

Winona State University Retiree Center

SPRING/SUMMER 2023



<http://www.winona.edu/retiree/senioruni.asp>

For further program information, please call 507.457.5565

WHAT IS SENIOR UNIVERSITY?

Senior University WSU is a program of the Winona State University Retiree Center. Senior University is a peer-led set of short courses taught by professor emeriti, WSU faculty and topic experts to provide intellectual and cultural stimulation and growth, thus providing opportunities for lifelong learning and leadership, combined with the fellowship of peers sharing a common quest for continued growth. These are non-credit classes, held one day per week during a 4-6 week term with no tests and no grades.

Senior U is open to retirees and adult learners in the community.

At this time, we are planning to hold all Spring/Summer 2023 Senior University courses in person on the WSU campus. That is subject to change depending on the level of COVID-19 spread within the community and/or WSU policy. If a Senior University course has to be cancelled, you will receive a full refund. Please see the full cancellation policy along with the course registration link and instructions on [page 12](#) of this booklet.

SENIOR UNIVERSITY CURRICULUM COMMITTEE:

Jim Bromeland, Rill Reuter, Jim Reynolds, Richard Shields

Retiree Center Director, Jessica Kauphusman
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Senior University Classes

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Fossils of the Driftless Area - Fall 2022

The U.S. Supreme Court & the Constitution Today

Instructor: Matt Bosworth

Day: Friday

Time: 2:30-4:30 p.m.

Sessions: January 27, February 3, 10, 17

Course Fee: \$40.00

Room: Maxwell Hall 259

The U.S. Supreme Court has certainly made a lot of news recently; its last term dealing with issues such as abortion, gun control, and religion was arguably its most consequential in decades. This course will examine the current term of the Court beginning in October 2022, in which the Court will be examining issues of affirmative action, LGBTQ rights and religion, and election law, among other topics. Enrollees will gain a greater understanding of the legal and political forces that will likely shape the Court's resolution of the controversies before them.

Matthew H. Bosworth, Professor of Political Science, came to Winona State in 1997. Originally hailing from Stillwater, OK, he graduated with a B. A. from Johns Hopkins University in Baltimore, MD in 1991. He then received an M. A. (1992) and Ph.D. in political science from the University of Wisconsin-Madison in 1997. Most of his courses at WSU examine the intersection between law and politics, including Constitutional Law, Administrative Law, Civil Rights and Civil Liberties, Judicial Process and Politics, Constitutional Politics, and the First Amendment.



Is an Electric Vehicle For Me?

Instructor: Tom Ezdon

Day: Wednesday

Time: 2:30-4:00 p.m.

Sessions: February 1, 8, 15, 22

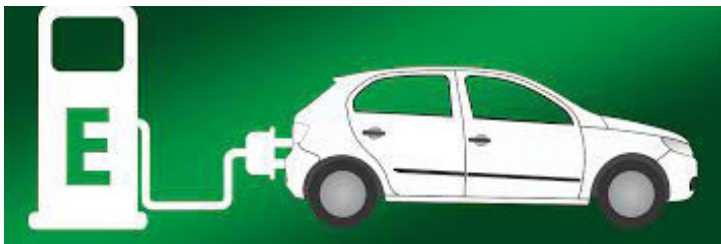
Course Fee: \$40.00

Room: Maxwell Hall 259

You may have quite a few questions about electric vehicles, but where can you turn for answers? What is real versus myth, spread by fear of the unknown? This course consists of four lectures and discussions aimed at providing participants with the benefit of seven years of real-life experiences and information resources. Armed with such knowledge, each participant will be better able to assess for themselves whether electric vehicles should be in their future or not.

Tom Ezdon is a retired Risk Management Consultant to the banking industry, specializing in information security, social engineering and risk assessment software. He has learned about electric cars through ownership since 2015. As an early adopter of full battery electric vehicle technology, he has been involved with local, regional and state organizations to further advance the understanding of this technology. He has also worked to encourage the further development of charging infrastructure and education with local businesses and city government.

Through his personal experience of owning three different electric cars, numerous cross country electric car trips and earning a spot as one of Tesla's Full Self Driving software beta testers, Tom will help answer the question many are pondering – Is an electric car for me?



Mississippi River History

Instructor: Greg Schmidt

Day: Tuesday

Time: 2:00-3:30 p.m.

Sessions: March 14, 21, 28, April 4, 11, 18

Course Fee: \$40.00

Room: Maxwell Hall 287

This course reflects Dr. Schmidt's interests in environmental and cultural history. In addition to treatment of the technological history (steamboats, wing dams, levees, the nine-foot channel) and environmental history (resource exploitation, floods, invasive species) the course also touches on the visual arts (George C. Bingham), literature (Mark Twain, William Wells Brown) and especially music (Stephen Foster, Daniel Emmet, Scott Joplin, Louis Armstrong, Bessie Smith, Chicago Blues, Rock and Roll).

Dr. Gregory Schmidt (Ph.D. History, University of Illinois, 1980) taught a general education course in the History of the Mississippi River for about 20 of his 34 years at WSU. It was his most popular course.



Getting it Done: Writing Your Memoir

Instructor: Kathleen Peterson

Day: Thursday

Time: 1:00-2:30 p.m.

Sessions: March 16, 23, 30, April 6, 13, 20

Course Fee: \$40.00

Room: Maxwell 287

Have you always wanted to write your life story for your own satisfaction – or for future generations but don't know where to begin? Perhaps you've started but are stuck or overwhelmed. When we want to craft a memoir, we must pull from our memories, or the memories of others in our lives, to create and shape that story. It is an excavation, and this class will provide the tools to achieve your goals!

Kathleen Peterson is primarily a novelist and playwright whose focus is character and story flow. She will help you craft your narrative from your perspective using the writing techniques of fiction.



Aging Well Through Physical Activity & Exercise

Instructor: Justin Geijer

Day: Wednesday

Time: 1:00-2:30 p.m.

Sessions: March 29, April 5, 12, 19, 26

Course Fee: \$40.00

Room: Maxwell Hall 287

Learn to challenge the aging process through lectures and discussions aimed to improve knowledge of the benefits of physical activity including confidence in movement, balance and fall prevention, bone and joint health, perceived barriers to physical activity, and cardiovascular health. Additionally, Senior University students will be paired with WSU students from the Health, Exercise, and Rehabilitative Sciences Department. Together, you will set activity goals for yourself and learn ways that physical activity can help you battle the challenges associated with the aging process. WSU students will guide you through new exercises for your home and/or fitness facility, specifically chosen for you and your individual needs.

*A participation waiver form will be completed on the first day of class.

Justin Geijer is a faculty member in the Health, Exercise, and Rehabilitative Sciences Department. He has great interest in use of physical activity as preventive medicine, and the impacts of physical activity across the lifespan. Justin earned his B.S. from Northern Illinois University in Preventive and Rehabilitative Exercise Science, M.S.ed from Northern Illinois University in Exercise Physiology, and his Ph.D. in Exercise Physiology from the University of Minnesota. Additionally, he has over 16 years of experience as a certified personal trainer.



Senior U Lite: Winona's History & Interesting Architecture

Instructor: Mark Peterson

Day: Tuesday

Time: 1:00-2:30 p.m.

Sessions: May 2, 9

Course Fee: \$25.00

Room: May 2nd class period will be held in Maxwell 259

May 9th class period will be a bus tour in Winona

The course will meet twice. The first class will focus on the history of Winona beginning with Native Americans, early settlement, logging industry, and the political climate up to the present. The second class period will be a bus tour of the built environment focusing on the unique and historical architecture of the city.

Mark Peterson was born in Mankato, MN. He graduated from Mankato State University with undergraduate degrees in History and Geography and received his Masters in History from Portland State University, in Portland, Oregon. He was the Museum Director for the Aurora Colony Historical Society in Aurora, Oregon, from 1978-1983. Mark was the Executive Director of the Winona County Historical Society from 1983 until his retirement in 2020. He was also Winona's Mayor from 2013 through 2020.



Senior U Lite: The Healing Forest: An Introduction to Nature & Forest Therapy

Instructor: Sara Holger

Day: Monday

Time: 1:00-2:30 p.m.

Sessions: June 5, 12

**Course Fee: FREE - Suggested goodwill donation to
"Friends of Whitewater State Park"**

**Room: June 1st class period will be held on campus
June 8th class period will be held at Whitewater State Park**

Come learn about the healing power of nature and how being outdoors can enhance your physical, mental and spiritual wellbeing. We'll explore the science behind what happens in our bodies when we spend time outdoors and we'll practice some simple forest therapy activities you can do at home or in a nearby park.

Sara Holger has been an environmental educator since 1994 and has worked as an Interpretive Naturalist for Minnesota State Parks since 1999. She is currently the Lead Interpretive Naturalist at Whitewater State Park where she develops and leads programs, hikes, talks and field trips to introduce people to the outdoors. Since 2016, she has been involved in the Park Rx effort to promote outdoor activity for health and wellbeing. She is a founding member of the SE Minnesota Park Rx initiative, empowering health care providers to prescribe time outdoors in nature. In 2021, she completed her Nature and Forest Therapy Guide certification. She has been guiding forest therapy walks throughout the region in an effort to share information about the transforming power of nature. She is a mother of three and enjoys spending time with her family hiking, agate hunting and kayaking.



Shakespeare in Performance

Instructor: Jane Carducci

Day: Sunday

Time: Class will meet for 2 hours prior to performance and 1 hour afterwards:

-Class will meet from 12:30-2:30 p.m.

-Performance at 3:00 p.m.

-Class will meet for a 1-hour discussion after the performance

Sessions: July 16, 23, 30

Course Delivery: In-person on campus

Course Fee: \$160 (\$120 for center seats to three plays, \$40.00 for the course fee)

Room: To Be Determined

This class is offered in conjunction with the Great River Shakespeare Festival (GRSF) during July, and will take a performance approach. To that end, GRSF actors and directors will meet with the class to discuss the plays; the instructor will list relevant films that are available to watch (optional) on reserve at the WSU Library or via streaming. The plays should be read before class meetings, and students' full preparation beforehand will assure an active and productive classroom experience.

Jane Carducci earned her B.A. in English from Colorado College. She couldn't decide what to do with this degree, so she took some time off and, on a lark, moved to Lake Tahoe. Much to her parents' dismay, she ended up dealing cards in northern Nevada for seven years. Realizing that this was a dead end, she returned to the University of Nevada, Reno and earned her M.A. and Ph.D. in English, specializing in the English Renaissance (specifically Shakespeare) with minors in linguistics and poetry. She has taught various Shakespeare classes at Winona State University for 29 years and published articles about Shakespeare in *Shakespeare and Higher Education*, *Cahiers Elisabethains*, *Language and Literature*, and *Literature and Psychology*.



SENIOR UNIVERSITY SPRING 2023

Registration for courses is primarily done online with a credit card. If you don't have access to a computer or would prefer to pay by check, please stop in at the Retiree Center, and we can assist you.

Start your online registration here:

https://mnscu.rschooltoday.com/public/getclass/category_id/219/program_id/37

Watch your email for a message confirming your registration and providing additional details about the class or classes for which you have registered. If you do not receive a confirmation email, or if you have any questions or need assistance, contact us weekdays during regular business hours at:

WSU Retiree Center

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[All checks are made payable to "WSU Retiree Center"](#)

WSU Outreach and Continuing Education

continuingeducation@winona.edu

507.457.5080 (Direct)

800.342.5987 Ext. 5080 (Toll free)

SENIOR UNIVERSITY CANCELLATION AND REFUND POLICY

If a class must be canceled due to insufficient enrollment, inclement weather, or emergency circumstances, you will be notified as soon as possible and receive a full refund.

You may withdraw from a class and receive a full refund if we receive your withdrawal and refund request in writing, via email, mail or in person, at least five full business days before the first class date. Please note: if you pay by check, you will need to complete a W9 form to receive a refund by check from Winona State University. Credit Card payments will be refunded within 3-5 business days.

HOPE TO SEE YOU IN CLASS!



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