





Newsletter and Schedule

November/December, 2019

<https://www.winona.edu/retiree/learningclub.asp>

<p>Learning Club Council Contact Information</p> <p>Chair Dick Dahl richard.dahl580@gmail.com</p> <p>Vice Chairs and Program Committee Chairs: Walt Carroll wandm@usfamily.net</p> <p>Secretary: Ann Rethlefsen arethlef@yahoo.com</p> <p>Membership/Hospitality Chair: Mary Jane Sobeck mjsobeck@hbcu.com</p> <p>Publicity Chair: Carole Stever carolestever@charter.net</p>	<p>WSU Learning Club</p>  <p>the learning club</p> <p>Learning in Retirement</p>  <p>WSU Liaison:</p> <p>Jess Kauphusman, Director, Retiree Center jkauphusman@winona.edu</p> <p>Nancy Amann, Office Mgr, Retiree Center namann@winona.edu</p>	<p>The Learning Club Mailing Address:</p> <p>Winona State University WSU Retiree Center P.O. Box 5838 Winona MN 55987</p> <p>Location: 1st floor/ WSU Alumni House 227 West Seventh Street Corner of Winona & Wabasha Streets</p> <p>retiree@winona.edu http://www.winona.edu/retiree</p> <p>Learning Club Memberships \$20/person annually Contact: 507-457-5565 for details</p>
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*The Learning Club
invites all members to
share ideas for programs
and attend
programming meetings.
The next meeting is 10/28/19
10:00 am - History Center*

Go green - The Learning Club Newsletter is
available online the 15th of even months
<https://www.winona.edu/retiree/learningclub.asp>
(click **The Learning Club** on the left navigation bar)
You may print a copy or read online
Save trees - receive an email copy
Sign up - 457-5565

We are no longer asking Learning Club members to call or email the WSU Retiree Center to register for Learning Club events. We will continue to send a weekly email reminding you of upcoming events. If you are interested in attending, you just need to show up. Easy and convenient!

FRIENDS OF THE WINONA PUBLIC LIBRARY

The Friends of the Winona Public Library (FWPL) is a group that supports the mission and values of the Winona Public Library. The FWPL conducts fundraisers and other library-related activities. In addition to funds raised from memberships and events, the FWPL has an account at the Winona Community Foundation for bequests and major gifts. Vernon Leighton is the current president of the FWPL and will come to speak about the organization.

Date: Monday, November 4, 2019

Time: 10:00 a.m.

Location: Winona County History Center



WINONA
PUBLIC LIBRARY
HONOR OUR PAST, EMBRACE OUR FUTURE

WINONA ORC



Everyone looks for a purpose, a reason to wake up in the morning. Our neighbors with disabilities and special needs strive to find work and to lead independent lives, and Winona ORC provides that opportunity to over 300 people on a daily basis.

Stephanie Reed, of Winona ORC's Development Committee, will explain how ORC, with over 50 partner businesses, has served these community members by providing job-related services and learning opportunities in Southeast Minnesota.

Date: Friday, November 8, 2019

Time: 10:00 a.m.

Location: Winona County History Center

WSU LANDSCAPE ARBORETUM

What do you know about the trees of WSU?

Come and hear about the WSU Landscape Arboretum, how we became a Tree Campus USA, the Indigenous Garden, and much more. Over 125 acres of campus and nearby forested bluffs constitute the newly designated Landscape Arboretum at Winona State University that has been established for



the purpose of supporting public enjoyment, education, recreation and scientific study. Presently in the planning and development stage, the campus arboretum has bold plans to become a regional arboretum featuring trees and plants native to the southeastern Minnesota region.

Dr. Melanie Reap is an Associate Professor of Education and has been involved with the Landscape Arboretum from the beginning.

Date: Wednesday, November 13, 2019

Time: 10:00 a.m.

Location: Winona County History Center

INTRODUCTION TO THE HEALING POWER OF A WHOLE FOOD PLANT-BASED DIET

Do you want to learn healthy eating habits that will give you more energy and improve your well-being? Please join certified health coach, Celeste Sullivan, and learn about the healing power of eating a more whole food plant-centered diet and its ability to reduce cholesterol and stabilize blood sugars naturally. Shift the way you see healthy eating into an opportunistic mindset and invite small changes that can add up to big results. Celeste will show you how you don't have to sacrifice flavor or enjoyment to better your health.



Date: Thursday, November 21, 2019

Time: 1:00 p.m.

Location: Winona County History Center

TOURING SOUTHEAST ALASKA



When talking about touring Alaska, most people think “Alaskan cruise.” But Learning Club member Barb Burchill took a Road Scholar tour entitled “Passport to Southeast Alaska: By Hiking Boot, Kayak, & Boat.” Barb will share pictures and stories from this trip and explain how a cruise ship isn’t the only way to see the beauty and wonder of Alaska.

Date: Tuesday, December 3, 2019

Time: 1:00 p.m.

Location: Winona County History Center

THE FUTURE OF NEWSPAPERS

Do you read the Winona Post or the Winona Daily News or any other paper newspapers? Do you get your news from television or radio? Is online news your favorite source to find out what's going on in the community and the world? Jerome Christenson, newspaper reporter and columnist, will address the Learning Club about how changes in our culture, especially with digital and electronic advances, are affecting today's news reporting.

Date: Thursday, December 12, 2019

Time: 1:00 p.m.

Location: Winona County History Center



Jerome Christensen

MYSTERY READERS BOOK CLUB

The Mystery Readers Book Club meets on the 4th Tuesday of every month, except December, at Callista Court. Members read any work by the author chosen for the month. To begin discussion one member gives a biographic summary of the author and information about his/her work.

Date: Tuesday, November 26, 2019 - Author: Brendan DuBois
Mystery Readers will not meet in December

Time: 10:00 a.m.

Location: Callista Court - 1455 West Broadway



STORYTELLING GROUP

September to May

Meeting Date: 2nd Wednesday of the Month

Location: WSU Retiree Center, WSU Alumni House, 227 West Wabasha.

Dates: Wednesday, November 13, 2019 - 10:00 a.m.

Wednesday, December 11, 2019 - 10:00 a.m.



The theme for the November and December Storytellers sessions will be "Holiday Stories from the Heart."

Visitors or participants are always welcome. Parking is available in the driveway behind the Alumni House and the front door is handicap accessible. New members are welcome to come and listen or participate by telling a short story.

Learning Club Calendar of Events – November/December, 2019

Date	Event	Location	Time
<i>November</i>			
4 - Monday	Friends of the Library	Winona County History Center	10:00 AM
8 - Friday	Winona ORC	Winona County History Center	10:00 AM
13 - Wednesday	Storytellers Group	Retiree Center (227 W. Wabasha)	10:00 AM
13 - Wednesday	The WSU Landscape Arboretum	Winona County History Center	10:00 AM
21 - Thursday	Plant-Based Diet Program	Winona County History Center	1:00 PM
25 - Monday	Learning Club Council Meeting	Winona County History Center	10:00 AM
26 - Tuesday	Mystery Readers Book Club	Callista Court - 1455 W. Broadway	10:00 AM
<i>December</i>			
3 - Tuesday	Touring Southeast Alaska	Winona County History Center	1:00 PM
11 - Wednesday	Storytellers Group	Retiree Center (227 W. Wabasha)	10:00 AM
12 - Thursday	The Future of Newspapers	Winona County History Center	1:00 PM
30 - Monday	Learning Club Council Meeting	Winona County History Center	10:00 AM

Stay Curious – Keep Learning!!

