



# Learning for Life Day

## *Celebrate New Experiences*

*Celebrate New Experiences* is the theme for this new Learning for Life event! The day offers learners of all ages the opportunity to explore a wide variety of new and interesting topics, including wellness, history, home safety, cybersecurity, home organizing/downsizing, the outdoors, sausage making and many more. Take time to peruse the resource fair and enjoy lunch, all for one great price. It's a day to celebrate new experiences and see what WITC has to offer!

**Saturday, Sept. 21, 2019**

**8 a.m. – 2 p.m.**

**WITC-Rice Lake Conference Center  
Rice Lake, WI**

*\$37.50/\$24.30 (62+)*

*Lunch included*



WISCONSIN  
INDIANHEAD  
TECHNICAL  
COLLEGE

Continuing Education

### Agenda

- 8–9 a.m.....Registration, resource fair
- 9–9:50 a.m.....Breakout session 1
- 9:50–10 a.m .....Break, resource fair
- 10–10:50 a.m.....Breakout session 2
- 10:50–11 a.m.....Break, resource fair
- 11–11:50 a.m.....Breakout session 3
- 11:50–1 p.m. ....Lunch, resource fair
- 1–1:50 p.m.....Breakout session 4

## Breakout Session 1 • 9–9:50 a.m.

1a	<b>Chair Stretching for Everyone</b> , <i>Presenter: Jodi Olney, Health Promotion Coordinator and Personal Trainer/Fitness Instructor.</i> Join us for a chair-based exercise class that includes a variety of exercises to increase muscular strength, range of movement and activities of daily living. We'll end class with some seated stretches. This class is for any age. Let's have fun!
1b	<b>History of Barron County</b> , <i>Presenter: Jeffrey S. French, County Administrator.</i> We will review the founding and formation of Barron County, discussing the naming of Barron County and some of the unique historical events and facts of Barron County.
1c	<b>Fire Safety in Your Home</b> , <i>Presenter: Mike Hover, WITC EMS and Fire Instructor.</i> A veteran firefighter will discuss how to keep yourself, your loved ones and your home safe from fire. The best ways to prevent a fire will be covered. You'll also learn about smoke and carbon monoxide detectors. Participants will learn to select and use fire extinguishers and will even have the opportunity to extinguish a virtual fire using WITC's training simulator.
1d	<b>Scams and You</b> , <i>Presenter: Sherriff Chris Fitzgerald, Barron County Sherriff.</i> Sherriff Fitzgerald will discuss scams in the area and on the internet and how to protect yourself from them. Don't miss the opportunity to protect yourself, family and neighbors from these scammers.

## Breakout Session 2 • 10–10:50 a.m.

2a	<b>Amazing Bogs</b> , <i>Presenter: Nikki Janisin, Executive Director, Friends of the Hunt Hill Audubon Sanctuary, Inc.</i> Generalize how bogs form. Share interesting facts about unique features of the bog environment – plants, composition and preservation.
2b	<b>How We Got to the Moon</b> , <i>Presenter: Jim Adams, Retired Teacher.</i> Jim Adams uses models and photos to take the audience along on the first lunar landing and a safe return to the earth. His presentation describes the rockets used to get the astronauts from liftoff to travelling at speeds fast enough to escape the earth's gravitational pull and then coasting to the moon. He uses NASA photos and videos to help the audience visualize the lunar landing and exploration. The complexity of the lunar trip is presented in a way that is understandable to all ages. He even includes a few personal lessons learned along the way.
2c	<b>Downsize Your Home and Simplify Your Life</b> , <i>Presenter: Sarah Metcalf, Professional Organizer, SRM Organizing LLC.</i> Have you ever considered scaling down your possessions and/or moving to a smaller home? Smaller homes are easier to manage and are usually less expensive to maintain. This session will help you explore your personal reasons to downsize and simplify your life. You will learn the steps involved in the downsizing process that you will be able to put to use right away. This session will cover the concept of intentional living and how it can be applied to the process of downsizing your home.
2d	<b>Help Yourself to Better Health</b> , <i>Presenter: Peggy Schmidt, MSN Caregiver Specialist/Health Promotion Coordinator, ADRC.</i> Attitude is everything. When it comes to aging, we can add 7.5 years to our life with a positive outlook on the process. We can feel confident, maintain independence and save health care dollars. We have a role to play in maintaining our well-being.

## Breakout Session 3 • 11–11:50 a.m.

3a	<b>Pickleball: Fun, Fellowship, and Great Exercise</b> , <i>Presenter: Jim Adams, Retired Teacher.</i> What is pickleball, you ask? Well, it is the fastest growing sport in America. If you would like to know what this game is all about join us at this session. We will examine the history of the game, the equipment needed to play, the rules of the game, playing techniques, and scoring, common strategies and view some video of Pickleball games. The session will also discuss why this game is so popular with senior citizens. Participants will also learn where Pickleball is played in the local area.
3b	<b>Foreign Language</b> , <i>Presenter: James Richie, Foreign Language Instructor.</i> Yes, it can be done! Try your hand at learning a little Italian and Spanish. In this short lesson, you will see how foreign languages can be successfully taught over the ITV platform. You will leave with some basic introductory phrases in both Spanish and Italian. Get a little taste of what's yet to come this fall.
3c	<b>Fall Sausage &amp; Venison Kickoff</b> , <i>Presenter: Louis E. Muench and/or Louis K. Muench.</i> A summary of basic sausage making and proper care of wild game for processing whether for one's self or processing by a meat plant. A description of various sausage tips, processing techniques and some basic recipes will be provided. Basic food safety, sanitation and handling of meat will be touched upon.
3d	<b>Intro to Wills &amp; Trusts</b> , <i>Presenter: Susan Miley, Attorney.</i> Susan Sharp-Miley will provide a brief summary of her popular Wills and Trusts class. The presentation will help you understand what your current estate plan is, how to avoid probate of your assets, and how to reduce or eliminate taxes.

## Breakout Session 4 • 1–1:50 p.m.

4a	<b>Hiking Tips and Trails in the Region</b> , <i>Presenter: Tim McRaith, Academic Support Director, WITC and Ice Age Trail Volunteer.</i> Come and learn about hiking options available to you locally and regionally. Tim McRaith will share ideas for places to hike and have suggestions about how to match your interests and time available to the many options for hiking in our area. There will be online resources shown that will help you plan your next outing whether it be a one hour or one week hike.
4b	<b>Know Your Renaissance Artists</b> , <i>Presenter: John Loy, History teacher, Chetek-Weyerhaeuser School.</i> We have all experienced references to famous works of renaissance art in books, movies and on TV. But, could you identify the artist and where the artifact is located? Would you like to know more about the specific styles and characteristics that make the art so easily identifiable? The goal of this session is to give a little insight in story form about the artists who created these masterpieces; and to be able to identify their works. At the end of the session, there will be a "name the artist" slideshow to test your knowledge. Some famous works include those of Michelangelo, Di Vinci, Raphael, Durer, Rembrandt, Giotto and Raphael.
4c	<b>Barron County Sheriff's Department K-9</b> , <i>Presenter: Deputy Chris Allen and K9 Koda.</i> Deputy Chris Allen will talk about how the K9 program and training are used and give a demo of what Koda can do.
4d	<b>Back and Sciatica Pain</b> , <i>Presenter: Erik Larson, Spooner Physical Therapy.</i> The class is designed to go through the main causes of lower back pain in both medical and lay persons' terminology. Learn what you can do to get rid of the pain! Dr. Erik L. Larson is a local private practice owner of a physical therapy clinic. His passion is in empowering patients to take control of their lives through education of wellness.

# REGISTRATION FORM

for Continuing Education (non-credit) Courses

*WITC is an equal opportunity employer/educator.*

LOCATION

## Continuing Education

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_ Former Last Name (if applicable) \_\_\_\_\_ Date of Birth \_\_\_\_\_

Employer \_\_\_\_\_

Age 62+?

WITC Student ID No. \_\_\_\_\_ Social Security No. \_\_\_\_\_  *I've taken classes at WITC in the past.*

Email address (required for WITC alerts and important communication) \_\_\_\_\_ Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Home address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Resident of (check one):  Township  Village  City County \_\_\_\_\_ School District where you live \_\_\_\_\_ Last high school attended \_\_\_\_\_ Highest grade COMPLETED (K-12): \_\_\_\_\_

The information below is required for state and federal reporting purposes, and will be kept confidential.

**Gender:**  Male  Female **Ethnicity:** Hispanic/Latino origin?  Yes  No  
**Race (check all that apply):**  American Indian/Alaska Native  Asian  Black/African American  Native Hawaiian/Other Pacific Islander  White  
**Highest Credential Earned**  
 01 = No Credential  05 = Some college credit  08 = 2yr Diploma  11 = Baccalaureate  
 02 = GED  06 = Short-term diploma or certificate  09 = Associate Degree  12 = More than Baccalaureate  
 03 = HSED  07 = 1yr Diploma  10 = Associate Degree  99 = Student Declined/Unknown  
 04 = High School Diploma Plus Additional Credential

OFFICE USE ONLY	
Term:	_____
<input type="checkbox"/> 38.14 Contract #	_____
<input type="checkbox"/> Employer #	_____
Course Fees \$	_____
Senior Fee \$	_____
Other	_____
Received By/Ext.	_____
Date/Time	_____

**It is your responsibility to contact WITC to officially drop a class.** If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify WITC prior to the first scheduled class meeting.

CLASS NO.	CATALOG NO.	CLASS TITLE	LOCATION	START DATE	CLASS FEE
65528	60-305-600	Learning for Life	WITC-Rice Lake	9/21	\$37.50 (\$24.30 for 62+)
Once registered for a course(s), you have created a liability with WITC and a promise to pay.					<b>TOTAL</b>

**PAYMENT METHOD:**  Check or money order payable to WITC  Cash  MasterCard  Visa  Discover Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_  
 Agency Bill/Sponsored Registration - complete information below; attach required authorization Month / Year

Credit Card No. \_\_\_\_\_ Name on Card \_\_\_\_\_ Cardholder Signature \_\_\_\_\_

## HOW DO I REGISTER?



**ONLINE**  
courses.witc.edu



**PHONE**  
VISA, MasterCard, Discover



**MAIL**  
Send registration & payment  
to WITC-Rice Lake



**IN PERSON**  
Visit Student Services at  
WITC-Rice Lake

## Continuing Education

1900 College Drive  
Rice Lake, WI 54868

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**REGISTER  
NOW!**

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- Wellness
- History
- Home safety
- Cybersecurity
- Home organizing/downsizing
- The outdoors
- Sausage making
- And many more!



**Register Online:**  
**[bit.ly/witc\\_learning4life](http://bit.ly/witc_learning4life)**