



SCHOOL DISTRICT OF MENOMONEE FALLS

CE&Rec

Community Education & Recreation

Spring 2014
Activity Guide



fallsrec.org

W152 N8645 Margaret Rd. Menomonee Falls, WI 53051 (262) 255-8460

We are a Newly Accredited Senior Center





A Message From The Superintendent



Dear Menomonee Falls Parents and Community Members,

It is time to register for the spring activities offered by Community Education and Recreation, and register your children for the 2014-15 school year in our schools.

Our winter months have been unusually cold this year. Now is the time to enjoy a few of our new offerings. Lego Robotics 1 & 2, adult online opportunities through ED2go, and the senior seminars are being featured. The summer adult sports leagues contracts are due March 5th for softball; and indoor basketball contracts are due in May.

Registration is also starting for the 2014-15 school year. Please contact your school office and register your children early. Our schools and our Community Education and Recreation Programs are recognized for excellence. Quality programs and excellent teachers, coaches and program leaders make the difference in the School District of Menomonee Falls. We perform in the Top 5% of all schools in Wisconsin. Our achievement is at an all time high. We provide the depth of programming and excellence in service that you and your children deserve.

Our spring guide brings many opportunities for you to consider joining. The mission of Community Education and Recreation is to enhance the quality of life by providing recreational, educational and social opportunities in partnership with our schools and our community organizations. From preschool programming to our senior center, everyone is touched by the quality of our service.

Please take a moment to look at the range of opportunities available and plan to join us this session. Register early!

Sincerely,

Patricia Fagan Greco, Ph.D.
Superintendent of Schools

SCHOOL DISTRICT OF MENOMONEE FALLS

CE&Rec
Community Education & Recreation

The Recreation Commission meets at the Community Center the 1st Monday of the month. For meeting dates, please call our office at 262-255-8460.

Recreation Commission Members



L-R: Chris Pitrof, Barb Taggart, Larry Podolske, Carol Hennessy, Lou Yaeger, Harry Goetz

Recreation Department Staff



L-R: Julie Hardy, Patti Pirlot, Dan Zeroth, Lori Oertel, Deb Williamson, Joan Erickson and Jason Husslein.

Menomonee Falls Community Education & Recreation Department

Located in the
Menomonee Falls Community Center
W152 N8645 Margaret Road
Menomonee Falls, WI 53051

www.fallsrec.org

Office Hours

Monday - Friday 8:00 AM - 4:30 PM

Phone 262-255-8460

Fax 262-255-8411

Office will be closed April 18.

At Your Service

- Joan Erickson, *Director*
- Jason Husslein, *Recreation Supervisor*
- Dan Zeroth, *Recreation Supervisor*
- Lori Oertel, *Older Adult and Volunteer Supervisor*
- Patti Pirlot, *Administrative Assistant*
- Julie Hardy, *Administrative Assistant*
- Deb Williamson, *Administrative Assistant*

What Do These Symbols Mean?



First time offered, give them a try!



A cooperative program agreement with other local recreation departments or agencies. Please note: Min./Max. are cut in half to accommodate each department.



Senior discount applies.



This class includes a T-shirt, please indicate size on registration form. Please register at least two weeks prior to the start of the program to insure that your child will receive a shirt.

CLASS CANCELLATION LINE 262-255-8376

Call the information line FIRST for cancellation notices due to inclement weather. Cancellations will also be posted



General Information

Did you know you can sign up for any class online?

Registering Online ... Visit www.fallsrec.org.

- Select ONLINE REGISTRATION
- SIGN IN using your username and password by clicking SIGN IN in the left hand column. If you do not know your username and password, contact our office at 262-255-8460
- Select COURSES
- Select SEARCH (in red 2nd paragraph at top) and enter the name of the class you wish to find in the COURSE NAME field
- Select a class
- Select ADD TO CART next to the class of your choice
- Select the number of students and submit
- Your selections will appear in the shopping cart on the right side of your screen
- Repeat process until all classes have been selected
- Review selections in the shopping cart and then select CHECKOUT
- Proceed through the checkout
- Select ADDITIONAL CLASSES if desired or proceed through to the CHECKOUT



To access your profile

- Follow the SIGN IN procedure above. After you are logged in, all profile information can be selected via a menu on lower left hand side to view transactions, edit profile information or add family members.

New Online Registration Software

CE & Rec will be working with Active Network this spring to roll out new online registration software. Active Network will improve customer convenience, service and satisfaction.

The software will be rolled out in stages beginning with summer registration. Watch for additional information in the coming months, and directions on how to set up a new account.



We are a proud member of:



Visit our Web Site and Register Online at

www.fallsrec.org

Spring 2014

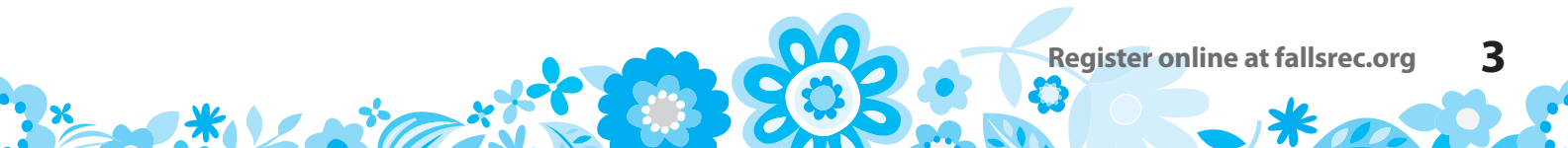
Aquatics	4
Preschool	5
4K & 5K Registration Info	6
Youth	6
Special Needs	8
School Break	10
Summer School	10
Teen Center	11
Adult Mind, Body & Spirit	12
Adult Sport Leagues	15
Ed 2 Go	19
Older Adults 55+	20
Community Services	24
General Information	27



WHEN TO REGISTER

Registration is
currently taking place
for programs listed in this
Activity Guide.

**REGISTER
TODAY!**



Aquatics

IMPORTANT POLICIES Regarding All Aquatic Programs **SAFETY FIRST!**

Pool rules are enforced at the discretion of the Head Lifeguard. Safe, appropriate behavior is expected by all swimmers. Those making a safe environment difficult will lose the privilege of swimming for a specified time period.

Supervision

Children who are 6 years or younger must be within 6 feet of an ADULT (age 18+) at all times. Adult must be swimming with child at all times.

When should participants arrive?

Swimmers should arrive to allow enough time in the locker room but should not go out to the pool until 5 minutes prior to scheduled swim. The swim staff does NOT supervise participants either prior to or after dismissal from pool.

What to bring?

Participants must furnish their own suits, locks and towels. We are not responsible for participants' belongings.

Locker Room

Attendants are NOT on duty. You are responsible to assist your child in the locker room. A shower is required prior to entry in the pool area. PLEASE NOTE: Youth 5 years or older must use the appropriate gender locker room. Plan accordingly.

Spectators

For health and safety reasons ONLY instructors/lifeguards and participants are permitted in the pool area. Viewing is allowed from the balcony area only. Street shoes are NOT allowed on the pool deck.

Pool Toys

Toys from home are not allowed. There are many toys provided at the pool for all to enjoy. Participants are allowed to wear lifejackets and water wings per lifeguard's discretion.

Pool Closings

Pool closure is determined when the lifeguard declares an emergency situation that includes, but not limited to the following:

- Rescue / accident situation
- Lightning or inclement weather

Open Swimming Options

Family or Child Swim Passes

A swim pass entitles the owner admission to Open and/or Lap Swim at North Middle School Pool. Passes can be purchased at the CE & Rec Office or at the pool. Proof of residency may be required. A list of all pass holders will be kept at the pool.

Spring Swim Pass

Valid March 1 – June 14

Swim Pass Fees

	Child	Family*
Resident	\$24	\$59
Non-Res	\$29	\$71

* There is a limit of 6 household members per family swim pass. Additional members are \$10.00 each.

NEW!

Adult & Senior Punch Card

A Punch Card entitles the owner admission 12 times to Open and/or Lap Swim at the North Middle School Pool. Punch cards can be purchased at the CE & Rec office, or at the North Middle School Pool. Cards expire 1 year from date of purchase. Cards are non-transferrable.

	Adult	Senior
Resident	\$27	\$24
Non-Res	\$33	\$30



Open/Adult Lap Swim Hours

MARCH CANCELLATIONS—PLEASE NOTE! Open swim from 7:00–9:00 PM on 3/12–3/14 and 1:00–3:00 PM on 3/15 will not be available due to the Annual Dolphinettes Show.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 4:00–4:45 PM	Lap Swim 3:45–5:00 PM	Lap Swim 4:00–4:45 PM	Lap Swim 3:45–5:00 PM	Lap Swim 4:00–4:45 PM	Lap Swim 12:00–1:00 PM
Open Swim 7:00–9:00 PM	Open Swim not available	Open Swim 7:00–9:00 PM	Open Swim not available	Open Swim 7:00–9:00 PM	Open Swim 1:00–3:00 PM
Closed 4/14, 4/21, 5/26	Closed 4/15	Closed 4/16	Closed 4/17	Closed 4/18, 5/23	Closed 4/19, 5/24

*Special Holiday Hours

April 14, 16 & 18

Family Swim • 2:00–4:00 PM
Lap Swim • 4:00–6:00 PM



Per Use Fee • • • • •

Child (under 3)	FREE
Child (3–17)	\$2.00
Adult (Age 18+)	\$3.00

Children 6 years and younger must be accompanied by an adult at all times.

Group of 15 or More • • • • •

Please contact the CE & Rec Dept. at (262) 255-8460 at least 2 weeks prior to needed date so additional lifeguards can be scheduled.

Aquatics, Preschool

AQUATICS

Swim Lessons

Ages 1-18

The next session of swim lessons begins on March 31. Lessons are held on Monday, Wednesday and Friday evenings, Tuesday and Thursday afternoons, and Saturday mornings. Registration is currently taking place for students not currently enrolled in a class. Students who are currently participating in swim lessons can begin registering on March 3. Please check with your child's instructor, or wait until your child has completed their current swim level before registering. In the event you register for an incorrect level, a \$10 fee will be charged for transfers or cancellations.



Class times and additional information can be found in the Winter/Spring Activity Guide mailed to all homes in Menomonee Falls around the beginning of December, or online at www.fallsrec.org.

220002

Aquapals

Ages 5 - 15 w/Special Needs

Learn and improve swimming skills with specialized swimming instruction for children with exceptional needs. We provide one instructor per 3 students.

D: 4/5-6/7 S 10:10 AM - 10:40 AM
E: 4/5-6/7 S 10:45 AM - 11:15 AM
F: 4/5-6/7 S 11:20 AM - 11:50 AM
No class Apr 19 & May 24

R \$39 NR \$47 8 classes
 North Middle School Pool

220003

Adult/Teen Swim

Ages 13+

This class is for students who have never taken swimming lessons, or who just need help with strokes or skills. Individual plans are developed to meet your needs.

B: 4/5-6/7 S 9:00 AM - 9:40 AM
No class Apr 19 & May 24

North Middle School Pool
 R \$44 NR \$53 8 classes

PRESCHOOL

370025

Miss Julie's Music Fun for Babies

Infants w/adult

Your baby's brain development can be supported and enhanced with music and movement. Learn a new lullaby, sing and move with your infant, teach rhythm by bouncing gently, play peek-a-boo with scarves, and connect with other parents. Please register child only - one adult is included in fee.

C: 4/16-5/14 W 10:40 AM - 11:10 AM

Faith Lutheran Church, G-Town
 Julie Thompson
 R \$39 NR \$49 5 classes

370029

More Music Fun With Miss Julie

Infant - Age 3 w/adult

Join us for a morning of music themed for the season. Come sing songs you know, and learn some new songs that you can share with your babies and your tots for the rest of the year. February includes sweatheart songs and April includes songs of spring. Please register child only - one adult is included in fee.

Infant w/adult

B: 4/29 TU 9:45 AM - 10:15 AM
 R \$9 NR \$12 1 class

Ages 1 - 3 w/adult

B: 4/29 TU 10:30 AM - 11:15 AM
 R \$12 NR \$15 1 class

Faith Lutheran Church, G-Town
 Julie Thompson

370015

Miss Julie's Music Fun

Ages 1 - 3 w/parent

Through participating in music, and learning to keep the beat, your child will enhance their enjoyment and understanding of music. We will explore movement, finger plays, rhythm and more. Please register child only - one adult is included in fee.

C: 4/16-5/14 W 9:45 AM - 10:30 AM

Faith Lutheran Church, G-town
 Julie Thompson
 R \$49 NR \$65 5 classes

310009

Oodles of Art

Ages 1 1/2 - 4 1/2 w/adult

Adult & child participate together in this hands-on art class. Through sculpting, drawing, painting, songs, story time, and movement activities, your young child's imagination will soar! There will be a new theme each week. All supplies and snacks are provided. Please bring a smock for your child. Please register child only—one adult is included in fee.



Ages 1 1/2 - 2 w/adult

B: 3/4-3/25 TU 5:30 PM - 6:15 PM
C: 4/29-5/20 TU 5:30 PM - 6:15 PM
E: 3/6-3/27 TH 9:30 AM - 10:25 AM
F: 5/1-5/22 TH 9:30 AM - 10:25 AM

Ages 3 - 4 1/2 w/adult

B: 3/4-3/25 TU 6:30 PM - 7:15 PM
C: 4/29-5/20 TU 6:30 PM - 7:15 PM
E: 3/6-3/27 TH 10:45 AM - 11:40 AM
F: 5/1-5/22 TH 10:45 AM - 11:40 AM

G-Town DPW, LL enter by gas pump
 Laura Wanek
 R \$35 NR \$40 4 classes

430073

Firefighters Are Your Friends

Ages 3 - Grade 5K w/adult

Spend some time with your friendly firefighters! See their clothes, what they drive and even what they eat. Please register child only - one adult is included in fee.

B: 3/20 TH 6:00 PM - 7:00 PM

G-Town Fire Station #2
 R \$5 NR \$5 1 class

Preschool, Youth

400011

Little Sluggers

Ages 2 1/2 - 5 w/adult

Little Sluggers is a child development program designed to introduce children to the game of baseball. Classes will help your child develop important baseball skills such as throwing, catching, hitting and base running. Developmentally appropriate equipment and games are used to teach baseball in a fun, exciting and positive environment. Please register child only - one adult is included in fee.

Ages 2 1/2 - 3 1/2 w/adult

3/19-5/7 W 5:15 PM - 5:55 PM

No class Apr 16 & Apr 30

Ages 3 1/2 - 5

3/19-5/7 W 6:00 PM - 6:40 PM

No class Apr 16 & Apr 30

Community Center Gym

Kids Sports LLC Staff

R \$72 NR \$87 6 classes

400001

Bumper Bowling

Ages 3 - 6 w/adult

Watch your child's face light up as the pins fall down! Because there are no discouraging gutter balls, everyone who participates will get a chance to get a STRIKE! Please register child only.

C: 3/5-3/26 W 10:30 AM - 11:30 AM

D: 4/2-4/30 W 10:30 AM - 11:30 AM

No class Apr 16

Krueger's Entertainment Center

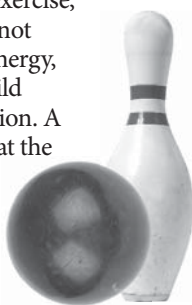
R \$34 NR \$41 4 classes

520135

Parent/Child Bowling

Grades 1 - 5 w/adult

Share some quality, SPARE time with a child! Bowling is a great exercise, and a family activity that not only burns calories and energy, but will also help your child build hand-eye coordination. A short instruction session at the beginning of each class will help your child get ready for a shot at a strike. Fee includes shoe rental and two



games of bowling. Please register child only - one adult is included in fee.

C: 3/3-3/24 M 6:30 PM - 7:30 PM

D: 3/31-4/28 M 6:30 PM - 7:30 PM

No class Apr 21

Krueger's Entertainment Center

R \$91 NR \$109 4 classes

520005

Jr. Basketball

Grades 4K - 5

Through non-competitive games & drills, your child will learn about basketball and the skills needed to play the game.

Grades 4K - 5K

B: 3/4-4/8 TU 5:15 PM - 6:05 PM

Grades 1 - 2

B: 3/4-4/8 TU 6:15 PM - 7:05 PM

Grades 3 - 5

B: 3/4-4/8 TU 7:15 PM - 8:05 PM

Community Center Gym

R \$44 NR \$53 6 classes

520134

Hula Hoop Fun & Fitness

Ages 7 - 11

Hoopng is a fusion of dance, exercise, and fun. Students will exercise to some popular songs and upbeat music while learning new hula hooping tricks along the way. A little hooping experience is a plus, but not necessary. Hoops will be provided during the class. Wear comfortable clothes and footwear and be ready to join in the fun!



3/19-4/30 W 6:00 PM - 6:45 PM

No class Apr 16

Thomas Jefferson School Rm 117

Nidhi Oberoi

R \$23 NR \$28 6 classes



For program promotional purposes, photographs may be taken of participants. If you do not wish to have your photo taken, please notify the photographer and/or class instructor.



Menomonee Falls 4K & 5K Registration

Register weekdays from
7:30 AM to 4:00 PM at the
School District Administrative
Office, located in the
municipal building at
W156 N8480 Pilgrim Rd.

Please bring your child's birth
certificate along with proof of
residency such as a utility bill.

520051

Learn To Ice Skate

Ages 4 - 11

Develop confidence on the ice by learning forward and backward skating, turns, stops, falling and recovery. Jacket, hat and gloves are necessary and bicycle or hockey style helmets are highly recommended. Skate rental is included in fee. Call Eble Ice Arena at 262-784-7512 for more information.

Ages 4 - 6

3/5-4/2 W 6:45 PM - 7:15 PM

Ages 7 - 11

3/5-4/2 W 6:45 PM - 7:15 PM

Eble Ice Arena, Brookfield

Eble Staff

R \$50 NR \$50 5 classes



REGISTER EARLY * * * * *

If there are not enough registrants three days before the start of the class, it will be cancelled. If you see something you like, sign up early. It's the only way we know if the class will go. Thanks!

520094

Horse Back Riding

Ages 7+

Get ready to be absorbed into the world of horses! Students will learn proper grooming, tacking, and riding techniques in addition to gaining knowledge of general horse care. Items necessary for class: jeans or riding breeches, ankle-high boot with low heel, preferably rubber-soled (NO tennis shoes) and riding release form signed by parent. Release forms are available at the CE & Rec office, or online at fallsrec.org. For more information please visit bluespringfarms.com. Maximum of 3 students per class.

C: 5/3-5/17 SA 10:00 AM - 11:00 AM

D: 5/3-5/17 SA 11:00 AM - 12:00 PM

R \$90 NR \$108 3 classes

G: 3/15-4/5 SA 10:00 AM - 11:00 AM

H: 3/15-4/5 SA 11:00 AM - 12:00 PM

R \$119 NR \$143 4 classes

520126

Junior Volleyball

Ages 5 - 9

Through non-competitive and fun drills, your child will learn about volleyball and the skills and techniques needed to play the game. Clinics will be run by Falls Focus Volleyball Club members and coaches, and are for all ability levels.

C: 3/8 SA 9:30 AM - 12:00 PM

D: 3/22 SA 9:30 AM - 12:00 PM

Community Center Gym
Stephanie Paul

R \$25 NR \$30 1 class



INCLEMENT WEATHER CANCELLATIONS

For information regarding
cancellations due to inclement weather,
please call our
information line (262) 255-8376

400008

Little Jragons

Ages 3 - 6

Children will learn TaeKwonDo, Kickboxing and Jiu-Jitsu from 3rd Degree Black Belt Jason "Jragon" Jordan, while building character qualities such as confidence, leadership, respect and discipline. Classes are designed to improve large motor, fine motor, and reading and math skills while enhancing your child's ability to pay attention and follow directions. A \$20 uniform and/or \$20 belt fee is optional. Additional information will be handed out at the first class.

Ages 3 - 4

B: 3/26-5/14 W 5:45 - 6:15 PM

No class Apr 16

Ages 5 - 6

B: 3/26-5/14 W 6:20 - 6:50 PM

No class Apr 16

Thomas Jefferson Aux Gym

Jason "Jragon" Jordan

R \$45 NR \$54 7 classes



520129

Jragons Mixed Martial Arts

Ages 7 - 17

Your child will learn Muay Thai Kickboxing, Brazilian Jiu-Jitsu, and TaeKwonDo from 3rd Degree Black Belt Jason "Jragon" Jordan. Classes are designed to improve your child's confidence, concentration, respect, leadership, and discipline. Anti-drug/alcohol mindset is also taught. A \$20 belt fee and/or \$20 Uniform fee is optional. Additional information will be handed out at the first class.

B: 3/26-5/14 W 6:55 PM - 7:45 PM

No class Apr 16

Thomas Jefferson Aux. Gym

Jason "Jragon" Jordan

R \$45 NR \$54 7 classes

520001

TaeKwonDo

Ages 7+

TaeKwonDo combines exercise, meditation, respect and self-discipline as you learn one of the most popular forms of martial arts in the world today. Please note that at the end of each session there will be an option for each student to test for their next rank at an additional cost. See instructor for further information.

B: 4/1-5/22 TU & TH 6:00 PM - 7:00 PM

No class Apr 15 & Apr 17

R \$36 NR \$43 14 classes

Thomas Jefferson School Aux. Gym

James Donne

520003

Don't Be Bullied

Ages 4+

This fun and informative class will help boost your child's self confidence as they learn several defensive skills, techniques and strategies to help keep them safe from bullies.

B: 4/9 W 5:45 PM - 6:30 PM

Community Center Rm 106

Sensei Stan

R \$9 NR \$11 1 class

580004

Babysitter's Training

Ages 11+

Babysitter's Training teaches youth how to: respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care, make decisions under pressure, communicate with parents to learn household rules, recognize safety issues, feed, diaper and care for infants, and start their own babysitting business. Attendance is required at both classes. Cancellations must be made 7 days prior to class start to receive a refund.



B: 3/22-3/29 SA 9:00 AM - 12:30 PM

Community Center Rm 123

Red Cross Staff

R \$99 NR \$119 2 classes

Youth, Special Needs

520087

Wee Team Rock Climbing

Ages 5 - 8

This is a great introduction to the sport of climbing. Instructors will calm your child's nerves, and build their confidence through the use of climbing games and encouragement. Parents are welcome to participate with their children or simply drop them off.

C: 5/3-6/7 SA 9:00 AM - 10:15 AM

Adventure Rock, Brookfield
R \$70 NR \$84 6 classes

520088

First Ascent Rock Climbing

Ages 8 - 13

Great for aspiring young climbers, each class is geared to progressively build on climbing skills, while allowing children to make new friends, build confidence, and increase their climbing repertoire.

C: 5/3-6/7 SA 10:30 AM - 12:00 PM

Adventure Rock, Brookfield
R \$90 NR \$108 6 classes

430096

Soap Carving

Ages 7+

Local author and artist, Greg Young, will teach your child the basics of soap carving. Students will use plastic knives to carve an animal and pattern etchers to create a simple relief carving. Class fee includes all supplies.

B: 4/12 SA 2:00 PM - 3:30 PM

Survive Alive House, G-Town
Greg Young
R \$16 NR \$20 1 class

Driver's Education Program

The CE & Rec Department and *just drive* have teamed up to offer a Driver's Education Program at Menomonee Falls High School.



About *just drive*

- Classes completed in three weeks
- 30 hours classroom, 6 hours driving, 6 hours observation
- PowerPoint driven curriculum
- Fun and dynamic instructors
- Fully insured, DOT certified
- Students can start at age 14-1/2
- \$375 program fee

Upcoming Schedule at MFHS

March 3-21	5-7 pm
April 7-25	4-6 pm
May 5-23	4-6pm

Questions? Contact *just drive* at (262) 437-7300 or see their website for details

Register online at www.justdriveWI.com

430053

Learn Magic with Glen Gerard

Grades 3 - Adult

Professional Magician Glen Gerard teaches stunning magic tricks that you can perform with items found around the house. Students will learn sleight of hand, misdirection and showmanship.

4/12 SA 10:30 AM - 11:30 AM
G-Town DPW, LL enter by gas pump
Glen Gerard
R \$16 NR \$19 1 class

to know how to read music to participate in this class. Please bring your guitar and pick. All other materials will be provided.

B: 3/26-5/7 W 6:00 PM - 6:50 PM
No class Apr 23

Rockfield Music & Media, G-Town
Guy Florentini
R \$62 NR \$67 6 classes

580045

Chess Scholars Chess Camp

Grades 5K - 8

This camp is great for both beginners and experienced young players. Each class will consist of a fun interactive teaching period and guided practice time. Both new and returning participants are welcome and will get to the next level under the guidance of an experienced Chess Scholars Coach. Children will have an opportunity to test for a Chess Belt under a unique Chess Scholars system patterned after martial arts

SPECIAL NEEDS: YOUTH AND ADULTS

Wheelchair Sports / Adaptive Recreation

Ages 6 - Adult

IndependenceFirst offers a variety of wheelchair sports and adaptive recreation programs for youth and adults with disabilities. Wheelchair sports such as: basketball, tennis, softball, and street hockey are appropriate for individuals with primary physical disabilities. Adaptive recreation programs such as downhill skiing, snowboarding, water skiing and bocce ball are appropriate for people with varying ability levels.

For more information regarding dates, times and locations: Kathy Mohar at 414-226-8375.





belts. There will also be a chess competition with prizes. Each camper will take home a participation award and a chess key chain. Please bring your own snacks. No peanut products please.

Ben Franklin School Rm 131

B: 3/24-5/19 M 3:50 PM - 4:50 PM

No class Mar 31, Apr 14 & Apr 21

North Middle School TBD

B: 4/23-5/28 W 1:25 PM - 2:25 PM

Riverside School Rm 214

B: 4/22-5/27 TU 3:50 PM - 4:50 PM

Shady Lane School Library

B: 4/24-5/29 TH 3:50 PM - 4:50 PM

Valley View School Art Rm 105

B: 4/11-5/30 F 3:50 PM - 4:50 PM

No class Apr 18 & May 23

Chess Scholars Staff

R \$74 NR \$74 6 classes

460036

Crime Scene Investigation

Ages 7 - 12

Do you like solving puzzles, or looking for clues? Throughout the class you will be learning crime solving techniques. We will learn to identify hair & powder samples, fingerprints, and various evidence left at a crime scene. The last class will end with a class crime activity.

4/1-4/29 TU 5:30 PM - 6:30 PM

No class Apr 15

Community Center Rm 109

Computer Explorers Staff

R \$49 NR \$59 4 classes

460102

Video Game Design 2

Ages 8 - 13

Prerequisite: Video Game Design 1.

Students will learn to conceive, design, and build game frameworks. They will also learn the basics of creating the art necessary for the game environment and how to define game play. By the end of the class, each student will have built at least one video game that is ready to be played.

3/18-3/25 TU 6:00 PM - 8:00 PM

Community Center Rm 109

Computer Explorers Staff

R \$49 NR \$59 2 classes

430087

Young Rembrandts

Drawing 

Grade 4K

Young Rembrandts teaches drawing with a see-touch-do method that all kids can succeed with, learn from and love! Watch your child reach a brand new level of confidence and potential with this

Youth, Summer Kids INC

engaging, award-winning program.

C: 4/22-5/27 TU 11:50 AM - 12:35 PM

Ben Franklin School Rm 115

Don Eisenhower, Program Director

R \$72 NR \$72 6 classes

430087

Young Rembrandts

Drawing 

Grades 5K - 5

Young Rembrandts teaches drawing with a see-touch-do method that all kids can succeed with, learn from and love! Watch your child reach a brand new level of confidence and potential with this engaging, award-winning program. No class when school is not in session.

Ben Franklin School Rm 131

Students meet in cafeteria

C: 4/23-5/28 W 2:35 PM - 3:35 PM

Riverside School Rm 107

C: 4/23-5/28 W 2:35 PM - 3:35 PM

Shady Lane School Library

C: 4/23-5/28 W 2:35 PM - 3:35 PM

Valley View School Cafeteria

C: 4/23-5/28 W 2:35 PM - 3:35 PM

Don Eisenhower, Program Director

R \$78 NR \$78 6 classes

Summer
Kids
INC

Summer Kids INC and Kids INC Jr.

June 17 – August 30

6:30 a.m. – 6:00 p.m.

Registration for Summer Kids INC and Kids INC Jr. will begin Sunday, April 27. Summer Kids INC is for students entering grades 1-6, while Kids INC Jr. is for students entering 4K & 5K. Both programs provide group activities for children in a safe, supervised environment. Rain or shine activities include: indoor and outdoor group sports and activities, arts and crafts, games, sports, swimming, field trips and socializing.

Fees: There is an annual registration fee of \$25 per child, in addition to the daily fee. Field trip admission, swimming, and 2 snacks per day are included in the daily fees.

School Year
Kids
INC

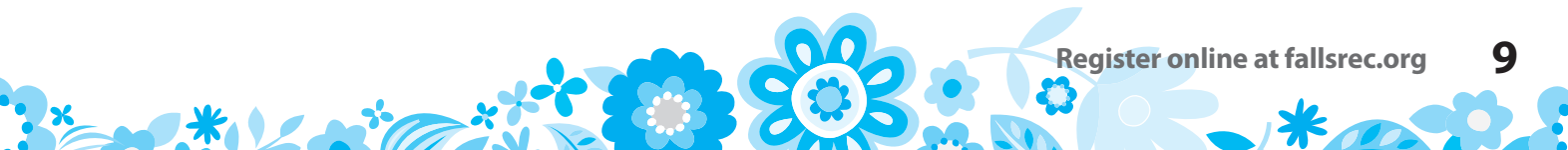
Kids INC (Grades 1 – 6)

*\$27.00 per day

Additional "wrap around" options will be available for students enrolled in summer school. Complete information will be available in the Summer Activity Guide.

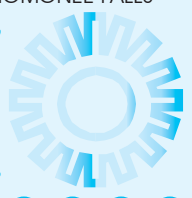
Kids INC Jr. (Grades 4K & 5K)

*\$37.00 per day



SCHOOL DISTRICT OF MENOMONEE FALLS

Summer School



Get Ready
for exciting
Summer
School
opportunities!

Register at fallsrec.org
Registration begins April 27

**MOST
CLASSES
ARE
FREE!**

June 23 – July 31 | Monday – Thursday

Enrichment, Transition, Supportive and For-Credit Courses
Available at All Levels.

Primary Level (4K–2)

Shady Lane Elementary School

Two Sessions

June 23–July 10

July 14–July 31

Class Times

8:15–9:45 and 9:50–11:20

Special Offerings

2-D Art Camp

Lego Camp

Space Camp

Intermediate Level (3–5)

Riverside Elementary School

Two Sessions

June 23–July 10

July 14–July 31

Class Times

8:00–9:30 and 9:35–11:05

Special Offerings

3-D Art

Drama Camp

Multi-Media Tools

Middle School Level (6–8)

North Middle School

Two Sessions

June 23–July 10

July 14–July 31

Class Times

8:15–9:45 and 9:50–11:20

Special Offerings

Back to the Future

College and Career Ready

Geology-STEM

Summer Band

High School Level (9–12)

Menomonee Falls High School

Sessions

Sessions vary depending on type of class

Class Times

8:00–10:00 and 10:15–12:15

Special Offerings

ACT Prep

Prep AP Art Studio

UW Schools Tour

Summer Band

Watch for the complete list of Summer School offerings in the Summer Activity Guide mailed home in early April!

460108

Lego Robotics 1

Ages 8 - 13



This introductory course will focus on the fundamentals of building teamwork, teaching leadership, and using manipulatives to engineer, build and program Lego controlled vehicles.

Your child will learn how gears, pulleys and belts work together to move parts. They will also use critical thinking and experimentation when programming the directions their vehicle will travel.

4/1-4/8 TU 7:00 PM - 9:00 PM
Community Center Rm 109
Computer Explorers Staff
R \$49 NR \$59 2 classes

460109

Lego Robotics 2

Ages 8 - 13

Prerequisite: Lego Robotics 1.

We will continue to focus on building teamwork and inspiring leadership, with an accelerated emphasis on the actual building and programming of the next robotic vehicle. This build will guide your child into a more in depth knowledge of computer programming using sensors, which will activate the programming sequence your child creates.

4/22-4/29 TU 7:00 PM - 9:00 PM
Community Center Rm 109
Computer Explorers Staff
R \$49 NR \$59 2 classes

580034

Basic First Aid for Kids

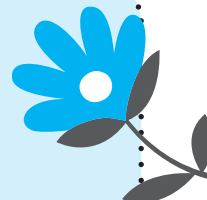
Ages 8 - 13

Your child will have fun while learning the basics of what to do in case of an emergency. Bandaging, burn care, and calling 911, will be some of the topics covered.

B: 3/3 M 6:00 PM - 7:00 PM

Fire Station #2, G-Town
R \$5 NR \$5 1 class

SPRING BREAK!



490027

Trip to Helium Trampoline Park

Grades 6 - 12

Students younger than 6th grade may attend if accompanied by a paying adult.

Helium is a state of the art jumping facility, with over 130 spring-loaded trampolines that will catapult you into the proverbial fun zone. Catch some air, get some exercise, and jump feet first into a fit and active experience! A separate liability waiver is required, and can be downloaded from the Youth/Teen Page at fallsrec.org.

Register by April 11

4/21 M 9:00 AM - 1:00 PM
G-Town Village Hall Parking Lot
R \$17 NR \$17

Menomonee Falls Teen Center



What is the Teen Center?

For grades 6-12 • Located in the Community Center

The purpose of the Teen Center is to provide a safe, supervised, active, nurturing, and healthy environment for youth, which promotes positive choices and an environment free of alcohol and other drugs. Activities include:

- Pool / Air Hockey / Ping Pong
- Cards
- Video Games
- Basketball
- Computers
- Concessions
- Special Events and Dances

Hours for 2014

Fridays / Grades 6-8

6:30 to 10:00 PM

September 6 – June 6

No program 4/18, 5/23

Students must be picked up by 10:00 PM

Saturdays / Grades 6-12

6:30 to 10:00 PM

September 7 – June 7

No program 4/19, 5/24

Students must be picked up by 10:00 PM

Summer 2014

Fridays Only

Entering Grades 6-9 in Fall

6:30 to 10:00 PM

June 13 - August 22

Students must be picked up by 10:00 PM

Annual Registration:

490016

Annual Registration Fee – \$5

(Year runs June 1 thru May 31)

- An annual registration fee of \$5 per participant is required.
- An annual registration form is available at the CE & Rec office or online and may also be completed at the Teen Center with a parent or guardian present.

Fees

Payable at door:

- \$2 Resident of M.F. or student enrolled in a M.F. School
- \$3 Non-Resident

490017

What is a TPass?

TPass allows students free access to the Teen Center for an entire semester. Passes can be purchased at the CE & Rec Dept. A list of pass holders will be kept at the Teen Center. An annual \$5 registration is still required.

Semester 2 - \$25

Purchase starting mid-December

Summer

TPass is not valid during the summer months.

The Teen Center is open from 6:30 to 10:00 p.m. **Any student wishing to exit the building prior to 9:45 must have a parent or guardian sign him or her out.** A student car pooling with a friend will be allowed to leave with the parent or guardian of that friend. Once a student leaves, he or she will not be allowed back into the Teen Center for the remainder of the evening. Beginning at 9:45, students will be allowed to exit the building without a parent or guardian present. All students must be picked up by 10:00 p.m.

Volunteers Needed: We believe everyone has a role in helping youth thrive! The Teen Center runs special events throughout the school year. Many adult volunteers are needed in order for these events to be successful. If you are interested in volunteering contact Jason Husslein at (262) 255-8460 or by e-mail at hussjas@sdmfschools.org.



Adult Body, Mind & Spirit

IMPORTANT: Fitness & Aerobics Program Reminders

- Before you start any exercise program you should consult with your physician.
- If you have health restrictions—please notify your instructor.
- Proper warm-up prevents injuries! Arrive at class promptly.
- Make arrangements for your children. Childcare is not provided.
- Participants should wear proper attire: Good aerobic shoes and clothing that permits movement.
- Participants may want to bring a water bottle and towel to class.



ADULTS

790086 Fit Club

Ages 18+

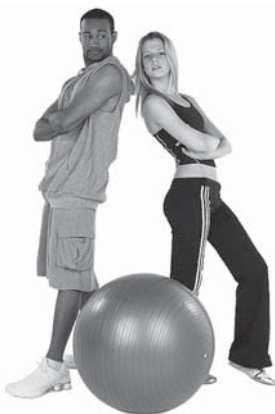
Knock out boredom and blast fat with a fun workout done at your own pace.

Exciting team workouts will feature stretching, resistance training, kickboxing combinations,

obstacles, core strengthening and stations. Benefits for participants include: heart health, stress relief, improved posture, muscle tone and fat loss. Bring a pair of dumbbells to class (Women 8-10 lbs, Men 12-20 lbs). This class may go outdoors if weather permits.

B: 3/26-5/14 W 7:50 PM - 8:40 PM
No class Apr 16

Thomas Jefferson School Aux. Gym
Jason Jordan
R \$45 NR \$54 7 classes



790011

Step Aerobics

Ages 18+

Step your way to a healthier you with this low impact, high energy workout. This dynamic class includes warm up, cardio, strength training, body toning and flexibility segments. Burn calories, build endurance and have fun! Steps are provided. Bring your own mat.

B: 3/18-5/22 TU & TH 6:00 PM - 7:05 PM
No class Apr 15 & Apr 17

Community Center LL Rm 4
Pam Oliverson
R \$59 NR \$71 18 classes

790096

Zumba Gold

Ages 18+

Zumba Gold is the low impact version of the original Zumba Latin inspired dance fitness program. The class has been modified for the active older adult, the beginning participant, or other special populations that may need modifications for success. Created to emphasize the basics, this explosive program is so easy to follow that people of any age can do it.

B: 3/3-4/7 M 9:30 AM - 10:15 AM

Community Center LL Rm 4
Carmen Bond
R \$21 NR \$25 6 classes

790002

Body Basics

Ages 18+

Work toward personal fitness goals at your own pace in a supportive group environment. You will learn basic exercises using resistance tubing, free weights, barbells, body bars and stability balls. Safe techniques are used while participating in exercises that will increase muscle and bone strength needed to increase fat burning and decrease the risk of osteoporosis.

B: 3/18-5/22 TU & TH 7:15 PM - 8:05 PM
No class Apr 15 & Apr 17

Community Center LL Rm 4
Anita Kress-Marx
R \$59 NR \$71 18 classes

790094

Tabata

Ages 18+

Tabata is a simple but effective high intensity interval training workout. You will challenge yourself by performing an exercise as hard as you can for 20 seconds and then rest for 10 seconds, repeating the same exercise seven times to complete one round, followed by one minute's rest. There will be a total of eight rounds, using eight different exercises.

B: 2/27-4/3 TH 5:45 PM - 6:45 PM

Thomas Jefferson, Cafeteria
Kathy Thomas
R \$19 NR \$23 6 classes

Indoor Walking at Thomas Jefferson School See page 24 for details.

Adult Body, Mind & Spirit

790020

Relax, Renew, Rejuvenate

Ages 16+

Have you heard that over 80% of doctors' office visits are stress related? Learn ways to neutralize the negative effects of anxiety and stress through breathing techniques, imagery and mindfulness practices, and relaxation exercises. Please bring a pillow and blanket to class.

4/29-5/20 TU 6:00 PM - 7:30 PM
Thomas Jefferson School Rm 128
Kate Hunt-Matthes
R \$56 NR \$67 4 classes

790003

Indoor Cycling \$

Ages 18+

This indoor cycling workout will provide an awesome group experience like no other. Our instructors will push you to your fitness goals at your own pace. Perfect for the beginner or advanced student. Included in this class is 10 to 15 minutes of upper body and core work to complete your total body workout.

B: 3/17-5/21 M & W 7:30 PM - 8:30 PM
No class Apr 14 & Apr 16

INCLEMENT WEATHER CANCELLATIONS

For information regarding cancellations due to inclement weather, please call our information line: (262) 255-8376

Community Center LL Rm 4
John Gerkhardt
R \$85 NR \$102 18 classes

790026

Pilates \$

Ages 18+

Focus is on proper breathing techniques, balance, posture, and core strengthening. Pilates mat exercises are at an intermediate level, incorporating some reformer style exercises on the mat as well. Participants should have previous Pilates experience. Class will periodically incorporate some Yoga exercises that help encourage posture, flexibility and strength needed in Pilates. Please bring a yoga mat to class.

B: 3/17-5/21 M & W 6:25 PM - 7:25 PM
No class Apr 14 & Apr 16

Community Center LL Rm 4
Julinda Prekop
R \$59 NR \$71 18 classes

970113

Weight Loss Challenge

Ages 18+

Learn to lose weight and keep it off! Get group support and nutrition education, a metabolism test, and personal coaching. Check-ins each week will help you achieve your goals and keep you on track. Want accountability? Each person who gains from one week to another will add \$1 to our cash prize awarded to the person who loses the most inches. Additional prizes to individuals with the largest weight loss. Participants must attend 8 of the 9 sessions, or pay an additional \$5 for each additional absence, which will also be added to the cash pay-outs. Join today to become the healthiest you!

B: 3/10-5/5 M 7:30 PM - 8:00 PM
C: 5/12-7/14 M 7:30 PM - 8:00 PM
No class May 26

Vibe Nutrition, Main St. MF
Emily Otzelberger
R \$35 NR \$35 9 classes



Home Contact

"Pursuing Excellence One Student at a Time."



CE&Rec
Community Education & Recreation



COMING SOON: New Online Registration Software

CE & Rec will be working with Active Network this spring to roll out new online registration software. Active Network will improve customer convenience, service and satisfaction.

Participants will be able to register for programs 24/7, manage their own online account, receive automatic email confirmations, view past receipts at any time, and use a family calendar of scheduled activities.

Active Network will simplify the registration process for Kids INC, include online registration for adult sports leagues, and streamline the facility reservation process.

The software will be rolled out in stages beginning with summer registration. Watch for additional information in the coming months, and directions on how to set up a new account.

520001

TaeKwonDo

Ages 7+

TaeKwonDo combines exercise, meditation, respect and self-discipline as you learn one of the most popular forms of martial arts in the world today. **Please note that at the end of each session there will be an option for each student to test for their next rank at an additional cost. See instructor for further information.

B: 4/1-5/22 TU & TH 6:00 PM - 7:00 PM
No class Apr 15 & Apr 17
R \$36 NR \$43 14 classes

Thomas Jefferson School Aux. Gym
James Donne

Adult Body, Mind & Spirit

970123

Stay Fit While You Sit

Ages 18+

Americans spend millions of hours each year sitting on the job. Managers, receptionists, computer operators and many others may be surprised to find their health issues can be improved through natural means. Learn how to prevent problems like neck and back pain or Carpal Tunnel Syndrome. We will also cover exercises that can increase performance and productivity, all done while on your work break.

4/23 W 12:00 PM - 1:00 PM

Germantown Library

Brenda Holland, Chiropractic Co.

FREE, but registration is required

790063

Tai Chi For Beginners

Ages 18+

Learn the basic traditional form and principles of Tai Chi. With simple, gentle, slow movements, we will work toward creating enhanced mental and physical relaxation, deeper breathing, stronger posture and enhanced muscle mass. This is a truly complete body exercise.

B: 3/11-5/13 TU 11:00 AM - 12:00 PM

No class Mar 18 & Apr 15

Community Center LL Rm 4

Virginia Mathias

R \$39 NR \$46 8 classes

790077

Tai Chi - Plus

Ages 18+

Designed for students who have taken Tai Chi for Beginners, and are ready to move forward with greater challenges. We recommend two previous beginners classes prior to taking this class.

B: 3/11-5/13 TU 12:30 PM - 1:30 PM

No class Mar 18 & Apr 15

Community Center LL Rm 4

Virginia Mathias

R \$39 NR \$46 8 classes

REGISTER EARLY
to avoid disappointment!

820019

Adult Club Rock Climbing

Ages 18+

This class is a perfect opportunity for new climbers to meet people and learn the sport of rock climbing. Instruction will focus on a different aspect of climbing each week.

D: 5/14-6/18 W 6:30 PM - 9:00 PM

Adventure Rock, Brookfield

R \$125 NR \$150 6 classes

790023

Introduction to Meditation

Ages 16+

Are you constantly feeling overwhelmed and stressed? Create inner peace and a sense of well-being by learning proper breathing and a variety of meditation techniques. Please bring a blanket and pillow to class.

3/25-4/22 TU 6:00 PM - 7:30 PM

No class Apr 15

Thomas Jefferson School Rm 128

Kate Hunt-Matthes

R \$56 NR \$67 4 classes

790055

Restorative Yoga

Ages 16+



This class is deeply calming and therapeutic. Movements are slower and poses are held longer, allowing your mind to become quiet and return to a state of balance, while

gently stretching and opening the body. Please bring a mat to class.

Monday

B: 3/17-5/19 M 7:00 PM - 8:15 PM

No class Apr 14

Wednesday

B: 3/19-5/21 W 7:00 PM - 8:15 PM

No class Apr 16

Community Center Rm 106

Melissa Teske

R \$69 NR \$83 9 classes

790097

Easy Yoga

Ages 18+

This is a gentle yoga class that will emphasize alignment, stretching, and calming the mind. It includes breath work, strengthening movement, soothing stretches, and strategies for conscious relaxation. You will leave feeling relaxed and refreshed. Please bring a yoga mat to class.

A: 1/13-2/17 M 10:30 AM - 11:15 AM

B: 3/3-4/7 M 10:30 AM - 11:15 AM

Community Center LL Rm 4

Carmen Bond

R \$21 NR \$25 6 classes

790001

Yoga

Ages 13+

Regardless of your experience or age, Yoga will help you experience a gentle approach to better health. Learn various Hatha Yoga exercises, along with breathing, visualization and relaxation techniques to help you develop a renewed vitality, and a sense of peace and well being. Please bring a yoga mat to class.

C: 3/13-4/24 TH 5:15 PM - 6:30 PM

D: 3/13-4/24 TH 7:00 PM - 8:15 PM

G-Town DPW, LL enter by gas pump

Bruce VanDyke

R \$62 NR \$66 7 classes

790028

EZ Defense For Women

Ages 18+

Turn FEAR into POWER! Learn how to assess danger, become assertive, set clear verbal boundaries, and prevent physical attack. As a last resort, you will learn several simple, defensive techniques that are easy to memorize and extremely effective in a real life situation. Girls age 16-17 are welcome to register for this class if they enroll with their parent or legal guardian.

B: 4/9 W 6:45 PM - 8:00 PM

Community Center Rm 106

Sensei Stan

R \$18 NR \$22 1 class



Adult Body, Mind & Spirit, Adult Sport Leagues

Adult Sport Leagues

Adult Summer Softball League

Ages 18+

Men's, women's, coed and outseam leagues are offered on weeknights beginning April.

Team contracts are due March 5.



Adult Summer Indoor Basketball Leagues



Ages 18+

Men's leagues are offered on Monday and Wednesday nights beginning in early June. Paperwork is available at the CE & Rec office, or online at www.fallsrec.org.

Team contracts are due May 7.

820005

Belly Dance

Ages 16+

Shimmy your way to fitness and health. Learn the basics of Belly Dancing while increasing strength, flexibility and improving posture. Have fun and discover your inner goddess through this ancient dance form. Great for any age, size or fitness level. No prior dance experience necessary.

B: 4/2-5/14 W 6:45 PM - 7:45 PM
No class Apr 23

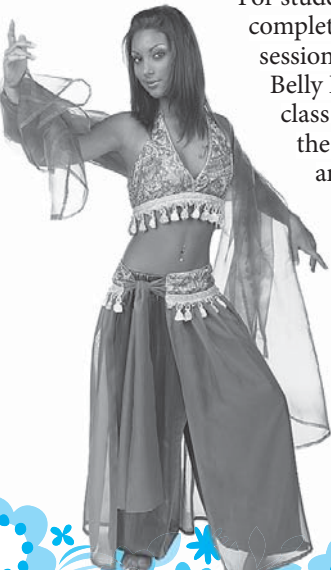
G-Town DPW, LL enter by gas pump
Laura Grunert
R \$33 NR \$48 6 classes

820010

Belly Dance - Level 2

Ages 16+

For students who have completed at least two sessions of Beginning Belly Dance. This class will build on the techniques and movements already learned, and will introduce and focus on traveling, transitions, layering, choreography



and improvisational skills. Middle Eastern rhythms and cultural aspects of the dance will be covered, as well as instruction in Zill (Finger Cymbal) playing. The instructor will provide Zills (required) for a onetime fee of \$17.00.

B: 4/2-5/14 W 8:00 PM - 9:00 PM
No class Apr 23

G-Town DPW, LL enter by gas pump
Laura Grunert
R \$38 NR \$55 6 classes

820009

Country Line Dance

Ages 18+

It's time to kick, stomp and scuff your way to a boot scootin' good time. No one needs a partner and everyone is sure to have fun, even if they have never line danced before. New dances are taught each week, and previously learned dances are reviewed. Street attire is appropriate, western wear optional and hard soled shoes suggested. Come join the fun!

B: 3/18-5/20 TU 6:00 PM - 7:00 PM
No class Apr 15

Thomas Jefferson School Cafeteria
Ingrid Mielke
R \$27 NR \$33 9 classes

820012

Social Dance

Ages 18+

For couples only. Are you left out when the music starts to play? Do you head in the other direction when couples take to the dance floor at a wedding? Learn the basic steps to two different types of dance. This program will allow you to spend four weeks learning each dance and one week to review what you have learned. Fee is per person.

Beginner Class

Tango & Swing

B: 3/19-5/21 W 7:00 PM - 7:50 PM
No class April 16

Advanced Class

B: 3/19-5/21 W 8:00 PM - 8:50 PM
No class April 16

Thomas Jefferson School Cafeteria
Scott Lamster
R \$39 NR \$47 9 classes

770005

Knitting

Ages 18+

All talent levels are welcome. Learn about the different qualities of yarn, knitting needles, and how to read a pattern. Each participant will choose a personal project to work on during class and will receive help as needed. You will also be taught some useful knitting tricks. Please bring size 8 needles and 4-ply yarn if this is your first class.



Tuesday

B: 3/18-5/20 TU 9:30 AM - 11:30 AM
No class Apr 15

Thursday

B: 3/13-5/22 TH 9:30 AM - 11:30 AM
No class Apr 17 & May 1

Community Center Rm 102A
Shirley Mattson
R \$67 NR \$79 9 classes

REGISTER EARLY
to avoid disappointment

Register online at fallsrec.org

Adult Body, Mind & Spirit

970112

Learn to Wood Carve

Ages 11+

Please bring your sense of humor, and join local author and artist, Greg Young, as he teaches the basics of woodcarving. You will learn various carving and sharpening techniques, and carve some fun simple beginner projects. Please bring a carving or filleting glove which can be found at any local outdoor store such as Fleet Farm. Any questions regarding the program or the type of glove needed, please call the instructor at 414-573-6008.

Leprechaun

3/19-3/26 W 6:00 PM - 8:30 PM

Garden Gnome

4/2-4/9 W 6:00 PM - 8:30 PM

Survive Alive House

R \$43 NR \$54 2 classes

970001

Stamping

Ages 13+

Put your creativity to work and let's make some fantastic stamping projects. This program is great for the beginner or experienced stamper. Many new projects will be demonstrated each week.**Plus \$6 fee per week for supplies**

B: 3/17-5/5 M 7:00 PM - 9:00 PM

No class Apr 14

Community Center LL Rm 3

Diane Tritz

R \$25 NR \$29 7 classes

970099

Drawing Portraits from Photographs

Ages 18+

Anyone can learn the technique of drawing lifelike images from photographs. Once your photo has been duplicated, outlining and shading will be used to create a portrait. Please bring a photo to class. All supplies can be purchased in class for \$5.00.

B: 3/4-4/8 TU 10:00 AM - 11:30 AM

Community Center Rm 106

Barbara Kelsey

R \$27 NR \$32 6 classes

970117

Beginning Drawing

Ages 16+

This class for beginners includes individual and group instruction as we work to develop our ability to draw basic forms and apply those forms to the world around us. We will work in a stepwise process, moving from easy to more challenging projects, while learning many helpful hints. Bring your own supplies - a list is available in the CE & Rec office. Irene Angeles has her degree in painting and drawing from UWM, with extensive coursework in art education.

4/2-5/14 W 6:00 PM - 9:00 PM

No class Apr 16

Thomas Jefferson School Rm 132

Irene Angeles

R \$143 NR \$143 6 classes

970116

Beginning Watercolor

Ages 18+

This class is for absolute beginners. Using a variety of watercolor techniques, from simple to complex, we will make our color sing and make beautiful, colorful pictures. It will be fun and you will be surprised how easy it can be. Bring your own supplies - a list is available thru the CE & Rec office. Irene Angeles has her degree in Painting and Drawing from UWM, with extensive course work in art education.

4/3-5/15 TH 6:00 PM - 9:00 PM

No class Apr 17

Thomas Jefferson School Rm 132

Irene Angeles

R \$143 NR \$143 6 classes

970128

Beginning Box Making

Ages 18+

Step by step instruction will help you create your own little hinged-lid jewelry-style box covered in decorative paper. No previous experience is necessary and all supplies are included. Handouts will be provided so you can continue to build boxes once you get home. See RuthRossDesigns.com for more information on box making and this class.

3/10 M 6:30 PM - 8:30 PM

Survive Alive House, G-Town

Betty Rasmussen

R \$25 NR \$30 1 class

970114

Basic Beading - Earrings

Ages 16+

Participants will learn to bend wire to create loops, and then connect the loops using eyepins. By the end of the class, everyone will leave with two pairs of earrings, a basic pair and a pair that dangles. Tools will be provided. Additional materials (headpins, eyepins, hooks and beads) will be purchased at class for \$12.

5/14 W 6:30 PM - 7:30 PM

Thomas Jefferson School Rm 130

Nidhi Oberoi

R \$13 NR \$16 1 class



970096

Container Gardening

Ages 18+

Annuals, perennials, vegetables or herbs... learn the fundamentals of container gardening. Find out which soils are best, what fertilizers are needed, and how to choose the proper container size. Choose from a variety of annuals, vegetables, or herbs to create your own 15" special garden during class!

A: 5/17 SA 10:00 AM - 11:00 AM

B: 5/17 SA 12:30 PM - 1:30 PM

Wendland Nursery, G-Town

Russ Wendland

R \$17 NR \$22 1 class

970055

Instructional Bridge

Ages 18+

Ready to move beyond the basics of bridge? This class will give you the opportunity to play with others at your level, practice bidding, and learn new ways to win the game.

3/13-5/15 TH 1:00 PM - 3:00 PM

No class Apr 17 & May 1

Community Center Rm 106

Barbara Briggs

R \$39 NR \$47 8 classes

880026

Fun With Foods

Ages 18+

Express your creativity while learning to prepare delicious and creative treats. These hands on, let's eat classes will include instruction in cupcake decorating, making candy turtles and tasty snacks, and preparing edible fruit and vegetable art.

3/12, 3/26, 4/9

W 1:30 PM - 3:30 PM

No class Mar 19 & Apr 2

Community Center Rm 102B

Sandy Swanson

R \$29 NR \$35 3 classes

970065

Get Your Book Published

Ages 18+

Have you ever thought about writing a book, or perhaps you've already started one, but you don't know what to do next? Milwaukee author and Journal Sentinel news reporter, Tom Kertscher will share his experiences in getting 2 books published, and provide information on developing a book proposal and seeking out publishers and agents.

3/17 M 7:00 PM - 8:30 PM

Community Center Rm 106

Tom Kertscher

R \$15 NR \$17 1 class

970115

Downsizing? Let's Get Started

Ages 18+

Whether you are considering your own move to a new home or assisting a relative, downsizing can be challenging. Our instructor will share her expertise to help you navigate this transition. This course covers what to take, what to leave behind, and how to go about deciding.

3/26 W 6:30 PM - 8:30 PM

Community Center Rm 102A

Kathleen Miller

R \$13 NR \$16 1 class

970074

De-clutter Your Garage and Basement

Ages 18+

Learn how to decide what to keep, discard, or donate, and how to organize what's left. Be able to find what you own, and turn your basement and garage into useful storage. Why not invite reluctant family members to register and attend along with you!

A: 5/7 W 6:30 PM - 8:30 PM

Community Center Rm 102A

B: 5/19 M 10:00 AM - 12:00 PM

Germantown Senior Center

Kathleen Miller

R \$13 NR \$16 1 class

970095

De-clutter Your Kitchen, Pantry and Laundry Area

Ages 18+

Transform your Kitchen, Pantry & Laundry from cluttered chaos into usable, functional spaces. This class will provide the tools you need to identify what truly serves you and the motivation to purge the excess. Learn how to set up your clutter-free kitchen for maximum efficiency.

3/5 W 6:30 PM - 8:30 PM

Community Center Rm 106

Kathleen Miller

R \$13 NR \$16 1 class

970049

You & Your Digital Camera

Ages 18+

Whether you are new to digital photography or need a refresher, bring your digital camera to this hands on class that covers common problems, some useful features, and sure fire tips to make better pictures.

B: 4/7 M 1:00 PM - 3:00 PM

Germantown Senior Center

C.T. Kruger

R \$15 NR \$18 1 class

Adult Body, Mind & Spirit

970051

Advanced Digital Photography

Ages 18+

Bring your camera and instruction manual to this hands-on workshop designed to get you out of automatic mode for situations like sports, portraits, low light, and more. This class is ideal for people who have purchased interchangeable lens (DSLR) cameras, or have an advanced digital camera with program, shutter/aperture priority, and manual exposure modes.

3/5 W 6:30 PM - 8:30 PM

Community Center Rm 109

C.T. Kruger

R \$19 NR \$23 1 class

850007

Intro to MS Word 2007

Ages 18+

Learn how to change text size, color and appearance, layout of your page, set margins, center text, use automatic spell check, insert pictures, clipart and more! Participants must be able to use a mouse, open applications and navigate a webpage.

4/2 W 6:00 PM - 9:00 PM

Germantown Senior Center

Computertots/Explorers Staff

R \$28 NR \$34 1 class

850048

Advanced MS Word 2007

Ages 18+

Learn how to create professional documents, use headers and footers, insert a table of contents, hypertext links, and create sidebars and graphics. You'll also learn about styles and how to make use of them to automatically format your documents. Participants must be comfortable using MS Word to create basic documents, format text, insert an image, and save a file.

4/9 W 6:00 PM - 8:30 PM

Germantown Senior Center

Computertots/Explorers Staff

R \$24 NR \$30 1 class

Adult Body, Mind & Spirit

850041

Intro to MS Excel 2010

Ages 18+

Get organized with MS Excel. Learn how to create a simple spreadsheet, identify cells by name, identify the active cell and the formula bar, enter text and numbers into your cells, and enter functions (such as addition, averages, etc.) You'll even learn to locate templates that will make spreadsheet creation a breeze. Participants must be able to use a mouse, open applications, and navigate to a webpage.

3/3 M 6:00 PM - 9:00 PM
Germantown Senior Center
Computertots/Explorers Staff
R \$28 NR \$34 1 class

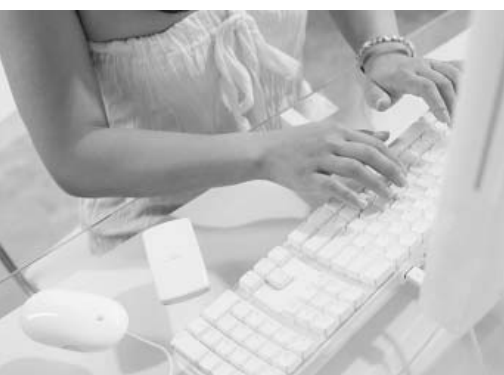
850042

Advanced MS Excel 2010

Ages 18+

Improve your MS Excel skills and get organized for next year. Learn how to create and use formulas, link spreadsheets to one another, import and export data, format your spreadsheet (bold, colors, etc) and print it. Participants must be comfortable using MS Excel to create basic spreadsheets, print, and save a file.

3/10 M 6:00 PM - 8:30 PM
Germantown Senior Center
Computertots/ Explorers Staff
R \$24 NR \$30 1 class



*Register Early.
Avoid Disappointment.*

910017

Preparing Your Home to Sell

Ages 18+

A licensed realtor will teach you the definition of a market analysis, and what repairs or improvements should be made to increase the marketability of your home. What about the home inspection for the buyer? Do you need an attorney? What is the role of the title company? The instructor will answer these questions and more.

B: 4/28 M 6:30 PM - 8:00 PM
Community Center Rm 102A
Kathleen Associates LLC
R \$6 NR \$10 1 class

910020

Thinking of Buying a Home

Ages 18+

Learn about mortgage pre-approval, the home inspection, gap insurance, escalator clause, and how an offer can be negotiated in your best interest. The instructor will guide you through the entire process of buying a home.

B: 4/30 W 6:30 PM - 8:00 PM
Community Center Rm 106
Kathleen Associates LLC
R \$6 NR \$10 1 class

910001

Taming the High Cost of College

Learn how to attend an expensive private university for less than the cost of a state school, how to qualify for more need-based financial aid, how to apply for financial aid, how to use tax scholarships to pay for your college expenses, and how to get money from schools even if you do not qualify for need-based aid. For more information visit BaldridgeCollegeSolutions.com.

3/26 W 7:00 PM - 8:30 PM
Community Center Rm 106
Brad Baldridge
R \$6 NR \$10 1 class

Understanding Psoriasis

Ages 18+

Psoriasis is not just skin deep! During this interactive presentation, you will learn about signs and symptoms of psoriasis, various treatment options, as well as lifestyle strategies that enable psoriasis patients to lead healthier and happier lives. Dianne Burd is a clinical social worker who provides health education to psoriasis patients in the community.

A: 3/6 7:00 PM - 8:00 PM
Community Center Rm 123

B: 3/7 10:00 AM - 11:00 AM
Community Center Rm 106

FREE, but you must pre-register by calling 262-255-8460.

Dianne Burd, 21-year health care professional

Hearing Loss Support Group

Ages 18+

Join our new group for those with hearing loss, or for those who have a friend or family member with hearing loss. We will offer helpful information, hearing aid cleaning and checks, supplies and parts, telephone assistance, and time to get answers from an audiologist.

3/3, 3/31, 5/5 M 9:30 AM - 10:30 PM
Community Center Rm 102A
Melissa Born, Sonus Hearing Care Professionals

FREE!

**Oops,
we made a mistake!**

Occasionally there may be an error in the Activity Guide. If an error occurs, our staff will do everything possible to correct the situation promptly. We thank you for your patience and understanding.



Ed2Go Online Adult Courses

CATEGORIES OF CLASSES:



- The Internet
- Web Page Design
- Web Graphics and Multimedia
- Web and Computer Programming
- Basic Computer Literacy
- Computer Applications
- PC Troubleshooting, Networking Security
- Database Management & Programming
- Certification Prep
- Child Care and Parenting Career Development
- Entertainment Industry Careers
- Law & Legal Careers
- Courses for Teaching Professionals
- Test Prep
- Art, History, Psychology & Literature
- Math, Philosophy & Science
- Graphic Design
- Digital Photography & Digital Video
- Personal Enrichment
- Grant Writing & Nonprofit Management
- Start Your Own Business
- Sales and Marketing
- Accounting
- Business Administration
- Languages
- Writing and Publishing
- Personal Development
- Personal Finance and Wealth Building
- Health Care, Nutrition & Fitness



Learn More

For **additional** online courses and course information visit: www.fallsrec.org

There are over 250 online courses to choose from!

Online Adult Courses

Menomonee Falls Community Education & Recreation has partnered with Education to Go to offer a large variety of online adult education programs. Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners.

Most courses run six weeks (with a ten-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion area, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

Start Dates:

New course sessions begin each month. Please visit the Adult Online Course section of

our online course catalog (www.fallsrec.org) to see exact dates for the courses that interest you.

Instructor:

Online courses are instructor facilitated. Every course includes an expert instructor.

Location:

All online courses can be taken from the convenience of your home or office.

Fee:

Fees for most online courses start at \$99.

Requirements:

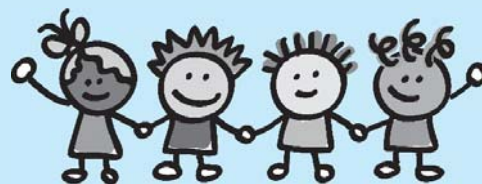
All courses require Internet access, E-mail, Microsoft Internet Explorer, or Firefox web browsers. Some courses may have additional requirements. Please visit our online course catalog at www.fallsrec.org for more information.

Menomonee Falls 4K & 5K Registration



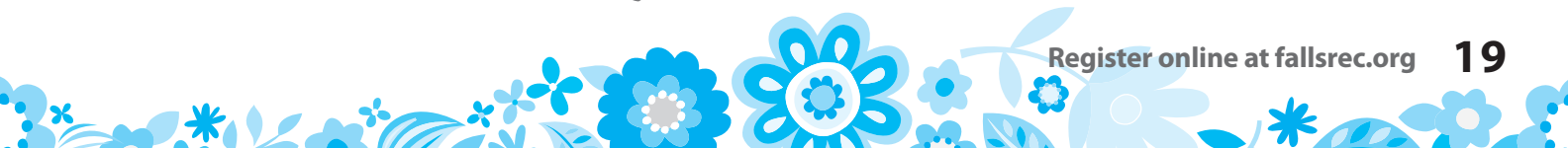
Register weekdays from
7:30 AM to 4:00 PM at the School
District Administrative Office,
located in the municipal building
at W156 N8480 Pilgrim Rd.

**Please bring your child's birth
certificate along with proof of
residency such as a utility bill.**



Register Early! >>>>

Register online at fallsrec.org



Older Adults 55+



Menomonee Falls SENIOR CENTER

- Our programs are open to all residents and non-residents ages 55+
- Programs consist of a variety of services and activities in such areas as education, creative arts, recreation, health and nutrition, leisure, and entertainment.
- The center includes media information for seniors, pool table, card playing lounge and a lending library stocked by the older adults.
- The Community Center's facilities and parking lot are handicap accessible.



SENIOR CENTER MISSION STATEMENT

To advocate for and enhance the opportunities of senior citizens to ensure their dignity and respect in the community.

Nutrition Site–Lunch Program

Community Center

Monday – Friday, Lunch served at Noon

All older adults 60+ are welcome to enjoy a delicious lunch at the nutrition site. Registration for the meal is REQUIRED one day in advance. Reserve in person or by phone at (262) 251-3406 between 9:30 a.m. and 12:30 p.m.

You are encouraged to make a donation based on what you can afford – suggested amount of \$4.00. A menu is available at the nutrition site. The nutrition site is sponsored by the Aging & Disability Resource Center of Waukesha County.



Menomonee Falls Senior Center

OPEN MONDAY - FRIDAY, 8:00AM - 4:30PM

The Senior Center will be closed April 14–18.



For more information on Adults 55+ programs, call Lori Oertel, Senior Supervisor at (262) 255-8469 Monday–Friday 8:00 a.m. – 4:30 p.m.

Bus Service

Ages 60 and over and adults with developmental disabilities
Sunday – Friday



\$2 each way for local trips. Rides are available for medical appointments, shopping, County Meal site, recreation activities, etc.

1st Thursday only

Rides will be provided to and from Brookfield Square. Pick-up begins at 9:30 a.m., with arrival at Brookfield Square about 11:00 a.m. Pick-up at Brookfield Square will be at 1:00 p.m.

Every Monday

Every Monday the bus takes passengers to Mequon Rd. in Germantown from 9:00 a.m. to 1:30 p.m.

For more information or to make a reservation, please call Johnson Bus Co. at (262) 251-4230, Monday – Friday. Ride requests must be made at least one day in advance.

Eirenicon Club 55+

Eirenicon Club meetings include entertainment or guest speakers, refreshments, cards, bingo and socializing. A

Christmas party, anniversary party and an annual picnic are open to members only. For more information, please contact Marilyn Jaeger at (262) 250-9867. Dues include a bi-monthly newsletter. Sign up is also available at the meetings.



1st & 3rd Wed. of the Month
1:00 PM Community Center Rm 102
\$14 per year

Sing Along

55+



Anyone who likes to sing is welcome. A good voice is not required!

1st & 3rd Wed. of the Month at 10:30 AM
Community Center Rm 106

FREE

Warm Up America

Do you like to knit and crochet? With your help we can help those in need. Use your time and talent to create 7" x 9" rectangles in the comfort of your home. Yarn is available at the Senior Center if needed.

You can drop off your completed rectangles at the Community Center Monday – Friday, 8 a.m. to 4:30 p.m. If you would like to help assemble the squares into afghans, you can join our friendly group on Tuesdays between 9:30 - 11:00 AM.

Yarn Needed

The Menomonee Falls Senior Center is in need of yarn for the "Warm Up America" project. If you have any yarn you wish to donate, please drop it off at the Community Center, Monday–Friday, 8 AM–4:30 PM.

Low/No Vision Support Group



Ages 18+

Join our friendly fun group for those with impaired vision. Learn new things, listen to speakers, and make new friends with others who understand your concerns.

M 10:00 AM – 11:30 AM
2/10, 3/10, 4/7, 5/12
Community Center Rm 106

FREE

Bunko!

Ages 55+

This fast paced dice game is easy enough for anyone to play. No experience necessary. Instruction will be provided to those new to the game. You might even win a prize!

FUN!



Wednesdays

9:30 - 11:30 AM

1/22, 2/26, 3/26, 4/23, 5/28

Community Center Rm 106

\$1.00 for kitty

Toe Nail Trimmers

Ages 55+



We have registered nurses who are specially trained to trim nails. No soaking of feet is needed. **Registration is required by calling (262) 719-0336.**

Wednesdays
9:00 AM – 3:30 PM
Community Center Rm 106
\$26 each visit

Make check payable to Toe Nail Trimmers

Books Are Us

Ages 18+

Join our special group of booklovers. Everyone gets to give their thoughts and point of view. Discussions are lively and thought provoking. For the current book selection or additional information, call Mary Jo at (262) 251-8917.

W 1:00 PM – 2:30 PM
The Classics 2/12, 3/12, 4/9, 5/14
Book Lover 2/26, 3/26, 4/23, 5/28
Community Center Rm 106

FREE

Are You Ready for Medicare?

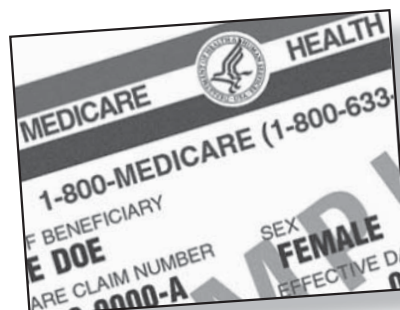
Ages 55+

Will you or a family member be eligible for Medicare this year? If so, please join us as we explain Medicare in easy to understand language. You will also have the opportunity to have all your questions answered. You will leave with solid information about available options, how to qualify for extra help, and information about the “Donut Hole”.

B. 5/14 W 7:00 - 8:30 PM

Community Center Rm 106
Jeff Martin, Platinum Benefit Group

FREE, but you must pre-register by calling 262-255-8460.



Help Needed to Fill Easter Eggs

Adults 18+

Help is needed to fill plastic eggs for the Menomonee Falls Annual Childrens' Easter Egg Hunt held at Village Park.



Enjoy coffee and cake after all of the eggs are filled.

Monday, April 7
9:30 AM - 11:30 AM
Community Center Rm 102A
Pre-register by calling 262-255-8460

See pages 12-19 in the Adult section for additional program offerings.

Grandparent/Child Play Group **NEW!**

Are you looking for something to do with your grandkids? Do they have too much energy and nowhere to go? Are you looking for another adult to talk with? Spend time with your grandchildren while meeting new friends. This is a non-supervised group.



Mondays, 10:00 AM - 11:00 AM
2/17, 3/17, 4/21, 5/19

Community Center Rm 102A

FREE, No registration required

Free Passes to Athletic Events

Adults 60+

Passes are available to adults, ages 60+, for free admittance to any M.F. School District home athletic event, excluding conference, regional or sectional events. Passes can be picked up at the High School Athletic Office,



Mon-Fri 7:00 am-3:00 pm or at the CE & Rec Dept. Mon-Fri 8:00 am-4:30pm.

Older Adults 55+

Senior Tax Exchange Program (STEP)

Ages 62+

Apply between January 6 & July 11 for the 2014–2015 school year.

The CE & Rec Department recognizes and welcomes the many talents and gifts of our older adults. We are pleased to offer the Senior Tax Exchange Program (STEP) through which older adults are given the opportunity to work in the School District and apply their paid earnings toward payment of property taxes.

You must be 62 years or older, receive Social Security, and own taxable property within the School District of Menomonee Falls boundaries. You will be compensated for a maximum of 65 hours per household or up to \$423 per year. There are 30 positions available for the 2014–2015 school year.

If you are interested in this program, please contact Lori Oertel at 255-8469 for an application. All applicants will be interviewed and matched with a position that takes into account their interests. Desired positions will be submitted by school district personnel.



Game Time!

at the Menomonee Falls Senior Center

No programs Dec. 24, 25, 31, Jan. 1
and April 14–18

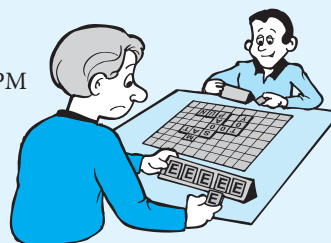


Bridge

Tuesday & Friday 1:00–3:00 PM
All levels welcome.
This is NOT an instructional class.
Tuesday Rm 106, Friday Rm 102A

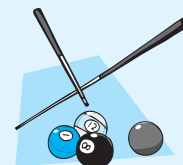
Scrabble

Thursday 1:00–3:30 PM
All levels welcome.
Room 102A



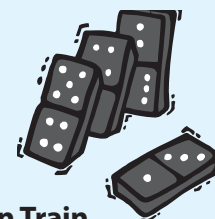
Sheepshead

Monday & Friday 12:00–3:00 PM
This is NOT an instructional class.
Room 106



Pool

Friday 9:30 AM–11:30 AM
All levels welcome.
Room 102A



Mexican Train Dominos

Tuesdays 1:00–3:30 PM
Room 102A

940024

On Wisconsin! Stadium and Brewery Tour NEW!

Ages 55+

What a day we have planned! Our first stop will be the Wisconsin Badgers Camp Randall Stadium! We will start with a 45 minute walking tour of the stadium where we will see the visitors locker room, media center, and the club seats, where we will have a panoramic view of the field. We will also step onto the field if weather permits. We will be eating lunch at Biaggi's Italian Restaurant, then off to Capital Brewery in Middleton where we will take a tour and

hear how beer is made. Following the tour, you will be able to sample Capital Beers (root beer for the non-drinkers) from your souvenir tasting glass. You can also visit the gift shop or rest in the Beer Garden.

Menu includes choice of: Spaghetti and Meatballs, Chicken Parmesan, Lasagna, or Butternut Squash Ravoli. Please indicate your meal choice when registering.

Register by April 18
Emergency Release Form Required

5/22 TH 8:15 AM - 5:30 PM
Community Center Parking Lot
R \$67 NR \$79 (23 seats available)

Trip Refund Policy



We understand that plans can change and you may not be able to attend a trip for which you have registered. However, refunds can only be given if we can register someone from our waiting list to take your place.

Older Adults 55+

BINGO!



Monthly Jackpot BINGO

Ages 55+

Monthly BINGO is here! Every player puts \$2 into the "kitty". We will play 10 games. May luck be with you! No sign up necessary.

Thursdays 1:15–2:30 PM

3/6, 4/3, 5/1

\$2.00 Cash, paid day of game

Community Center Rm 102B

**FUN!
FUN!
FUN!**

NO REGISTRATION REQUIRED

Mah Jongg – American

Ages 40+

Similar to the card game of Rummy, Mah Jongg is a game of skill, strategy, calculation and a certain degree of chance. It is a fast-paced game played with exotic tiles with Chinese symbols. This class is for any ability level. If you don't know how to play, someone from the group will teach you. Join us and learn something new!

**Mondays, 1:00 PM - 3:30 PM
through 5/19**

Community Center Rm 102B

FREE, No registration required

790096

Zumba Gold

Ages 18+

Zumba Gold is the low impact version of the original Zumba Latin inspired dance fitness program. The class has been modified for the active older adult, the beginning participant, or other special populations that may need modifications for success. Created to emphasize the basics, this explosive program is so easy to follow that people of any age can do it.

B: 3/3-4/7 M 9:30 AM - 10:15 AM

Community Center LL Rm 4

Carmen Bond

R \$21 NR \$25 6 classes

790016

Wake Up - Work Out

Ages 55+

This low impact work out is a great way to keep your body limber and in good health. We will exercise to maintain flexibility and muscle tone. Grab a friend and join today.

Tuesdays

3/18-5/20 TU 8:30 AM - 9:30 AM

No class Apr 15

Thursdays

3/20-5/22 TH 8:30 AM - 9:30 AM

No class Apr 17

Community Center LL Rm 4

Erin Wentworth

R \$37 NR \$44 9 classes

Sit and Knit (Or Crochet)

Ages 40+

If you have unfinished knitting or crochet projects, but have lost your motivation to complete them, or you would like to start a new project, this drop-in group is for you! Meet new friends, relax, and visit, as you work on your project. You'll have your project done in no time!

Wednesdays, 1:00 PM - 3:30 PM

2/26, 3/26, 4/23, 5/28

Community Center 102A (New Room)

FREE, No registration required

AARP Smart Driver Class

Ages 55+

Smart Driving is an updated AARP driver safety course. The course contains up to date information about changes that take place in ourselves, our vehicles and our roads, as time goes on. This course will help boost your safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility and maintain independence. There will be a break during the class.

4/4 F 8:30 AM - 12:30 PM

Community Center Rm 123

Marie Renn, AARP

\$18 AARP Member

\$24 AARP Non-member

Senior Living Choices **NEW!**

Ages 55+

This round table discussion covers the options for senior living. Topics that will be covered include: independent living, assisted living and the financial piece. This is a good time to educate yourself for your future needs.

3/12 W 12:45 - 2:00 PM

Community Center Rm 102A

Laura Volz, The Arboretum

FREE, but you must pre-register by calling 262-255-8460

Spring Fling

Ages 55+

Sponsored by the Menomonee Falls Student Council, this Spring Fling will include a bingo luncheon with entertainment provided by one of the student musical ensembles. Bring a friend and enjoy this **FREE** event!

Saturday, May 17

10:30 AM - 2:00

PM

M.F. High School
Cafeteria



Register online at fallsrec.org

Older Adults 55+, Community Services

Drop-In Bridge

Ages 55+

Are you a beginning player or a player not quite ready to play with "seasoned" players? Drop-in on Thursdays to play Bridge with others at your same skill level.

1/9- 5/29 TH 1:30 – 3:30 PM

No class Jan 23, Feb 6, Mar 27 & May 1

Community Center LL Rm 2

FREE, No registration required

Hearing Loss

Prevention

Ages 55+

Learn what steps you can take to help prevent noise-induced hearing loss, and also how to avoid worsening of age-related hearing loss. There will also be a question and answer session.

Monday, May 5

10:30 AM - 11:30 AM

Community Center Rm 123

Mai Nhia Thao, Sonus Hearing Care Professionals

FREE, but you must pre-register by calling 262-255-8460

Blood Pressure Check

Ages 55+

Continuous high blood pressure is a serious condition. Blood pressure can be controlled in most cases, but you need to monitor your pressure. Come in for a free check-up every month to help yourself stay healthy.

Mondays, 10:30 AM - Noon

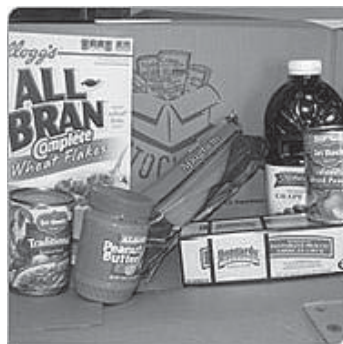
2/17, 3/17, 4/21 & 5/19

Community Center Rm 139

Marie Simek, LPN

Stock Box Distribution

Ages 60+ (55 if Native American)



Distributed by the Hunger Task Force, a stock box contains 35 pounds of food from the U.S. government. To qualify, your income must be \$1,245 or less per month for a single person, or \$1,681 for a household of two. New sign-ups are accepted on distribution dates. **Please bring proof of residency and a photo ID that includes your date of birth.**

Distribution dates:

3/17, 4/21, 5/19

12:30 PM - 1:30 PM

Community Center Rm 102A



Hearing Loss Support Group

Ages 18+

Join our new group for those with hearing loss, or for those who have a friend or family member with hearing loss. We will offer helpful information, hearing aid cleaning and checks, supplies and parts, telephone assistance, and time to get answers from an audiologist.

3/3, 3/31, 5/5 M 9:30 AM - 10:30 PM

Community Center Rm 102A

Melissa Born, Sonus Hearing Care Professionals

FREE!

Walking for Exercise *will add years to your life ...*

Safe, indoor walking with convenient hours. Start your healthy day by walking inside. Please bring dry walking shoes. Wet shoes or boots will not be allowed.

Thomas Jefferson Middle School

Enter through main doors on LaVergne Avenue

Ages 18+

Through March 28

Monday – Friday

9:00 AM – 11:00 AM

Tuesday, Wednesday, Thursday

6:00 PM – 8:00 PM

FREE, please register at the door



Community Services

Food Pantry

N85 W15382 Menomonee River Pkwy.



Tuesday & Thursday
12:30 - 2:00 PM &
5:30 - 7:00 PM

For more information, call (262) 251-6848.

The Parent Connection

A support group for parents with special needs children. Please call Stephanie Schneider at (262) 255-9112, for more information.

Menomonee Falls Fire Dept.

The MF Fire Dept. is proud to offer programs and services including: Life File, Senior Safety and Home Inspection. For more information on these and other programs offered by the Dept., please call (262) 532-8823 or visit menomonee-falls.org/fire.

How to Reserve a Park

Call the Menomonee Falls Park Dept. at (262) 532-4200 for Village Parks. Call (262) 255-1310 to reserve at Menomonee Park (Lannon).

Other Important Numbers

MF Public Library	(262) 532-8900
M.F. Village Hall	(262) 532-4200
Menomonee Falls Chamber of Commerce	(262) 251-2430

Outdoor Ice Skating Rinks

Rinks will be posted closed as weather warrants. For more information on rink conditions, call (262) 532-4700. Rinks are located at the following locations:

- Riverside Park (Pilgrim Road)
- Willowood Park

Free Phones for the Hearing Impaired

Wisconsin residents who are hard of hearing can now obtain a free amplified home phone, through the Wisconsin Telecommunication Equipment Purchase Program (TEPP). Four other phone models are available at a cost of \$20. Walk-in applications are being accepted on:

Tuesday, March 25 - 9:00 AM - 11:00 AM
M.F. Community Center, Rm 102

For more information call Sonus Hearing Care Professionals at (262) 502-3570.

Wisconsin Home Energy Assistance Program (WHEAP)

Do you live in Waukesha County and need home energy assistance? This is an income base benefit.



Qualifying applicants will receive a credit toward your entire energy bill.

Registration will be available Tuesday, March 25, 9:00 AM-12:00 PM at the Community Center.

Applicants must provide: Proof of income, Social Security card for every member living in the household, photo ID, a current energy bill, and verification of the previous 3 months of income. If heat is included in your rent, you must bring a rent statement or letter from your landlord confirming that heat is included with rent. Please call 1-800-506-5596 for additional questions and eligibility income levels.



Volunteer VoICE

in Community Education

VoICE is a central source for volunteerism in Menomonee Falls. We connect individuals and groups with meaningful opportunities that benefit the schools and community.

If you have a need for a volunteer, or would like to be a volunteer and make a difference, please contact Lori Oertel (262) 255-8469, or email [Lori at Oertlor@sdmfschools.org](mailto:Lori@Oertlor@sdmfschools.org).

Upcoming Village Events

River & Park Clean Up

April 26, 9:00 AM-Noon

Old Falls Village Days

May 31-June 1 at Old Falls Village

International Migratory Bird Day Event

June 11, 10:00 AM at Tamarack Preserve parking lot.

For more information, please call the MF Village Hall at (262) 532-4200 or see the website at menomonee-falls.org.



INCLEMENT WEATHER CANCELLATIONS

For information regarding cancellations due to inclement weather, please call our information line (262) 255-8376.

REGISTRATION FORM FORM IS FOR ONE HOUSEHOLD ONLY!

SCHOOL DISTRICT OF MENOMONEE FALLS



Community Education & Recreation

Check box if any information has changed

Last/First Name of adult, parent or legal guardian

Birthdate of adult, parent or legal guardian

Address of enrollee(s)

City

Zip

Phone Numbers:

Day ()

Mobile ()

Evening ()

E-mail Address

(To receive immediate confirmation, you must include your e-mail address)

Attend Menomonee Falls Public Schools Yes No

Employed by the Menomonee Falls School District Yes No

Participants Name First / Last	M/F	Birth Date	Age	Grade	T-Shirt Size (mandatory)	Course Name	Course #	Date, Day & Time of Class	Program Fee
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				

ADULT SIGNATURE REQUIRED:

I hereby understand that I/or my child has registered to participate in a program sponsored by the Menomonee Falls Community Education & Recreation Dept. I understand that participating in this activity has some inherent risk and I assume full responsibility for injuries incurred while participating in this program. I understand that photos may be taken of myself or my child and used for promotional purposes.

*PLEASE NOTIFY US IF YOU or YOUR CHILD HAS ANY SPECIAL MEDICAL CONDITIONS OR NEEDS

Total Fee
Credit
Total Amount

ADULT SIGNATURE

Please make checks payable to: MF CE & Rec

MAIL TO: W152 N8645 Margaret Rd. Menomonee Falls, WI 53051

FAX TO: (262) 255-8411

Please feel free to call us at (262) 255-8460 for assistance.

Date

Credit Card (circle) Exp. Date /



Card Holder Name

Signature X

Thanks!



PLEASE READ BEFORE REGISTERING FOR ANY PROGRAM OR ACTIVITY

RETURNED CHECK POLICY

A \$30 service charge is assessed on all checks returned due to insufficient funds.

RESIDENTS/NONRESIDENTS

Residents: A resident is defined as a taxpayer or a dependent of a taxpayer that resides in the Village of Menomonee Falls (this includes renters). Children who do not live in Menomonee Falls but attend a public school within the School District of Menomonee Falls are considered residents, but their parents are considered nonresidents. **Nonresidents:** A nonresident is defined as a person who does not live within the Village of Menomonee Falls. Nonresidents who register using false information will forfeit their right to participate and no refund will be given.

AGE MINIMUM

Participants registered for any class must meet the minimum age requirement prior to or on the first day the class begins. Please do not request to have your child put in a class where they do not belong. The ages are set to ensure the safety and benefit of the participants as well as the program leaders.

FEE POLICY

Program fees are assessed in order to defray the cost of program operation. The CE & Rec Dept. believes in providing program services to all who desire to participate in recreation activities. Financial assistance is available to Menomonee Falls residents through employment, scholarships or volunteerism by contacting the Director at 262-255-8460.

- A 5% sales tax is included in the fee on all non-instructional programs.
- Program fees are not prorated.

SWIM LESSON TRANSFER/ CANCELATION POLICY

Please check with your child's instructor, or wait until your child has completed their current swim level before registering

100% Program Satisfaction

Guarantee!

The CE&Rec team is constantly striving to provide you with high quality recreation activities, events and programs. We are confident that you will like these programs - so confident that we will ensure our promise to provide that high quality. If you or your child are participating in a program, and you are not completely satisfied, please notify us. We will send you a refund application to complete. Once we have received your completed application, we will then arrange for you to do one of the following:

- Repeat the class at no charge
- Credit your account to be used on a future registration.
- Receive a refund

Requests must be made on the provided application within 10 business days after the program has been completed. **Exclusions to this policy include Adult and Youth Athletic Leagues, Club Sports, Trips, and the Kids INC program.**

for the next session of swim. In the event you register for an incorrect level, **a \$10 fee will be charged for any transfers or cancellations.**

WAITING LIST

Any participant who desires to enroll in a class that is full may place their name on the waiting list. There are no guarantees for placement. The waiting list is compiled on a first come first serve basis.

CANCELATIONS

When the School District cancels due to weather conditions, all CE & Rec activities will also be canceled. Cancellations due to inclement weather will be announced on our website and our Program Information Line at 262-255-8376. Participants will be notified by email, in writing or by phone of any cancellations caused by instructor or facility changes. **NOTICE: Every effort will be made to reschedule classes canceled due to inclement weather. However, if classes cannot be rescheduled, no refunds will be given.**

INSURANCE POLICY

The CE & Rec Dept. does not provide accident insurance for participants in any of its programs. All participants assume some inherent risk of injury from their

involvement in the programs or activities outlined in this brochure.

MEDICAL CONDITIONS

If there is any medical condition or other information you are aware of that could affect someone's participation in a recreation program or activity, please contact the Department to discuss this matter, and notify your instructor on the first day of class.

NO SMOKING/ ALCOHOL USE POLICY

The use of all tobacco products or drinking of alcoholic beverages on premises owned by the School District of Menomonee Falls is forbidden by State Law. Your cooperation in upholding this law is mandatory.

SENIOR DISCOUNT



Adults 60 years and older are entitled to approximately a 20% discount on selected programs. The senior discount does not apply to all programs. Programs designated for individuals 55+ are already discounted. Please present proof of age when registering. For information about senior discounts, please call 262-255-8460.

Register online at fallsrec.org





100% program satisfaction
Guaranteed!

W152 N8645 Margaret Road
Menomonee Falls, WI 53051

Non-Profit Org.
U.S. Postage

PAID

Menomonee Falls, WI
Permit #31

You asked... We responded.

In response to recent survey feedback, and beginning with summer registration, **online** opening day registration time for CE & Rec Dept. programs will be 9:00 pm on a Sunday. Please note that our office hours will remain Monday through Friday, 8:00 am – 4:30 pm. Please plan accordingly, and we hope you find this time change convenient for the upcoming summer program registration.



fallsrec.org



facebook.com/fallsrec



@fallsrec

Spring program registration NOW taking place!
Summer Activity Guide Arrives in Homes in Early April ...

