

CE&Rec

Community Education & Recreation

Activity Guide

Fall 2023

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

Online
Registration
OPENS
Sunday, Aug 6
at 9:00 pm

Dozens of
FREE
Programs
in this guide

Starting on page 28



**MENOMONEE FALLS
SCHOOLS**

Engage
Learn
Improve

...There are many
FREE classes in this guide!

Adults 18+

CaptionCall 101
Engage Your Theatrical Mind
Retirement Planning
Medicare 101
Social Security Seminar
Guardianship
Retirement Savings Challenges for Women
Understanding Annuities
Pension Seminar
Year in Review: 2023 Market Update & 2024 Outlook
Upcoming Trips with Collette Travel
Fall Asleep, Stay Asleep
Health & Wellness: Fall Clean Up
Battling the Aging Brain
Health & Wellness: Trick or Treat for Your Body
Cup of Health: Bone Health
Free Technology Help
New Apple Device, Now What Do I Do?
Apple Services
Apple iCloud
Apple Apps
Apple Email
Apple Camera
Apple Photos
Free Hearing Screening
Stronger Together, Coffee & Conversations
Weekday Walkers
Home Selling Zoom Class

Home Buying Zoom Class
Art & Holiday Stress
Books Are Us
Blood Pressure Check
Happy Hookers / Sit & Knit
Warm Up America
Heartsaver CPR & AED
MFFD Citizen Fire & EMS Academy

55+

Crafts with Grace Commons
Memory Screening Test
Senior Adult Home Safety
Cardio Drumming
BINGO Blast
Grooving with Downtown Harrison
Annual Packer Fall Fling
Chess Club
Sheepshead
American Mah Jongg
Hand and Foot
Bridge
Mexican Train Dominos
Bunko
Scrabble

All Ages

Fit in the Parks:
Sunset/Candlelight Hike
The Search for the Great Pumpkin 2023

Youth

Firefighters and You

Menomonee Falls Community Education & Recreation Department

Offices are 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 Sept 4, Nov 23–24,
Dec 25–Jan 1. (Aug 29 closed 8 AM–Noon)**

CE & Rec Department Staff

- Jason Husslein, Director
- Dan Zeroth, Recreation Supervisor
- Candice Southcott, Recreation Supervisor
- Lori Oertel, Older Adult and Volunteer Supervisor
- Melissa Palucki, Aquatics & Adult Fitness Supervisor
- Julie Hardy, Administrative Assistant
- Casey Doleschy, Administrative Assistant
- Rachel Johnson, Administrative Assistant



Menomonee Falls 4K & 5K Enrollment

For more information, go to
sdmfschools.org/enroll.



WHEN TO REGISTER

RESIDENT online registration begins

Sunday, August 6, 9:00 PM

Drop Box, Mail or in Person

Monday, August 7

NON-RESIDENT online registration begins

Thurs, August 10, 9:00 PM



4 Easy Ways to Register



★ **Online** *Best chance to get into the class that you want.*

Go to www.fallsrec.org and sign in to your account. If you do not have an account, select "Create an account". You must create an account for an adult first, then add any children.

Mail

Complete the registration form at the back of the guide and mail it to:
CE & Rec Dept. W152 N8645 Margaret Rd., Menomonee Falls, WI 53051

After Hours Outdoor Drop Box

Outdoor drop box located next to the front entrance of the Community Center.

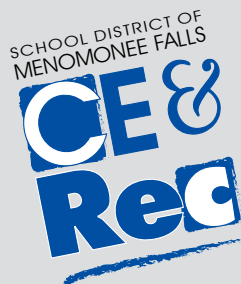
In Person 8:00 AM–4:30 PM

Stop in our office with a completed registration form, or blank forms are available in our office.

NOW HIRING!

Community Education & Recreation is looking for energetic team members to fill a number of positions including:

- ▶ **Kids INC Site Supervisor**
- ▶ **Kids INC Leader**
- ▶ **4K Wrap Around Assistant**
- ▶ **3-Year-Old Preschool Assistant**
- ▶ **Lifeguard**
- ▶ **Swim Instructor**
- ▶ **Youth Sports Staff**
- ▶ **Basketball Scorekeeper**



Hours, responsibilities, and pay vary depending on the position.

Go to fallsrec.org > Employment for more information.

Fall 2023

Affiliates	44
Aquatics	4
Adult 18+ Activities & Fitness	22
Adults 55+ Activities & Fitness	39
Adult Day Trips	38
Community Services.....	45
Free Programs.....	28
Kids INC.....	10
Special Olympics.....	21
Youth Activities & Sports	11
Upcoming Village Events	9, 23, 45



Questions?

Call us, we are happy to help.
(262) 255-8460



Inclement Weather Cancellations

For information regarding class cancellations due to bad weather, call (262) 255-8376 or check our Facebook page @fallsrec.



AQUATICS & OPEN SWIM

Important Policies

Pool rules are enforced by the lifeguards. Follow all instructions by lifeguards. Lifeguards have the authority to make discretionary rules to maintain safety and prevent injury. Safe, appropriate behavior is expected by all swimmers and spectators. Anyone creating an unsafe environment will lose the privilege of swimming for a period specified by the CE & Rec Staff.

Supervision: Children (3-17) must be accompanied by an Adult (18+) at all times. Children 6 years and younger must have an Adult in the water with them within 6 feet.

What to bring: Participants must bring their own swim suits, lock for lockers, and towels. We do not provide these items.

Locker Room: Attendants are NOT on duty. Do not leave anything unattended in the locker rooms. We are not responsible for any lost or stolen items. A lock is recommended if utilizing the lockers. Children 5 years or older must use the gender appropriate locker room.

Spectators: Viewing is allowed from the balcony or the pool deck.

Pool Toys: Toys from home are allowed and must be approved by lifeguard. Pool toys are provided but may not be available if classes are going on.

Pool Closings: Pool closure is determined by the lifeguard staff. Reasons for the pool to be closed include, but are not limited to the following:

- Rescue/Injury situation
- Inclement weather
- Staffing shortages

North Pool Facts ...

Pool size is 25 Yards / 6 Lanes
Depth ranges from 3-1/2 to 12 feet
1 mile = 72 lengths or 36 laps
Average temperature is 84 degrees

All Swim Programs Held at North Middle School Pool N88 W16750 Garfield Drive, Menomonee Falls



Groups of 15 or More, please contact the CE & Rec Department at (262) 255-8460 at least two weeks prior to needed date so additional lifeguards can be scheduled.

Open Swim Fees

A swim pass entitles the owner admission to Open and/or Lap Swim. Passes can be purchased at the CE & Rec Office or the pool. Cash or check accepted at the pool, no cards. Please bring exact change. (*Closed Nov 24, 25; Dec 22, 23, 29 & 30)

Fall Pass: Valid Sept 6–Oct 28

Winter Pass: Valid Nov 3–Jan 13*

	Per Use Fee	Res. Swim Pass	Non-Res. Swim Pass
Adult (18+)	\$4	\$45	\$55
Child	\$3	\$25	\$30
Family	N/A	\$75	\$84
Senior 55+	\$3	\$35	\$42

Punch Cards

Entitles the owner 12 admissions to Open and/or Lap Swim. Punch cards can be purchased at the CE & Rec Office or the pool. Cards are non-transferrable.

	Resident	Non-Res.
Adult	\$38	\$45
Senior 55+	\$31	\$36

Adult Lap Swim & Water Walking

Adult Lap Swim is designed for all kinds of aquatic fitness! Lap lanes are available for swimming and walking. The deep end of the pool is available for treading water and deep water jogging. A shallow area is also available for stretching and resistance training. Equipment is available upon request.

Fall Session: Sept 6–January 13

(Closed Nov 1, 22, 24, 25; Dec 22, 23, 25, 27, 29 & 30)

Mon, Wed & Fri	4:00 PM–6:00 PM
Saturday	8:00 AM–10:00 AM

Family Open Swim

This designated time is for families and friends to enjoy the pool. Lifejackets, swim toys, and swim equipment is available.

Fall Session: Sept 6–January 13

(Closed Nov 24, 25; Dec 22, 23, 24, 30)

Friday	5:30 PM–7:00 PM
Saturday	11:00 AM–1:00 PM





American Red Cross Aquatic Program Level Skills



If your child is age 5 or older and has NOT participated in swim lessons through Menomonee Falls CE & Rec previously, they must be tested before enrolling in class. **Unsure what class you should enroll your child in for the next swimming session?** Assessments are available at the North Middle School Pool during Family Open Swim.

Level	Age	Description
Tadpole Parent/Child 1	6m–3 years	Provides experiences and activities for children to: Learn to ask for permission before entering the water, learn how to enter and exit the water in a safe manner, feel comfortable in the water, explore submerging, explore buoyancy on the front and back position, change body position in the water, learn how to play safely, and experience wearing a life jacket.
Frog Parent/Child 2	6m–3 years	Builds upon the skills learned in P/C Level 1 (Tadpoles) and provides experiences and activities for children to: Establish expectation for adult supervision, learn ways to enter and exit the water safely, explore submerging in a rhythmic pattern, glide on the front and back with assistance, perform combined stroke on front and back with help, and change body position in the water.
Turtle Preschool 1	3–5 years Under 42" tall	Orients children to the aquatic environment and helps them gain basic aquatic skills including: Entering and exiting water, blow bubbles through mouth and nose, submerge mouth, nose and eyes, open eyes under water and retrieve submerged objects, front and back glides and recover to a vertical position, back float and recover to a vertical position, roll from front to back and back to front, tread with arm and hand actions, alternating and simultaneous leg actions on front and back, and alternating and simultaneous arm actions on front and back, and combined arm and leg actions on front and back.
Narwhal Preschool 2	3–5 years Under 42" tall	Helps children develop more comfort in and around water and to gain greater independence in the following skills: Enter water by stepping in, exit water using ladder, steps or side, bobbing, open eyes under water and retrieve submerged objects, front and back floats and glides, recover from a front or back float or glide to a vertical position, roll from front to back and back to front, tread water using arm and leg actions, combined arm and leg actions on front and back, and finning arm action on back.

Level Ages 5+	Description (not all skills are listed)	Requirement to Pass
Level 1 (5–12 yrs) Introduction to Water Skills	Water safety, submerging under water, front float, back float, front glide, back glide, swim on front, swim on back. All skills are completed with assistance. Max. 5 students.	Beginning to be independent with all skills.
Level 2 (5–12 yrs) Fundamental Aquatic Skills	Water safety, bobbing, front float for 10 seconds, back float for 10 seconds, front glide, back glide, treading water, swim on front, swim on back, rotary breathing. All skills are independent. Max. 5 students.	Must be able to swim 15 yards with rotary breathing.
Level 3 (6–12 yrs) Stroke Development	Water safety, diving, back float in deep water 1 minute, treading water for 1 minute, butterfly kick, survival float for 30 seconds, and 15 yards each of front crawl, elementary backstroke and scissors kick. Max. 5 students.	Must be able to swim on front and elementary backstroke for 15 yards continuously.
Level 4 (8–14 yrs) Stroke Improvement	Water safety, diving, survival swim 1 minute, treading 2 minutes, open turns, 15 yards each of back crawl, sidestroke, breaststroke and butterfly, 25 yards each of front crawl and elementary backstroke. Max. 8 students.	Must be able to successfully swim all distances without stopping and tread for 2 minutes.
Level 5 (8–14 yrs) Stroke Refinement	Water safety, importance of CPR, dives, tread w/2 kicks, tread without arms, flip turns, 50 yards each of front & elementary backstroke, 25 yards each of back crawl, butterfly, breaststroke, and sidestroke. Max. 10 students.	Strokes must have the right distance, body position, arms, kick, breathing and timing.



FALL SWIM LESSONS

Fall Swim Lessons 8 Weeks | Ages 6 months–14 years



**For more Aquatics
Program information**
contact the CE&Rec office
at (262) 255-8460.

You must wait until your child has completed their current
swim level before registering for the next level.

**Resident registration for Fall Sessions
opens August 6 at 9:00 pm online.**



A \$10 fee will be charged for any
transfers or cancellations.

Level	Fee: \$59 Resident, \$71 Non-Resident						Fee: \$65 R, \$79 NR		
	With Adult		PS 1 Turtle	PS 2 Narwhal	Level 1	Level 2	Level 3	Level 4	Level 5
	P/C 1 Tadpole	P/C 2 Frog							
Mondays Sept 11–Oct 30									
4:45–5:15 PM	28391		28399						
5:20–5:50 PM			28400		28412				
5:55–6:25 PM						28420			
5:55–6:40 PM								28426	
Wednesday Sept 6–Oct 25									
4:45–5:15 PM		28395		28406					
5:20–5:50 PM				28407		28421			
5:55–6:25 PM					28413			28432	
Friday Sept 8–Oct 27									
4:45–5:15 PM		28396							
5:20–5:50 PM					28414				
5:55–6:25 PM						28422			
6:30–7:10 PM							28427		
Saturday Sept 9–Oct 28									
9:00–9:30 AM	28392								
9:35–10:05 AM			28401						
10:10–10:40 AM				28408					
10:45–11:15 AM					28415				
11:20–12:00 PM							28428		
12:05–12:40 PM									28434

WINTER SWIM LESSONS



Winter Swim Lessons 8 Weeks | Ages 6 months–14 years



**For more Aquatics
Program information**
contact the CE&Rec office
at (262) 255-8460.

You must wait until your child has completed their current
swim level before registering for the next level.

**Resident registration for Winter Sessions
opens October 15 at 9:00 pm online.**



A \$10 fee will be charged for any
transfers or cancellations.

Level	Fee: \$59 Resident, \$71 Non-Resident						Fee: \$65 R, \$79 NR		
	With Adult		PS 1 Turtle	PS 2 Narwhal	Level 1	Level 2	Level 3	Level 4	Level 5
	P/C 1 Tadpole	P/C 2 Frog							
Mondays Nov 6–Jan 8 <i>No classes 12/25–1/1</i>									
4:45–5:15 PM	28393		28402						
5:20–5:50 PM			28403		28416				
5:55–6:25 PM						28423			
5:55–6:40 PM							28429		
Wednesday Nov 8–Jan 10 <i>No classes 11/22 & 12/27</i>									
4:45–5:15 PM		28397		28409					
5:20–5:50 PM				28410		28424			
5:55–6:25 PM					28417			28433	
Friday Nov 3–Jan 12 <i>No classes 11/24, 12/22 & 12/29</i>									
4:45–5:15 PM		28398							
5:20–5:50 PM					28418				
5:55–6:25 PM						28425			
6:30–7:10 PM							28430		
Saturday Nov 4–Jan 13 <i>No classes 11/25, 12/23, 12/30</i>									
9:00–9:30 AM	28394								
9:35–10:05 AM			28405						
10:10–10:40 AM				28411					
10:45–11:15 AM					28419				
11:20–12:00 PM							28431		
12:05–12:40 PM									28435



Falls Kids Festival

AUGUST 12, 2023

SAVE THE DATE!

A day full of fun celebrating all things kids!

FREE concert with children's recording artist
LAURIE BERKNER

Scan for more details!









Village Park

SHOWTIME - DUSK

MAY 19th: Toy Story

JULY 21st: Elf "Christmas in July"

SEPT 8th: Sing

"Previews" start at 6PM

- LIVE MUSIC • FOOD TRUCKS
- BEER GARDEN • POPCORN WAGON



Optimist Club

of Menomonee Falls





Parent Holiday Drop & Shop

Ages 3-11

Saturday, December 2
10:00 AM-2:00 PM

FREE, but registration is required.

See
Page 14



Must be 17 or 16 yrs. with parents permission

Upcoming Blood Drive

Tuesday, August 9

at the Community Center

Giving blood is a quick, simple way to give back to your community, and possibly save a life. The donation process from the time you arrive to the time you leave is only about an hour.

Book your appointment now at [versiti.org](https://www.versiti.org).



Aquapals

Ages 5–16 w/disabilities

Children with special needs will learn and improve swimming skills with specialized swimming instruction. We provide one instructor per 3 students.

Wed, 11/8–1/10, 30m

5:55 PM Class #28382

6:30 PM Class #28383

No class Nov 22 & Dec 27

North Middle School Pool

Aquatic Staff

R \$38 NR \$46 8 classes

Adult Swim Lessons

Ages 16+

Whether you are learning the basics or swimming for fitness, this swim program is perfect for older teens and adults. Our program gives adult swimmers at every level the opportunity to improve their skills in a safe environment, and under the guidance of a trained instructor.

Mon, 6:45 PM, 30m

9/11–10/2 Class #28388

10/9–10/30 Class #28389

11/6–11/27 Class #28390

North Middle School Pool

Aquatic Staff

R \$35 NR \$42 4 classes

Junior Lifeguard Clinic

Ages 11–14

Junior Lifeguarding is an effective transition from upper-level Learn to Swim courses, challenging and encouraging participants to stay involved with aquatics. This class will focus on swimming development, lifesaving skills, teamwork, and decision making skills. Participants will have an opportunity to shadow the CE & Rec Aquatics team to get a sense of being on the job. Junior Lifeguarding is designed for youths 11–14 years of age, or those who have completed the 5th grade.

Wed, 4:30 PM, 1h

9/6–10/25 Class #28378

11/8–1/10 Class #28379

No class 11/22 & 12/27

North Middle School Pool

CE & Rec Aquatic Staff

R \$90 NR \$108 8 classes

Do You Have What it Takes to be a Lifeguard?



Ages 15+

Have you ever wondered what training it takes to be a Lifeguard? Come to this event, take the Lifeguard pre-test described below, practice CPR on a manikin, hear what an AED sounds like, practice some water rescues and more!

The Lifeguard Class is free for those who work for the CE & Rec Dept.

Pre-test Events: Swim 300 yards of consistent front crawl or breaststroke (or combination) Tread water for 2 minutes using only your legs. Timed Skill: Enter the water, swim 20 yards, surface dive to 12 feet, retrieve a 10lb brick and swim 20 yards with both hands on the brick and face out of the water in 1 minute and 40 seconds (cannot use goggles for timed event).

Fri, 4:00 PM, 3h / Sat, 8:00 AM, 2

10/6–10/7 Class #28384

12/8–12/9 Class #28385

North Middle School Pool

Aquatics Staff

**Registration preferred
but not necessary!**

**Stop by any time between
4–7 PM on Friday 10/6 or 12/8
or 8–10 AM on Saturday 10/7 or 12/9.**

Lifeguarding Instructor Class



Ages 17+

Trains Lifeguarding Instructor candidates to teach American Red Cross Lifeguarding, Lifeguarding Blended Training, Shallow Water Lifeguarding, Aquatic Attraction Lifeguarding, Waterpark Skills, CPR/AED for Professional Rescuers, and Bloodborne Pathogens Training.

Prerequisites: Minimum age 17 years; possess a current Red Cross certificate for Lifeguarding/First Aid/CPR/AED; complete the Online Session for the Lifeguarding Instructor Course; and complete the precourse session. *Note: To teach Waterfront Skills, Lifeguarding instructors must possess a basic-level Waterfront Skills Certificate.*

Fri, 4:00 PM, 4h / Sat, 8:00 AM, 8h

9/22–9/30 Class #28380

11/10–11/18 Class #28381

North Middle School Pool

R \$350 NR \$350 4 classes

Lifeguard Class



Ages 15+

Looking for a new job? Train to be a CE & Rec Lifeguard! This blended learning course includes an online class and an in-person skills session. The online class duration is approximately 7 hours and must be completed prior to the onsite training. Lifeguard training provides entry-level participants the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illness. Participants who successfully complete the course will receive a certificate for Lifeguarding/First Aid/CPR/AED valid for two years. Participants will have the opportunity to practice lifeguarding while receiving guidance and feedback from a seasoned lifeguard. Successful participants will be eligible for employment within the CE & Rec Aquatics Department. Online class link and information will be sent to participants one month before class starts.

Fri, 4:00 PM, 4h / Sat, 8:00 AM, 8h / Sun, 8:00 AM, 8h

10/27–10/29 Class #28386

12/15–12/17 Class #28387

North Middle School Pool

Aquatics Staff

R \$175 NR \$200 3 classes





KIDS INC



September 5 – June 6 | Grades 4K-5

*No program Nov 23–24, Dec 25–29, Jan 1, March 29,
May 27, June 6 (Dates subject to change).*



**All Kids INC programs are full for the 2023-24 school year,
but please add yourself to the online wait list.**

(Registration opened April 2023)

About the Kids INC Programs

Offered at each of the four elementary schools, Kids INC provides a safe and fun environment for children to receive before and after school care without having to leave their school building. Activities include homework time, group sports and activities, arts and crafts, games, special events and more. Field trips are planned throughout the year, and most admission fees are included in the daily fee. An annual fee is also charged for each participant.

- Students must use the program **at least two days per week, or 8 days per month.**
- A \$5 late fee, per option, will be applied if daily registration is not completed by the weekly Wednesday due date. \$10 late fee for any "day off" registrations.
- Full Day Note: Students who attend Valley View or Shady Lane must attend at Shady Lane; Students who attend Ben Franklin or Riverside must attend at Ben Franklin.

Kids INC Daily Fees

(Additional \$35 Annual Fee per participant)

Before School Care (B)	6:30 AM–8:45 AM	\$12.00
After School (S)	3:45 PM–6:00 PM 2:30 PM–6:00 PM	\$13.00 (M, Tu, Th, F) \$14.00 (W)
*Full Day (L, S) No school days only	6:30 AM–6:00 PM	\$42.00

(B) Breakfast can be purchased through the school lunch program.

(S) Includes snack. Student can bring an additional snack. No peanut products please.

(L) Student must provide own lunch.

NOTE: There is no access to cooling or heating appliances.

4K Wrap Around Care

The 4K Wrap Around Care program provides children additional care the half of the school day they are not attending their traditional 4K class. 4K Wrap Around is an extension of the 4K classroom, and builds on the curriculum covered during their school day.

Daily Fee\$30

Annual Non-Refundable Fee due at Registration.....\$55

Ben Franklin Course #27064 **FULL, but can be added to wait list**

Shady Lane Course #27065 **FULL, but can be added to wait list**

- Before or After School Kids INC requires an additional Annual Registration Fee.
- Students must use the program a **minimum** of twice per week throughout the school year.



**Find Complete
Kids INC
program information
at fallsrec.org**



Tot Time

Ages 1-5

Make new friends and enjoy playing in an open space. The unstructured, non-instructional setting in this open gym time gives kids a chance to run, jump, roll, dance, socialize, bounce balls or do whatever kids do to burn energy and beat boredom.

Wed, 9:30 AM, 1h30m

9/20 Class #28457

9/27 Class #28458

10/4 Class #28459

10/11 Class #28460

10/18 Class #28461

10/25 Class #28462

11/1 Class #28463

11/8 Class #28464

11/15 Class #28465

11/29 Class #28466

12/6 Class #28467

12/13 Class #28468

Germantown Fire Station #1

R \$5 NR \$7

All Aboard! Trains, Planes & Automobiles

Ages 1-5 w/adult

Join us for this fun music party featuring songs celebrating all things transportation! Class includes games and crafts. Please register child only.

Thu, 9/14, 1h

10:30 AM Class #28480

1:30 PM Class #28481

Germantown Fire Station #1

Julie Thompson

R \$16 NR \$19

Construction Zone

Ages 3-5

Kids will "dig" this construction zone workshop where they will dig in the sand, practice safe hammering skills, create a toolbox, and play construction games. Children will receive a vest and hat to take home and keep. Make sure to bring your favorite truck to class to play with! Please register by September 15.

Fri, 9/22, 1h15m

10:15 AM Class #28511

6:00 PM Class #28512

Germantown Fire Station #1

R \$17 NR \$22

Firefighters and You

Ages 3-5 w/Adult

See where Menomonee Falls Firefighters work, what they wear and what they drive. Firefighters have to eat too! What do they eat and where do they eat it? Where do Firefighters sleep? See your Menomonee Falls Firefighters "home" while on shift. Register Child only.

Thu, 6:00 PM, 1h

9/21 Class #28314

10/19 Class #28315

11/16 Class #28316

12/21 Class #28317

Menomonee Falls Fire Station #3

Menomonee Falls Fire Dept.

FREE. but registration is required.

Mermaid Fun

Ages 3-5

Join us for a visit under the sea. Find out what your mermaid name is, decorate a mermaid tale, hunt for mermaid treasure and more! Each mermaid will get a tutu that is theirs to keep. Please register by October 13.

Fri, 10/20, 1h15m

10:15 AM Class #28513

6:00 PM Class #28514

Germantown Fire Station #1

R \$17 NR \$22

Miss Julie's Music Fun w/adult

Ages 1-5

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. Julie Thompson is a performer, recording artist and children's author.

Tue, 10:00 AM, 45m

9/5-10/3 Class #28477

10/10-11/7 Class #28478

11/14-12/12 Class #28479

Germantown Fire Station #1

Julie Thompson

R \$55 NR \$65 5 classes



Miss Julie's Family Music Fun w/adult

Ages 1-5

Join us as we share music, movement, finger plays, stories, rhythm, rhyme and more. Your child will build their social skills as they participate in this interactive class. Please register child only. Siblings under one year or over 5 years of age may attend at no charge. Julie Thompson is a performer, recording artist and children's author.

Sat, 10:15 AM, 45m

9/16 Class #28484

10/21 Class #28485

11/18 Class #28486

12/9 Class #28487

Germantown Fire Station #1

Julie Thompson

R \$12 NR \$15

Miss Julie's Babies Music Fun

Infants & Babies w/adult

Come to a nurturing class for you and your baby as you 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. Pregnant mothers do not have to register for this program - they are welcome to come and participate in the class.

Sat, 11:15 AM, 30m

9/16 Class #28492

10/21 Class #28493

11/18 Class #28494

12/9 Class #28495

Germantown Fire Station #1

Julie Thompson

R \$8 NR \$11



YOUTH ACTIVITIES & SPORTS

Halloween Music Party w/adult

Ages 1-5

Come dressed in your favorite Halloween costume and have a spooktacular time! This fun music party will feature songs to celebrate October, the Fall, and Halloween. Class includes games and crafts. Please register child only.

Thu, 10/26, 1h
10:30 AM Class #28482
1:30 PM Class #28483
Germantown Fire Station #1
Julie Thompson
R \$16 NR \$19

Turkey Time Music Party w/adult **NEW!**

Ages 1-5

This fun party will feature songs to learn and celebrate fall, Thanksgiving and turkeys. Class includes games and crafts. Please register child only.

Thu, 11/16, 1h
10:30 AM Class #28488
1:30 PM Class #28489
Germantown Fire Station #1
Julie Thompson
R \$16 NR \$19

Christmas Music Party w/adult

Ages 1-5

This fun music party will feature songs to learn and celebrate Christmas, winter and solstice. Class includes games and crafts. Please register child only.

Thu, 12/14, 1h
10:30 AM Class #28490
1:30 PM Class #28491
Germantown Fire Station #1
Julie Thompson
R \$16 NR \$19

Oodles of Art

Ages 1½-4½ w/adult

Adult and child will participate together in this hands-on art class. Through sculpting, drawing, painting, songs 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.

Thu, 9:30 AM, 1h
9/21-10/12 Class #28292
10/19-11/9 Class #28293
11/16-12/14 Class #28294
No class 11/23
Germantown DPW Highway Dept. Bldg
R \$37 NR \$42 4 classes

Adventures in Art

Ages 6-8

This class is all about taking an adventure. Whether it is traveling back in time to learn about famous artists and their favorite ways of creating art, exploring fun ways to make art out of recyclable materials, or applying basic art skills and techniques to find new ways to express yourself. What to wear: Be sure to wear clothes that you don't mind your young artist getting paint on. All supplies provided. Register by Sept 27.

Tue, 6:00 PM, 1h
10/3-10/24 Class #28374
Survive Alive House, Germantown
Sonya Behan
R \$35 NR \$40 4 classes

Slice of Art

Ages 9-12

This class is designed to explore not just the basics of art skills and techniques but offers your young artist an opportunity to build confidence, self-esteem, skills, their imagination and develop a healthy self evaluation of their work. They will journey through time to learn about other famous artists and their techniques, learn the impact that art has in our everyday life and complete pieces that will challenge and inspire them to keep creating.

Tue, 5:30 PM, 1h30m
11/7-11/28 Class #28375
Survive Alive House, Germantown
Sonya Behan
R \$35 NR \$40 4 classes

Young Rembrandts Drawing Entering Grades 5K-5

We grow creative, young minds and praise individual differences through the Power of Drawing. Using our unique step-by-step method that assures every student succeeds, your child will use problem-solving skills, innovation and their imagination to create unique works of art. Our brand-new lessons every week and every session, will have your child improving their fine motor skills, patience levels, focus, and ability to stay on task, all while having fun. All supplies are included. Additional information can be found at www.youngrembrandts.com.



Young Rembrandts

Wed, 2:35 PM, 1h

Ben Franklin Grades 5K-2
9/27-11/15 Class #28611
11/29-1/24 Class #28612
No class 12/27
Ben Franklin Rm 131

Shady Lane Grades 5K-2
9/27-11/15 Class #28613
11/29-1/24 Class #28614
No class 12/27
Shady Lane Lower Level

Riverside Grades 3-5
9/27-11/15 Class #28615
11/29-1/24 Class #28616
No class 12/27
Riverside Rm 107

Valley View Grades 3-5
9/27-11/15 Class #28617
11/29-1/24 Class #28618
No class 12/27
Valley View Cafeteria

R \$109 NR \$109 8 classes
Young Rembrandts Staff





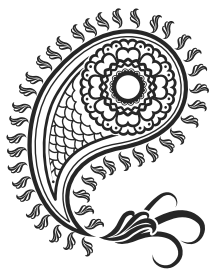
This symbol means the class is offered for multiple ages, under 18 and over 18.

YOUTH ACTIVITIES & SPORTS



Henna Tattoo Workshop

Ages 9-Adults of All Ages



Learn how to apply your own henna tattoos. The henna used is made from the best henna plants, contains no chemicals or dyes and is completely safe. Students will receive instruction

on how to hold and apply henna with a henna cone. Designs will last 1-3 weeks. Please bring a smock or dress accordingly.

Fri, 5:30 PM, 1h15m

10/6 Class #28508

11/3 Class #28509

12/1 Class #28510

Survive Alive House, Germantown

Khushbu Dudhwala

R \$20 NR \$23

Ukulele Madness

Ages 6-Adults of All Ages

The ukulele is a fun and easy instrument for people of all ages to play. It is a fantastic accompanying instrument for singing, and many people are able to play the chords to songs they know after just one lesson. Ukulele Madness takes a song based approach, with something for everyone. We'll look at the relationship between melodies and their accompanying chords, different rhythms and even do some picking. Please bring your ukulele. All other materials will be provided. **Ages 6-9 may register with consent of instructor.*

Mon, 6:00 PM, 45m

10/2-11/6 Class #28505

Falls School Of Music, Germantown

Guy Fiorentini

R \$64 NR \$68 6 classes

Learn Magic with

Ages 8-Adults of All Ages

Professional Magician Glen Gerard, favorite magician of the Milwaukee Bucks, will teach you stunning magic tricks that can be performed with items found around the home. Students will learn sleight of hand, misdirection and showmanship. Fool your friends and family with magic and be a hit at any event.

Sat, 1:00 PM, 1h

11/4 Class #28503

Germantown DPW Highway Dept. Bldg.

Glen Gerard

R \$18 NR \$21

Beginning Guitar

Ages 10-Adults of All Ages

Class will provide a strong technical foundation for students who are new to guitar. We will begin with a scale and simple melodies, and progress to strumming chords and playing songs. You don't need to know how to read music to participate in this class. Please bring your guitar and pick. All other materials will be provided.

Wed, 6:00 PM, 45m

10/4-11/8 Class #28504

Falls School Of Music, Germantown

Guy Fiorentini

R \$64 NR \$68 6 classes

Stage Stars

Grades 5K-6

Does your child have a dramatic side? Our drama class introduces students to the craft of stage acting. Students will learn theatrical skills, improvisational basics, and participate in interactive drama games. This is an opportunity for your child to have fun, express themselves, interact with others within the context of theatre arts, and have the opportunity to earn belts to demonstrate their learned skills.

Mon, 6:00 PM, 1h

10/2-11/20 Class #28625

Community Center Rm 120

Afterschool Enrich. Solutions Staff

R \$139 NR \$139 8 classes

Chess Scholars Grades

Entering Grades 5K-8

Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Also, chess has been proven to enhance children's motivation, concentration, focus, social skills and creativity. Each class will consist of a fun interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will get to the next level under the guidance of an experienced Chess Scholars coach.

Ben Franklin Grades 5K-2

Mon, 3:50 PM, 1h

9/25-11/13 Class #28623

Ben Franklin Rm 131

Shady Lane Grades 5K-2

Wed, 2:35 PM, 1h

9/27-12/6 Class #28629

No class 10/18, 11/1, 11/22

Shady Lane Library

Riverside Grades 3-5

Tue, 3:50 PM, 1h

9/26-11/21 Class #28621

No class 10/31

Riverside Rm 214

Valley View Grades 3-5

Fri, 3:50 PM, 1h

9/29-12/8 Class #28622

No class 10/20, 11/3, 11/24

Valley View Cafeteria

North Middle School Grades 6-8

Thu, 2:40 PM, 1h

9/28-12/7 Class #28631

No class 10/12, 11/2, 11/23

North Middle School Rm 133

Afterschool Enrich. Solutions Staff

R \$139 NR \$139 8 classes





YOUTH ACTIVITIES & SPORTS

STEAM

Grades 5K-5

This exciting program brings together elements of science, art and math in a hands-on, action-packed environment. Students will conduct experiments, play educational games, and unlock their creativity through building challenges and projects. No experience necessary.

Ben Franklin Grades 5K-2
Wed, 2:35 PM, 1h
9/27-12/6 Class #28624
No class 10/18, 11/1, 11/22
Ben Franklin Rm 129

Shady Lane Grades 5K-2
Tue, 3:50 PM, 1h
9/26-11/21 Class #28630
No class Oct 31
Shady Lane Library

Riverside Grades 3-5
Fri, 3:50 PM, 1h
9/29-12/8 Class #28619
No class 10/20, 11/3, 11/24
Riverside Rm 107

Valley View Grades 3-5
Fri, 3:50 PM, 1h
9/29-12/8 Class #28622
No class 10/20, 11/3, 11/24
Valley View Cafeteria

R \$156 NR \$156 8 classes
Afterschool Enrich. Solutions Staff

LIVE VIRTUAL

Spanish: ¡VAMOS por el pueblo! **NEW!**

Grade 5K-5

Discover the Magic of Spanish! In this eight week LIVE virtual adventure, ¡Vamos por el pueblo (Let's go around the town) class amigos, Dani and Betó, will share the culture and daily life of small town Mexico. Students will learn vocabulary related to home, places, and shops throughout the community. Students will also learn practical Spanish phrases and conversation skills that they'll use for a lifetime.

Wed, 4:15 PM, 45m
10/18-12/13 Class #28626
No class 11/22
Futura Language Professionals Staff
R \$132 NR \$132 8 classes

Spanish: Embark your Spanish Journey **NEW!**

Grades 4K-2

Give your child a skill for life. Our dynamic theme-based Spanish program ensures that your child falls in love with the language. Every semester the students build on their skills with new material using songs, games, and hands-on activities. In the fall session, Vamos a Pueblo (Let's go to the Town) our class

amigos, Dani and Betó will share their culture and daily life in small town Mexico. After break, students return for eight more jam-packed sessions with Vamos por la Ciudad, (Let's go to the city) in the bustling city of Madrid Spain. Students will learn music and school related vocabulary in Spanish along with real life communicative practices.

All classes are held from 3:45-4:45 PM when school is in session.

Ben Franklin, Fall Session Only
Thu, 10/5-11/30 Class #28637
No class 11/23
Ben Franklin Rm 131

Ben Franklin, Full Year
Thu, 10/5-4/11 Class #28636
No class 11/23, 12/7-2/8, 3/28
Ben Franklin Rm 131

Shady Lane, Fall Session Only
Tue, 10/10-11/28 Class #28639
Shady Lane Library

Shady Lane, Full Year
Tue, 10/10-4/2 Class #28638
No class 12/5-1/30, 3/26
Shady Lane Library

Fall Only, 8 classes, R \$134 NR \$134
Full Year, 16 classes, R \$230 NR \$230
Futura Language Professionals Staff

LIVE VIRTUAL

Spanish: Ignite Your Language Journey - Live Virtual **NEW!**

Grades 6-8

Spark enthusiasm for Spanish language learning success with this all new and exciting LIVE virtual Spanish class! Middle school students will get a jump start preparing for future middle school or even traditional high-school Spanish classes. Online portal resources and practice tools included. Zoom link will be sent 48 hours before the first class.

Mon, 10/16-12/4, 45m
3:30 PM Class #28627
4:45 PM Class #28628
Futura Language Professionals Staff
R \$132 NR \$132 8 classes



Optimist Club
of Menomonee Falls

Parent Holiday Drop & Shop

Ages 3-11

Would you like someone to take care of your children while you spend time holiday shopping and running errands? The Optimist Club of Menomonee Falls, in partnership with the CE & Rec Dept., is hosting its 13th Annual Holiday Drop & Shop. Children will enjoy arts and crafts, movies, story time, pictures with Santa, lunch and more.

Sat, 10:00 AM, 4h
12/2 Class #28266
Community Center Rm 102
FREE, but registration is required



One, Two, Three...BUILD

Ages 4-7

This is the perfect class to develop your engineering skills using LEGO Educational Kits 9610, 9612, 9614 & 9616. These kits are specifically designed to contain only the parts needed to complete two projects per kit, allowing more time to build and less time hunting for the correct pieces. Exciting projects will include: Swim Rides, Fans, Ride on Tractor, Movie Projector, Crane and many more. Great for the new builder to the most experienced LEGO fan, these projects are always a hit!

Sat, 9:00 AM, 1h
10/28-11/4 Class #28634
11/11-11/18 Class #28635
Community Center Rm 123
Computer Explorers Staff
R \$25 NR \$30 2 classes

LEGO: Cars, Catapults and Bridges **NEW!**

Ages 7-12

Students will focus on the fundamentals of engineering using LEGO Technic sets. Each session will build upon the student's skill level as they learn about simple machines, levers, wheels/axles, gears, ratchet/drive trains and motorized systems. Projects can include building drawbridges, motorized cars, amusement park rides, cranes, catapults and much more.

Sat, 10:45 AM, 1h
10/28-11/4 Class #28632
Community Center Rm 123
Computer Explorers Staff
R \$38 NR \$46 2 classes

LEGO: BricQ

Ages 7-12

The LEGO Education BricQ motion essential set engages students in the exploration of physical science within a sports context. BricQ Motion helps foster an understanding of forces, motion, and interactions by providing easy hands-on learning experiences. Think Sail Racers, Luge runs, Hockey, Basketball, Catapults and more! With excellent building instructions, and a wide variety of projects, this class has something for everyone!

Sat, 10:15 AM, 1h30m
11/11-11/18 Class #28633
Community Center Rm 123
Computer Explorers Staff
R \$38 \$46 2 classes

Stay Home Alone

Ages 8-12

Put your mind at ease as your child gains independence and self confidence. This class will guide your child through all the stages of staying safe from being out in the community, getting home safe and safety tips for being home alone. Topics covered are stranger dangers, buddy system, dangers of the internet, 911, basic first aid, fire safety and much more.

Tue, 10/3-10/24, 1h
4:35 PM Class #28277
6:00 PM Class #28278
Germantown DPW Highway Dept. Bldg.
Laura Gruber
R \$36 NR \$41 4 classes

Babysitter Training

Ages 11-17

This class will cover a wide range of information that can help new babysitters gain the skills and confidence needed to care for infants and children. Along with basic child care and first aid, students will learn how to recognize, understand and handle behavior issues, how to stay safe, what to do in an emergency and how to start their own babysitting business. Prior to class, students must download the free textbook from <https://www.redcross.org/take-a-class/participant-materials>. If you prefer not to download the textbook, you can order a book online at a cost of approx \$17.00. Participants will receive certification upon successful completion of the class. Bring a lunch and water bottle to class.

Sat, 9:00 AM, 6h
10/14 Class #28230
11/4 Class #28231
North Middle School Rm 127
Jessica Heller
R \$59 NR \$71



Say "Cheese"

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.

NOW HIRING CUSTODIAL SUBSTITUTES



The School District of Menomonee Falls Facilities Department is looking for custodial substitutes:

- Duties include a wide variety of scheduled and non-scheduled cleaning tasks
- Hours Vary

For more information, contact Sarah Quinones, Manager of Custodial Operations at 262-25-8446, or email quinsar@sdmfschools.org.



OUTDOOR ACTIVITIES FOR ALL AGES



Community Walking Challenge

Youth and Adults of All Ages

Compete against your friends, family, and neighbors as Germantown Park & Rec joins Menomonee Falls CE & Rec in challenging everyone to go the distance to see who can log the most miles from Sept 11– Oct 8. Registered participants will submit a mileage log each week, and weekly standings will be posted. Tracking is completed on an honor system, using a mileage form will be emailed to participants. There will be separate age brackets with prizes in each for the top walker. Registration fee includes a t-shirt. Participants are encouraged to use a free app such as Strava to track your mileage and route.

9/11–10/8 Class #28376
R \$15 NR \$15



FIT in the Parks: Sunset/Candlelight Hike

Youth and Adults of All Ages

Join us for a self-guided walk around Menomonee Park to end the 2023 Menomonee Falls FIT in the Parks programming. Candles will be available to light the way after dusk or come early and enjoy the park's natural beauty at sunset. Free admission to the park for all participants. A special thanks to Waukesha County Parks and Froedtert Health for their help with this event!

Fri, 6:00 PM, 2h
10/6 Class #28227
Menomonee Park – Beach House
Waukesha County Parks, Froedtert Health
FREE, but registration is required.



The Search for the Great Pumpkin 2023

All Ages

Join in the Menomonee Falls "Great Pumpkin Hunt!" Participants will be emailed a list of all Menomonee Falls parks that will display a laminated pumpkin with a number on it somewhere in the park from October 6–23. Collect all the numbers and add them together to get a grand total. Email your total and family name to cerd@sdmfschools.org by October 26. All correct answers will be put in a drawing to win one of five prize baskets provided by Grace Commons. Winners will be announced on October 27. Prizes will be available for pickup at the CE & Rec Dept. Happy hunting! Thank you to our sponsor Grace Commons!



10/6–10/23
Class #28206
FREE, but registration is required.
**Please only register one member of your family for this activity*



ELF HUNT



Watch our Facebook page in December for details about the 2023 Elf Hunt

We will post pictures of Ernie the Elf exploring Menomonee Falls.

Like our Facebook page and help us find him! [Facebook.com/fallsrec](https://www.facebook.com/fallsrec)



Jr Basketball League

Grades 4K-2

This introductory basketball league will give your child the foundation needed to excel at future levels. The program will concentrate on skill development, teamwork, basic rule understanding, and game play. Classes will include a 30 minute practice followed by a 30 minute scrimmage game. Scores and standings will not be kept, and everyone will play. Game times will rotate between morning and early afternoon depending on the number of teams in the league (8:30am, 9:45am, 11am, 12:15pm, 1:30pm, etc). Schedules will be emailed to participants prior to the first week of class.

Sat, 11/4-12/16

Grades 4K-5K Class #28228

Grades 1-2 Class #28229

No class 11/25

Community Center Gym

*12/2 class held at Shady Lane Gym

Ed Swab

R \$49 NR \$59 6 classes

- **League fees are not refundable unless the program is cancelled by CE & Rec.**
- **Volunteer coaches needed. Please indicate your interest during registration.**



COACHES ARE NEEDED!

In order for this program to run successfully, volunteer coaches are needed! At registration, please indicate if an adult can help coach.

Stingrays Wisconsin Tumbling

Ages 4-12



- Attire: Clothes you can move in, gym shoes or bare feet, hair pulled back if long.
- All participants that attend class must complete a waiver on the first day if you are new to the Stingray Allstars. Waivers can be found at rayswi.com/for-parents/forms
- All classes held at Stingrays Wisconsin in Sussex.

Tiny Tumbling

Ages 4-5

An introductory tumbling class for new athletes to improve on basic skills like balance, jumping, body control and beginning tumbling skills.

Thu, 5:00 PM, 45m

9/7-10/26 Class #28571

R \$82 NR \$98 8 classes

Thu, 5:00 PM, 45

11/2-12/21 Class #28573

No class 11/23

R \$72 NR \$86 7 classes



Beginner Tumbling

Ages 6-12

Tumbling class for new athletes to improve mobility and work on basic skills like balance, jumping and body control in addition to learning beginner tumbling skills. Participants will work on forward roll, backward roll, handstand, cartwheel, bridge/backbend and splits.

Thu, 6:00 PM, 1h

9/7-10/26 Class #28572

R \$82 NR \$98 8 classes

Thu, 6:00 PM, 1h

11/2-12/21 Class #28574

No class 11/23

R \$72 NR \$86 7 classes

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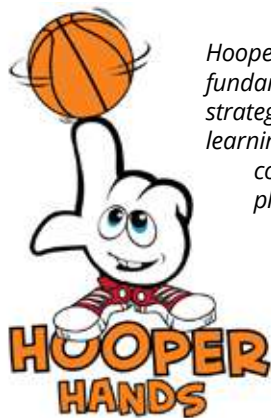
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YOUTH ACTIVITIES & SPORTS



Hooper Hands Basketball Academy strongly highlights the fundamentals of dribbling, the art of shooting, different defensive strategies, rebounding, and making good sharp passes. Along with learning the game of basketball, your child will increase their level of confidence, learn self-discipline, and inherit how to be a team player. All classes are taught by John Leavell Jr.

All Classes held in the Community Center Gym.

Hooper Hands: Little Hooper Fitness 101

Ages 4-11

Join us for some fun and basketball fitness! We will play games, work on various agility drills and basketball skills to develop those Hooper Hands.

Mon, 9/11-10/2

Ages 4-5, 5:30 PM, 45m Class #28534

Ages 6-8, 6:20 PM, 45m Class #28535

Ages 9-11, 7:10 PM, 50m Class #28544

R \$66 NR \$80 4 classes

Hooper Hands: Basketball 101

Ages 4-8

This class is designed to give your child an overview of basic basketball skills such as dribbling, shooting, rebounding and passing.

Mon, 10/9-10/30, 45m

Ages 4-5, 5:30 PM Class #28536

Ages 6-8, 6:20 PM Class #28537

R \$66 NR \$80 4 classes

Hooper Hands: Basketball 201

Ages 9-11

This class will help your child develop the basic fundamentals of basketball. Participants will be introduced to various ball handling, shooting, passing and rebounding drills. Team play will also be used to showcase skills learned.

Mon, 10/9-10/30, 50m

7:10 PM Class #28545

R \$66 NR \$80 4 classes

Hooper Hands: Principles of Dribbling I

Age 4-8

We recommend that your child take Basketball 101 prior to taking this class, but it is not required. Class will build upon the fundamentals learned in Basketball 101. Participants will compete in different ball handling drills, games and stations to develop those Hooper Hands.

Mon, 11/6-11/27

Ages 4-5, 5:30 PM, 45m Class #28540

Ages 6-8, 6:20 PM, 45m Class #28541

R \$66 NR \$80 4 classes

Hooper Hands: Art of Dribbling I

Ages 9-11

This class will build upon the enhanced skills learned in Basketball 201. Participants will continue to work on numerous dribbling drills, skill stations, and 1-on-1 moves to improve those Hooper Hands.

Mon, 11/6-11/27, 50m

7:10 PM Class #28546

R \$66 NR \$80 4 classes

Hooper Hands: Pass-Shoot-Score

Ages 4-11

In this mini basketball league class, students will complete a series of different fundamental drills and skills. Participants will then be divided into teams and compete in games against each other.

Mon, 12/4-12/18

Ages 4-5, 5:30 PM, 45m Class #28542

Ages 6-8, 6:20 PM, 45m Class #28543

Ages 9-11, 7:10 PM, 50m Class #28547

R \$50 NR \$60 3 classes



High School Rec. Basketball League

Grades 9-12

Rec Basketball is offered in two age divisions, JV (Gr. 9-10) and Varsity (Gr. 11-12). League games begin December 11, and are held on Monday or Thursday evenings in the MF High School Main Gym at 7:45/8:30/9:15 PM, with an end of the season tournament.

Team contracts are accepted on a first come, first served basis until Monday, 11/27 at 3:00 PM.

R / NR \$550 per team



Milwaukee Bucks Holiday Basketball Camp

Ages 7-14

Deck the halls with basketballs and stay active during the holidays with Milwaukee Bucks Holiday Camp. For additional information and to sign up, visit bucks.com/youthbasketball

Wed & Thu, 1:00 PM, 3h

12/27-12/28

North Middle School Gym

R \$110 NR \$110

Please note: Registration for this program must be done through **Bucks.com/YouthBasketball**



Little Jragons

Ages 3-6

Learn self-defense, including taekwondo, kickboxing, and basic escapes from former ATA World and National Championship fighter, Jason Suave. Watch your child build amazing character and qualities such as confidence, leadership, respect and discipline. Classes are designed to improve large and fine motor skills, while enhancing their ability to pay attention and follow directions.

A \$20 belt fee at the end of the session is optional for students wishing to earn rank and become a black belt someday.

Thu, 9/14-10/26, 30m
Ages 3-4, 4:30 PM Class #28518
Ages 5-6, 5:00 PM Class #28520
No class 10/19

Thu, 11/9-12/21, 30m
Ages 3-4, 4:30 PM Class #28519
Ages 5-6, 5:00 PM Class #28521
No class 11/23

Riverside Cafeteria
Jason Jordan
R \$62 NR \$75 6 classes

Little Tykes Martial Arts: Surge

Ages 4-6

Your child will have a blast learning different punches, kicks and also some tumbling. While engaging in these fun activities, your child will acquire important life skills such as focus, confidence, respect and much more. Five minutes of each class will be dedicated for parents to have the opportunity to engage with their child. Individuals may only register for this program once through the CE & Rec Dept.

Participants can choose any two classes each week from the following options:
Tue, Thu, Fri, 4:45 PM, 30m.

9/12-10/12 Class #28530
11/7-12/14 Class #28531
No class 11/23 & 11/24
Surge Martial Arts, Menomonee Falls
Neil Rajadhyaksha
R \$39 NR \$47

Falls Focus Volleyball Club

Ages 10-14

Falls Focus Volleyball Club was established to FOCUS on player and team development while offering a club level program with no cuts or tryouts. Fee includes uniform tops, shorts, and club jacket. Practices are held on Tuesdays & Thursdays and will begin November 2. Teams will participate in Badger Region Volleyball Association Tournaments between January and April.

Returning Players from 2022-23 season may register August 1-10

**New Player Registration:
Begins 8:00 AM on October 2**

U11 Girls Class #28499
Ages 10-11 years old, born on or after 7/1/2012.

U12 Girls Class #28500
Ages 11-12 years old, born on or after 7/1/2011.

U13 Girls Class #28501
Ages 12-13 years old, born on or after 7/1/2010.

U14 Girls Class #28502
Ages 13-14 years old, born on or after 7/1/2009.

Coaches, Cindy Paul & Stephanie Bechel
R \$535 NR \$642



Falls Focus Volleyball Club is listed as an *exception* to our 100% Satisfaction Guarantee Policy and **refunds will not be issued for this program for any reason.**



Youth Martial Arts: Surge

Ages 7-13

Your child will gain confidence and balance while learning fun martial arts skills like kicking, punching, jumping and tumbling. Martial Arts also incorporates life skills such as listening, respect, focus, confidence, self-discipline and self-defense. Classes are age specific for maximum fun and learning. Individuals may only register for this program once through the CE & Rec Dept.

Participants can choose any two classes per week from the following 30 minute options: Mondays at 4:45 PM, Wednesdays at 5:25 PM and Fridays at 5:25 PM

9/11-10/13 Class #28528
11/6-12/15 Class #28529
No class 11/24
Surge Martial Arts, Menomonee Falls
Neil Rajadhyaksha
R \$39 NR \$47

TaeKwonDo

Ages 7-Adults of All Ages

TaeKwonDo is one of the most popular forms of martial arts in the world today and combines exercise, meditation, respect and self-discipline. 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.

Tue & Thu, 6:00 PM, 1h
9/12-12/12 Class #28208
No class 10/19, 10/31, 11/21, 11/23
Community Center Rm 102 A & B
James Donne
R \$67 NR \$79 23 classes



YOUTH ACTIVITIES & SPORTS



Jr Phoenix Dance Mini

Grades 1-5

Jr Phoenix Dance is a great opportunity to explore the world of pom and dance. Students will be taught a pom routine, as well as technique and dance skills. Dancers will perform their pom routines at a variety of local events and competitions as well as march in the 3rd of July Parade. Registration fee includes team T-shirt and pom-poms. Additional information will be discussed at the parent meeting held at the first class.

Wed, 9/6-2/28, 1h30m
 Grades 1-2, 5:30 PM Class #28532
 Grades 3-5, 7:00 PM Class #28533
 No class 11/22, 12/27
 Ben Franklin Cafeteria
 Jessica Michaud
 R \$229 NR \$275 24 classes

Hot Wheels Inline Skating

Ages 7-12

Come learn how to skate on roller blades. Improve your balance and get stronger, while playing games outside on wheels. Some of the skills you will learn: How to fall, how NOT to fall, how to get up, v-walk to basic stride, heel stop, pivot, backward skating, parallel turns. Registration fee includes skates and full gear rental (helmet, elbow pads, knee pads and wrist guards). Students may use their own equipment if preferred, but full gear is required.

Wed, 5:30 PM, 45m
 9/6-9/20 Class #28527
 Pettit National Ice Center
 R \$35 NR \$42 3 classes

Learn To Skate

Ages 4-Adults of All Ages

Participants will 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 required. Skate rental is included in the fee. Call Eble Ice Arena at 262-784-7512 for more information. Please dress appropriately for the cold temperatures at the ice rink.

Tue, 9/12-10/10, 30m
 Ages 4-6, 5:45 PM Class #28453
 Ages 7-Adult, 6:15 PM Class #28454
 Eble Ice Arena
 Eble Staff
 R \$70 NR \$70 5 classes

Learn to Speed Skate Levels 1-3

Ages 6-12

The Learn to Speed Skate program teaches students progressively more difficult moves through three levels of skating. Prerequisites for taking the class include knowing how to get up after falling down, marching forward, stopping, swizzles, and two-foot glide. Students are evaluated at the first class to gauge their skill/ability level and placed in another speed skating if their skill level is applicable. Speed skate rental is available for purchased at the facility, or participants can bring their own hockey or figure skates.

Lessons take place on the 400m Oval. Fee includes 40 minute instruction plus 20 minutes of exclusive practice time following each class.

Thu, 6:15 PM, 40m
 9/28-11/2 Class #28524
 11/9-12/21 Class #28525
 No class 11/23
 Pettit National Ice Center
 R \$96 NR \$115 6 classes

Hockey Learn to Skate **NEW!**

Ages 4-10

The Hockey specific Learn to Skate program focuses on the fundamentals of basic hockey skating including fall & recovery, balancing, gliding, stopping, skating backwards as well as an introduction to stickhandling. Please dress appropriate for the cold temperatures at the ice rink.

Required equipment needed:

- Hockey helmet with face mask
- Hockey shin & elbow pads
- Hockey gloves
- Hockey skates (Free skate rental is available during all classes, however Eble recommends skaters bring their own.)
- Hockey jersey will be provided to new skaters at 1st class.

Call Eble Ice Arena at 262-784-7512 or email ebleicearena@waukeshacounty.gov for more information.

Tue, 5:45 PM, 30m
 10/17-11/14 Class #28451
 Eble Ice Arena
 Eble Staff
 R \$85 NR \$85 5 classes

Adult Hockey Learn to Skate/Play **NEW!**

Ages 16+

This program is designed for beginner skaters age 16+ that want to learn to skate. The first half of the program introduces forward and backward skating, stops, crossovers, and turns. The 2nd half of the program introduces hockey drills where sticks and pucks will be used. Full equipment is required.

Fri, 5:00 PM, 1h
 9/22-11/3 Class #28452
 Eble Ice Arena
 R \$140 NR \$140 7 classes



Recreational Tree Climbing

Ages 7-17

Join us for fun, fitness and adventure! Peaceful and invigorating, recreational tree climbing allows climbers to safely explore trees while gaining a new appreciation for nature, and their parks. All gear and instruction is provided. Participants should wear long pants, sturdy shoes, and bring a sense of adventure. Park entrance is included with registration. Parents must sign a participation waiver at the class. You will receive a pre-climb email with map and directions.

4:30 PM, 2h

Thu, 9/14 Class #28156

Tue, 9/19 Class #28157

Menomonee Park

Waukesha County Parks Staff

R \$44 NR \$44

FIT in the Parks: Sunset/Candlelight Hike

Youth and Adults of All Ages

See page 16 for details

Menomonee Park – Picnic Area 2

FREE, but registration is required.

*Walk in registration is welcome

Golf Lessons: Jr Academy

Ages 7-10

Have fun learning the great game of golf. Learn the game the right way. Fundamentals of the full swing, the short game, putting and on course etiquette will be taught. Please bring your full set of clubs to the first class. Students must purchase golf balls at the range for each class. Classes will be held rain or shine, dress appropriately.

Mon & Wed, 6:00 PM, 1h15m

9/11-10/2 Class #28558

No class 9/13

Swing Time, Germantown

R \$58 NR \$62 6 classes

Intro to Irish Dance

Ages 5-12

Chelsea Holloway, Irish Dance World Medalist and Midwest Champion, will start your child on their way to a life-long love of Irish music as they learn basic dance moves and routines. We will also play some games with an Irish dance twist, and learn some basic Gaelic phrases. At the end of the session, dancers will put on a mini performance for their parents.

Sat, 9:15 AM, 30m

9/16-10/7 Class #28298

Bellator Academy of Irish Dance

R \$36 NR \$41 4 classes



Tap & Ballet

Ages 4-9

Dance will help your child learn timing, rhythm and coordination. Dance skills will be taught, reviewed and then combined into dances. All participants are recommended to have a black leotard and tap and ballet shoes. Parents are welcome to attend the first day of class for additional information, and the last day to observe their child's progress. We recommend Velcro style tap shoes if possible.

Wed, 9/20-12/13, 45m

Age 4, 4:30 PM

Class #28448

Ages 5-6, 5:30 PM

Class #28449

Ages 7-9, 6:30 PM

Class #28450

No class 11/22

Community Center Rm 102

Cindy Orlando

R \$51 NR \$62

12 classes

Bi-County Special Olympics

Ages 8-Adult w/intellectual disabilities

Bi-County Special Olympics provides year-round sports training and competition in local, regional and state tournaments. Programs give continuing opportunities to develop physical fitness, demonstrate courage and experience joy while participating in a sharing of gifts, skills, and friendship. Practices are held Saturdays within the Menomonee Falls School District.

Summer Sports Season 2023

Track & Field *Unified Relay 4x100m Relay – run & walk* March 25 – June 10

Cornhole **NEW!** *Teams Coed Doubles and Unified Doubles* March 18 – June 10

Fall Sports Season 2023

Golf *Unified Team Alternate Shot*

May 1 – August 26

Bocce **NEW!** *Unified Team*

June 24 – September 10

Flag Football

July 5 – October 8

Volleyball

July 26 – November 4

Bowling *Unified Doubles & Teams*

September 5 – December 3

For information or to volunteer, contact Alisa Novak at coachalisabc@gmail.com

WANTED Unified Partners

Unified Sports
join people of similar age
and ability with and without
intellectual disabilities
on the same team.



COMMUNITY INFORMATION



MENOMONEE FALLS
**FARMERS
MARKET**

FRESH LOCAL PRODUCE
FLOWERS, BAKERY, CHEESE, MEATS, HONEY,
HANDMADE SPECIALTY ITEMS

Wednesday Market
June 7 - Oct 11 | 2 PM - 6 PM

Sunday Market
July 9 - Sept 10 | 10 AM - 1 PM

in Village Park Menomonee Falls

fallsfarmersmarket.org 



— presents —

**A COMMUNITY
Affair** | Arts
Crafts
Antiques
Juried Show

October 21st ~ 2023
Menomonee Falls High School
N80 W14350 Titan Drive | Menomonee Falls, WI
(Appleton Avenue & Woosencraft Drive)

9:00am ~ 3:00pm

Café
Pastries n' More
Basket Raffles

ADMISSION
\$4
all proceeds go to charity
ONE LEVEL • WIDE AISLES

Parking Lot Shuttle Bus ~ 9am - 2pm
www.communityleague.com

Old Falls Village Park
N96W15791 County Line Rd
Menomonee Falls WI 53051



2023 Events

Fish Fry-Days
May 19 August 11 and 25
June 2, 16 and 30 September 8 and 22
July 14 and 21 October 6

Old Falls Revolutionary War School Day
May 19

Old Falls Revolutionary War Days
May 20-21

WWII Days Military Appreciation Night Concert by Radio Rosies
June 16

WWII Days and USO Themed Concert
June 17-18



Roaring 20's Jazz Lawn Party Weekend
July 22-23

Sci-Fi Family Day and Park Camp Over
August 12-13

WWI Reenactment
October 7-8


**Little Park of Horrors
Halloween Event (13 and older)**
October 26-28

www.OldFallsVillagePark.com



Old Falls Village


== AT HWY. Q & PILGRIM ROAD ==



DEPOT BEER GARDEN
SATURDAYS thru Oct 14 | 3:00-9:00 PM

Historical Society Events

7/15 - 16	Civil War Encampment
8/12	Sci Fi Family Day
10/7-8	WWI Reenactment
10/20-21	Halloween Family Fun Days
12/3	Silver Tea

oldfallsvillage.com 

Veterans Salute

Wednesday, November 9 | 1:00 PM–2:00 PM
Community Center Gym

The School District of Menomonee Falls would like to thank and honor our Veterans who have served or are serving the United States. The program will include an Honor Guard, National Anthem, and musical entertainment provided by Riverside School. Please join us!



MFFD Citizen Fire & EMS Academy



Academy highlights

Hands-on experience
Participate in vehicle extrication
and live burn demonstration
CPR and AED certification
Behind-the-scenes look at the department

Details

Open to residents of Menomonee Falls and Lannon
18 years of age and older

Cost: Free

Limit: 20 people

Wednesdays, September 6 - October 25, 6 - 9:30 p.m.

Live burn demonstration November 4

If interested, visit www.menomonee-falls.org/citizen-fire-academy or email Kevin Porter at kporter@menomonee-falls.org for more information.

SCHOOL DISTRICT OF MENOMONEE FALLS

CE&Rec
Community Education & Recreation

NOW HIRING

Community Education & Recreation Department

We are looking for energetic team members to fill a number of positions including:

- ▶ Before & After School Program (Kids INC) Leaders
- ▶ 3-Year Old Preschool Assistant
- ▶ 4K Wrap Around Assistant
- ▶ Lifeguards
- ▶ Swim Instructors

Hours, responsibilities, and pay vary depending on the position.

For more information, go to fallsrec.org > Employment.

Knitting: Beginning**Ages 18+**

This class is geared for those that are new to knitting or feel like they would like more time to practice techniques. 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. No need to bring needles or yarn as it will be provided for you at the first class.

Tues, 9:00 AM, 2h

9/12–10/17 Class #28256

10/31–12/12 Class #28257

No class 11/21

Community Center Rm 102 A

Sandra Henderson

R \$46 NR \$55 6 classes

**Knitting: Experienced****Ages 18+**

This class is geared for those knitters that feel they have moved past the beginner stage. 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.

Tue, 10:00 AM, 2h

9/12–10/17 Class #28258

10/31–12/12 Class #28259

No class 11/21

R \$46 NR \$55 6 classes

Thu, 9:30 AM, 2h

9/14–10/19 Class #28260

11/2–12/14 Class #28261

No class 11/23

R \$46 NR \$55 6 classes

Community Center Room 102 A

Sandra Henderson

Fall Patio Planter**Ages 18+**

Decorate your porch for Fall with a seasonal patio planter. Create your own special planter using a variety of mums, annual grasses, fall perennials and more. This class is held outdoors so dress appropriately. Please bring gardening gloves, otherwise disposable gloves will be provided.

Classes are 1 hour

Fri, 9/15, 4:30 PM Class #28469

Sat, 9/16, 10:30 AM Class #28470

Thu, 9/21, 4:30 PM Class #28471

Wendland Nursery, Germantown

R \$35 NR \$40

Succulent Topped Pumpkin Workshop**Ages 18+**

Create a festive tabletop display with a faux pumpkin, succulents and moss! Bring your creativity and choose from a variety of succulents to design your own beautiful centerpiece. All materials are included. Class will be outdoors if weather permits.

Classes are 1 hour

Thu, 10/12, 4:30 PM Class #28472

Sat, 10/14, 10:30 AM Class #28473

Wendland Nursery, Germantown

R \$35 NR \$40

Holiday Patio Planter Workshop**Ages 18+**

Are you interested in adding some dazzle to your front porch this holiday season? Included in this class is a 12" container and all the greens, bows, twigs and glitter you will need to create a beautiful holiday patio planter. Bring your creativity and we'll clean up the mess! Class will be held indoors.

Classes are 1 hour

Sat, 11/18, 11:00 AM Class #28474

Wed, 11/22, 4:00 PM Class #28475

Fri, 11/24, 12:00 PM Class #28645

Sat, 11/25, 10:30 AM Class #28646

Wendland Nursery, Germantown

R \$37 NR \$42

**Watercolor Techniques****Ages 18+**

Learn various techniques, proper paper usage and how to use color as you develop your individual creative painting style. Perspective and values of form will also be touched on. A suggested supply list is available through the CE & Rec office.

Thu, 9/7–10/19, 2h

10:00 AM Class #28223

12:30 PM Class #28224

R \$46 NR \$55 7 classes

Thu, 11/2–12/14, 2h

10:00 AM Class #28225

12:30 PM Class #28226

No class 11/23

R \$39 NR \$47 6 classes

Community Center Rm 106

Nancy Lohmiller

Oil Painting**Ages 18+**

Love the idea of painting with oils but don't know where to start? Are you a painter with unfinished work? Learn techniques to obtain certain effects, and get helpful suggestions to make your painting look amazing. Our instructor will also assist you with composition, color mixing, technique and more. A suggested supply list is available at the CE & Rec office.

Tue, 6:00 PM, 2h

9/12–10/17 Class #28602

10/31–12/12 Class #28603

No class 11/21

Community Center Rm 106

Cindy August

R \$45 NR \$54 6 classes

Collage on Glass **NEW!**

Ages 18+

Students will learn to optimize the transparent qualities of glass, along with a variety of materials such as paper, alcohol inks, ephemera and paint, to create vivid, dimensional scenes. Suitable for framing or table top display.

Tue, 6:00 PM, 2h

9/12 Class #28662

11/7 Class #28663

Community Center Rm 123

Donna Eigen

R \$45 NR \$54

Decoupage on Glass

Ages 18+

Anyone can be an artist using the age-old art form of decoupage. Learn how to create separate inside and outside designs with paper on a small glass bowl so the inside design is visible through the glass. You will take home a beautiful yet functional work of art to hold jewelry or spare change. All supplies provided.

Wed, 6:00 PM, 2h

10/4 Class #28664

Community Center Rm 120

12/6 Class #28660

Community Center Rm 106

Donna Eigen

R \$45 NR \$54

Advanced Decoupage on Glass **NEW!**

Ages 18+

Students will use a variety of techniques and materials such as napkins, tissue paper and alcohol inks to create a serving or display plate, plus a vase with hidden images that appear on a sunlit windowsill. Makes great holiday gifts.

6:00 PM, 2h

Wed, 10/18 Class #28665

Community Center Rm 106

Thu, 11/16 Class #28661

Community Center Rm 123

Donna Eigen

R \$45 NR \$54



Drawing Your Photograph

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 \$10.00.

Tue, 10:00 AM, 1h30m

10/24-12/12 Class #28246

Community Center Rm 106

Barbara Kelsey

R \$54 NR \$64 8 classes

Stamping

Ages 18+

Put your creativity to work and join us as we make some fantastic stamping projects. This program is great for the beginner or experienced stamper. New projects will be demonstrated each week. There is an additional fee of \$6 per week for supplies.

Mon, 7:00 PM, 2h

10/9-11/13 Class #28318

R \$26 NR \$31 6 classes

11/20-12/18 Class #28319

R \$22 NR \$27 5 classes

Riverside Cafeteria

Diane Tritz

Freezer Meals

Ages 18+

If you are tired of the question, "What's for dinner?" Don't let the stress of everyday life force you to go through the drive thru. Our freezer meal class will help to make mealtime healthy, easy, and delicious. The instructor will provide supplies and ingredients, with the exception of the meat protein and cook-day supplies (oil, noodles, cheese). You will assemble four delicious freezer meals that feed 4-6 – when ready, just thaw, cook and enjoy. The best part is no cutting veggies or cleaning up. One week prior to the class you will receive and email with recommended meat protein additions for each recipe.

All classes start at 6:00 PM and are 1 hour.

Freezer Fiesta

Tue, 9/19 Class #28554

Slow Cooker Taco Pasta, Street Corn Chowder, Cabos Lime Chicken Tacos, Sweet & Spicy Street Tacos

Cozy Crockpot

Thu, 10/19 Class #28555

Sweet Garlic Pork or Chicken, Mediterranean Chicken, 3 Onion Pot Roast, Hearty Chili

Soups On

Thu, 11/2 Class #28556

Chicken & Wild Rice Soup, Lasagna Soup, Loaded Potato Soup, Enchilada Soup

Survive Alive House, Germantown

R \$52 NR \$57



LIVE VIRTUAL SPANISH CLASSES *Prior to the class start date, you will be emailed a link for this Virtual Class.*
Adult Conversational Spanish: Beginner Part 1
Ages 18+

Have you always dreamed of learning Spanish or refreshing your high school Spanish? Then this class is for you. The primary focus of this class will be on building conversational tools in Spanish through interactive practice and exercises. Vocabulary topics will include common greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes. Grammar topics will include subject pronouns, the verb *estar* conjugation, gender of nouns and plurality. Participants will learn how to carry on small conversations in Spanish and each class will include interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish. Applicable to new students and previous Spanish Conversation participants. Ability to access Zoom and basic working computer knowledge is essential.

6:00 PM, 1h
 Mon, 10/23–11/27 Class #28608
 Tue, 10/24–11/28 Class #28609
 Futura Language Professionals Staff
 R \$119 NR \$119 6 classes

Adult Conversational Spanish: Beginner Part 2
Ages 18+

Learning a language is a lifelong journey and now you are on your way! Keep up the momentum in Beginner Spanish Part 2. Participants will continue with practical conversational components and build phrases in Spanish enabling them to carry on small conversations related to giving and asking for directions and restaurant conversation. Vocabulary and grammar components will include weather, season, dates with months, days of the week, family vocabulary along with the verbs *ser* and *tener* conjugations. Culture discussions will include the importance of food, family, and friendships in Spanish speaking countries. Applicable to new

students and previous Beginner Part 1 Spanish conversation participants.

6:00 PM, 1h
 Tue, 10/24–11/28 Class #28604
 Futura Language Professionals Staff
 R \$119 NR \$119 6 classes

Adult Conversational Spanish: Intermediate
Ages 18+

Hablas un poquito Español? Then this course is for you. Intermediate Spanish is specifically designed for the adult learner who has taken some Spanish in the past but wishes to improve conversational skills. Grammar and vocabulary concepts will include present tense AR verb conjugation, infinitive verbs, future tense with the verb IR, adverbs of frequency, useful prepositions, and more. Participants will practice conversation skills including learning how to make plans and discussing preferences in Spanish. Culture discussions will cover holiday traditions and celebrations in Spanish speaking countries. Like all Futura classes, a dynamic interactive approach will be used to keep the class fun and exciting. Applicable to new students and previous Spanish Part 1 and 2 conversation participants. Ability to access Zoom and basic working computer knowledge essential.

Wed, 6:00 PM, 1h
 10/25–12/6 Class #28607
 No class 11/22
 Futura Language Professionals Staff
 R \$119 NR \$119 6 classes


Adult Conversational Spanish: Advanced Part 1
Ages 18+

Quieres mejorar tu Español? Then this is the course for you. This advanced course is for students who have had previous Spanish classes and are looking to take their skills to the next level. Advanced Spanish will focus on the past tense and more complex grammatical aspects of conversation including verb tenses and conjugations. Students will learn to express things they've done in the past in Spanish as well as broaden their conversational skills. Applicable to new students and previous intermediate Spanish conversation participants. Ability to access Zoom and basic working computer knowledge essential.

Thu, 6:00 PM, 1h
 10/26–12/7 Class #28605
 No class 11/23
 R \$119 NR \$119 6 classes

Adult Spanish in the Kitchen
Ages 18+

Do you have future aspirations for traveling to a Spanish speaking country? In this dynamic class, participants will learn useful Spanish vocabulary and conversation components around the food and cooking theme that can be applied to real life settings. Topics will include typical Hispanic dishes, restaurant vocabulary, understanding the market experience, setting the table, cooking from a recipe, and food vocabulary and conversation elements. Start speaking Spanish today! Open to new and previous Spanish conversation participants. Ability to access Zoom and basic working computer knowledge is essential.

Thu, 6:00 PM, 1h
 10/26–12/7 Class #28610
 No class 11/23
 Futura Language Professionals Staff
 R \$119 NR \$119 6 classes

Market Trading Mentorship

NEW!

Ages 18+

Learn how to read price action and execute profitable trades. You will learn several ways to analyze a market and several smart, safe entries into trades with the Pirate Model Strategy. This mentorship is continuous and for gaining knowledge and skills. The Mentor, Jason Jordan, has an MA in Business Leadership along with 8 years of experience trading the S&P 500.

Thu, 5:35 PM, 1h

9/14-10/26 Class #28516

No class 10/19

11/9-12/21 Class #28517

No class 11/23

Community Center Rm 120

Jason Jordan

R \$126 NR \$152 6 classes

What the Heck is the Tarot Deck? **NEW!**

Ages 18+

Tarot is a deck of 78 cards, used as a thinking tool for self-awareness and inspiration. The images and symbols on Tarot cards speak directly to your intuitive self to help you create (not predict) your best future. We will explore the meanings and messages in all 78 cards and learn how you can use them for self-understanding, decision making, and fun!

Wed, 2h

10/4, 6:30 PM

Class #28569

11/1, 9:30 AM

Class #28570

Community Center Rm 120

Faye Ellen Bonini

R \$15 NR \$18



Bohemian Rhapsody: Masterpiece or Rhyming Nonsense **NEW!**

Ages 18+

Queen's hit song Bohemian Rhapsody has been a rock classic for almost 50 years. Voted greatest song of all time, it's the most-streamed song from the 20th century and has passed 1 billion views on YouTube. We think we know it and yet there's so much more. Join us as we explore the meaning and magic of this iconic song.

Wed, 2h30m

10/11, 9:00 AM Class #28538

11/8, 6:00 PM Class #28539

Community Center Rm 120

Faye Ellen Bonini

R \$15 NR \$18

Cutting the Cord: Controlling Cable and Internet Costs

Ages 18+

Fees for cable television, home internet, smartphone and streaming services quickly add up to hundreds of dollars each month. Learn about available options to cut costs, while still being able to watch your favorite television programs and have internet access on all your devices.

Mon, 6:30 PM, 2h

9/11 Class #28301

Community Center Rm 106

C.T. Kruger

R \$21 NR \$24

Ipad / Iphone: Tips, Tricks & Techniques

Ages 18+

This class is specific to Apple devices. Learn useful tips, tricks and techniques to navigate, organize, backup, and add useful apps to your iPhone, iPad, or iPad Mini.

Mon, 6:30 PM, 2h

9/18 Class #28302

Community Center Rm 106

C.T. Kruger

R \$21 NR \$24



How To Use The Camera in Your Smartphone/iPhone

Ages 18+

It's a camera, it's a photo album, it's a television, it's your phone! Learn apps, tips, tricks and limitations of iPhone and Android smartphones and tablets for pictures and video. This class will cover your smartphone or tablet's camera, home and cloud storage options, printing and more.

Mon, 6:30 PM, 2h

9/25 Class #28303

Community Center Rm 106

C.T. Kruger

R \$21 NR \$24

You Have Pictures in Your Camera: Now What?

Ages 18+

We have hundreds - if not thousands of pictures in our cameras, smartphone and computers. Now what? This seminar teaches techniques to save pictures from cameras and smartphones to a computer, to external devices and to "the cloud" using Windows 10 PCs.

Mon, 6:30 PM, 2h

10/2 Class #28304

Community Center Rm 106

C.T. Kruger

R \$21 NR \$24

FREE

FREE ADULT PROGRAMS

REGISTRATION NOW OPEN

Engage Your Theatrical Mind **NEW!**

Ages 18+

This theatrical social and emotional engagement programming is focused on sharpening and continuing mental stamina. It covers social/emotional intelligence, intuition, and cohort/ensemble building with light physical movement using contemporary theater exercises and topics. The components are structured inside of contemporary/new play reading circles, improvisational exercises, monologue writing, and flexibly assigned acting partnerships. Unlock the youthful side of convening with each other and building community through the art of play!

Wed, 8/30, 30m

10:00 AM Class #28594

Community Center Rm 123

N'jameh Russell-Camara

FREE, but registration is required.

Retirement Planning **NEW!**

Ages 18+

We will be discussing best practices for investing in retirement, spending down of retirement assets, Required Minimum Distributions (RMDs) strategies, and creating a retirement income plan with defined goals and growth expectations.

Wed, 9/20, 1h

10:00 AM Class #28232

Community Center Rm 123

5:00 PM Class #28233

Community Center Rm 120

Matt Yerkes, Investment Advisor

FREE, but registration is required.

Guardianship **NEW!**

Ages 18+

Come learn about the importance of a Power of Attorney and the differences of a Power of Attorney verses Guardianship.

Wed, 10:00 AM, 1h

10/25 Class #28309

Community Center Rm 123

Jessica Braun & Victoria Davis; Attorneys

FREE, but registration is required.

...Just some of the
FREE
classes in this guide!

CaptionCall 101 **NEW!**

Ages 18+

CaptionCall is for people with hearing loss who need captions to use the phone effectively. Come check out how the phone and captioning service work, why there is no cost, and what you can do to get CaptionCall and improve your telephone conversations.

Thu, 10:00 AM, 1h

8/31 Class #28310

Community Center Rm 120

FREE, but registration is required.

Medicare 101 **NEW!**

Ages 18+

Are you confused about Medicare and what it covers or do you have questions about your healthcare as you approach retirement age? If so, come join us for this seminar which will educate you on the ins and outs of Medicare.

Tue, 9:30 AM, 1h

10/10 Class #28242

Community Center Rm 123

Samuel Burkart & Dan Stich, Lifespan Financial Partners

FREE, but registration is required.

Social Security Seminar

Ages 18+

Planning to file for Social Security and not sure what your best options are? We will be talking about all thing Social Security and answering some of the most misunderstood and most frequently asked questions around filing for Social Security.

Wed, 5:00 PM, 1h

10/18 Class #28234

Community Center Rm 120

Matt Yerkes, Investment Advisor

FREE, but registration is required.

Retirement Savings Challenges for Women **NEW!**

Ages 18+

Has the stock market volatility shrunk your 401(K) balance? Are you questioning if your money will run out in retirement? Women face several unique retirement challenges regarding Social Security, healthcare cost, longevity risk and taxes, just to name a few. In this interactive class you will learn strategies to overcome financial challenges for a successful retirement

Tue, 10/17, 1h30m

10:30 AM Class #28312

Community Center Rm 123

6:30 PM Class #28313

*Community Center Rm 120

Jerry Wilson, CMG Life & Health

FREE, but registration is required.



American
Heart
Association

Heartsaver® First Aid CPR AED

Heartsaver CPR & AED **18**

Ages 16+

This three-hour course will teach the lay person lifesaving skills taught by American Heart Association Instructors who are also members of the Menomonee Falls Fire Department. Learn AHA Heartsaver CPR/AED. You will be provided a Heartsaver Book, one way valve adapter and mask all to take home. You will receive a CPR card via email good for 2 years.

Mon, 6:00 PM, 3h

9/25 Class #28158

10/23 Class #28159

11/27 Class #28160

Menomonee Falls Fire Dept #3

FREE, but registration is required.

Understanding Annuities **NEW!**

Ages 18+

With fewer individuals having pensions and people living longer, the fear of running out of money during retirement has become a common concern. If you are looking for more information about securing your retirement savings, this seminar is an opportunity to learn more about annuities and how they can help you achieve a comfortable retirement.

Tue, 9:30 AM, 1h
11/7 Class #28243
Community Center Rm 123
Samuel Burkart & Dan Stich, Lifespan Financial Partners
FREE, but registration is required.

Pension Seminar **NEW!**

Ages 18+

Does your employer offer a pension? Are you considering retiring soon and not sure what to do with that pension? In this seminar we will look at the various pension elections that are generally offered and how to analyze the differences between those options and which one might be most beneficial for you. We will discuss Pension Optimization calculation. If you have a pension election form, please feel free to bring that with you.

Wed, 11/15, 1h
5:00 PM Class #28235
6:30 PM Class #28236
Community Center Rm 106
Matt Yerkes, Investment Advisor
FREE, but registration is required.

Year in Review: 2023 Market Update & 2024 Outlook **NEW!**

Ages 18+

Curious about the current state of the economy or what is driving financial markets, up or down in value? This seminar will discuss how 2023 has gone and what we might expect to see in 2024.

Wed, 12/13, 1h
10:00 AM Class #28237
5:00 PM* Class #28238
Community Center Rm 123
*Community Center Rm 106
Matt Yerkes, Investment Advisor
FREE, but registration is required.

Upcoming Trips with Collette Travel

Ages 21+

This informational meeting will cover information on two trips: Montana: Exploring Big Sky Country featuring Yellowstone and Glacier National Parks, which will take place August 20–30, 2024 and Canyon Country, which will take place April 23–30, 2025. For more information, pick up a travel brochure at the Community Center or call 262-255-8460.

Thu, 5:30 PM, 1h
10/5 Class #28300
Community Center Rm 123
FREE, but registration is required.

Fall Asleep, Stay Asleep **NEW!**

Ages 18+

Educational presentation regarding practicing good sleep and getting better rest. We will be discussing the five stages of sleep and how sleep changes as you age.

Wed, 10:00 AM, 1h
9/6 Class #28249
Community Center Rm 120
Christopher Patterson, Humana
FREE, but registration is required.

Health & Wellness: Fall Clean Up

Ages 18+

We normally think of Fall-Clean up related to our house and our yard, but in this class, we're going to be discussing your body. We will discuss how to clean-up your diet and the top three positive things you can do to help your body today.

Tue, 5:30 PM, 1h
9/26 Class #28506
Germantown Library
Dr. Brenda Holland
FREE, but registration is required.

Battling the Aging Brain **NEW!**

Ages 18+

Educational presentation on how the human brain, much like other parts of the human body, becomes less agile as people get older. We will learn about changes you can expect and ways to keep your brain healthy.

Wed, 10:00 AM, 1h
10/4 Class #28248
Community Center Rm 123
FREE, but registration is required.

Health & Wellness: Trick or Treat for Your Body

Ages 18+

In this class we will discuss positive solutions for all the bad things we do to our bodies, such as poor eating choices, bad posture, and a lack of movement throughout the day.

Tue, 5:30 PM, 1h
10/17 Class #28507
Germantown Library
Dr. Brenda Holland
FREE, but registration is required.

Cup of Health: Bone Health **NEW!**

Ages 18+

This one hour session will teach participants about the importance of good bone health for overall wellness and longevity. Special emphasis is on osteoporosis and steps families can take to reduce their risk and stay healthy.

Tue, 10:00 AM, 1h
10/24 Class #28203
Community Center Rm 123
Christopher Patterson, Humana
FREE, but registration is required.





FREE ADULT PROGRAMS



Free Technology Help

Ages 40+

Do you need help with your Apple product? A volunteer will be on hand to help you better understand your device with a one-on-one 45-minute appointment. You can receive assistance with email, social media, pictures, internet, texting and basic use. Please bring your device with you.

Tue, Community Center
45m, one-on-one sessions
FREE, but registration is required.

Tues	8:30 AM	9:30 AM	10:30 AM	11:30 AM	12:30 PM	1:30 PM
9/5	28325	28326	28327	28328	28329	28330
9/19	28331	28332	28333	28334	28335	28336
10/3	28337	28338	28339	28341	28342	28343
10/17	28344	28345	28346	28347	28348	28349
11/7	28350	28351	28352	28353	28354	28355
11/21	28356	28357	28358	28359	28360	28361
12/5	28362	28363	28364	28365	28366	28367
12/19	28368	28369	28370	28371	28372	28373



Weekday Walkers All Ages

Do you enjoy walking and want to walk with a group? This group is open to everyone and will meet Mondays, Wednesday and Fridays at 9:00am at the bottom of the Community Center parking lot. There the group will decide where they will walk that day. There will be no commitment to attending every time the group meets, come when you are available. The group will walk until the weather takes a turn for the worse. (The group may occasionally meet at an offsite location. Please make sure to include an email and phone number when registering to be included in any updates.)

Mon, Wed, Fri (Already in progress)
9:00 AM Class #27985
Community Center Parking Lot
FREE, but registration is required.

VIRTUAL ZOOM CLASSES

Home Selling

Ages 18+

Sell your home fast and with the best results. Topics include how deferred maintenance effects the marketing, how to negotiate defects determined by the home inspector, what questions need to be answered prior to listing a property, is an attorney needed, what is the role of the title company and should you offer a home warranty to the buyer. Zoom link will be emailed to you 24-48 hours prior to the class.

Mon, 6:30 PM, 1h30m

9/18 Class #28577

11/13 Class #28578

Kathleen Golembiewski

FREE, but registration is required

Home Buying

Ages 18+

In the market for a new home? Learn the difference between a traditional real estate agent and a buyer's agent for representation, and how important it is to have a market analysis prior to writing an offer. Learn about mortgage pre-approval, inspection, gap insurance, escalator clause and how to write the offer in your best interest. Zoom link will be emailed to you 24-48 hours prior to the class.

Tue, 6:30 PM, 1h30m

9/19 Class #28575

11/14 Class #28576

Kathleen Golembiewski

FREE, but registration is required

Art & Holiday Stress **NEW!**

Ages 18+

You will be guided through decorating an ornament and have discussion about the holidays. The holiday season brings many feelings—joy, thankfulness, stress and sadness, let's explore together.

Wed, 10:30 AM, 1h

11/29 Class #28515

Community Center Rm 123

Whitney Gilbert, Froedtert & the Medical College of Wisconsin

FREE, but registration is required.



Books Are Us

Ages 18+

Join our special group of book lovers. 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. This group does not meet in August.

Wed, 1:00 PM, 1h30m

The Classics: 9/13, 10/11, 11/8

Book Lovers: 9/27, 10/25, 11/22

Community Center Rm 106

FREE, but registration is required.



Blood Pressure Check

Ages 18+

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.

Mon, 11:00 AM-Noon

8/21, 9/18, 10/16, 11/20, 12/18

Community Center

Froedtert Health Nurse

FREE, but registration is required.



Happy Hookers / Sit & Knit

Ages 18+

If you would like to knit for charity, have any unfinished knitting or crochet projects, but have lost your motivation to complete them, or would like to start a new project, this drop-in group is for you.

Happy Hookers:

9/13, 10/11, 11/18, 12/13

Sit & Knit:

9/27, 10/25, 11/22, 12/13

Wed, 12:00 PM, 3h30m

Community Center Rm 123

FREE, but registration is required.

Warm Up America

Ages 18+

Our Warm Up America group assembles crocheted & knitted squares into afghans for charity. The afghans are then donated to local organizations. Come join our friendly group and help assemble afghans for a good cause.

Tue, 9:30 AM, 1h30m

Community Center Rm 106

Yarn Donations Welcomed!

Donated yarn will be used to create items for families in need. If you have extra yarn you'd like to donate, please drop it at the Community Center. Thank you!

FREE

FREE ADULT PROGRAMS

Apple Tech Classes

All Apple Tech classes on this page are instructed by Cheryl Peters.

New Apple Device, Now What Do I Do? **NEW!**

Ages 40+

Come get help and answers to the following questions: Who needs the Apple ID? What is an Apple ID? Where is the Apple ID used? When is the Apple ID needed? How can I find my Apple ID? Is my Apple ID email and My Email account the same thing? Passcode, Face ID, Touch ID. What do all these icons mean? Where can I find help on my iPhone? Books? Support app, and tips app?

Tue, 9:30 AM, 1h

9/12 Class #28595

Community Center Rm 120

FREE, but registration is required.

Apple Services **NEW!**

Ages 40+

Come get help and answers to the following topics. Usernames and Passwords: How to save and be safe and secure, Wi-Fi Data versus Cellular, Cellular Streaming / Downloading, Files app, Find My, Fall detection and Crash detection, Location Sharing, Siri, Why should I back up my device and why the contacts app is so important.

Tue, 9:30 AM, 1h

9/26 Class #28596

Community Center Rm 120

FREE, but registration is required.

Apple iCloud **NEW!**

Ages 40+

Come get help and answers to the following topics. What is iCloud? Where is it on my Apple Device? What does it do? How does it work and why do I need it.

Tue, 9:30 AM, 1h

10/10 Class #28597

Community Center Rm 120

FREE, but registration is required.



Apple Apps **NEW!**

Ages 40+

Come get help and answers to the following topics. What are apps? Where do I find them? How do I set up an account? Usernames and Passwords: creating, saving and managing, Google versus Safari—what is the difference?

Tue, 9:30 AM, 1h

10/24 Class #28598

Community Center Rm 120

FREE, but registration is required.

Apple Email **NEW!**

Ages 40+

Come get help and answers to the following topics. Where do I get one? How do I set one up? Adding my email account on my Apple device? Let's send an email! When to save and delete, Attaching items to emails and Downloading attachments.

Tue, 9:30 AM, 1h

10/31 Class #28599

Community Center Rm 120

FREE, but registration is required.

Apple Camera **NEW!**

Ages 40+

Come get help and answers to the following topics. What are all these icons, Discuss different photo options and Picking the right option.

Tue, 9:30 AM, 1h

11/28 Class #28600

Community Center Rm 120

FREE, but registration is required.

Apple Photos **NEW!**

Ages 40+

Come get help and answers to the following topics. Getting Started, Organizing — preset filters, albums, Delete and Recover, Editing, Sharing, Printing and Storing and iCloud versus iPhone.

Tue, 9:30 AM, 1h

12/12 Class #28601

Community Center Rm 120

FREE, but registration is required.

Apple Messages **NEW!**

Ages 40+

Come get help with the following topics: Single versus group conversations, alerts versus silent notifications, attaching pictures or links to messages, saving images from messages, deleting messages and pinning messages.

Tue, 9:30 AM, 1h

11/14 Class #28677

Community Center Rm 120

FREE, but registration is required.

Free Hearing Screening

Ages 40+

This ten-minute hearing screening is free, but registration is required.

Thu, 10/12, 10m

10:30 AM Class #28581

10:40 AM Class #28582

10:50 AM Class #28583

11:00 AM Class #28584

11:10 AM Class #28585

11:20 AM Class #28586

11:30 AM Class #28587

11:40 AM Class #28588

11:50 AM Class #28589

12:00 PM Class #28590

12:10 PM Class #28591

12:20 PM Class #28592

12:30 PM Class #28593

Community Center Rm 120

FREE, but registration is required.



Paws and Pose: Holiday Event

Ages 18+

Take home a photo of your pet and help support HAWS (Humane Animal Welfare Society). Photos will be \$10 each, and half of all photo proceeds will go to HAWS. Props and various hats will be available for you to use at the event.

Paws & Reflect will offer an opportunity to help your dog look its best with a-la-carte services: nail trim or grind, ear care, teeth care and brushing. Fees vary by pet.

HAWS will also be on site with adoptable pets.

Sun, 12/10, 15m

1:30 PM Class #28548

1:45 PM Class #28549

2:00 PM Class #28550

2:15 PM Class #28551

2:30 PM Class #28552

2:45 PM Class #28553

Paws & Reflect Grooming
N116W16334 Main St., Germantown



Ages 18+ (or 16-17 yrs. with parents permission)

Upcoming Blood Drive Tuesday, August 9 at the Community Center

Giving blood is a quick, simple way to give back to your community, and possibly save a life. The donation process from the time you arrive to the time you leave is only about an hour.

Book your appointment now at [versiti.org](https://www.versiti.org).

Stronger Together, Coffee & Conversations



Ages 30+

Are you feeling overwhelmed, sluggish, blue, or just in need of some friends and support? Everyone is welcome to attend this monthly group. We will have guest speakers each month. Come join our group on the third Thursday of every month.

Thu, 10:00 AM, 1h

9/21, 10/19, 11/16, 12/21

Class #28201

FREE, but registration is required.

OPEN GYM

CASH ONLY. PLEASE BRING EXACT CHANGE.

AVAILABILITY IS ON A FIRST-COME, FIRST-SERVED BASIS.

Volleyball Coed Open Gym

Ages 16+

Coed open gym is a great way to get some exercise, meet new people, and play volleyball! Ages 16–17 can participate in open gym with an adult present. You do not need to be a player in our leagues to participate.

Mon, 9/11–12/18, 7:30 PM, 2h
North Middle School Gym

Wed, 9/6–12/20*, 7:30 PM, 2h
Community Center Gym
*11/22 held at North Middle School Gym
R \$3 NR \$5, per day

Men's Basketball Open Gym

Ages 18+

Pick up games will be formed on site by the gym supervisor, a maximum of 20 participants will be accepted each evening.

Mon, 9/11–12/18, 8:00 PM, 2h
Community Center Gym
Brian Campbell
R \$3 NR \$5, per day



Inclement Weather Cancellations

For information regarding class cancellations due to bad weather, call (262) 255-8376 or check our Facebook page @fallsrec.

ADULT SPORTS LEAGUES AGES 18+

Go to fallsrec.org for contracts and more information

Adult Volleyball

Women's leagues are offered on Monday, Coed on Tuesday evenings. Traditional and half season options are available.

Returning teams: Contracts due by 8/23

New teams: Contracts accepted starting 8/25

Traditional Season (Fall/Winter) \$475, 20 games

Fall or Winter Half Season \$275, 10 games



Winter Men's Basketball

Leagues start November 8 or November 9

Available Wednesday or Thursday evenings with competitive and recreational divisions offered both nights.

Returning teams: Contracts due by 9/27

New teams: Contracts accepted starting 9/29

Entry Fee: \$695



Dartball

Ages 30+

Both men and women are welcome to enjoy the fun and laughter as we play the game of dartball, a baseball game where bases are scored by throwing darts at a board. No experience needed. Join our league and sharpen your skills while forming new friendships.

Mon, 1:00 PM, 1h30m
9/11–12/18 Class #28204
Community Center Rm 102 B
R \$15 NR \$18 15 classes

Indoor Pickleball

Ages 18+

We are excited to offer 3 courts for Indoor Pickleball. This session is for those that already know how to play Pickleball. Please bring your own paddle, balls will be provided. Players will change out 2 new players when the number of people attending is below 20, anything higher all 4 players will change out.

Fri, 5:30 PM, 3h
10/6–12/15 Class #28205
No class 11/24
Community Center Gym
R \$30 NR \$50 10 classes

Holiday Pickleball

Ages 18+

We are excited to offer indoor pickleball courts for open play this holiday season. Three courts will be available. This session is for those that already know how to play pickleball. Please bring your own paddle, balls will be provided. Preregistration is required, no walk-ins will be accepted.

9:00 AM, 2h
Wed, 12/27 Class #28239
Thu, 12/28 Class #28240
Community Center Gym
R \$3 NR \$5



Before You Start Any Exercise Program ...

- 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.

Yoga Without a Mat

Ages 18+

Increase flexibility, strength, and balance without getting up and down on a mat. Safe and effective seated and standing yoga poses will be presented. A chair will be available if needed. This is an excellent format for people who need extra modifications to be successful.

Wed, 11:45 AM, 45m
9/6–12/13 Class #28299
Community Center Rm 4 LL
Levy Palos
R \$85 NR \$99 15 classes

Easy Yoga

Ages 18+

This gentle yoga class will emphasize alignment, stretching and calming of the mind. Instruction includes breath work, strengthening movement, soothing stretches and strategies for conscious relaxation. You will leave class relaxed and refreshed. Please bring a yoga mat and water bottle.

Mon, 9/11–10/30, 45m
10:30 AM Class #28281
11:30 AM Class #28282
R \$58 NR \$70 8 classes

Mon, 11/13–12/11, 45m
10:30 AM Class #28283
11:30 AM Class #28284
R \$37 NR \$45 5 classes
Community Center Rm 4 LL
Carmen Bond

Not-So-Easy Yoga

Ages 18+

This class is for those that have taken Easy Yoga, or are ready to move to the next level. This beneficial yoga class will increase your strength, flexibility and mental calm. You will leave class relaxed and refreshed. Please bring a yoga mat and water bottle.

Wed, 9:00 AM, 45m
9/13–10/25 Class #28279
R \$51 NR \$62 7 classes
11/15–12/13 Class #28280
R \$37 NR \$45 5 classes
Community Center Room 4 LL
Carmen Bond

Dance Fitness

Ages 18+

Strengthen your muscles, increase your endurance, and have fun as you dance your way to fitness! No previous dance experience needed. Even if you have two left feet, you can experience this amazing cardio workout. Wear athletic shoes, comfortable exercise clothes, and bring a water bottle.

Tue & Thu, 5:00 PM, 45m
9/12–10/26 Class #28285
R \$40 NR \$48 14 classes

Tue & Thu, 5:00 PM, 45m
11/14–12/14 Class #28286
No class 11/23
R \$25 NR \$30 9 classes
Community Center Rm 4 LL
Carmen Bond

Barre Fitness

Ages 18+

Barre is a hybrid fitness routine that utilizes movement and positions from dance, Pilates, yoga and functional strength training. Focus is on optimal alignment and posture to improve balance, coordination, stability, strength, and overall function. Based on techniques from the original Lotte Berk method, a Barre District class will tone and elongate muscles, increase flexibility, and strengthen you both physically and mentally. This low impact, high results, full body workout is perfect for everyone, as instructors offer modifications for every level.

Mon, 6:00 PM, 55m
10/2–10/23 Class #28563
Germantown DPW Highway Dept. Bldg.
Barre Studio, Allison Gugala
R \$48 NR \$51 4 classes

Pelvic Floor Workshop

Ages 18+

In this interactive workshop, you will learn how to properly activate the pelvic floor muscles and specialized pilates exercises for flexibility, strength, and coordination of the core and pelvic floor muscles. Come prepared for gentle movement and basic Pilates exercises.

Sat, 10:00 AM, 1h15m
11/4 Class #28295
The Contrology Center Pilates Studio
R \$15 NR \$20

Latin Dance Fusion: Singles or Couples

Ages 18+

Learn partner dancing from well know local dancer, Jason Suave. Imagine feeling confident to dance with a partner to any music that you hear. Learn one simple step that can be used for swing, pop, rock, jazz and more. This class will be adapted for all levels. We will rotate partners for those that wish to. The price listed is per person.

Thu, 6:35 PM, 50m
9/14-10/26 Class #28522
No class 10/19

11/9-12/21 Class #28523
No class 11/23
Riverside Cafeteria
Jason Jordan
R \$75 NR \$90 6 classes

Adult Tap & Jazz

Ages 18+

It's never too late to learn to dance! Students will learn basic tap and jazz steps, have fun, and also get some great exercise. You will leave with happy feet. Tap shoes are recommended for class.

Wed, 7:30 PM, 1h
9/20-10/25 Class #28567
11/1-12/13 Class #28568
No class 11/22
Community Center Rm 102 A & B
Cindy Orlando
R \$30 NR \$36 6 classes

Middle Eastern Dance

Ages 16+

Shimmy your way to fitness and health. This class will teach the basics of Belly Dancing while increasing strength, flexibility and improving posture. Great for any age, size or fitness level. No prior dance experience necessary.

Wed, 6:30 PM, 1h
10/11-11/15 Class #28311
Germantown DPW Highway Dept. Bldg.
R \$34 NR \$49 6 classes

Tai Chi

Tai Chi is a traditional Chinese mind/body exercise that increases mobility and improves balance and stability with gentle movements. The slow pace of class and breathwork will help calm and relax the body and refresh the mind. Each class will introduce students to various forms (martial arts movements) and exercises that support many areas of the body including bone density, cardiovascular health, joint mobility, strength and psychological well being.

Beginning Tai Chi

Ages 18+

This beginner class is suitable for all levels, especially for anyone who would like to slow down and quiet the mind. Even those with some Tai Chi experience will benefit from going back to some basics.

Tue, 11:30 AM, 1h
9/19-10/24 Class #28307
11/7-12/12 Class #28308
Community Center Rm 4 LL
Susan Pokorny
R \$39 NR \$47 6 classes

Continuing Tai Chi

Ages 18+

This Advanced class is suitable for those ready to move to the next level.

Tue, 10:15 AM, 1h
9/19-10/24 Class #28305
11/7-12/12 Class #28306
Community Center Rm 4 LL
Susan Pokorny
R \$39 NR \$47 6 classes



Zumba Gold

Ages 18+

Zumba Gold is the low impact version of the original Latin inspired dance fitness program, Zumba. Classes will emphasize the basics, and have been modified for the active older adult, the beginning participant, or other special populations that may need modifications for success. Please bring a water bottle to class.

Mon, 9:30 AM, 45m
9/11-10/30 Class #28287
R \$40 NR \$48 8 classes

11/13-12/11 Class #28288
R \$25 NR \$30 5 classes
Community Center Room 4 LL
Carmen Bond

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, relaxation exercises and imagery and mindfulness practices. Please bring a pillow and blanket to class.

Tue, 6:00 PM, 1h15m
10/24-11/14 Class #28566
Community Center Rm 120
Kate Hunt-Matthes
R \$64 NR \$77 4 classes

Enhancing Your Life: Energy Healing Techniques

Ages 16+

This transformative and fun class will teach you powerful techniques for coping with behaviors or beliefs that may stand in the way of your happiness. Learn EFT, and discover how to access the alpha state, the power of imagery and your personal truth detector.

Tue, 6:00 PM, 1h30m
11/28-12/19 Class #28564
Community Center Rm 120
Kate Hunt-Matthes
R \$64 NR \$77 4 classes

Introduction to Meditation

Ages 16+

Are you constantly feeling overwhelmed and stressed? Learn how meditation can center your mind and calm your body. You will learn two methods of meditation that are used by millions of people all over the world. Common stumbling blocks and how to overcome them will also be covered. Please bring a blanket and pillow to class.

Tue, 6:00 PM, 1h30m
9/5-9/26 Class #28565
Community Center Rm 120
Kate Hunt-Matthes
R \$64 NR \$77 4 classes



Indoor Cycling

Ages 18+

Perfect for all fitness levels and ages, this class utilizes stationary bikes, upbeat music, and a variety of body movement and cadence strategies to provide an awesome, low-impact exercise experience. Throughout this session you will be challenged to increase your cardiovascular fitness, strengthen muscle and increase your endurance. Includes warm-up, cool-down and stretching components. Please bring a water bottle, towel and hard-soled tennis, running, or cycling shoes. Padded bike seats or padded shorts are recommended but not required.

Mon & Wed, 6:15 PM, 1h
9/11-10/25 Class #28296
R \$75 NR \$89 14 classes

11/6-12/20 Class #28297
No class 11/22
R \$69 NR \$85 13 classes
Community Center Room 4 LL
John Gerkhardt

Golf Lessons

Ages 18+

Classes are intended to teach students how to swing and feel comfortable when playing. We will focus on the full swing, short game and putting. Training aids, video analysis and handouts will be used to help speed the learning process. Please bring along a 6, 7, 8 or 9 iron to the first class. Clubs are available for use if needed. Students must purchase golf balls at the range. Classes will be held rain or shine so please dress appropriately.

Mon & Wed, 8:30 AM, 1h
9/11-10/2 Class #28557
No class 9/13
Swing Time, Germantown
R \$68 NR \$72 6 classes



Adult Hockey Learn to Skate/Play +/- 18 **NEW!**

Ages 16+

This program is designed for beginner skaters age 16+ that want to learn to skate. The first half of the program introduces forward and backward skating, stops, crossovers, and turns. The 2nd half of the program introduces hockey drills where sticks and pucks will be used. Full equipment is required.

Fri, 5:00 PM, 1h
9/22-11/3 Class #28452
Eble Ice Arena
R \$140 NR \$140 7 classes

Adult Learn to Skate

Ages 18+

You are never too old to learn how to ice skate! Develop confidence on the ice by learning basic skating skills, including forward/backward skating, turns, stops, falling, and recovery. After each class, participants are welcome to open skate for FREE to practice independently. Skate rental is included in the price of the class. Helmets, gloves, warm clothing are highly recommended. Please arrive 15 minutes before each class.

Tue, 9:30 AM, 30m
10/10-11/7 Class #28455
11/14-12/12 Class #28456
Eble Ice Arena
Eble Staff
R \$70 NR \$70 5 classes

Ho Chunk Dells Gambling Trip

Ages 30+

Join us for a one-day getaway to Ho Chunk Dells. You will receive \$25 in credit on your player's club card at Ho Chunk. If you do not have a card, you will receive one upon arrival at the casino so you can enjoy the free credits. You must bring a valid ID with you and use your player's club card at all times while at the casino. Please register by 9/7 for 9/21 trip and 10/19 for 11/2 trip.

Thu, 9/21	Class #28496
Thu, 11/2	Class #28497
Sign In	8:00 AM
Bus Leaves	8:15 AM
Bus Returns	4:15 PM
Community Center Parking Lot	
R \$48	NR \$58

Door County Tour Trip

Ages 55+

Let's explore Door County together! Our first stop will be Renards Cheese, where we will hear about their history, products and process. Next, we will enjoy a scenic drive up to Rowley's Bay Resort where we will hear the story of the traditional fish boils by "Peter Rowley", then head in for a buffet lunch including the fish boil, baked chicken, Swedish meatballs, pasta and more. You will have the option to pre-order bakery from Grandma's Swedish Bakery (*on a separate form available at the CE & Rec office*). The bakery will not be open while we are there. After lunch we will head south to Wood Orchard Market for some shopping. Last, we will stop at Door Peninsula Winery for a tour and samples. There will be a food truck at the winery if you would like to grab something on your own before we head home. Please register by September 8.

Tue, 10/10	Class #28579
Sign In	6:30 AM
Bus Leaves	6:45 AM
Bus Returns	7:30 PM
Community Center Parking Lot	
R \$115	NR \$125

Historic Treasures, a Mystery Trip **NEW!**

Ages 55+

Join us as we take a step back in time as we explore the most unique pop culture museum that host 25 attractions featuring a variety of artifacts and rich history. There will be a lot of walking here but they have many benches along the way and scooters for people to use. We will enjoy lunch along the river where you will have a choice of Taco Salad, Cuban Sandwich, Club Sandwich or a Chicken BLT Wrap. After lunch we will have a step on guide tour to take you back in time and learn the history of this town. After the tour you will have time to do some shopping at the downtown shops. Included in the trip will be a mystery treat bag. Please register by October 10.

Tue, 11/14	Class #28580
Sign In	7:15 AM
Bus Leaves	7:30 AM
Bus Returns	5:00 PM
Community Center Parking Lot	
R \$105	NR \$115

REGISTRATION NOW OPEN!

Warrens Cranberry Festival Trip

Ages 18+

At the World's Largest Cranberry Festival, you will enjoy over 70 different food booths, 850 art and craft booths and over 100 farmers' market booths. For more information, check at cranfest.com. This is an all day walking trip. Register by Sept. 8.

Sat, 9/23	Class #27980
Sign In	6:30 AM
Bus Leaves	6:45 AM
Bus Returns	8:30 PM
Community Center Parking Lot	
R \$59	NR \$69



Adult Day Trips

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.

Transportation.

All trips travel by coach bus unless specified.



REGISTER EARLY BY 9/14

Christmas Stars Trip **NEW!**

Ages 55+

Christmas Stars is a spectacular, Broadway style revue that captures the sights and sounds of the most wonderful time of the year. We will travel to the Xavier Fine Arts Theatre in Appleton for the show. The cast of 250 will delight you with song and dance with a breathtaking Living Nativity at the finale. After the show we will have dinner at the Cellar District where you will have your choice of Smash Burger, California Turkey Cobb Salad, Bang Bang Shrimp or Chicken & Broccoli Alfredo. We will finish our evening by visiting the Holiday Light Show in Fond du Lac. Register early for this trip, no later than September 14.

Sat, 12/9	Class #28498
Sign In	11:00 AM
Bus Leaves	11:15 AM
Bus Returns	6:45 PM
Community Center Parking Lot	
R \$95	NR \$105



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

Monday–Friday, served at Noon at the Community Center

Masks are strongly recommended
All older adults 60+ are welcome to enjoy a delicious lunch at the nutrition site.

Registration for the meal is **REQUIRED** one business day in advance. Reserve in person or by phone at (262) 251-3406 between 9–11 AM. 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 or online at fallsrec.org. The nutrition site is sponsored by the Aging & Disability Resource Center of Waukesha County.

Menomonee Falls Senior Center

Open Monday–Friday 8:00 AM–4:30 PM (EXCEPT WHEN NOTED BELOW)

The Senior Center will be closed Sept 4, Nov 23–24, Dec 25–Jan 1

- Our programs are open to all residents and non-residents ages 55+. Membership not required.
- 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 a reading device for vision impaired, a card playing lounge, and a lending library stocked by the older adults.
- The Community Center's facilities and parking lot are handicap accessible.



Menomonee Falls Senior Bus Service

Ages 60+ & adults with developmental disabilities

Available Monday–Friday, 9:00 AM–2:00 PM

- \$2 each way for local trips. Rides are available for medical appointments, shopping, County Meal site, recreation activities, etc.
- Every Monday: The bus takes passengers to Mequon Rd. in Germantown from 9:00 AM to 1:30 PM
- 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

Ages 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. There is an annual membership fee. For more information, please contact Marilyn Fenske at (262) 251-2732. Dues are \$20 and include a bi-monthly newsletter. Sign up is also available at the meetings by cash or check.



**1st & 3rd Wednesday of the Month
1:00 PM Community Center Rm 102A**



ADULTS 55+



Toe Nail Trimmers

Ages 18+

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.

2nd & 4th Wednesday, 9 AM-4 PM
Community Center Rm 102 A
\$31 each visit, make checks payable to Toe Nail Trimmers

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. Any questions you may have will be addressed. You will leave with solid information about available options and how to qualify for extra help.

Wed, 7:00 PM, 1h30m
9/13 Class #28153
11/8 Class #28155
Community Center Rm 123
Jeff Martin, Platinum Benefits
FREE, but registration is required.

LOOK AROUND!

Many free classes have been moved to the **FREE** section starting on page 28.

Crafts with Grace Commons

Ages 55+

Have fun while creating a holiday themed craft. All supplies will be provided. Class is free, but registration is required. Please bring your own hammer.

Fri, 10:00 AM, 1h30m

Wine Cork Pumpkin

10/6 Class #28264

Macrame Ornament

12/1 Class #28265

Community Center Rm 102 A
FREE, but registration is required.

Memory Screening Test

Ages 55+

Early detection is important. A memory screening is a wellness tool that helps identify possible changes in memory and cognition over time. The screening is for those who do not have a diagnosis of Dementia at this time. This initial screening will create a baseline so that future changes can be monitored.

Thu, 10/26, 30m

9:00 AM Class #28209

9:30 AM Class #28210

10:00 AM Class #28211

10:30 AM Class #28212

11:00 AM Class #28213

11:30 AM Class #28214

12:00 PM Class #28215

12:30 PM Class #28216

1:00 PM Class #28217

1:30 PM Class #28218

2:00 PM Class #28219

2:30 PM Class #28220

3:00 PM Class #28221

3:30 PM Class #28222

Community Center Rm 120

ADRC Dementia Care Specialist

FREE, but registration is required.



Driver Safety

AARP Smart Driver Class

Ages 55+

SMART DRIVING is an updated AARP driver safety course. The course contains up to date information about changes over time in ourselves, our vehicles and our roads. This course will help boost your safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility and maintain independence.

Please bring your AARP membership card and drivers license with you to class.

Wed, 9/6, 8:30 AM, 4h

AARP Member Class #28289

Non-Member Class #28659

Community Center Rm 123

Vince Racioppo, AARP

AARP Members \$23 Non-Mbr \$28

Senior Adult Home Safety

Ages 55+

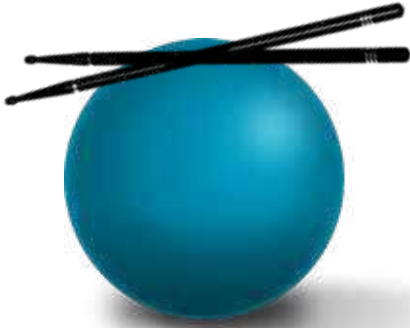
This two-hour class taught by a member of the Menomonee Falls Fire Department will assist the Senior Adult with home safety tips to include how to use a fire extinguisher, cooking and kitchen safety, bathroom safety, smoke and CO detectors and fall prevention and the importance of a Life File. Each participant will receive instructions on filling out a Life File, a magnetic Life File clip, and a red envelope for your Life File. Please register by August 14.

Tue, 10:00 AM, 2h

10/17 Class #28267

Community Center Rm 123

FREE, but registration is required.



Cardio Drumming

Ages 55+

Join this fun, fast-paced workout that incorporates drumming and cardio to the rhythm of music. Cardio Drumming increase heart rate, improves rhythm, strengthens the upper body, and improves motor skills and hand-eye coordination. Follow the instructor's routine, but of course at your own pace and comfort level. All supplies are provided and all levels of exercise ability are welcome as you can do Cardio Drumming standing or seated. Free, but pre-registration is required.

Thu, 10:15 AM, 30m

9/14 Class #28252

10/12 Class #28253

11/9 Class #28254

12/14 Class #28255

Community Center Rm 4 LL

FREE, but registration is required.

Wake Up Work Out

Ages 55+

This low impact work out is a great way to keep your body limber and in good health. Our exercises are designed to maintain flexibility and muscle tone.

Thu, 9:00 AM, 1h

9/7-10/19 Class #28244

No class 9/28

11/2-12/14 Class #28245

No class 11/23

Community Center Rm 4 LL

Patty Molzen

R \$25 NR \$30 6 classes

Let's Get Moving

Ages 55+

This low impact workout is a great way to keep your body limber and feeling good. We will exercise to maintain muscle tone, endurance, flexibility and balance. This fun, energizing class is a great way to start your day!

Tue, 9:00 AM, 1h

9/12-10/17 Class #28262

10/31-12/12 Class #28263

No class 11/21

Community Center Rm 4 LL

Sandy Neylon

R \$27 NR \$33 6 classes

BINGO BLAST!



Ages 55+

Join us for an extra day of bingo and prizes sponsored by Nancy Lawrence, Shorewest Realtors. No money needed. Non-cash prizes awarded.

Wed, 11/30, 1:15-2:30 PM

Community Center Rm 102

FREE, no registration required.



Grooving with Downtown Harrison

Ages 55+

Join us for a fun time dancing or just listening to the music of Downtown Harrison. Enjoy his talented voice impersonations of Sinatra, Elvis, Johnny Cash, Neil Diamond, and James Brown. Light snacks and refreshments will be served.

Fri, 12:30 PM, 1h

11/3 Class #28324

Community Center Gym

FREE, but registration is required.



Falls Area

FOOD PANTRY

Open Tuesday & Thursday 12-2 PM and 5-7 PM

N85 W15382 Menomonee River Pkwy.

Food can be dropped off 24 hrs/day, 7 days a week

For information on Donating or Volunteering go to fallsfoodpantry.org



ADULTS 55+

Senior ENRICHMENT Fair 2023

Friday, Oct. 20

8:30–1:30 pm

Informative Classes

Vendors, Door Prizes

ONLY
\$10.00
includes lunch
registered by
October 14

**Flu Shots
Available!**

Ages 50+

Grab a friend and register for the 14th Annual Senior Enrichment Fair! Enjoy demonstrations, vendors, informational classes and door prizes. Register by October 13. Anyone registering after October 13 will not be guaranteed a lunch.

Class #28640

Community Center | R \$10 NR \$10

Bring your insurance card if you'd like to receive a flu shot at the fair.

8:30–9:00	Registration & Light Breakfast
9:00–10:30	Vendors
10:30–11:15	Session One Class
11:30–12:15	Session Two Class
12:15–1:30	Lunch with Door Prizes

Session 1 Options:

- A. Virtual Visits
- B. Cooking for One Made Easy
- C. Historical View of Menomonee Falls

Session 2 Options

- A. Conversations with Grandkids
- B. Elder Financial Exploitation & Scams
- C. Keeping the Falls Flowing



Got Leaves?

Optimist Club Annual Senior Leaf Raking

The 2023 leaf raking will take place over a couple of weeks and run November 4–19. The volunteer youth groups will coordinate raking their assigned residences during the two week period. Donations are matched by the Optimist Club and given directly back to the youth groups raking.

If you would like your yard raked, sign up by calling the CE & Rec Office at (262) 255-8460 by Thursday, October 26.



Annual Packer Fall Fling

Ages 55+

Sponsored by the Menomonee Falls High School Student Council, this luncheon will be served at 11:30 along with dessert and bingo. We will watch the Packers game. Bring a friend and enjoy this free event! Please do not arrive before 11:00 AM.

Sunday, 11/5
11:00 AM – 1:30 PM
High School Cafeteria
FREE, no registration required.

Drop-In Program Registration Procedures

When you attend the Senior Center for the first time to participate in a Drop-In program, you must complete a registration form indicating the programs you will be participating in. Your name will be added to a roster, and you will need to "check in" by placing a check mark after your name each time you come to the Senior Center for a program.

Bunko!



Wednesdays 9:30–11:30 AM
 9/27, 10/25, 11/22, 12/13
 Community Center Rm 106
 \$1.00 for kitty

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!



Thursday BINGO

Ages 55+




You could win big! Each player receives two bingo cards for a \$2.00 cash entry fee. We will play 10 games.

Thu, 1:15 PM, 1h15m
 8/3, 8/17, 9/7, 9/21, 10/5, 10/19,
 11/2, 11/16, 12/7, 12/21
 Community Center Rm 102 A



Game Time

No program 9/4, 10/20, 11/23–24, 12/25 –1/1

Monday	Tuesday	Wednesday	Thursday	Friday
Chess Club* 9:30–11:30 Rm 102A Sheepshead 12:00–3:00 Rm 106 American Mah Jongg 12:00–3:30 Rm 123 Hand and Foot* 12:30–3:00 Rm 120	Bridge 1:00–3:00 Rm 106 Mexican Train Dominos* 1:00–3:30 Rm 102A	Bunko!* 9:30–11:30 Rm 106 \$1.00 for kitty 	Scrabble* 1:00–3:00 Rm 102B 	Cribbage* 10:00–12:00 Rm 102 Sheepshead 12:00–3:00 Rm 106 Bridge 1:00–3:00 Rm 102A 

* Beginners welcome



AFFILIATES

Affiliates

The Menomonee Falls School District does not directly plan or administer the following programs. Please contact the respective program providers for further information and how to get involved!

Accompany of Kids

(262) 251-5225 | aokwi.org

This MF based premier performing arts group trains youth ages 4–20 in vocal, dance and performance techniques. Members are showcased in various venues throughout SE Wisconsin.

Menomonee Falls Angels

FallsAngels.com

This competitive, girls fast-pitch organization emphasizes softball fundamentals in order to develop skills, build character and create leaders.

MF Jr. Phoenix Baseball

www.mfjpbbaseball.com

A select youth baseball program for boys, ages 9–14, who reside in the MF School District. Teams play in the Wisconsin State Youth Baseball League.

MF Camera Club (Adults 18+)

(262) 893-3500 | falls-photo.org

Programs by professional photographers, field trips, photo competitions and workshops. Meet and associate with others who have an interest in photography. Contact Jeffrey Klug.

Menomonee Falls Childrens Choir

mfchildrenschoir.org

Open to boys and girls in grades K–8, the choir enriches the lives of elementary through middle school aged children by laying the foundation of musicianship skills through quality singing experiences. Performances in December and April each year.

MF Dolphinettes

(262) 623-6100 | Facebook

The Olympic Sport of Artistic Swimming open to girls ages 5–18, will teach swim routines to music. Recreation and competitive programs available. Contact Linda Loehndorf.

MF Youth Basketball Association

mfyba.com

mfybabasketball@gmail.com

Dedicated to fun and learning through recreational basketball for boys & girls in grades 3–8. Phoenix Basketball is a more competitive select league for 5th–8th grade students that requires tryouts.

MF Youth Football & Cheer

mfjrphoenix.com

Full contact football with teams in 5th–8th grade divisions, open to all students enrolled in the MF School District. Learn the basic offensive and defensive plays of the MF High School.

MF Little League Baseball/Softball

fallslittleleague.org

secretary@fallslittleleague.org

A developmental softball and baseball league open to MF resident children ages 4–18. Registration takes place in January, with the season running through the end of June and an in-house tournament in July.

MF Jr. Wrestling

mfwcellott@gmail.com

Open to youth K–8 with the goals of teaching the fundamentals of wrestling, providing competition and teaching good sportsmanship. Season runs December thru March with registration in late October.

Falls Patio Players

Box Office (262) 255-8372

Email fallspatioplayers@gmail.com

fallspatioplayers.com

This community theatre group will entertain you with quality productions of plays and musicals. For information regarding upcoming shows, or to order tickets online, check out our website.

Rocket Aquatics

rocketaquatics.org

Rocket Aquatics is a year round competitive swimming team instructed by experienced and certified coaches, offering stroke technique, training and competition to young people ages 5+.

Milwaukee Kickers: Falls

fallskickers.org

Open to boys and girls aged 6–16, the club offers a great opportunity for kids to compete in multiple levels of team soccer.

Menomonee Falls CE & Rec is a proud member of:



NATIONAL RECREATION
AND PARK ASSOCIATION



WASC
Wisconsin Association of Senior Centers



Stock Box Distribution

Ages 60+

***Third Monday of each Month**

Distributed by the Hunger Task Force, the box contains 35 pounds of food from the U.S. government. To qualify, your income must be \$1,580 or less per month for a single person, or \$2,137 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 are the third Monday of each month. Sometimes these dates change so please contact the CE & Rec office at (262) 255-8460. Pick up is at the MF Community Center Parking Lot.

Wisconsin Home Energy Assistance Program

Ages 18+

Do you live in Waukesha County and need home energy assistance? This is an income-based benefit. Qualifying applicants will receive a credit toward your energy bill. Applicants must provide: proof of income, Social Security numbers for all in the home, photo ID, a current heating and electric bill, and verification of the previous 3 months 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, eligibility income levels, and to schedule an interview over the phone.

VILLAGE OF Menomonee Falls

Upcoming Events in the Village See listing at menomonee-falls.org/calendar

Trick-or-Treat in Menomonee Falls

Tuesday, Oct 31, 5:30–7:30 PM

Menomonee Falls Christmas Parade

Sunday, November 26, 4:30 PM
Starts at Main Street & Harrison

Important Village Contacts

Menomonee Falls Village Hall

menomonee-falls.org

(262) 532-4200

Menomonee Falls Public Library

menomoneefallslibrary.org

(262) 532-8900

School District of Menomonee Falls

fallsschools.org

(262) 255-8440

Menomonee Falls Downtown

menomoneefallsdowntown.com

(262) 251-8797

How to Reserve a Park

Village Park Rental

Falls Fest Plaza, The Garden, Amphitheater
(414) 708-1000

Menomonee Falls Park Department

for all other Village Park Rentals
(262) 532-4200

Menomonee Park (on Town Line Rd)

Waukesha County Park System
(262) 548-7801



Shop • Eat • Drink • Play

9/8	Falls Family Movie Night
9/21	Ladies' Night: Around the World
10/21	Harvest Festival
10/26	Downtown Trick or Treat
11/11	Celebrate Veterans
11/25	Small Business Saturday
12/2	St. Nick Saturday
12/9	Christkindl Market
12/16	Holiday Helpers Saturday



MenomoneeFallsDowntown.com
@MenomoneeFallsDowntown

Online registration is available at fallsrec.org

Last / First Name		Birthdate (Month/Date/Year)		Gender (M or F)
Address				
Home Phone ()		Work Phone ()	City	
			Zip	
Cell Phone ()		Email address		Must be included to receive a receipt
Cell Phone Carrier*				

Which school district boundary do you live in? ☐ Menomonee Falls ☐ Hamilton (Sussex) ☐ Other

EMERGENCY CONTACT

Your emergency contact should NOT be a contact within the same household, but rather an alternate contact in the local area. The emergency contact is only contacted if we cannot reach the primary household contact (e.g. parent/guardian) already on file.

Name	Relationship	Home Phone	Other Phone
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Participant First & Last Name	M/F	Birthdate	Attend SDMF Schools	T-Shirt Size (mandatory)	Activity Name	Class #	Date, Day & Time of Class	Fee
			[] Yes [] No	Youth: S M L Adult: S M L XL				
			[] Yes [] No	Youth: S M L Adult: S M L XL				
			[] Yes [] No	Youth: S M L Adult: S M L XL				
			[] Yes [] No	Youth: S M L Adult: S M L XL				

ADULT SIGNATURE REQUIRED! In consideration for the School District of Menomonee Falls allowing me and/or my child to participate in the activity, I, on behalf of myself and my child, expressly release, waive, discharge and covenant not to sue the District, its officers, agents, employees, representatives, and/or volunteers (collectively "the District") from any and all claims and for all loss, injury, illness or damage to me and/or my child arising out of my and/or my child's participation in the activity, whether caused by the negligence of someone acting on behalf of the District or the negligence of someone else. The foregoing waiver and release shall not absolve the District from liability or injury or damage caused by the District's intentional, willful or malicious conduct. I recognize and acknowledge that there are inherent risks of serious injury and/or illness to participants in the activity, I, on behalf of myself and my child, acknowledge that I and/or my child are voluntarily participating in the activity with knowledge of the danger involved. Recognizing the risks, I, on behalf of myself and my child, hereby agree to accept and assume any and all risks of injury and/or damage. I, on behalf of myself and my child, agree to take all precautions and measures reasonably necessary to prevent the transmission and spread of any communicable disease while using District facilities and engaging in the activity, including adherence to any and all orders and guidelines issued by local, state and federal authorities, including those issued by the National Centers for Disease Control and Prevention, state and local health department, and any policies of the District, related to the prevention of the transmission and spread of communicable diseases, including COVID-19. I further agree to notify an instructor of any medical conditions and/or other needs which may limit my and/or my child's participation in the activity and/or pose a health or safety risk for me, my child, and/or others in connection with participating in the activity. Should an emergency arise while participating in the activity, I give my permission to have a District representative take proper measures in the care of me and/or my child, including but not limited to transportation to an area emergency facility, or nearest hospital, if felt necessary by that representative. I also agree that I and/or my child will follow the rules and regulations set by the School District of Menomonee Falls, and above named parties, I understand that photos may be taken of myself or my child, hereby agree the School District of Menomonee Falls shall not incur any liability for payment to any person or organization as a result of the stated use of the above said photographs.

Adult Signature _____		Date _____	
Make checks payable to: MF CE & Rec, mail to W152 N8645 Margaret Rd., Menomonee Falls, WI 53051 or fax to (262) 255-2555			
Cardholder Name: _____		Number: _____	
Exp. _____	VCode _____	Cardholder Signature _____	



Engage | Learn | Improve



How Do I Cancel a Registration?

Please contact the CE & Rec office at 262-255-8460 prior to the first class for a refund.

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.

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

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.

SCHOOL DISTRICT OF MENOMONEE FALLS



Enhancing the quality of life by providing recreational, educational, and social opportunities in partnership with schools, organizations, and the community.

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, 3-Year-old Preschool and Kids INC.



Swim Lesson Transfer/ Cancellation Policy

Check with your child's instructor, or wait until your child has completed their current swim level before registering for the next session of swim. A \$10 fee will be charged for any transfers or cancellations.

Cancellations

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. If classes cannot be rescheduled due to inclement weather, refunds may not be given.

Senior Discount

The fees for programs listed in the 55+ section reflect a small discount.

Medical Conditions

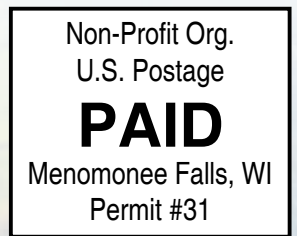
If there is any medical condition or other information you are aware of that could affect someone's participation in a recreation program or activity, please contact the Department to discuss this matter, and notify your instructor on the first day of class.

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.

No Smoking/No 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.



W152 N8645 Margaret Road
Menomonee Falls, WI 53051

ECRWSS
RESIDENTIAL CUSTOMER

Many **NEW!** Programs

- Adult Hockey—Learn to Skate/Play
- Advanced Decoupage on Glass
- Apple Apps
- Apple Camera
- Apple Email
- Apple iCloud
- Apple Photos
- Apple Services
- Art & Holiday Stress
- Battling the Aging Brain
- Bohemian Rhapsody: Masterpiece or Rhyming Nonsense
- Collage on Glass
- Christmas Stars Trip
- Cup of Health: Bone Health
- Engage Your Theatrical Mind
- Fall Asleep, Stay Asleep
- Guardianship
- Historic Treasures, a Mystery Trip
- Hockey: Learn to Skate
- Lego: Cars, Catapults and Bridges
- Market Trading Mentorship
- Medicare 101
- New Apple Device, Now What Do I Do?
- Pension Seminar
- Retirement Planning
- Retirement Savings Challenges for Women
- Spanish: ¡VAMOS por el pueblo! (Live Virtual)
- Spanish: Embark your Spanish Journey
- Spanish: Ignite Your Language Journey (Live Virtual)
- Turkey Time Music Party w/adult
- Understanding Annuities
- What the Heck is the Tarot Deck?
- Year in Review: 2023 Market Update & 2024 Outlook

Online Registration
Begins
Sunday, August 6
at 9:00 PM

Non-Resident
Opens Aug 10

fallsrec.org

