body, mind and spirit. The course is fast-paced, but the goal is not to memorize the form but to learn the fundamentals of Tai Chi. People of all fitness levels are welcome.

**Session 1:** Tuesdays, February 17–April 7
**Session 2:** Tuesdays, April 14–June 2
**Time:** 6:30–7:30 p.m.
**Room:** Gym
**Tuition:** $49.00
**Instructor:** Rufina Garay

**Self-Directed Online ACT Prep Course**
This Self-Directed Online ACT Prep Course will empower you to prepare for the ACT and offers a great option for students who want 24/7 access and a more flexible schedule.

**Option 1: ACT Prep Brush-up**
Learn the skills necessary to do well on your ACT exam with the help of top-notch professors and instructors. Learn strategies for test taking and solving math problems including algebra, geometry, and trigonometry; proper usage of English—rhetorical skills and mechanics; analysis and interpretation of scientific research summaries and conflicting hypotheses.

**Date:** Saturday, February 28
**Time:** 8:00 a.m.–2:30 p.m.
**Room:** 6001, Brotz Science Building
**Tuition:** $69.00

**Option 2: ACT Prep Strategies Course**
This ACT Prep Strategies Course is a series of classes designed to assist you in preparing for the ACT test.
- Learn from top instructors from local schools.
- Pinpoint your strengths and weaknesses. Begin by taking a test and receive detailed results to determine what you need to focus on during the course.
- Learn test-taking strategies to increase your speed and accuracy and alleviate test anxiety.
- Take this course when you need it most, just prior to taking the actual ACT test so you are less likely to forget what you have learned.

**Session 1:** UW-Sheboygan, in time for the April ACT test: Saturday, March 7, 8–noon, pre-test*
**Session 2:** Saturday, March 21, 8 a.m.–noon, test review, English Monday, March 23, 6–8 p.m., Reading, Writing Tuesday, March 24, 6–8 p.m., Math Wednesday, March 25, 6–8:30 p.m., Science
**Tuition:** $189.00 (enrollment is ongoing)

**ATTENTION: HIGH SCHOOL JUNIORS & SENIORS**

**Prepare for the ACT**

**Option 1: ACT Prep Brush-up**
Learn the skills necessary to do well on your ACT exam with the help of top-notch professors and instructors. Learn strategies for test taking and solving math problems including algebra, geometry, and trigonometry; proper usage of English—rhetorical skills and mechanics; analysis and interpretation of scientific research summaries and conflicting hypotheses.

**Date:** Saturday, May 9, 8–noon, pre-test*
**Saturday, May 30, 8 a.m.–noon, test review, English Monday, June 1, 6–8 p.m., Reading, Writing Tuesday, June 2, 6–8 p.m., Math Wednesday, June 3, 6–8:30 p.m., Science
**Tuition:** $39.00/session

**Option 2: ACT Prep Strategies Course**
This ACT Prep Strategies Course is a series of classes designed to assist you in preparing for the ACT test.
- Learn from top instructors from local schools.
- Pinpoint your strengths and weaknesses. Begin by taking a test and receive detailed results to determine what you need to focus on during the course.
- Learn test-taking strategies to increase your speed and accuracy and alleviate test anxiety.
- Take this course when you need it most, just prior to taking the actual ACT test so you are less likely to forget what you have learned.

**Session 1:** UW-Sheboygan, in time for the April ACT test: Saturday, March 7, 8–noon, pre-test*
**Session 2:** Saturday, March 21, 8 a.m.–noon, test review, English Monday, March 23, 6–8 p.m., Reading, Writing Tuesday, March 24, 6–8 p.m., Math Wednesday, March 25, 6–8:30 p.m., Science
**Tuition:** $139.00/session

**ATTENTION: HIGH SCHOOL JUNIORS & SENIORS**

**Students who receive free or reduced price lunches are eligible to apply for a partial scholarship for ACT Prep Courses. For more information, call (920) 459-6617.**
YOUTH

Painting and Fun!
Spend a fun evening with your friends, or make new ones, as you explore your creative side and paint your own 11” x 14” masterpiece to take along with you that evening. NO experience is necessary, our talented instructor will guide you step-by-step. Supplies are included.
Ages 7–17
Session 1: Yellow Butterfly, March 24
Session 2: Racoon, April 21
Session 3: Surrealistic Landscape/Guitar, May 5
Time: 4:30–6:00 p.m.
Room: 3210, Main Building
Tuition: $32.00 per session, includes supplies
Instructor: Cammie Walters

The Incredible Robo-Foundry:
Build a Robot from Scratch
Build a fully-functional, programmable robot from start to finish! Start with a bag of parts, learn what each part does, build your robot, and lastly use computer software to program it. On the last day, it’s time to compete! You will test your building and programming skills against your classmates’ robots by playing a game called “Mars Madness”. The robot and software is yours to take home so the fun can continue. Register early, seats are limited. Intended for students entering grades 4–8 in fall, 2015. Students should bring a lunch, snack and beverage daily.
Dates: Monday–Thursday, August 3, 4, 5, 6
Time: 9 a.m.–1 p.m.
Room: 3103, Main Building
Tuition: $105.00
Instructor: John Papenheim

TRAVEL & TOUR OPPORTUNITIES

Get Connected with Facebook
Want to learn about online social networking and how to connect with family and friends using Facebook? During this class you will learn how to create, use and maintain a Facebook page, including complex Facebook privacy policies and settings.
Dates: Wednesday, May 13
Time: 5:30–8:30 p.m.
Room: 5001 Learning Resources Building
Tuition: $29.00
Instructor: Maria Fields

Get Know Your iPad
This course will help you to develop a basic understanding of how to operate your iPad. Learn how to set up an iTunes account, use Facetime for video calls, download free apps and more!
Date: Wednesday, March 18
Time: 5:30–8:30 p.m.
Room: 5001 Learning Resources Building
Tuition: $29.00
Instructor: Maria Fields

File Tasting & Cultural Walking Tour
Discover the unique artists’ colony that has slowly evolved into a hidden foodie paradise as you enjoy delectable food and drink samples from six authentic mom-and-pop restaurants and ethnic eateries in the Bucktown and Wicker Park neighborhoods. Stops include Chicago’s top pastry & dessert restaurant, a Chicago-style hot dog “stand” and an internationally acclaimed brew pub. All food tastings are included in the ticket price. After the tour, the remaining time is yours to explore inviting neighborhood streets and enjoy the area’s full spectrum of attractions.
Note: There is a lot of walking on this tour, but all fitness levels are welcome. Wear comfortable clothing and shoes.
Date: Thursday, May 14
Price: $109.00 per person, includes transportation and guided taste tour.
Group size is limited so register early!

UW-SHEBOYGAN SPEAKERS’ SERIES
Please join us for one or more of these FREE lectures.

March
3  Vaccines: A Discussion of Skepticism and Peer-Review
Dr. James Kabrhel, Assistant Professor of Chemistry

April
7  Cyber-Identity: You Really are Just a Number!
Jerry Molinar, Associate Lecturer of Philosophy
May
5  Happiness is for Idiots
Dr. David Lowenecye, Professor of Philosophy
All Speakers’ Series lectures are held at 7 p.m.
in the Wombat Room (#2114).

PROFESSIONAL DEVELOPMENT

Get Connected with Facebook
Want to learn about online social networking and how to connect with family and friends using Facebook? During this class you will learn how to create, use and maintain a Facebook page, including complex Facebook privacy policies and settings.
Dates: Wednesday, May 13
Time: 5:30–8:30 p.m.
Room: 5001 Learning Resources Building
Tuition: $29.00
Instructor: Maria Fields

Google Drive
Google Drive is a place to store, manage and access all your files from anywhere, on any device. Students will learn how to set up, navigate and use the basic features of a Google Drive account.
Date: Wednesday, April 15
Time: 5:30–8:30 p.m.
Room: 5001 Learning Resources Building
Tuition: $29.00
Instructor: Maria Fields

Financial Strategies for Successful Retirement
Learn how to make informed decisions about your future, set realistic goals, properly allocate assets, minimize the impact of taxes and inflation, control health care costs and plan for the transfer of your estate. Qualified speakers will cover topics such as Asset Allocation Strategies, Medicare and Long Term Care. On the last night, an Estate Planning Attorney will present the section on Wills, Trusts, and Probate. If you are over the age of 55, this course is a must. Class includes a 235-page illustrated textbook and a comprehensive retirement plan at no additional cost.
Note: Couples may attend together for a single fee
Date/Time: Coming in early fall, visit sheboygan.uwc.edu/continuing-ed for dates.
Instructor: Dan Gilipsky, AAMS, Private Wealth Management
Spanish 1 (1.25 CEU)
This course is an introduction to the Spanish language for the beginning student who has never studied the language before and also serves as a refresher course for the student wanting basic review.
Dates: Tuesdays, March 10–April 7
Time: 6:00–8:30 p.m.
Room: 5002, Learning Resources Building
Tuition: $125.00
Required text: Asi Escribimos ($30)
Instructor: Lorena Brunette

Conversational Spanish (1.5 CEU)
This course, facilitated by native speakers, is for those who have completed all four of the non-credit Spanish classes through UW-Sheboygan CE. Outside students may join at this level if they have studied the Spanish language, including all grammar tenses. This total immersion course is designed to stimulate conversation and expand vocabulary.
Winter Session: Tuesdays, January 13–March 17
Spring Session: Tuesdays, March 24–May 26
Summer Session: Tuesdays, June 9–August 11
Time: 5:30–7:00 p.m.
Room: 3202, Learning Resources Building
Tuition: $140.00 per session
Required text: Advanced Spanish Grammar ($30)
Instructor: Jose’ Araujo

Spanish 2 (1.25 CEU)
This continuation of the Spanish I course allows for progression within the Spanish series. The class is geared toward the beginning Spanish student and will include a basic review of material covered in the first course. Emphasis will continue to be on grammar in the present tense, conversation and listening comprehension. New students with some prior exposure to the language may be ready to begin their study at this level.
Dates: Tuesdays, April 14–May 12
Time: 6:00–8:30 p.m.
Room: 5002, Learning Resources Building
Tuition: $125.00
Required text: Asi Escribimos ($30)
Instructor: Lorena Brunette

Spanish 3 (1.25 CEU)
This course is designed for serious Spanish students at an intermediate level of study. The class will offer continuing study and application of the Spanish language for those who have completed Spanish I & II courses, or who have a general understanding of the language's grammar structure, could join at this level. The emphasis will be on grammar, conversation and will include both review and application of the present tense, with introduction to past tense and other main grammar concepts.
Dates: Tuesdays, May 26–June 23
Time: 6:00–8:30 p.m.
Room: 5002, Learning Resources Building
Tuition: $125.00
Required text: Asi Escribimos ($30)
Instructor: Lorena Brunette

Spanish 4 (1.25 CEU)
This course is designed for serious Spanish students ready to complete their study of grammar concepts and strengthen conversational skills. The emphasis will be on advanced grammar and will include reinforcement of present and past tense while introducing future.
Dates: Tuesdays, July 7–August 4
Time: 6:00–8:30 p.m.
Room: 5002, Learning Resources Building
Tuition: $125.00
Required text: Asi Escribimos ($30)
Instructor: Lorena Brunette

Conversational Spanish (1.5 CEU)
This course, facilitated by native speakers, is for those who have completed all four of the non-credit Spanish classes through UW-Sheboygan CE. Outside students may join at this level if they have studied the Spanish language, including all grammar tenses. This total immersion course is designed to stimulate conversation and expand vocabulary.
Winter Session: Tuesdays, January 13–March 17
Spring Session: Tuesdays, March 24–May 26
Summer Session: Tuesdays, June 9–August 11
Time: 5:30–7:00 p.m.
Room: 3202, Learning Resources Building
Tuition: $140.00 per session
Required text: Advanced Spanish Grammar ($30)
Instructor: Jose’ Araujo

All French Classes
Textbooks are required for participation in all Spanish courses. If a text is needed, payment must accompany your registration and books will be distributed at the first class session. For more information or if uncertain about class placement, please call (920) 459-6617.

Spanish 1 (1.25 CEU)
This course is designed to stimulate conversation and expand vocabulary. It is designed to be a refresher course for students with some prior exposure to the language before and also serves as a refresher course for the student wanting basic review.
Dates: Tuesdays, March 10–April 7
Time: 6:00–8:30 p.m.
Room: 3202, Learning Resources Building
Tuition: $125.00
Required text: Asi Escribimos ($30)
Instructor: Lorena Brunette

Conversational Spanish (1.5 CEU)
This course, facilitated by native speakers, is for those who have completed all four of the non-credit Spanish classes through UW-Sheboygan CE. Outside students may join at this level if they have studied the Spanish language, including all grammar tenses. This total immersion course is designed to stimulate conversation and expand vocabulary.
Winter Session: Tuesdays, January 13–March 17
Spring Session: Tuesdays, March 24–May 26
Summer Session: Tuesdays, June 9–August 11
Time: 5:30–7:00 p.m.
Room: 3202, Learning Resources Building
Tuition: $140.00 per session
Required text: Advanced Spanish Grammar ($30)
Instructor: Jose’ Araujo

All French Classes
Textbooks are required for participation in all French courses. If a text is needed, payment must accompany your registration and books will be distributed at the first class session. For more information or if uncertain about class placement, please call (920) 459-6617.

French 1A
For true beginners, this introductory course will have a strong focus on pronunciation, culture and fun. Students will learn vocabulary to describe and give basic information about themselves and others. Grammar taught will be noun-adjective agreement and conjugating present tense verbs; course will cover lessons 0–2 in the text Festival 1.
Dates: Mondays, March 2–30
Time: 6:00–7:30 p.m.
Room: 3109, Main Building
Tuition: $75.00
Required text: Festival 1 ($60)
Instructor: Debbie Desmoulin

French 1B
Continuation of French 1A, or for students who have a little knowledge of French, this course will cover lessons 3–5 in the text Festival 1.
Session A: Wednesdays, March 4–April 1
Session B: Mondays, April 13–May 11
Time: 6:00–7:30 p.m.
Room: 3109, Main Building
Tuition: $75.00
Required text: Festival 1 ($60)
Instructor: Debbie Desmoulin

French 2A
Continuation of French 1B, or for students who have a little knowledge of French, this course will cover lesson 6 in the text Festival 1. Students will learn to ask for information, directions, and how to shop for food at the market; includes words for items, prices and quantities. Students will also practice speaking and listening by responding to the instructor’s questions in French.
Dates: Wednesdays, May 20–June 17
Time: 6:00–7:30 p.m.
Room: 3109, Main Building
Tuition: $75.00
Required text: Festival 1 ($60)
Instructor: Debbie Desmoulin

French 2B
Continuation of French 2A, for students who have a little knowledge of French, this course will cover lesson 7 in the text Festival 1. Students will learn to ask for information, directions, and how to shop for food at the market; includes words for items, prices and quantities. Students will also practice speaking and listening by responding to the instructor’s questions in French.
Dates: Mondays, March 2–30
Time: 6:00–7:30 p.m.
Room: 3109, Main Building
Tuition: $75.00
Required text: Festival 1 ($60)
Instructor: Debbie Desmoulin

Spanish Classes
We offer a six-week program for elementary students at the following Sheboygan area schools: Grant, Lincoln-Erdman, James Madison, Northview, Jackson, Pigeon River, ESAA, Sheboygan Falls and Wilson. For more information and schedule, visit sheboygan.uw.edu/continuing-ed/courses/youth/classes#spanish

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