

ALL Lectures Schedule: Jan- May 2024

UPDATED: 2/22/24

Lectures are held in person on Fridays at 2pm AND also streamed live from Tallent Hall, Room L182(See below for dates). The lectures will continue to be announced via email the week before and then the day before with details on the talk, the online link if you are logging in from somewhere and instructions for accessing them. **You do not need to register.**

March 1, 2024: GROW Racine: the City of Racine's Efforts to Reduce Inequities

Mayor Cory Mason of Racine

(coordinated by Carol Lee Saffiotti-Hughes)

Growing Residents' Opportunities and Wealth! GROW Racine wants to help our residents earn their high school degree, start family-supporting jobs in the trades, become homeowners, and repair and improve their houses.

Cory Mason is a fifth-generation Racine, Wisconsin resident who has spent more than 18 years representing the residents and businesses of his hometown, first as a member of the Wisconsin State Legislature and now as Mayor.

First elected in 2006 to the Wisconsin State Assembly, Mason went on to be re-elected for five additional two-year terms. In 2017 he won a special election to serve as Racine's 61st Mayor. As Mayor he has spurred the city's first major economic development in nearly 25 years. In 2023 he was re-elected to his second full four-year term.

March 15, 2024: Zumba for Seniors

Norma Castillo-Radzick, J & N Ultra Fitness Studio

Come join us and learn about Zumba theory and learn a few basic moves to Salsa, merengue, Cha Cha, and Cumbia for Seniors.

Zumba Instructor 15 years, Group Fitness instructor 24 years Currently teaching Zumba, Zumba Toning, Strong Nation HIIT TRAINING, CIRCL MOBILITY and Core Strength.

April 5, 2024: Connecting Eating Better and Moving More to Live a Healthier and Longer Life!

Jeffrey A. Damaschke PT, DPT, PhD, Lifestyle Medicine Department, Rosalind Franklin University of Medicine and Science

(coordinated by Mike Thompson)

We will discuss the possible ways to improve our eating patterns to assist in eating healthier, more nutrient dense foods. We will also examine the effects healthier eating can have on our

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overall health and how it can assist us in preventing and treating chronic diseases like cardiovascular disease, type 2 diabetes, high blood pressure and cancers. We will also look at how increasing our physical activity or moving more can also improve our overall health and wellness. We will look at different ways to move and how much we should move each day. Better eating and moving more are the two key pillars to living healthier and well in the new year!

Dr. Damaschke's clinical practice has been performing primary musculoskeletal care and prevention, health promotion and wellness within the United States Navy for 20 years. He currently practices at the Rosalind Franklin University Health Clinic performing sports/orthopedic and neurologic physical therapy. Dr. Damaschke is a Board Certified Orthopedic Clinical Specialist through the American Board of Physical Therapy Specialties. He currently serves as the Speaker of the Assembly for the Illinois Physical Therapy Association, is on the Board of Directors, and is an Illinois delegate to the American Physical Therapy Association House of Delegates.

April 19, 2024: History of Racine

Christopher Paulson, Executive Director, Racine Heritage Museum
(coordinated by Don Cress)

Will update when information is received.

May 3, 2024: TBA

May 17, 2024: Get Onboard The Racine County Underground Heritage Tour

Pauline Mitchel
(coordinated by Judith Roehrich)

Pauline Mitchell conducts a Racine County Underground Railroad excursion, a powerful journey that unearths the harrowing lives, struggles, and sacrifices of those fighting for freedom from the chains of slavery. Experience the courageous path of Joshua Glover and other enslaved individuals as they risked their lives to escape to safety. Discover several unknown landmarks that bear witness to America's cruel history, stark reminders of the atrocities and injustices endured by millions. Brace yourself for eye-opening accounts that challenge your understanding of our nation's past and compel you to take actions toward creating a better future for ALL people. This immersive experience will leave you shaken and enlightened, providing a platform to learn, share, and reflect on many untold stories of the Underground Railroad era precisely here in North America.

Pauline G. Mitchell, earned her B.S. degree in mathematics from Paine College, Augusta, GA followed by a M.A.T. degree from Stanford University in Palo Alto, CA. After teaching mathematics and science in several school districts in Georgia, she and her husband migrated with their family to Racine Wisconsin toward the end of the 1960's Civil Rights Movement.

ALL Lectures Schedule: Jan- May 2024

Mrs. Mitchell, a founding member of the Professional Women's Network for Service, Inc. has conducted several education-related projects, exclusive of the current Underground Railroad Project; and has conducted seminars and delivered presentations at conferences designed to impact viewer awareness of gifts, dignity, belonging, uniqueness, and beauty.

June 14, 2024: 1968 Democratic Convention in Chicago

Prof. Brian Mullgardt, Millikin University

(coordinated by Judith Roehrich)

Will update when information is received.