



## CLASSES AND EVENTS

CLASSES AND EVENTS	DATE	TIME	FEE	NOTES
<p>The Election Process in Wisconsin and in Door County</p> <p>Door County Clerk Jill Lau will explain the workings of elections in Wisconsin including Door County. It is a fascinating process that is more complicated than one can think of.</p>	Wed, Oct 2	1:00-2:30 pm	FREE	

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Color Me Calm	Thurs, Oct 17	1:00-3:00 pm	\$20 course fee & \$25 supplies fee	Limit of 10 participants. Supplies include coloring books & markers. Bring course fee and supplies (\$45 cash only) to class.
<p>Enhance your creativity and boost your self-esteem as you learn to relax and relieve stress in your everyday life through mindful techniques using a coloring book for grown-ups and colorful felt tip markers that will be provided to you during class time to keep. You're guaranteed to enjoy the creativity, calm, relaxation and mindfulness provided with this trendy new hobby of coloring for grown-ups. You will be presented with creative techniques for coloring and much more during this Color Me Calm class. Presented by Jane Tomich.</p>				
Halfway to the North Pole	Wed, Oct 30	1:00-3:00 pm	LIR Membership	LIR Course #47 part of annual membership fee

Two monuments in Door County mark the 45th Parallel North-

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Heartsaver First Aid #81384	Mon, Nov 4	12:30-4:30 pm	\$36.95	Purchase and read entire book prior to class. Must bring /purchase CPR Mask to class.
<p>This course is intended for lay rescuers, childcare workers, and industrial workers. Course covers scene/situation safety and care of injuries: bleeding control, bone, joint, and muscle injuries, burns, and specific injuries to the head. It also covers sudden illnesses, seizures, diabetic emergencies, poisoning, bites and stings, and heat and cold emergencies. Heartsaver First Aid teaches how to manage illness and injuries in the first few minutes until help arrives.</p>				
Back/Neck Pain	Tues, Nov 5	2:00-3:00 pm	FREE	
<p>What causes back/neck pain? Learn how you can prevent back/neck pain and optimize your spinal health. Presented by Krista Keck, PT, DPT from Door County Medical Center</p>				
Artificial Intelligence (AI)	Wed, Nov 6	10 am- Noon	\$15	
<p>Discover the fascinating world of artificial intelligence. Learn how AI is transforming industries, from healthcare to entertainment, and get hands-on experience with the tools and concepts that power machine learning, natural language processing, and smart technologies. Whether you're curious about how AI works or eager to dive into creating your own AI projects, this course will provide you with the knowledge and skills to unlock the limitless potential of artificial intelligence. Presented by LIR Trainer Erin Helgeson</p>				
Computer Basics	Wed, Nov 13	10 am-Noon	\$15	
<p>This course is designed to give you the foundational skills needed to navigate the digital age with confidence. From mastering the essentials of operating systems and software to understanding hardware components and troubleshooting common issues, you'll gain the knowledge to make your computer work for you. Whether you're a beginner or looking to brush up on your skills, this course will empower you to confidently handle everyday computing tasks and explore new digital possibilities. Presented by LIR Trainer Erin Helgeson</p>				
Brain CheckUp	Mon, Nov 18	12:30– 3:00 pm	FREE	Call NWTC to schedule appointment 920-746-4970
<p>A brain checkup is a wellness tool that helps identify possible changes in memory and cognition. This tool creates a baseline where you are right now, plus allows you to monitor future changes. Presented by Sierra Witczak from the Aging and Disability Center of Door County.</p>				

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Baking Memories: Royal Icing Decorating	Wed, Dec 4	10 amnoon	\$20	Call 920746-4970 to reserve a spot Bring cookie sheet and course fee (\$20 cash only) to class.
Learn some new and fun techniques for cookie decorating while sharing laughs and memories. Fee includes a dozen cookie bags of icing and a container of sprinkles. Presented by Sierra Witczak from the Aging and Disability Resource Center of Door County. Space is limited to 8 people sign up early!				
Healthy Lifestyle Habits	Tues, Dec 10	2:00– 3:00 pm	FREE	
Learn the pillars of health and wellness. Learn what you can do to optimize a healthy lifestyle. Presented by Krista Keck, PT, DPT from Door County Medical Center				
Introduction to Soap Making	Wed, Dec 11	10am-3:00 pm Lunch break from noon-1:00 pm	\$20 & \$20 supplies fee	Limited to 8 participants. Participants should bring an apron and course & supplies fee (\$40 cash only) and wear closed shoe to class.

Participants will make up to 10 scented or unscented, colored or uncolored soaps in 3D detailed silicone molds commercially made melt and pour base and will take them home at the end of class. Instructor will give overview and melt pour soapmaking techniques based on written materials provided, and discuss techniques used for examples displayed. Two bases will be available to choose from, melted and ready to use. Various fragrances, colors and molds will be available. Participants will learn to weigh, color and scent the base, and will pour soap into molds of their choosing. While participants are working

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Home Networking	Wed, Dec 11	10 am- Noon	\$15	