

Session 1 | 10:15-11:15 a.m.

The Search for Meaning 26P6726I

Richard Kyte, Endowed Professor at Viterbo University and Director of the D. B. Reinhart Institute for Ethics in Leadership

This workshop will explore timeless ideas that guide people in the search for meaning: truth, goodness, beauty, and love. As society relies more upon technological aids to assist with work, education, and daily living, an increasing number of people are questioning what life is all about. What direction should our lives take? How do we distinguish the important from the trivial? How do we make our lives count?

Best Practices: Navigating and Staying Safe on the Internet 26P6726A

Stacy Martin, Director of Digital Access & Engagement – United Way Greater Chippewa Valley

Take charge of your online safety! This class focuses on protecting yourself from phone, text, and email scams. You'll learn how to recognize common tricks, avoid fraud, and guard against identity theft. We'll also cover practical tips for creating strong, effective passwords and staying safe online – no tech experience required.

Backyard Bocce Ball 26P6726B

Bruce Neeb, Retired

Traditional Italian lawn bowling has a rich history, from leisure to tournament play. Hear some of that history and learn how to bring this fun family game to your own backyard, picnics, and other gatherings. Mildly athletic and as competitive as you want to make it, your family and friends will enjoy it! **This workshop will be held outdoors on the lawn; in case of inclement weather, it will be cancelled, and you will attend an alternate workshop.*

Building Brain-Healthy Habits 26P6726C

Heidi Neeley, Program Manager – Alzheimer's Association

What if a few simple daily choices could help protect your brain for years to come? Building Brain-Healthy Habits is an engaging, science-based program that brings the latest brain health research to life and shows how everyday habits truly matter—at every age. In this interactive class, you will explore how physical activity, nutrition, sleep, and other lifestyle choices support brain health and overall well-being.

Caring Ahead: Exploring End of Life Decisions 26P6726D

Kristen Abbott-Anderson – End-of-Life Doula, PhD, RN, Dean of the UW-Eau Claire College of Nursing and Health Sciences

Lisa Quinn-Lee – PhD, MSSW, LICSW, Department Chair and Professor—UW-Eau Claire

This workshop, led by an experienced social worker and nurse, offers an interactive discussion on end-of-life planning. You will explore care options, personal priorities, preferred environments, and post-death choices such as green, home, or traditional funerals. The session will support thoughtful decision-making and increase confidence in communicating wishes clearly.

Discovering Your Roots 26P6726E *Sold Out*

Members of the Genealogical Research Society of Eau Claire

This workshop will address the “how and why” questions of researching your genealogy. We will discuss the importance of interviewing, documenting, and saving your work; the many tools available to you; and who to reach out to when you can go no further.

Harvesting Color: A Journey into Natural Dyeing 26P6726F

Britta Harris, Owner of Foraged Fibers

This presentation explores dye-friendly plants that thrive in the Chippewa Valley, including tips for gardening and foraging responsibly for natural color. You will learn how to identify and collect local plants, care for them successfully, and use beginner-friendly dyeing methods. The session will also include information on DIY crafts and projects that showcase how to turn homegrown and foraged plants into beautiful natural dyes.

Our Health Care Journey: 125 Years of Change in America 26P6726G

Rose Raleigh, MS, RN; Meg Lukanus, PhD, RN; Kerie Olson, BSN, RN; Andy Prevenas, BS – Faculty and staff in the Clinical Learning Center for the UW-Eau Claire Nursing program

Over the years, healthcare has advanced in ways that improve the health and quality of life with lifesaving interventions like CPR, immunizations, and transplants, while challenges such as antibiotic resistance remain. This presentation will explore the many changes in American health care over the last 125 years.

~~The Night Sky 26P6726H~~ *Sold Out*

Heidi Conde, Retired Natural Resources Educator

Increase your enjoyment of the night sky by understanding the apparent motion of celestial bodies. Learn to use a planisphere to navigate the constellations. This program is participatory and hands-on, and includes materials to help you recall what you learn. Your presenter has taught astronomy for the Wisconsin Union Mini Courses Program at UW-Madison and at five Wisconsin State properties.

~~Threads of Wellness: How Fiber Arts Support Brain Health 26P6726J~~ *Sold Out*

Lisa Wells, Dementia Care Specialist & Grief Support Specialist – Aging and Disability Resource Center of Eau Claire County

Discover how engaging in fiber arts—such as knitting, crochet, weaving, quilting, and embroidery— can do more than create beautiful works of art. You will learn how fiber arts stimulate multiple areas of the brain, reduce stress, build social connection, and foster a sense of purpose and accomplishment. You will also learn the basics of crochet and start your own small crochet project. This workshop is recommended for those who have never crocheted before or are very new beginners. The workshop fee covers yarn and a crochet hook. *Additional Fee: \$5

Understanding Grief 26P6726K

Ronald Potter-Efron, MSW, PhD – Chippewa Valley Grief Support Group

This workshop will define and describe the grief process. Then you will explore how grief is both an individual and universal phenomenon, different ways people grieve, and ways non-grievors can support the griever. The session will also discuss how grief support groups function.

~~Welcome to Birding 26P6726L~~ *Sold Out*

Steve Betchkal, Ornithologist, Ecologist, and Emmy-winning journalist

Binoculars. Field guides. The Merlin App. eBird. Lists. You like birds and want to get to know them better, but where do you begin? Why not start right here, with ornithologist Steve Betchkal.

Session 2 | 11:30 a.m.-12:30 p.m.

Backyard Bocce Ball 26P6726M *Bruce Neeb, Retired*

Traditional Italian lawn bowling has a rich history, from leisure to tournament play. Hear some of that history and learn how to bring this fun family game to your own backyard, picnics, and other gatherings. Mildly athletic and as competitive as you want to make it, your family and friends will enjoy it! **This workshop will be held outdoors on the lawn; in case of inclement weather, it will be cancelled, and you will attend an alternate workshop.*

Building Brains with Books: Reading and Engaging All the Littles in Your Life 26P6726N

Christine Lace, Early Childhood Consultant—Early Literacy Coalition of the Greater Chippewa Valley

Reading with young children is a powerful tool for building early literacy, cognitive development, and school readiness. Shared reading also supports children's emotional health, confidence, and resilience. This session offers practical ways to engage with children aged 0-8 by reading books and strengthening comprehension and thinking skills. This workshop will also discuss popular books amongst current youth.

Diversity in Public Information 26P6726O

Dr. Dale Taylor, Professor Emeritus at University of Wisconsin-Eau Claire

Dr. Taylor will discuss how racially diverse individuals are selectively included or omitted within the two primary vehicles for public information—education and media. This workshop will discuss specific examples of how public perception is controlled when race is selectively highlighted or excluded or when individual accomplishments are ignored.

Flower Arranging 26P6726P

Brent Stelzer, Brent Douglas Flowers

In this hands-on workshop, you'll learn the basics of floral design and craft your own beautiful arrangement to take home and enjoy! **Additional Fee: \$15*

Introduction to AI – ChatGPT 26P6726Q

Stacy Martin, Director of Digital Access & Engagement – United Way Greater Chippewa Valley

Step into the fascinating world of artificial intelligence. In this fun and easy-to-follow class, we'll explore what AI is, how it's already part of our daily lives, and some of the concerns and risks to be aware of. Practice as a group to see real results to use in everyday life. No experience needed—just bring your curiosity and willingness to learn!

It's Never Too Late to Learn: Returning to Higher Education Later in Life 26P6726R

Fern Brown, Retired teacher & current lifelong learner and Dan Cruger, LCSW & CSAC

This presentation explores how higher education can remain accessible and meaningful later in life. Drawing from her experience beginning a master's program in mental health counseling in her 70's, the presenter will highlight the motivations, challenges, and rewards of returning to school. Discover how continued learning can build new skills, connections, and purpose at any age.

Mind Your Music 26P6726S

Cathy Reitz, Sharer of Music

Making music is a way to better health and happiness. Music touches parts of us words alone cannot describe. Every time we make music, we are creating links and memories that engage our brain. Find out how and why as we sing together, share music, blow bubbles, and become happier and healthier. Your body and brain will appreciate it.

Monarch Parenting 101 26P6726T

Ellen Wynkoop, Monarch Butterfly Enthusiast

Discover how easy it is to raise monarch butterflies with simple, inexpensive supplies and some milkweed leaves. Learn more than you ever imagined about monarchs and milkweed in this informative and energetic presentation. Connect with nature and gain confidence in your own citizen-science abilities. Be prepared to fall in love with a new summer hobby!

~~Tai Chi and Qigong—Mindful Movement Practices from Asia~~ 26P6726U *Sold Out*

Sandra Mighell, Open Spaces Mindful Movement

This workshop will begin with a brief presentation about Tai Chi and Qigong—ancient mindful movement modalities from the east. Then, you will participate in or observe a mini-class of each modality. No experience needed; classes are gentle and accessible for people of most fitness levels.

The Art of RightSized Living 26P6726V

Erin Swoboda, Owner of Caring Transitions of the Chippewa Valley
Emily Simpson, Caring Transitions

Downsizing, relocating, and remodeling have become meaningful rites of passage in later life that bring with them emotional and logistical challenges. Learn a practical, person-centered approach for Rightsizing — creating living environments that suit one’s needs while preserving comfort, safety, and identity. You will learn key steps for evaluating space, identifying essential and meaningful belongings, and managing the liquidation of remaining items.

Art of the Obituary 26P6726W

Patti See, Advisor Emerita at UW-Eau Claire, author, and columnist

Writer Barry Lopez said, “Everything is held together with stories.” That couldn’t be truer than when you consider the art of obituary writing. Patti See will provide examples of her favorites and offer encouragement, guidance, and practice in writing your own (for loved ones or for yourself). How can you condense one life into 500 words? Choose carefully.

The Caregiver Workshop: Preparing Backup Plans Before the Crisis 26P6726X

Jen Miller, RN Director and Owner of Rellim Senior Day Care

As a caregiver, you do your best to hold it all together—but how are you really doing? Take the Caregiver COPING Score to find out. Join us for an interactive workshop to create your personalized backup plans and leave equipped, confident, and refreshed. Do you love it when you attend a learning event and leave with homework? Neither do we! By the time you leave, you will have your very own caregiving manual to take with you—homework free!

WWII Pacific POW Experience From Bataan to Mukaishima 26P6726Y

Todd Johnson, retired Eau Claire police officer

Learn about the POW experience beginning at Bataan and concluding in Japan, with a specific focus on the Mukaishima POW camp. The presentation will also include details about a reunion of Mukaishima POW relatives commemorating the 80th anniversary of their liberation.

Session Three | 2-3 p.m.

Adaptive Equipment: A Functional Approach 26P6726Z

Courtney Drury, Occupational Therapist—Lakeland Home Health & Lakeland Therapy

This workshop will review adaptive equipment for individuals limited in mobility, strength, or coordination—equipment that increases independence and safety for daily activities. Key categories of equipment you will explore include self-care, mobility and transfers, home management, and environmental modifications. Benefits include increased independence with activities of daily living, enhanced safety, reduced caregiver burden, improved efficiency, and energy conservation.

Beyond the Counter: What Can a Clinical Pharmacist Do for You? 26P6726AA

Jenna Nehls and Micheal Plautz, Pharmacists— Mayo Clinic Health System

This presentation explores the vital role pharmacists can play in improving patient care. We'll discuss how pharmacists provide medication management, chronic disease support, and preventive care. Learn how pharmacists can bridge the gaps with you and your primary provider to improve your safety and health.

~~Chair Yoga: Stretching All of Your Body Parts 26P6726BB~~ *Sold Out*

Judy Israel, Chair Yoga instructor at YMCA

Come participate in chair yoga! Chair yoga allows you to stretch without the worry to maintain your balance, and it can even improve your overall balance. You will work to strengthen and stretch your body to reduce injuries and increase flexibility.

Dog Breeds and Behavior – Why Breed Matters 26P6726CC

Heather Mishefske, Certified Canine Behavior Consultant – emBARK, LLC

Learn how breed impacts a dog's behavioral repertoire and how you can understand your dog better by knowing what genetics lie beneath the surface. Come learn from a certified canine behavior consultant, whether you currently have dogs, want to get a dog, or are just curious about the topic.

~~Flower Arranging 26P6726DD~~ *Sold Out*

Brent Stelzer, Brent Douglas Flowers

In this hands-on workshop, you'll learn the basics of floral design and craft your own beautiful arrangement to take home and enjoy! *Additional Fee: \$15

~~Gardening for Life 26P6726EE~~ *Sold Out*

Margaret Murphy, Senior Horticulture Educator – Extension UW-Madison

Gardening can be a lifelong source of wellness, connection, and joy. Discover how accessible and adaptive gardening techniques allow us to enjoy the physical, nutritional, mental, and social benefits of gardening—no matter our age or ability. Rethink garden spaces and practices to make them easier on our changing needs. Ergonomic and adaptive tools will be available to review.

Introduction to Falconry: Featuring a Live Raptor! 26P6726GG

Todd Johnson, retired Eau Claire police officer

Get up close with a bird of prey! Todd Johnson will provide a look into the world of falconry — the process of obtaining a permit, capturing your first bird, training, hunting, and overall care for a feathered hunting companion. No prior experience in falconry required—this workshop is for anyone curious about birds of prey and seeing a live bird up close.

~~Neurographic Art – Calm Your Mind with Drawing 26P6726HH~~ *Sold Out*

Patricia A. Hawkenson, In-House Artist – Decadent Gifts and Gallery

Neurographic art is a meditative and intuitive process that transforms emotions into flowing lines and shapes. We'll cover the basics of neurographic art—discussing its benefits, principles of neurographic lines, and different methods of creating graphic art. Patricia will guide you through a step-by-step exercise, using simple drawing techniques to calm the mind and encourage relaxation.

Art supplies will be provided.

Nia Joyful Dance and Ecstatic Dance 26P6726II

Sandra Mighell, Open Spaces Mindful Movement

Receive a brief presentation on two dance techniques, and then participate in or observe a mini class that teaches both dance forms. The Nia Technique is a joyful cardio dance that combines martial arts with dance, yoga, and functional movement. Ecstatic Dance is a free-form, conscious dance in which you move with the music in your own way—without choreography or guidance.

Opening My Cultural Lens 26P6726JJ

Gail Shore, Founder of Cultural Jambalaya

Gail Shore will discuss her solo travel experiences to 100 countries, including to destinations as intriguing as North Korea, Iran, the Amazon, and even Timbuktu. Her book, *Opening My Cultural Lens*, is the account of her lifetime on the road—an illuminating exploration of the traditions, rituals, and cultures of some of the world's most remote and fascinating populations.

Stay Safe, Stay Smart: Avoiding Today's Most Common Bank Scams 26P6726KK

Tammy Sinz, Director of Retail Banking – Security Financial Bank

Jennifer Truhlar, BSA Officer – Security Financial Bank

Think you can spot a scam? Think again. Scammers are using artificial intelligence and new technology to create messages, voices, and even videos that look and sound real. Get an eye-opening look at the newest fraud trends — from AI-generated phishing attacks and online romance scams to crypto cons and fake customer support calls. Recognize red flags, protect your identity, and confidently navigate the digital world.

The Importance of Documenting Your Life 26P6726LL

Renee Liming, Owner of Lessons for Tomorrow

Your life matters — this presentation will cover the importance of documenting your life stories, photos, recipes, and genealogy. You will receive writing prompts to help get you started, and you'll learn tips for organizing your important documents. Your future generations will appreciate the fact you took the time to document your life.
