Grandparents University®
A Program of Winona State University’s Retiree Center

June 19 & 20, 2014

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Welcome to Winona State University’s Grandparents University®

We are pleased you have joined us for this two-day intergenerational educational experience! During your stay WSU faculty, staff and retirees are available to answer your questions, assure that your classroom and residence is safe, and provide a fun-filled, engaging academic experience.

In your folder you will find several informational pieces, please review each document. If you still have questions, you may ask for assistance at the Residence Hall Desk or approach any of the Grandparents University volunteers/assistants.

Residence Hall Desk Schedule:

Thursday, June 19  8:00am – 10:00pm
Friday, June 20   7:00am – 5:00pm

For safety reasons, New Center West is locked from 10:00pm to 6:00am. Your key opens the outside building door when locked.

*Please park in the Minne Gold Lot directly across the street from New Center West, unload your bags, and proceed to the registration area. Parking attendants will be directing traffic and helping with baggage.*

Meals:
Jack Kane Dining (Kryzsko Commons) meals are included in your registration fee. **You have color-coded meal tickets in your name tag pouch!** Meals in Jack Kane include Thursday’s lunch; Friday’s breakfast and lunch. The Thursday evening picnic will be held in the WSU Courtyard (weather permitting). There will be vegetarian options available at each meal.

**Family Members** may purchase tickets to attend the Grandparents University Warrior Picnic Thursday evening for a per person fee of $7.50.

Family members are also invited and welcomed at the 2014 Grandparents University graduation ceremony.

Welcome Ceremony:
After you have completed registration and found your room, please meet in New Center West Residence Hall Conference Room (1st floor, left of foyer). Faculty, classroom assistants and key volunteers will be introduced. Guides will then lead you to your classroom.

In Case of Emergency:

- Cellphones must be turned off during class and group activities. If we receive an emergency call for you during the day, we will locate you by first checking your classroom.
- During the day family members may reach you by calling the Residence Hall Main Desk at 507.457.2242. Each residence hall room is assigned a mailbox and messages will be left there when a participant is not found in their classroom.
- If an emergency should occur during your time on campus, dial **9-911** from any campus phone. University Security and/or the Winona Police/Fire/Ambulance will respond to your call.
- NON-emergencies, please call **New Center West, 507.457.2244** or **WSU Security, 507.457.5555**. If you are using a campus phone you only need dial 2244 or 5555 respectively.
**Edu-tainment**
Team Building activities with Outdoor Recreation Staff
Craft Project with Housing Staff
Integrated Wellness Complex organized *active* activities

**Late Afternoon & Evening Activities**
Shakespeare Festival (GRSF) back stage tour – Winona State Performing Arts Center – 4:00 p.m.
Grandparents University Warrior Picnic – Science Laboratory Atrium – 5:00 p.m.
After Picnic – Organized activities in the Integrated Wellness Complex – obstacle course, basketball games, etc.
Special Information for Each Major

1. Mass Communication:
   My Grandparent’s Living History: If you dream of being behind the camera, directing the next blockbuster, or in front of the camera interviewing celebrities, you will LOVE this class. Learn interviewing techniques, video production, editing and storytelling by creating an iMovie using an iPad. Post it to YouTube and create a DVD.

2. Health, Exercise & Rehab Sciences
   Physical, Mental, and Nutritional Olympics for the Young and Not So Young:
   Let's have a friendly competition! Grandparents and grandchildren compete in brain games, physical ability assessments, and a healthy foods cook-off! What DID people eat before Doritos were invented? Just what IS a stability ball? See what science has done to the dunk tank! Participate in activities that SPEED up and SLOW down the aging process and enjoy everybody’s favorite topic: FOOD!!

3. Criminal Justice
   Crime Scene Investigation (CSI):
   If you like solving puzzles you will enjoy this class. Work as part of an elite team of investigators – learn how to question suspects and witnesses (are they telling the truth or lying?), gather evidence, take fingerprints, analyze crime scenes and eventually bring the case to a successful conclusion.

4. Outdoor Recreation
   Outdoor Learning Adventure:
   Gain an appreciation and concern for our natural environment while exploring outdoor activities. We begin with team-building activities and games before heading to the Low and High Ropes course (don't worry, if you would rather cheer your grandchild on than participate, that’s fine!). You will discover the Mississippi backwater in a canoe or kayak and end your adventure with a treasure hunt challenge using hand-held GPS units.

5. Biology
   Mysterious Microbes:
   Discover the microbes that live EVERYWHERE – in your body, on your skin, in your kitchen and in places you never dreamed of! You will culture and view microbes (bacteria, molds, protists, viruses, etc.) using compound and dissecting microscopes. Come prepare to be amazed and, at times, a little “Grossed Out” by the microscopic critters living in our environment!

6. Global Studies
   Japanese Culture: Customs, Traditions, Language
   A FUN introduction to the remarkable Japanese Culture – from Kimonos to Sushi and Calligraphy. Eat genuine Japanese food, make a Manga (Japanese comic), learn a few Japanese words and phrases and just what is Japanese tea and why don’t they use forks?