

Winona State University Retiree Center

FALL 2025



<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.

Registration for Senior University courses is required.

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 9](#) of this booklet.

SENIOR UNIVERSITY CURRICULUM COMMITTEE:
Jim Bromeland, Rill Reuter, Jim Reynolds, Richard Shields

Retiree Center Director, Jessica Kauphusman

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Winona, MN 55987
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Senior University Classes

FALL 2025

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Spring Birding - Spring 2013

GRIT: Genealogical Resilience, Integrity & Tenacity

Instructor: Janis Martin

Day: Thursdays

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

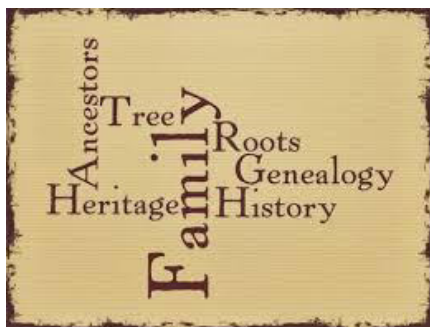
Sessions: August 28, September 4, 11, 18

Course Fee: \$40.00

Room: Maxwell 239

When we reach a point where we're tempted to toss our research, the walls won't fall, and we can't think of how to go on, it's time for GRIT: Genealogical Resilience, Integrity, & Tenacity! We'll jump start hard to solve problems by gathering new ideas for resources, revisiting revitalized databases, and giving what you know the side-eye. Weekly topics will be supplemented by the challenges presented in class.

Janis Martin is an experienced genealogical researcher who has presented at the Southern CA Genealogical Jamboree, MN Genealogical Society North Star Conference, and the Olmsted County Historical Society. She has taught genealogy at all skill levels for continuing education in southeast MN and as part of Elderhostel (now Road Scholar). Janis is the retired director of Unclaimed Persons, a national volunteer organization which assists coroners & medical examiners in locating next-of-kin for the deceased through the use of genealogical skills. She has been researching for clients and discovering her own ancestors for more than 35 years, traveling to Salt Lake City for research and abroad to ancestral villages.



Hot Topics that Politicians Don't Want to Talk About

Instructor: Richard Shields

Day: Tuesdays

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

Sessions: September 9, 16, 23, 30, October 7

Course Fee: \$40.00

Room: Maxwell 239

My experience with Senior University classes is that participants enjoy asking questions and discussing topics. This Hot Topics class will do just that. I have chosen "Changing Demographics" as a lead-off topic. The class will choose the next four topics for the remaining four weeks of the class. As a suggestion to the class, I find the following topics Interesting for discussion:

---"Can Social Security be saved?"

---"The end of work"

---"Preparing for the effects of Climate Change"

This class is based on the format of Socrates Café. Class participants will choose a discussion topic for each week. Participants are expected to do their own research and will be given time to present their positions to the group.

Richard Shields taught physics at Winona State University for forty years and has taught several popular senior university classes.



Senior U Lite

The WSU Arboretum:

More than Just Trees

Instructor: Melanie Reap

Day: Fridays

Time: 1:00-3:00 p.m.

Sessions: October 3, 10

Course Fee: \$20.00

Room: Maxwell 272 (1st class period only)

Winona State University's campus is a designated arboretum with specimen trees of all native Minnesota species. This course will explore what an arboretum is, how we plan for a changing future, and look closely at the trees of our campus. The first class period will be a lecture format and the second class period will be an outdoor exploration of the beautiful WSU arboretum at or near the peak of fall color.

Dr. Reap has degrees in Horticulture and Agricultural Science from Texas A&M and a PhD in Science Education from the University of Oklahoma. She has been on the WSU Arboretum Committee since its inception and worked on getting the Tree Campus USA designation for WSU. She is also a certified facilitator for Project Learning Tree, a national program for forest education.



The Romanticisms: Four Strands

Instructor: Emilio DeGrazia

Day: Wednesdays

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

Sessions: October 15, 22, 29, November 5, 12, 19

Course Fee: \$40.00

Room: Minne 237

In this class we will explore general trends in the history of ideas and creative expression. We first will devote some time to the various popular, and at times academic, meanings of terms such as "romance," "romantic," and "romanticism." Then we will discuss four general strands of "romanticism's" historical knots.

1. The radical reconceptualization of "nature" that evolves with the rise of science and democracy.
2. The liberation and validation of emotion resulting from a rejection of "reason" and conventions.
3. The Gothic revivals that develop from a nostalgia for the formalities of Medieval Gothicism, and also the radical neo-gothic expressions that become vehicles for the subversive and forbidden.
4. The "Romantic Agony" resulting from gaps between high, often idealistic, expectations and grounded realities.

We also will discuss which versions of the four strands persist today, and what forms they take. I hope to enhance our discussions with representative examples from art, music and literature.

Emilio DeGrazia, Professor Emeritus at Winona State University, taught English at WSU from 1969 until his retirement in 2002. His scholarly interests center mainly on British and American romanticism and classical mythology, but creative writing was important to his teaching career. He has written pieces about Herman Melville, Edgar Allan Poe, Ole Rolvaag, Emily Bronte and others, and during his teaching career began seeing his poetry, creative prose and fiction published. In 1976 he founded and edited Great River Review, now the official literary magazine at the University of Minnesota. He has had two books of poetry, two novels and collections of short fiction, and two collections of creative prose published by small presses. He and his wife Monica also have co-edited three anthologies of Minnesota creative writing for Nodin Press of Minneapolis.

Eating Your Way to Good Health

Instructor: Kent Hansen

Day: Thursdays

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

Sessions: October 16, 23, 30, November 6, 13

Course Fee: \$40.00

Room: Maxwell 272

Aging brings with it the necessity of maintaining proper physical, mental and nutritional fitness to cope with the changes and challenges of getting older. This course will focus on essential features of nutrition for healthy living. Protein intake needs, weight management, microbiota of the “gut” for optimal health (e.g., nutrition, immune system, brain function), maintaining healthy blood/glucose levels, and nutritional limits of starches are some of the important topics to consider as we age. Class participants will be encouraged to tailor the course by suggesting other topics of general interest for exploration and discussion. Let’s talk about aging and achieving optimal nutrition and health!

Kent Hansen is a received his M.S. in Exercise Science from the University of Montana and received his PhD in Nutritional Science from the University of Wisconsin. He loves studying and talking about exercise and nutrition whether for health or for performance.



SENIOR UNIVERSITY FALL 2025

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

227 W. Wabasha

Winona, MN 55987

retiree@winona.edu

507.457.5565

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

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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