



Community Education & Recreation

Activity Guide

Winter 2024

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



Online
Registration

OPENS

Sunday, Dec 10
at 9:00 pm



**MENOMONEE FALLS
SCHOOLS**

Engage
Learn
Improve

Hi!

WELCOME

NEW
YEAR

NEW
YOU!

Group fitness
is a fun way to
get in shape!

Aquatics

Yoga

Dance / Zumba

Martial Arts

Cycling

Pilates

See page 32

SCHOOL DISTRICT OF MENOMONEE FALLS

CE&Rec
Community Education & Recreation



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 Dec. 25–Jan 1
and March 29**

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
- Rachel Johnson, Administrative Assistant
- Jackie D'Angelo, Administrative Assistant



**Menomonee Falls
4K & 5K Enrollment**

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



WHEN TO REGISTER

RESIDENT online registration begins

Sunday, December 10, 9:00 PM

Drop Box, Mail or in Person

Monday, December 11

NON-RESIDENT online registration begins

Thurs, December 14, 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:

- ➔ **School Age Program Supervisor (Full Time)**
- ➔ **Youth Sports Staff**
- ➔ **Basketball Scorekeeper**
- ➔ **Group Fitness Instructor**
- ➔ **Lifeguard**
- ➔ **Swim Instructor**
- ➔ **Kids INC Site Supervisor**
- ➔ **Kids INC Leader**



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

Go to fallsrec.org > Employment for more information.

Winter 2024

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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 arm's reach.

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 but 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



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.



Swim Fees

Winter Pass Valid Jan 22–Mar 20
Spring Pass Valid Apr 6–June 3

	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 Lap Swim and 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 Schedule through June 3

No program Nov 1, Nov 22–25, Dec 22–Jan 1, Mar 22–April 1, May 25–27

Monday	Wednesday	Fridays	Saturday
4:00–6:00 PM	4:00–6:00 PM	4:00–6:00 PM	8:00–10:00 AM

Family Swim Schedule through June 1

No program Nov 1, Nov 22–25, Dec 22–Jan 1, Mar 22–April 1, May 25–27

Friday	Saturday
5:30–7:00 PM	12:00–2:00 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.
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 (6–12 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.	Must be comfortable putting their face in the water. Must be able to move independently in the water.
Level 2 (6–12 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 without assistance or equipment for three-quarters of the pool (15 yards).
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 tread for 30 seconds, swim a full length of the pool (25 yards) on front, and swim three-quarters of the pool (15 yards) on back.
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. 6 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.



WINTER SWIM LESSONS

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

Registration Opens Dec 17



**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 Session
opens Dec. 17 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 Jan 22–March 11									
4:45–5:15 PM	29116		29128		29144				
5:20–5:50 PM				29136	29145	29162			
5:45–6:15 PM		29122			29146	29163			
6:20–7:00 PM							29176	29184	29192
Wednesday Jan 24–March 13									
4:45–5:15 PM		29123		29137	29147				
5:20–5:50 PM			29129		29148	29164			
5:45–6:15 PM	29117				29149	29165			
6:20–7:00 PM							29177	29185	29193
Friday Jan 26–March 15									
4:45–5:15 PM					29150	29166			
5:20–5:50 PM						29167			
5:20–6:00 PM									29194
5:45–6:25 PM								29186	
6:05–6:35 PM							29178		
6:30–7:00 PM					29151				
Saturday Jan 27–March 16									
9:00–9:30 AM	29118		29130						
9:35–10:05 AM		29124		29138					
10:10–10:40 AM			29131		29152				
10:45–11:15 AM				29139		29168			
11:20–12:00 PM							29179	29187	

SPRING SWIM LESSONS



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

Registration Opens March 17



**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 Spring Sessions
opens March 17 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 April 8–June 3 <i>No classes May 27</i>									
4:45 – 5:15 PM	29119		29132		29153				
5:20 – 5:50 PM				29140	29154	29169			
5:45 – 6:15 PM		29125			29155	29170			
6:20 – 7:00 PM							29180	29188	29195
Wednesday April 10–May 29									
4:45 – 5:15 PM		29126		29141	29156				
5:20 – 5:50 PM			29133		29157	29171			
5:45 – 6:15 PM	29120				29158	29172			
6:20 – 7:00 PM							29181	29189	29196
Friday April 12–May 31									
4:45 – 5:15 PM					29159	29173			
5:20 – 5:50 PM						29174			
5:20 – 6:00 PM									29197
5:45 – 6:25 PM								29190	
6:05 – 6:35 PM							29182		
6:30 – 7:00 PM					29160				
Saturday April 6–June 1 <i>No classes May 25</i>									
9:00 – 9:30 AM	29121		29134						
9:35 – 10:05 AM		29127		29142					
10:10 – 10:40 AM			29135		29161				
10:45 – 11:15 AM				29143		29175			
11:20 – 12:00 PM							29183	29191	



AQUATICS PROGRAMS

IT'S NEVER TOO LATE TO LEARN

Adult Swim Lessons

Ages 14+

Whether you are learning the basics of 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, 6:55 PM, 30m
2/5-2/26 Class #28864
4/8-4/29 Class #28865
5/6-6/3 Class #28866
No class on May 27
North Middle School Pool
Aquatic Staff
R \$35 NR \$42 4 classes

Junior Lifeguard Class

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, life-saving 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 youth ages 11-14, or those who have completed the 5th grade.

Mon-Thur 4:30 PM, 1h30m
1/15-1/18 Class #28862
3/18-3/21 Class #28863
North Middle School Pool
Aquatic Staff
R \$90 NR \$108 4 classes

Lifeguard Class

Ages 15+

This blended learning course includes an online class and an in-person skills session. The online class lasts approximately 7 hours and must be completed before 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 complete the course will receive a certificate for Lifeguarding/First Aid/CPR/AED valid for two years. Successful participants will be eligible for CE & Rec Aquatics Department employment.

Fri, 5:00 PM, 4h
Sat, 9:00 AM, 8h30m
Sun, 9 AM, 8h30m
1/19-1/21 Class #28955
North Middle School Pool
3/8-3/10 Class #29115
5/3-5/5 Class #28956
Menomonee Falls High School Pool
R \$200 NR \$220 3 classes

Lifeguard Review Class

Ages 15+

Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate in the review course. An abbreviated Lifeguarding course that briefly reviews course information allows the practice of skills and knowledge before testing. Students who complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years.

Fri, 5:00 PM, 4h
Sat, 9:00 AM, 8h30m
4/5-4/6 Class #28957
Sat, 8:00 AM, 10h30m
5/11 Class #28958
North Middle School Pool
Melissa Palucki
R \$90 NR \$135 1 class



Lifeguarding Instructor Class

Ages 17+

This program 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, 8h30m
2/2-2/10 Class #28953
4/12-4/20 Class #28954
North Middle School Pool
Melissa Palucki
R \$350 NR \$350 4 classes
Online classes will be sent to participants after they register. Online classes must be completed by the first day of in-person class.

NOW HIRING!

**Lifeguards
Swim Instructors
Aqua Exercise Instructors**

★ \$15-17/hour ★
**Flexible Hours
Free Training & Certification
No Holidays**

4K Wrap Around Care

Registration
Opens
February 8
at 8 AM



You must be registered for 4K before registering for the 4K Wrap program.

What is 4K Wrap?

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.

How Does Registration Work?

Registering for the 2024-25 School Year Wrap Around Care program is a general registration to **hold a spot** for your child.

Kids INC will work with school district staff, and when your child is assigned to their 4K class next summer, we will transfer them into the appropriate morning or afternoon 4K Wrap Around program.

**NEW
THIS
YEAR**

What is the Weekly Fee?

Priority will go to families that need and will utilize 4K Wrap 5 days a week.
If there is space available, we will open it up to others.

Weekly fee = \$155 per week (\$31/day)



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

Ben Franklin
Course #29113 to register

Shady Lane
Course #29114 to register

3-Year-Old Preschool

- RECREATION
- SOCIALIZATION
- EDUCATION



Students must be 3 years old by September 1, 2024, and independent in the bathroom

Ben Franklin: 8:47–11:15 AM

Monday & Thursday
Course #29109

Tuesday & Friday
Course #29110

Shady Lane: 8:47–11:15 AM

Monday & Thursday
Course #29111

Tuesday & Friday
Course #29112

Tuition for the School Year

Includes \$30 Annual Registration Fee

MF Resident \$1,335
1st payment of \$165 Due by Mar. 15
9 monthly payments of \$130

Non-Resident \$1,605
1st payment of \$210 Due by Mar. 15
9 monthly payments of \$155

Payments are due the 15th of each month, beginning in September. Remaining monthly payments must be made each month throughout the school year to retain your child's seat in the program.

Register and submit your first payment using the course numbers above.

Once it has been determined the program will run, there will be no refunds given for cancellations.

Space is very limited.

The School District of Menomonee Falls Community Education and Recreation and Early Childhood Programs offer a 3-year-old preschool program. The program will be offered at Ben Franklin and Shady Lane Elementary Schools, and will follow the 4K school year calendar. There are four options to choose from, listed on the left.

Staff will challenge students to reach their potential, while providing an environment that is balanced between recreation, socialization and education. We believe in an inclusive preschool model, where children are unique, creative individuals that have the ability to influence their own learning. Our program will allow the children to experience a play-based program. The goal is to develop the child's social and emotional language, and motor and play skills. Children will have time to play with peers, complete projects, have a snack, and learn how they can play an important role within a group.



Transportation is not available for this program.

A Meet & Greet will be held in August.

Students must be 3 years old by September 1, 2024 and independent in the bathroom.



Register by Feb 2, 2024

Minimums need to be met to avoid program cancellation





Tot Time

Ages 1-5

Parent supervised open gym.

Wed, 9:30 AM, 1h30m

1/3 Class #28872

1/10 Class #28873

1/17 Class #28874

1/24 Class #28875

1/31 Class #28876

2/7 Class #28877

2/14 Class #28878

2/21 Class #28879

2/28 Class #28880

3/6 Class #28881

3/13 Class #28885

3/20 Class #28887

4/3 Class #28888

4/10 Class #28889

4/17 Class #28890

4/24 Class #28892

Germantown Fire Station #1

R \$7 NR \$9 1 class

Parent and Tot Garden Fun

Ages 3-5

Parents and their children ages 3-5. Let your little one play in the dirt while learning the basics of gardening! Each child, with help from a parent or caregiver, will plant a container of herbs or a vegetable to take home and watch for the summer. Class will be held outdoors, so please dress weather-appropriate and bring gardening gloves.

Wed, 10:30 AM, 1h

5/29 Class #28760

R \$25 NR \$25 1 class

Sat, 3:00 PM, 1h

6/1 Class #28761

R \$25 NR \$25 1 class

Wendland Nursery, Germantown

Miss Julie's Music Fun

Ages 1-5 w/adult

Through participating in music, and learning to keep the beat, your child will enhance their enjoyment and understanding of and music. We will explore movement, fingerplays, rhythm, and more. Please register the child only.

Tue, 10:00 AM, 45m

1/9-1/30 Class #28828

2/6-2/27 Class #28829

4/2-4/23 Class #28830

4/30-5/21 Class #28831

Germantown Fire Station #1

Julie Thompson

R \$46 NR \$56 4 classes

Miss Julie's Babies Music Fun

Infant and Babies w/adult

Parents or caregivers & infants and babies (non-walkers.) 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

1/13 Class #28841

2/3 Class #28842

3/2 Class #28843

4/6 Class #28844

5/4 Class #28845

Germantown Fire Station #1

Julie Thompson

R \$10 NR \$13 1 class

Miss Julie's Family Music Fun

Ages 1-6 w/adult

Join us as we share music, movement, fingerplays, stories, rhythm, rhyme, and more. Your child will build their social skills as they participate in this interactive class. Please register the 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

1/13 Class #28832

2/3 Class #28833

3/2 Class #28834

4/6 Class #28835

5/4 Class #28836

Germantown Fire Station #1

Julie Thompson

R \$14 NR \$17 1 class

Valentine's Day Music Party

Ages 1-5 w/Adult

This fun music party will feature songs to learn and celebrate Valentine's Day with your little sweetheart. Class includes games and crafts.

Thu, 10:30 AM, 1h

2/8 Class #28837

Thu, 1:30 PM, 1h

2/8 Class #28838

Germantown Fire Station #1

Julie Thompson

R \$18 NR \$21 1 class



Easter Music Party

Ages 1-5 w/Adult

This fun music party will feature songs to learn and celebrate Easter and our favorite bunny. Class includes games and crafts.

Tue, 10:30 AM, 1h

3/5 Class #28839

Tue, 1:30 PM, 1h

3/5 Class #28840

Germantown Fire Station #1

Julie Thompson

R \$18 NR \$21 1 class



Menomonee Falls 4K & 5K Enrollment

For more information,
go to sdmfschools.org/enroll



YOUTH ACTIVITIES & SPORTS

Firefighters and You

Ages 3-5

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

1/18 Class #28897

2/15 Class #28898

3/21 Class #28899

4/18 Class #28900

5/16 Class #28901

Menomonee Falls Fire Station #1

FREE, but registration is required.

Oodles of Art

Ages 1 ½-4 ½ w/adult

Adults and children will participate together. Your young child's imagination will soar through sculpting, drawing, painting, songs, and movement activities. There will be a new theme each week. All supplies are provided. Please, bring a smock for your child. Please register the child only.

Thu, 9:30 AM, 1h

1/11-2/1 Class #28825

2/15-3/7 Class #28826

4/18-5/9 Class #28827

Germantown DPW Highway Dept. Bldg.

R \$42 NR \$45 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 painted on. All supplies provided. Register by Feb 6th.

Tue, 6:00 PM, 1h

2/13-3/5 Class # 28860

Germantown DPW Highway Dept. Bldg.

R \$37 NR \$42 4 classes

Slice of Art

Ages 9-12

This class is designed to explore not just the basics of art skills and techniques but also offers your young artist an opportunity to build confidence, self-esteem, skills, and 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 lives, and complete pieces that will challenge and inspire them to keep creating. Register by March 5.

Tue, 5:30 PM, 1h30m

3/12-4/9 Class #28861

No class March 26

Germantown DPW Highway Dept. Bldg.

R \$37 NR \$42 4 classes

Young Rembrandts Drawing

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 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.

Wed, 2:35 PM, 1h

Ben Franklin Grades 5K-2

1/31-3/20 Class #28690

4/3-5/22 Class #28691

Ben Franklin Rm 131

Shady Lane Grades 5K-2

1/31-3/20 Class #28692

4/3-5/22 Class #28709

Shady Lane Lower Level

Riverside Grades 3-5

1/31-3/20 Class #28693

4/3-5/22 Class #28694

Riverside Rm 107

Valley View Grades 5K-2

4/3-5/22

Class #28696

Valley View Grades 3-5

1/31-3/20

Class #28695

Valley View Cafeteria

R \$109 NR \$109 8 classes

Chess Scholars

Grades 5K-5

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 learn under the guidance of an experienced Chess Scholars coach.

Ages 5-9

Mon, 3:50 PM, 1h

1/29-3/4

Class #29100

Ben Franklin Rm 131 Art Rm

Wed, 2:35 PM, 1h

1/24-2/28

Class #29101

Shady Lane Library

Ages 7-12

Tue, 3:50 PM, 1h

1/23-2/27

Class #29102

Riverside Rm 214

January 30 class will be held in the Riverside Library

Fri, 3:50 PM, 1h

1/26-3/15

Class #29103

Valley View Cafeteria

No class on Feb 15 & Mar 1

Afterschool Enrich. Solutions Staff

R \$119 NR \$119 6 classes





Stay Home Alone

Ages 8–13

Put your mind at ease as your child gains independence and self-confidence. Topics covered are stranger dangers, buddy system, dangers of the Internet, 911, basic first aid, fire safety, and much more.

Tue, 4:45 PM, 1h

4/16–5/7 Class #28937

Tue, 6:00 PM, 1h

4/16–5/7 Class #28938

Germantown DPW Highway Dept. Bldg.

Laura Gruber

R \$38 NR \$43 4 classes

Babysitter Training

Ages 11–18

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. Before 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 and purchase a book online. Participants will receive certification upon successful completion of the class. Students will need to bring a lunch and water bottle to class.

Sat, 9:00 AM, 6h

1/6 Class # 28772

2/24 Class # 28773

North Middle School Rm 127

Jessica Heller

R \$62 NR \$75 1 class

Learn Magic with Glen Gerard

Ages 8+

Professional Magician Glen Gerard, a 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, 11:30 AM, 1h

3/2 Class #28850

Germantown DPW Highway Dept. Bldg.

Glen Gerard

R \$17 NR \$20 1 class



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 is necessary.

Ages 5–9

Ben Franklin

Wed, 2:35 PM, 1h

1/24–2/28 Class #29105

Ben Franklin Rm 129

Shady Lane

Tue, 3:50 PM, 1h

1/23–2/27 Class #29106

Shady Lane Lower Level

Ages 7–12

Riverside

Fri, 3:50 PM, 1h

1/26–3/15 Class #29107

No class on Feb 16 & Mar 1

Riverside Art Rm 107

Valley View

Thu, 3:50 PM, 1h

1/25–2/29 Class #29108

Valley View Cafeteria

Afterschool Enrich. Solutions Staff

R \$125 NR \$125 6 classes

**+/-
18**

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

Henna Tattoo Workshop

Ages 9+

Learn how to apply your 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, 5:00 PM, 1h15m

2/2 Class #28762

3/1 Class #28763

4/12 Class #28764

5/10 Class #28765

Survive Alive House, Germantown

Khushbu Dudhwala

R \$25 NR \$28 1 class

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, improve 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

1/29–3/18 Class #29104

Community Center Rm 120

Afterschool Enrich. Solutions Staff

R \$139 NR \$139 8 classes





YOUTH ACTIVITIES & SPORTS

Embark your Spanish Journey

Ages 4-9

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 winter session, we set off to the bustling city of Madrid in Spain with Vamos por la Ciudad, (Let's go to the City!) Students will get the opportunity to learn about sports, health, and pastime—all in Spanish.

Thu, 3:45 PM, 1h
Ben Franklin
2/15-4/11 Class #28951
Ben Franklin Rm 131
No class March 28

Tue, 3:45 PM, 1h
Shady Lane
2/6-4/2 Class #28952
Shady Lane Library
No class on March 26
R \$134 NR \$134 8 classes

LIVE VIRTUAL

¡VAMOS por el pueblo!

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 Beto, 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. The Zoom link will be sent 48 hours before the first class.

Wed, 4:15 PM, 45m
2/21-4/17 Class #29058
No class Mar 27
Futura Language Professionals Staff
R \$132 NR \$132 8 classes

Spanish: Ignite Your Language Journey

Grade 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 are included. The Zoom link will be sent 48 hours before the first class.

Mon, 3:30 PM, 45m
2/19-4/15 Class #29056
Mon, 4:45 PM, 45m
2/19-4/15 Class #29057
No class March 25
Futura Language Professionals Staff
R \$132 NR \$132 8 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.

Sports Include:

Basketball Team	Dec through April
Swimming	Dec through April



WANTED Unified Partners

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

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



Snowmobile Safety

Ages 12-Adult

Students must attend all three classes. Sponsored by the Menomonee Falls Snowbird Snowmobile Club, this safety class is a great course for all snowmobile enthusiasts. A certified DNR instructor will instruct students in snowmobile operation, maintenance, laws, equipment, first-aid procedures, map reading and navigation.

To register call Gary Breuckman at (414) 442-4278.

Wed, 1/3-1/17, 6:30-9:30 PM
Riverside Cafeteria
R \$10 NR \$10 3 classes



JR Phoenix Volleyball

PARENT MEETING

Grades 5-8



An informational meeting for parents/athletes interested in JR Phoenix Volleyball for boys and girls in grades 5-8 in Fall of 2024. Meeting will overview season timeline, registration information, practice and game schedules.

Wednesday, March 13

Boys 6:00 PM

Girls 7:00 PM

Menomonee Falls Community Center

Winter Break Flag Rugby Clinic

Grades 2-8

This indoor clinic will teach basic skills, rules, and game concepts to new or veteran players. Flag Rugby is a fast-moving, non-contact sport with lots of running, passing, and scoring.

Wed & Thur, 12/27-12/28, 1h15m

Grades 2-5

9:00 AM Class #28963

Grades 6-8

10:15 AM Class #28962

North Middle School Gym

Dan Zeroth

R \$6 NR \$6 2 classes

Soccer Shots **NEW!**

Ages 4-6

This class utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. An annual enrollment fee is required and includes a FREE jersey. An end-of-season prize is also included. For additional information and to sign up, visit <https://waukesha.soccershots.com>.

Thur, 1/04-03/7, 5:20 PM, 30m

Valley View Gym

R \$200 NR \$200

Soccer Shots: Mini—Parent & Me **NEW!**

Ages 2-3

This class is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. An annual enrollment fee is required and includes a FREE jersey. An end-of-season prize is also included. For additional information and to sign up, visit <https://waukesha.soccershots.com>.

Thur, 1/04-03/07, 4:40 PM, 30m

Valley View Gym

R \$200 NR \$200



REGISTRATION OPENS FEBRUARY 5 AT 8:00 AM

Jr Soccer League

Ages 4-8

This introductory soccer program will give your child the foundation needed to excel at future levels and will concentrate on skill development, teamwork, basic rule understanding, and gameplay. Each week a 30-minute practice will be followed by a 30-minute scrimmage game. Scores and standings will not be kept, and everyone will play. Times will rotate between 5:30 & 6:45 PM.

Registration begins February 5.

Wed, 5:30 PM, 2h30m

Ages 4-5 Class #29098

Ages 6-8 Class #29099

North Middle School Football Field—
Lower off Garfield

Ed Swab

R \$46 NR \$55 8 classes

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 gameplay. 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. Times will vary between morning and afternoon depending on the number of teams in the league (8:30 AM, 9:45 AM, 11 am, 12:15 PM, 1:30 PM, etc). Schedules will be emailed to participants before the first week of class.

Sat, 1/20-3/9

Grades 4K-5K Class #28769

Grades 1-2 Class #28770

Community Center Gym

Ed Swab

R \$56 NR \$67 8 classes

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



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](https://bucks.com/YouthBasketball)

Wed & Thur, 12/27 & 12/28,

1:00 PM, 3h

North Middle School Gym

R \$110 NR \$110 2 classes

Milwaukee Bucks Spring Break Basketball Camp

Ages 7-15

Planning a staycation for Spring Break? Keep the kids in your life active at Milwaukee Bucks Spring Break Camp. For registration information and to sign up, visit [Bucks.com/YouthBasketball](https://bucks.com/YouthBasketball).

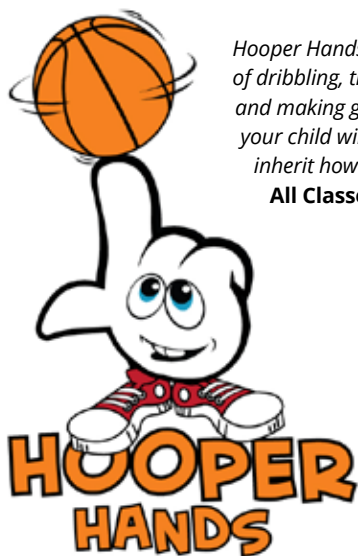
Mon - Thur, 9:00 AM, 3h 3/25-3/28

North Middle School Gym

R \$195 NR \$195 4 classes



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: Fundamentals of Basketball

Ages 4-8

This class is designed to give your child an overview of basic basketball skills. Participants will be introduced to dribbling, shooting, rebounding, and passing.

Mon, 1/8-1/29, 45m
Ages 4-5, 5:30 PM Class #29028
Ages 6-8, 6:20 PM Class #29029
R \$74 NR \$89 4 classes

Hooper Hands: Dribble Dribble 101

Ages 4-8

The class will build upon the skills learned in the Fundamentals of Basketball class. Participants will compete in different ball-handling drills, games, and stations to develop Hooper Hands.

Mon, 2/5-2/26, 45m
Ages 4-5, 5:30 PM Class #29030
Ages 6-8, 6:20 PM Class #29031
R \$74 NR \$89 4 classes

Hooper Hands: Dribble, Dribble 102

Ages 4-8

Participants are highly encouraged to have taken the Fundamentals of Basketball and Dribble, Dribble 101 class before registering for this class. We will increase ball handling techniques with 1-on-1 moves to the basket along with more repetitious dribbling.

Mon, 3/4-4/1, 45m
Ages 4-5, 5:30 PM Class #29032
Ages 6-8, 6:20 PM Class #29033
No class Mar 25
R \$74 NR \$89 4 classes

Hooper Hands: Pass-Shoot-Score

Ages 4-8

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, 4/8-4/29, 45m
Ages 4-5, 5:30 PM Class #29034
Ages 6-8, 6:20 PM Class #29035
R \$74 NR \$89 4 classes

Hooper Hands: Intro to Shooting Techniques

Ages 6-8

This class is designed to work on various shooting drills, skills, and the technique of our method "Hand in the Cookie Jar". We will conclude the class with players being divided into teams for different shooting competitions.

Mon, 6:20 PM, 45m
5/6-5/20 Class #29036
R \$61 NR \$74 3 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, 7:15 PM, 45m
1/8-1/29 Class #29037
R \$74 NR \$89 4 classes

Hooper Hands: Dribble, Dribble 201

Ages 9-11

Your child 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, 7:15 PM, 45m
2/5-2/26 Class #29038
R \$74 NR \$89 4 classes

**More Hooper Hands
on next page**



Smile!

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.



Hooper Hands: Dribble, Dribble 202

Ages 9-11

Participants are highly encouraged to take Basketball 201 and Dribble, Dribble 201 before registering for this class. We will increase ball-handling techniques with 1-on-1 moves to the basket along with more repetitious dribbling.

Mon, 7:15 PM, 45m
3/4-4/1 Class #29039
No class Mar 25
R \$74 NR \$89 4 classes

Hooper Hands: Pass-Shoot-Score

Ages 9-11

This is a mini-basketball league class. At the beginning of class, participants will complete a series of basketball fundamental drills and skills. We will conclude the class with players being divided into teams and competing against each other.

Mon, 7:15 PM, 45m
4/8-4/29 Class #29040
R \$74 NR \$89 4 classes

Hooper Hands: Intro to Shooting Techniques

Ages 9-11

This class is designed to work on various shooting drills, skills, and the technique of our method "Hand in the Cookie Jar". We will conclude the class with players being divided into teams for different shooting competitions.

Mon, 7:15 PM, 45m
5/6-5/20 Class #29041
R \$61 NR \$74 3 classes

Tiny Tumbling

Ages 4-6

An introductory tumbling class for new athletes to improve on basic skills like balance, jumping, body control, and beginning tumbling skills. Wear 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 they are new to the Stingrays Allstars. Waivers can be found at rayswi.com/for-parents/forms.

Thu, 5:00 PM, 45m
1/11-2/29 Class #28886
R \$82 NR \$100 8 classes

Thu, 5:00 PM, 45m
3/7-4/25 Class #28891
R \$73 NR \$87 8 classes
Stingrays Wisconsin, Sussex
R \$82 NR \$100 8 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
1/11-2/29 Class #28893
R \$83 NR \$100 8 classes
3/7-4/25 Class #28895
R \$73 NR \$87 7 classes
Stingrays Wisconsin, Sussex



Silver Tea



Sunday, Dec. 3 Noon-4 pm

Old Falls Village | Hwy. Q & Pilgrim Road

Join us for free cookies and beverages, a tour of the festively decorated Miller-Davidson House, the popular Home baked Cookie Sale!
Santa & Mrs. Claus will be at the Public House
from Noon - 2 PM

oldfallsvillage.com

BENEFITS THE MENOMONEE FALLS HISTORICAL SOCIETY



YOUTH ACTIVITIES & SPORTS

Little Tykes Martial Arts: Surge

Ages 4-7

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 attend any two classes each week from the following options: Tues, Thu, Fri, 4:45 PM, 30m

1/9-2/13 Class #28925

4/2-5/2 Class #28926

Surge Martial Arts, Menomonee Falls
Neil Rajadhyaksha

R \$39 NR \$47 14 classes

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 attend 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

1/8-2/9 Class #28923

4/1-5/3 Class #28924

Surge Martial Arts, Menomonee Falls
Neil Rajadhyaksha

R \$39 NR \$47 15 classes

TaeKwonDo

Ages 7+

TaeKwonDo combines exercise, meditation, respect, and self-discipline as you learn one of the most popular forms of martial arts in the world today. 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, 1hr

1/9-4/4 Class #28710

No class March 26 & 28

4/16-6/4 Class #28711

No class May 14

Community Center Rm 102 A & B

James Donne

R \$69 NR \$81 24 classes

Little Jragons

Ages 3-6

Learn self-defense, including taekwondo, kickboxing, and basic escapes, from former ATA World and National Championship fighter, Jason Suav. Watch your child build amazing character qualities such as confidence, leadership, respect, and discipline. Classes are designed to improve large motor and fine motor 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.

Ages 3-4

Thu, 4:30 PM, 30m

1/11-2/15 Class #29085

2/29-4/11 Class #29086

No class Mar 28

4/25-5/30 Class #29087

Ages 5-6

Thu, 5:00 PM, 30m

1/11-2/15 Class #29089

2/29-4/11 Class #29090

No Class Mar 28

4/25-5/30 Class #29091

Riverside Cafeteria

Jason Jordan

R \$42 NR \$51 6 classes

Hockey Learn to Skate

Ages 4-10

The hockey-specific Learn to Skate program focuses on the fundamentals of hockey skating including fall recovery, balancing, gliding, and stopping, as well as an introduction to stickhandling. Required equipment: Hockey helmet with face cage, elbow pads, hockey gloves, knee/shin pads, hockey skates. Free skate rental is available during all classes. Please dress appropriately for the cold. Call Eble Ice Arena at 262-784-7512 or email ebleicearena@waukeshacounty.gov for more information.

Mon, 5:45 PM, 30m

1/8-2/5 Class #28927

Tue, 5:45 PM, 30m

3/19-4/16 Class #28928

4/23-5/21 Class #28929

Eble Ice Arena

Eble Staff

R \$90 NR \$90 5 classes

Learn To Skate

Ages 4-7

Your child will develop confidence on the ice by learning forward and backward skating, turns, stops, falling, and recovery. A 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.

Mon, 5:45 PM, 30m

1/8-2/5 Class #28699

Tue, 4:30 PM, 30m

3/19-4/16 Class #28912

4/23-5/2 Class #28913

Eble Ice Arena

Eble Staff

R \$75 NR \$75 5 classes





Learn To Skate ^{+/-}₁₈

Ages 7-Adult

Your child will develop confidence on the ice by learning forward and backward skating, turns, stops, falling, and recovery. A 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.

Mon, 6:15 PM, 30m
1/8-2/5 Class #28698
Tue, 5:00 PM, 30m
3/19-4/16 Class #28914
4/23-5/21 Class #28920
Eble Ice Arena
Eble Staff
R \$75 NR \$75 5 classes

Adult Hockey Learn to Skate/Play ^{+/-}₁₈

Ages 16+

This program is designed for the beginner skater who wants to learn to skate. The first half of the program introduces forward and backward skating, stops, crossovers, and turns. The second half of the program introduces hockey drills where sticks and pucks will be used. Full equipment is required. Hockey helmet with a face cage, elbow pads, hockey gloves, knee/shin pads, hockey skates are required. Dress warm. Skate rental available.

Tue, 6:15 PM, 1h
3/19-4/16 Class #28931
4/23-5/21 Class #28932
Eble Ice Arena
R \$100 NR \$100 5 classes

Golf Lessons: Jr Academy

Ages 7-11

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 7, 8, or 9 iron to the first class. Students must purchase golf balls at the range for each class. Classes will be held rain or shine.

Tue & Thu, 6:30 PM, 1h
4/9-4/25 Class #28870
Mon & Wed, 6:00 PM, 1h
4/29-5/15 Class #28871
Swing Time Germantown
R \$61 NR \$65 6 classes

Intro to Irish Dance

Ages 5-13

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. Dancers will put on a mini-performance for their parents.

Sat, 9:15 AM, 30m
1/13-1/27 Class #28849
Bellator Academy of Irish Dance, G-town
R \$27 NR \$32 3 classes

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teachersoncall.com



YOUTH ACTIVITIES & SPORTS



Tap & Ballet

Ages 4-11

The dance will help your child learn timing, rhythm, movement, and coordination. Dance skills will be taught, reviewed, and then combined into dances. Black leotard, ballet shoes and velcro-strap tap shoes are recommended. Parents are welcome to attend the first day of class for additional information, and the last day to observe their child's progress.

Wed, 1/24-4/17, 45m
 Age 4, 4:30 PM Class #28915
 No class Mar 27
 Ages 5-7, 5:30 PM Class #28916
 Ages 7-11, 6:30 PM Class #28917
 Community Center Rm 102 A & B
 Cindy Orlando
 R \$51 NR \$62 12 classes

Technology Trio **NEW!**

Ages 7-13

In this exciting Technology Thriller, students will have the option to rotate through three different programs. Think LEGO WeDo Robotics, Animated Movie Making, LEGO Motorized Data Kits, Gears, Gears 7 Gears, Coding projects and much more. This is a great way to experiment with some of the newest technology tools available.

Sat, 9:00 AM, 12h
 3/9 Class #28964
 Community Center Rm 123
 Computer Explorers Staff
 R \$49 NR \$71 1 class

Essential Oils 101 **+/- 18**

Ages 15+

Join us for an evening of fun conversation, new ideas, and practical make and take using a variety of doTerra essential oils.

Thu, 6:30 PM, 1h30m
 5/23 Class #28965
 Community Center Rm 106
 Jennifer Dedrick & Jenny Bleimehl
 R \$19 NR \$23 1 class

The Gifts of Gratitude **+/- 18**

Ages 16+

Do you want to feel more joy and peace in your life? In this class, we will explore the power of gratitude. We will also look at barriers to gratitude and processes to overcome them. Experience for yourself the life-changing benefits of an attitude of gratitude.

Tue, 6:00 PM, 1h30m
 4/23-5/14 Class #28902
 Community Center Rm 120
 Kate Hunt-Matthes
 R \$64 NR \$77 4 classes



Inclement Weather Cancellations

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

Must be 17 years old, or 16 with parents permission



Upcoming Blood Drive

**Tuesday, January 2 or April 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 at versiti.org.



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



ELF HUNT

Watch our Facebook page in December for details about the 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)



EGG-CELLENT EGG HUNT

Youth and Adults of All Ages

Join our Menomonee Falls EGG-CELLENT Egg Hunt! You will be emailed a list of all the participating Falls businesses that will display a colorful egg in their front window with a letter on it. Between March 8 - 25, hunt around Menomonee Falls and decode the hidden phrase. After registering for this activity, your family will receive an email with details on how to submit your answers to us by March 27th. All correct answers will be put in a drawing to win a basket filled with fabulous prizes from participating businesses. Winners will be announced on March 28th. Prizes can be picked up from the CE&Rec Office.

3/8-3/25

Class #28976

FREE, but registration is required.

Please only register ONE member of the family to receive email updates.



Christmas in the Falls

Shop Falls First this Holiday Season

Christmas in the Falls

Shop Falls First this Holiday Season

Small Business SATURDAY

10am-7pm

November 25th

Celebrate our downtown small businesses as we pull out all the stops. Shop local and enjoy Christmas fun Downtown!

- Visit with Santa at the Henrizi Schneider Legion Post
- Entertainment at Centennial Plaza
- Wagon Rides
- Carolers
- Tree Lighting Ceremony at 6pm



St. Nick SATURDAY

10am-5pm

December 2nd

Everything stocking stuffers will be waiting for you at our downtown shops. Make sure to bring your COOKIE CRAWL box that you purchased at Small Business Saturday or online. Participating stores will be handing out Christmas cookies to put into your box!

December 9th

Everything German and Christmas awaits you in the Menomonee Falls Downtown District



10am-5pm



- Indoor & Outdoor Vendors
- German Food and Music
- German Dancing
- Photos in Santa's Workshop
- Carriage Rides
- Beer Stein Lift Contest
- **Gluhwein!**



Holiday Helpers SATURDAY

10am-5pm

December 16th

Play our "Selfie with Elfie" scavenger hunt. Bring your non-perishable food item to Santas Workshop to get your play card! All Holiday Helpers Food Drive items will be donated to the Falls Area Food Pantry.

Santas Workshop is located next to Centennial Plaza on Appleton Ave.



Menomoneefallsdowntown.com
@menomoneefallsdowntown

christmasinthefalls.com



Christmas Parade

*Sunday
November 26
4:30 PM*

Parade starts at Harrison & Main

SUPER SPONSORS

Arandell Corporation
Pepino's on Appleton Ave.
Peiffer's Piggly Wiggly
Roskopf's Service & Towing
Karl's Country Market
Optimist Club of Meno. Falls
Knights of Columbus #4240
Village of Menomonee Falls

Community League
Shelley's Hallmark
Pool Park
Neu's Building Center
Hanson Soft Water
Jim & Mary Schneider
AJ O'Brady's
Schmidt & Bartelt

Funeral & Cremation
Moore Construction
Mathnasium
Friends of Nature
DeMarinis Pizzeria
Family Pet Clinic
Carpetland
Swing Time Golf



fallsparades.org



NEW! All Day Trips Now for Ages 21+



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.

An Epic Day at the Farm

Ages 21+

Join us as we head to the Verona area. First, we will have a guided walking tour to explore Seven Acres Dairy Company where we will learn the history of the building which has witnessed dairy production in three centuries, and is now one of the largest and most modern dairy factories in southern Wisconsin. We will have a family-style lunch of different sandwiches at Seven Acres. Next, we will head to the Epic Campus where we will have a guided tour of the campus. On our way home we will stop at historic downtown Oconomowoc where we will hear the history of the Wizard of Oz and see life size replica of the characters. Register by April 18.

Tue, 5/21 Class #29083
Sign In 8:45 AM
Bus Leaves 9:00 AM
Bus Returns 5:00 PM
Community Center Parking Lot
R \$90 NR \$100

Fireside Theatre Fiddler on the Roof **NEW!**

Ages 21+

Join us for Fiddler on the Roof, a story of a long-suffering dairyman, Tevye, who struggles to find a balance between his traditions and his family. The show includes such iconic songs as "Sunrise, Sunset", "If I Were a Rich Man" and "Matchmaker, Matchmaker". You will have a meal choice of Chicken Cordon Bleu, Sliced Roast Beef Tenderloin, Baked Almond Crusted Cod, or Global Vegetarian Medley. On the way to the Fireside, we will stop at the Jones Dairy Farm Outlet. Register by Feb 1.

Fri, 3/8 Class #29053
Sign In 8:15 AM
Bus Leaves 8:30 AM
Bus Returns 5:15 PM
Community Center Parking Lot
R \$135 NR \$145

Milwaukee Roots **NEW!**

Ages 21+

Join us as we head downtown for an amazing experience at the Harley Davidson Museum. Our tour guide will share stories about the history of the Harley-Davidson Motor Company and select motorcycles and artifacts in their collection. We will have lunch at Motor Bar and Restaurant where you will have a choice of Chicken Caesar Salad, Motor Burger or BBQ Pork Sandwich. After lunch we will have a step on guide tour of Milwaukee Neighborhoods & Highlights. We will finish our day with a stop at Gilles where you will get a scoop of custard from Milwaukee's oldest frozen custard stand. Register by Jan 26.

Mon, 2/26 Class #29084
Sign In 9:00 AM
Bus Leaves 9:15 AM
Bus Returns 3:30 PM
Community Center Parking Lot
R \$92 NR \$102

Norwegian History **NEW!**

Ages 21+

Join us as we head to Stoughton to learn the story of their early Norwegian settlers at the Norwegian Heritage Center where we will experience the story of the immigrants. We will have a guided tour by a historian then have a Norwegian lunch of meatballs, potatoes & dessert followed by a craft demonstration. We will finish the day with time to shop where you will find art, antiques, jewelry & more. Register by March 22.

Wed, 4/24 Class #29082
Sign In 7:45 AM
Bus Leaves 8:00 AM
Bus Returns 5:30 PM
Community Center Parking Lot
R \$79 NR \$89

Ho-Chunk Dells Gambling

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 Feb 8.

Thu, 2/22 Class #29011
Thu, 5/30 Class #29012
Sign in 8:00 AM
Bus Leaves 8:15 AM
Bus Returns 4:15 PM
Community Center Parking Lot
R \$48 NR \$58 1 class

STAY

CONNECTED

WITH

US



Watercolor Techniques

Ages 18+

Learn various techniques, proper paper usage, and how to use color as you develop your 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, 1/25–3/14, 2h

10:00 AM Class #29049

12:30 PM Class #29050

Thu, 4/4–5/23, 2h

10:00 AM Class #29051

12:30 PM Class #29052

Community Center Rm 106

Nancy Lohmiller

R \$52 NR \$62 8 classes

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.

Thu, 3:00 PM, 2h

2/8–3/14 Class #28984

4/11–5/16 Class #28985

Community Center Rm 106

Cindy August

R \$45 NR \$54 6 classes

Collage on Glass

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 tabletop display.

Wed, 6:00 PM, 2h

4/10 Class #28940

Community Center Rm 106

Donna Eigen

R \$45 NR \$54 1 class

Exploring Decoupage

Ages 18+

Students will create three beautiful works of art to keep and treasure. You will learn how to use the age-old art form of decoupage with a modern twist to create separate inside and outside designs on a small glass bowl. You will then advance to more challenging materials such as alcohol inks, napkins, and tissue paper to make a plate and vase. All materials are provided.

Sat, 9:00 AM, 4h

3/9 Class #28943

Community Center Rm 102 A

Donna Eigen

R \$70 NR \$84 1 class

Shadow Lanterns

Ages 18+

This workshop uses decoupage techniques to transform glass vases into enchanting lanterns. The finished piece appears as a lovely decoupage vase, then comes alive with images when illuminated from within by an LED light, candle, or sunny window. Students will learn to prepare materials and layer papers to create hidden scenes with whatever their imagination desires. All material provided.

Wed, 6:00 PM, 2h

3/20 Class #28942

Community Center Rm 106

Donna Eigen

R \$45 NR \$54 1 class

A Taste of Art **NEW!**

Ages 18+

Learn about the history and theory behind some of the world's great art and artists. Then create your masterpiece while sampling food and beverages inspired by the week's theme and curated by Frannie's Market of Cedarburg.

Wed, 6:00 PM, 2h

5/1–5/22 Class #28941

Community Center Rm 102 B

Donna Eigen

R \$125 NR \$150 4 classes



Paint Party

Ages 18+

This class is all about making fine art fun! Paint your way to your masterpiece with lots of laughter, music, and friends and there will be door prize drawings. Perfect class for a person who says: "I can't draw" or "I can't paint". With step-by-step instructions, you will learn to create paintings and projects that you may have previously believed you could not do. Wear clothes that you don't mind getting paint on. All supplies are provided.

Fri, 6:00 PM, 2h

2/23 Class #28857

3/15 Class #28858

4/26 Class #28859

Germantown DPW Highway Dept. Bldg.

R \$42 NR \$47 1 class

Stamping

Ages 18+

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

Mon, 7:00 PM, 2h

1/15–2/12 Class #29059

3/11–4/15 Class #29060

4/29–6/3 Class #29061

No Class Mar 25, May 27

Riverside Cafeteria

Diane Tritz

R \$22 NR \$27 5 classes

Tarot for Creativity

Ages 18+

Tarot is a deck of 78 cards used as a tool for self-understanding and inspiration. Card images connect directly to the subconscious mind and inner wisdom. We will explore the cards and use them to unlock imagination and creativity for art, writing, journaling, thinking, and life. Tarot experience not required. If you have a Tarot deck, bring it with you.

Wed, 4/17-5/1, 1h30m
9:30 AM Class #28921

Wed, 5/15-5/29, 1h30m
6:30 PM Class #28922
Community Center Rm 120
Faye Ellen Bonini
R \$35 NR \$42 3 classes

Tarot Meets Kawaii

Ages 18+

The cuteness of Japanese Kawaii combines with the wisdom of the Tarot for a KAWAII DECK of 78 creative cards. We will explore card meanings and learn how to use these colorful cards for self-understanding and fun. No fortune telling involved. A deck is not required, but if you have one bring it to class.

Wed, 4/10, 1h30m
6:30 PM Class #28910

Wed, 5/8, 1h30m
9:30 AM Class #28909
Community Center Rm 120
Faye Ellen Bonini
R \$15 NR \$18 1 class

Essential Oils 101

Ages 15+

Join us for an evening of fun conversation, new ideas, and practical make and take using a variety of doTerra essential oils.

Thu, 6:30 PM, 1h30m
5/23 Class #28965
Community Center Rm 106
Jennifer Dedrick & Jenny Bleimehl
R \$19 NR \$23 1 class

Knitting: Beginning

Ages 18+

This class is for those who are new to knitting or feel like they would like more time to practice techniques. Learn about the different qualities of yarn, and 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.

Tue, 9:00 AM, 2h
1/9-3/5 Class #29013
R \$64 NR \$76 9 classes
4/2-5/21 Class #29014
R \$57 NR \$69 8 classes
Community Center Rm 102A
Sandra Henderson

Knitting: Experienced

Ages 18+

Geared toward those knitters who feel they have moved past the beginner stage, this class will teach about the different qualities of yarn, and 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
1/9-3/5 Class #29042
R \$64 NR \$76 9 classes
4/2-5/21 Class #29043
R \$57 NR \$69 8 classes

Thu, 9:30 AM, 2h
1/11-3/7 Class #29044
R \$64 NR \$76 9 classes
4/4-5/23 Class #29045
R \$57 NR \$69 8 classes
Community Center Rm 102 A
Sandra Henderson

Crochet 101 **NEW!**

Ages 18+

This class is perfect for beginners or those needing a refresher on crochet. A variety of patterns for smaller projects will be provided as you grow your crochet abilities in the class. A supply list will be available online or in the Rec Dept office.

Fri, 9:00 AM, 2h
1/5-1/26 Class #29046
R \$26 NR \$32 4 classes

Crochet 102 **NEW!**

Ages 18+

This class is for those who have completed Crochet 101 or are comfortable with their technique and tension and have their basic stitches down. A variety of winter hat and scarf patterns will be provided as you expand your crochet knowledge. The supply list will be available online or in the Rec Dept Office.

Fri, 9:00 AM, 2h
2/2-2/23 Class #29047
R \$26 NR \$32 4 classes

Crochet: Corner to Corner **NEW!**

Ages 18+

This class is for those who have completed Crochet 101 & 102 or are experienced and looking to learn more. You will be making an afghan working from one corner up to the opposite corner, with rows running on the diagonal. Afghan size options will be available. The supply list will be available online or in the Rec Dept Office.

Fri, 9:00 AM, 2h
3/1-3/22 Class #29048
R \$26 NR \$32 4 classes

All Crochet classes taught by Rachel Buss and are held in Community Center Rm 106



Freezer Meals

Ages 18+

If you are tired of stressing over 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, except the meat protein and cook-day supplies (oil, noodles, cheese). You will assemble four delicious freezer meals that feed 4 to 6. When ready, just thaw, cook, and enjoy. The best part is no cutting veggies or cleaning up. One week before class you will receive an email with recommended meat protein additions for each recipe.

Soup's On

Creamy Vegetable Stew, Minestrone Zuppa, Street Corn Chowder, and Sausage Tortellini.
Thu, 6:00 PM, 1h
1/25 Class #28853
Survive Alive House, G-Town
R \$54 NR \$61 1 class

Cozy Crockpot

Philly-style cheesesteak, Lasagna Soup, Honey Garlic Chicken Veggies, and Souvlaki
Mon, 6:00 PM, 1h
2/12 Class #28852
R \$54 NR \$61 1 class

Freezer Fiesta

Chicken Tortilla Soup, Taco Pasta, Taco Tot Casserole, and Smothered Fritos Bowls.
Mon, 6:00 PM, 1h
3/4 Class #28851
R \$54 NR \$61 1 class

Cutting the Cord: Controlling Cable and Internet Costs

Ages 18+

Fees for cable television, home internet, smartphones, 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
2/5 Class #28821
Community Center Rm 106
C.T. Kruger
R \$21 NR \$24 1 class

Ipad /Iphone: Tips, Tricks & Techniques

Ages 18+

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

Mon, 6:30 PM, 2h
2/12 Class #28822
Community Center Rm 106
C.T. Kruger
R \$21 NR \$24 1 class

How To Use The Camera on 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
2/19 Class #28823
Community Center Rm 106
C.T. Kruger
R \$21 NR \$24 1 class

You Have Pictures in Your Camera: Now What?

Ages 18+

We have hundreds—if not thousands of pictures in our cameras, smartphones, 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
2/26 Class #28824
Community Center Rm 106
C.T. Kruger
R \$21 NR \$24 1 class

Old Family Photos and the Digital Age

Ages 18+

Your old family photos and slides can be converted to digital picture files—whether you have a computer or not—for a multitude of digital uses and sharing. This two-hour seminar covers scanning prints and slides, workflow, and how to get and stay organized. Information for computer use is for Windows PC Computers.

Mon, 6:30 PM, 2h
1/15 Class #28820
Community Center Rm 106
C.T. Kruger
R \$21 NR \$24 1 class



Drawing Your Photograph

Ages 18+

Anyone can learn the technique of drawing lifelike images from photographs of Menomonee Falls High School. 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
2/6-3/12 Class #28974
4/2-5/7 Class #28975
Community Center Rm 106
Barbara Kelsey
R \$39 NR \$46 6 classes

Container Gardening

Ages 18+

Enjoy a garden on your deck, patio, or porch. Container gardening is a great way to save space. Learn which soils are best, the needed fertilizers, how to choose the proper container size, and more. Choose from a variety of annuals, vegetables, or herbs to create your own special 13" container during class. Classes will be held outdoors so dress appropriately and bring gardening gloves.

Sat, 10:30 AM, 1h
5/11 Class #28757

Thu, 4:30 PM, 1h
5/16 Class #28758

Sat, 10:30 AM, 1 hr
6/1 Class #28759
Wendland Nursery, Germantown
R \$37 NR \$37 1 class



Introduction to Meditation

Ages 18+

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, 1h 30m
1/23-2/13 Class #28904
Community Center Rm 120
R \$64 NR \$77 1 class

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 truth detector.

Tue, 6:00 PM, 1h30m
3/12-4/9 Class #28903
No class Mar 26
Community Center Rm 120
Kate Hunt-Matthes
R \$64 NR \$77 4 classes

The Gifts of Gratitude

Ages 16+

Do you want to feel more joy and peace in your life? In this class, we will explore the power of gratitude. We will also look at barriers to gratitude and processes to overcome them. Experience for yourself the life-changing benefits of an attitude of gratitude.

Tue, 6:00 PM, 1h30m
4/23-5/14 Class #28902
Community Center Rm 120
Kate Hunt-Matthes
R \$64 NR \$77 4 classes

LIVE VIRTUAL

Adult Conversational Spanish: Beginner Part 2

Ages 18+

Learning a language is a lifelong journey and now you are on your way! 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. Applicable to new students and previous Beginner Part I Spanish conversation participants.

Mon, 6:00 PM, 1h
2/19-3/25 Class #29054

Tue, 6:00 PM, 1h
2/20-3/26 Class #29055
Futura Language Professionals Staff
R \$119 NR \$119 6 classes

Market Trading Mentorship

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 and 8 years of experience trading the S&P 500.

Thu, 5:35 PM, 1h
1/11-2/15 Class #29095
2/29-4/11 Class #29096
4/25-5/30 Class #29097
No class Mar 28
Community Center Rm 120
Jason Jordan
R \$105 NR \$126 6 classes

FREE

FREE ADULT PROGRAMS



CaptionCall 101 + Cell Phone

Ages 18+

CaptionCall is for people with hearing loss who need captions to use the phone effectively. New to this class we will discuss how this program will work with your cell phone. 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.

Tue, 10:00 AM, 1h
5/7 Class #29075
Community Center Rm 120
James Schroeder

FREE, but registration is required.

How to Best Save for Your Kids' Future

Ages 18+

Are you thinking about saving for your child or grandchild's future? There are different ways to save for the next generation and we will talk about them during this class.

Wed, 1/17, 1h
10:00 AM Class #29070
5:00 PM Class #29071
Community Center Rm 123
Matt Yerkes

FREE, but registration is required.

Retirement Basics **NEW!**

Ages 18+

When you imagine your retirement, what do you see? Come to this class to learn the keys to funding a comfortable retirement.

Tue, 9:30 AM, 1h
4/30 Class #29073
Community Center Rm 123
Burkart Financial

FREE, but registration is required.

FREE
Classes

Retirement Income Planning

Ages 18+

Are you a constrained investor? Making the climb up a mountain is one thing, but have you considered how to make it down safely? The same is true with retirement. Join financial professionals Sam Burkart and Daniel Stich to learn the importance of having an income plan built specifically for you, so you can make it safely down the investment mountain.

Tue, 6:00 PM, 1h
2/13 Class #28933
Community Center Rm 123
Burkhart Financial

FREE, but registration is required.

The 7 Most Common Retirement Risks

Ages 18+

Is your retirement plan built to account for the various risks in retirement? Whether you are currently retired or are approaching, it's important to learn what risks may be the most impactful to you and your overall plan. Join financial professionals, Sam Burkart and Daniel Stich to discuss the most common retirement risks and how they could impact you.

Tue, 6:00 PM, 1h
3/12 Class #28934
Community Center Rm 123
Burkart Financial

FREE, but registration is required.

Life Insurance Coverage **NEW!**

Ages 18+

Life Insurance—permanent or term coverage—which is better? What are the things I should know before purchasing or canceling a policy?

Wed, 4/17, 1h
10:00 AM Class #29062
5:00 PM Class #29063
Community Center Rm 106
Matt Yerkes

FREE, but registration is required.

Long-Term Care Insurance **NEW!**

Ages 18+

Do I need Long-Term Care Insurance? This class will discuss things you need to know about Long Term Care Insurance and whether it is something you need in your financial plan.

Wed, 2/21, 1h
10:00 AM Class #29064
5:00 PM Class #29243
Community Center Rm 123
Matt Yerkes

FREE, but registration is required.

Long-Term Care

Ages 18+

According to statistics, over 70% of seniors will need some type of long-term care. Do you have a plan? In this workshop, you will learn how to protect your income, savings, and assets, while conserving your estate to ensure you have the resources to pay for care. Join financial professionals, Sam Burkart and Daniel Stich, as they educate you about the changes in long-term care and how to plan.

Tue, 6:00 PM, 1h
4/16 Class #28935
Community Center Rm 123
Burkart Financial

FREE, but registration is required.

Are You Ready For Medicare? **NEW!**

Ages 55+

Will you or a family member be eligible for Medicare this year? 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
1/17 Class #28966
5/22 Class #28967

Thu, 7:00 PM, 1h30m
2/29 Class #28968
4/11 Class #28969
Community Center Rm 123
Jeff Martin, Platinum Benefits
FREE, but registration is required.

Filing for Social Security **NEW!**

Ages 18+

Are you thinking about filing for Social Security soon? We will cover things you should know before you (and your spouse) file for benefits.

Wed, 10:00 AM, 1h
3/13 Class #29066
5/15 Class #29067
Community Center Rm 123

Wed, 5:00 PM, 1h
3/13 Class #29068
5/15 Class #29069
Community Center Rm 106
Matt Yerkes
FREE, but registration is required.

Travel Show with Colette **NEW!**

Ages 21+

This informational meeting will cover two trips: *Reflections of Italy*, which will take place Nov 6–15, 2024, and *Canyon Country* which will take place Apr 23–30, 2025. For more information pick up a travel brochure at the Community Center or call 262-255-8460.

Tue, 5:30 PM, 1h
2/13 Class #29076
Community Center Rm 106
FREE, but registration is required.

Social Security Timing **NEW!**

Ages 18+

Come join financial professionals, Sam Burkart and Daniel Stich to discuss social security timing. Help increase your Social Security Income and choose the optimal time to receive benefits. In this seminar, you will gain clarity on when to elect benefits, asset protection, and increase retirement income by optimizing your social security.

Tue, 6:00 PM, 1h
1/16 Class #28930
Community Center Rm 123
Burkart Financial
FREE, but registration is required.

Understanding Annuities **NEW!**

Ages 18+

Unlock the mystery behind annuities and gain a comprehensive understanding of these powerful financial tools! Join financial professionals, Sam Burkart and Daniel Stich, as they unravel the complexities and provide you with the knowledge and confidence to navigate the world of annuities.

Tue, 6:00 PM, 1h
5/14 Class #28936
Community Center Rm 123
Burkart Financial
FREE, but registration is required.

The Rising Tax Rate Risk **NEW!**

Ages 18+

If you are concerned over taxes, you are not alone. Come join the class to learn about the Rising Tax Rate Risk and the potential effects it could have on your overall financial plan.

Tue, 9:30 AM, 1h
03/19 Class #29072
Community Center Rm 120
Burkart Financial
FREE, but registration is required.



Free Hearing Screening

Ages 40+

Free hearing screenings are available at the Community Center.

Thu, 5/9, 10m
10:30 AM Class #28994
10:40 AM Class #28995
10:50 AM Class #28996
11:00 AM Class #28997
11:10 AM Class #28998
11:20 AM Class #28999
11:30 AM Class #29000
11:40 AM Class #29001
11:50 AM Class #29002
12:00 PM Class #29003
12:10 PM Class #29004
12:20 PM Class #29005
Community Center Rm 120
FREE, but registration is required.

10 Steps to Boost Your Energy **NEW!**

Ages 18+

This class will cover the benefits of having energy and the impact aging can have on one's energy level. Ten energy-boosting tips for health and happiness will be discussed along with examples of potential energy zappers.

Mon, 10:00 AM, 1h
4/15 Class #28977
Community Center Rm 123
FREE, but registration is required.

FREE

FREE ADULT PROGRAMS

VIRTUAL ZOOM

Home Selling

Ages 18+

Virtual Class Via Zoom. Sell your home fast and with the best results. Topics include how deferred maintenance affects the marketing, how to negotiate defects determined by the home inspector, what questions need to be answered before listing a property, is an attorney needed, what is the role of the title company, and whether you should offer a home warranty to the buyer.

Mon, 6:30 PM, 1h30m
1/8 Class #28905
5/20 Class #28906
Kathleen Golembiewski (Inst.)

Home Buying

Ages 18+

Virtual Class via Zoom. 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 before writing an offer. Learn about mortgage pre-approval, inspection, gap insurance, escalator clause, and how to write the offer in your best interest.

Tue, 6:30 PM, 1h30m
1/9 Class #28907
5/21 Class #28908
Kathleen Golembiewski
FREE, but registration is required.

Cup of Health: Heart Disease & Stroke

Ages 18+

Cardiovascular conditions like heart disease and stroke kill 1 in 3 people each year, but because there are no warning signs, many are unaware of their risk. Learning personal risk factors and making small lifestyle changes is vital for protecting your life.

Tue, 10:00 AM, 1h
2/27 Class #28971
Community Center Rm 123
FREE, but registration is required.

Cup of Health: Sleep

Ages 18+

1 in 3 American adults fails to get enough sleep. Join us for the session to discuss what's getting in the way of better sleep and what you can do about it.

Tue, 10:00 AM, 1h
4/23 Class #28972
Community Center Rm 123
FREE, but registration is required.

Stay Healthy This Season **NEW!**

Ages 18+

Do you struggle with staying healthy and active during the winter months? We all get sad or bored from time to time, especially during the winter season. In this class, we are going to be discussing how to beat the winter blues and how to keep yourself healthy during those long winter months.

Tue, 5:30 PM, 1h
1/30 Class #28818
Germantown Library
FREE, but registration is required.

Simple Steps to Boost Your Immunity **NEW!**

Ages 18+

This class will cover how the immune system works. There will be tips to help boost your immunity system along with information on the importance of immunizations.

Mon, 10:00 AM, 1h
2/26 Class #28980
Community Center Rm 123
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 layperson 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 to take home. You will receive a CPR card via email good for 2 years.

Mon, 6:00 PM, 3h
4/22 Class #28949
5/20 Class #28950
Menomonee Falls Fire Dept
Station #3, W140N7501 Lilly Rd,
FREE, but registration is required.

Power Up to a Healthy You **NEW!**

Ages 18+

Dr Holland will discuss which "healthy" food labels you can trust and how to read them. She will also go over some posture basics to help create a healthier you and how to get your Spring started on the right foot.

Tue, 5:30 PM, 1h
2/6 Class #28819
Germantown Library
FREE, but registration is required.

OPEN GYM

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

**CASH ONLY.
PLEASE BRING EXACT CHANGE.**

**\$3 RESIDENT | \$5 NON-RESIDENT
PER EVENING**

Volleyball Coed Open Gym

Ages 16+

A great way to get some exercise, meet new people, and play volleyball! Ages 16–17 can participate in an open gym with an adult present.



Mon, 1/8–5/20, 7:30 PM, 2h
North Middle School Gym

Wed, 1/3–5/29, 7:30 PM, 2h
Community Center Gym
No Open Gym Mar 25 & 27
R \$3 NR \$5 20 classes

Men's Basketball Open Gym

Ages 18+



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

Mon, 8:00 PM, 2h
1/8–5/20 Class #28959
No open gym March 25
Community Center Gym
Brian Campbell
R \$3 NR \$5 19 classes

Golf Lessons: Adult

Ages 18+

Classes will teach students how to swing and feel comfortable when playing with 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 held rain or shine so please dress appropriately.

Mon & Wed, 8:30 AM, 1h
4/8–4/24 Class #28868

Tue, & Thu, 8:30 AM, 1h
4/16–5/2 Class #28869
Swing Time Germantown
R \$71 NR \$75 6 classes

Adult Beginner Golf Lessons

Ages 18+

This is your chance to learn the game in a fun and relaxed environment. Adults with little to no golf experience will learn the basics from a certified PGA Professional. The class will focus on simple swing basics, chipping, putting, and rules and etiquette. Classes will also tour the golf course and clubhouse to familiarize beginners with playing golf. Class is limited in size, ensuring a beginner-friendly environment. Bring clubs if you have them, but clubs are provided if necessary.

Wed, 5:30 PM, 1h
5/7–5/28 Class #28882

Wed, 6:30 PM, 1h
5/1–5/29 Class #28883
Thu, 6:30 PM, 1h
5/2–5/30 Class #28884
Dretzka Park Golf Course
Scott Walecki
R \$125 NR \$150 4 classes

Indoor Pickleball

Ages 18+

This session is for those who already know how to play Pickleball. Please bring your paddle, balls will be provided. Players will change out to 2 new players when the number of people attending is below 20, if anything is higher all 4 players will change out.

Wed, 5:00 PM, 1h30m
1/3–3/20 Class #29009
R \$24 NR \$48 12 classes

Fri, 5:30 PM, 3h
1/5–3/22 Class #29008
Community Center Gym
R \$36 NR \$60 12 classes

Pickleball Lessons

Ages 18+

New to the sport or haven't played in a while? We will break down the game and provide lessons on rules, strategy, skill, and form. Pickleball is a combination of badminton, tennis, and table tennis, and is enjoyed by all ages! Using a badminton-size court, tennis-height net, table tennis-type paddle, and a baseball-sized wiffle ball, this game has few rules and is far less strenuous than tennis. Please bring your own racquet, we will supply the balls.

Fri, 5:30 PM, 1h30m
4/5–4/26 Class #28986
Community Center Gym
R \$20 NR \$25 4 classes
Rene Montanez

Dartball

Ages 30+

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

Mon, 1:00 PM, 1h30m
1/8–4/22 Class #28973
No class on Mar 25
Community Center Rm 102 B
R \$15 NR \$18 15 classes



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.

Barre Fitness

Ages 18+

Barre is a low-impact, full-body hybrid fitness routine that utilizes movement and positions from dance, Pilates, yoga, and functional strength training. The 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. Instructors offer modifications for every level.

Mon, 6:00 PM, 55m

1/22–2/12 Class #28854

2/26–3/18 Class #28855

4/1–4/22 Class #28856

Germantown DPW Highway Dept. Bldg.

Barre Studio Allison Gugala

R \$50 NR \$53 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

1/13 Class #28867

The Contrology Center Pilates Studio

R \$16 NR \$21 1 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

1/10–3/13 Class #28944

R \$55 NR \$66 10 classes

4/3–5/22 Class #28945

R \$44 NR \$53 8 classes

Community Center Rm 4 LL

Levy Palos

Not-So-Easy Yoga

Ages 18+

This class is for those who 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.

Wed, 9:00 AM, 45m

1/24–2/28 Class #28807

R \$43 NR \$52 6 classes

3/13–5/8 Class #28808

R \$58 NR \$69 8 classes

No class on Mar 27

Community Center Rm 4 LL

Carmen Bond

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.

Mon, 1/22–2/26, 45m

10:30 AM Class #28809

11:30 AM Class #28810

R \$43 NR \$52 6 classes

Mon, 3/11–5/6, 45m

10:30 AM Class #28811

11:30 AM Class #28812

R \$51 NR \$62 7 classes

No class Mar 25 & Apr 1

Community Center Rm 4 LL

Carmen Bond



Beginner Pilates Mat

Ages 18+

Learn the fundamentals and proper technique of Classic Pilates Mat. By developing proper technique, you can retrain your body to move in safer, more efficient patterns of motion, which are invaluable for injury recovery, sports performance, good posture, and optimal health. Mat and props are provided. Please wear socks to class. No Pilates experience is required.

Wed, 11:00 AM, 50m
1/10–1/31 Class #28766
Wed, 5:30 PM, 50m
1/10–1/31 Class #28767
The Contrology Center Pilates Studio
R \$63 NR \$63 4 classes

Dance Fitness

Ages 18+

Strengthen your muscles, increase your endurance, and have fun as you dance your way to fitness! No previous dance experience is needed. Even if you have two left feet, you can experience this amazing cardio workout.

Tue & Thu 5:00 PM, 45m
1/23–2/29 Class #28815
R \$30 NR \$36 12 classes

3/12–5/9 Class #28816
R \$40 NR \$48 16 classes
Community Center Rm 4 LL
Carmen Bond

Latin Dance Fusion Singles or Couples

Ages 18+

Learn partner dancing from well-known 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 who wish to. The price listed is per person.

Thu, 6:35 PM, 50m
1/11–2/15 Class #29092
2/29–4/11 Class #29093
4/25–5/30 Class #29094
No class Mar 28
Riverside Cafeteria
Jason Jordan
R \$55 NR \$66 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
1/24–2/28 Class #28918
3/6–4/17 Class #28919
No class Mar 27
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 is necessary.

Wed, 6:30 PM, 1h
2/7–3/20 Class #28755
4/3–5/8 Class #28756
No class Feb 14
Germantown DPW Highway Dept. Bldg.
R \$40 NR \$53 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 and the beginning participant.

Mon, 9:30 AM, 45m
1/22–2/26 Class #28813
R \$30 NR \$36 6 classes

3/11–5/6 Class #28814
R \$35 NR \$42 7 classes
Community Center Rm 4 LL
Carmen Bond



NOW HIRING

SCHOOL NUTRITION SUBSTITUTES

The School District of Menomonee Falls Nutrition Department is looking for dedicated School Nutrition Substitute employees. Approximately 2¼ – 4½ hours per day. General responsibilities include food preparation, serving, and kitchen clean-up. Applicants must have great customer service skills and the ability to work well with others.

✓ No evenings, weekends, or holidays ✓ Summers off ✓ Uniform provided

For more information, contact Nicole Williams, Director of School Nutrition at (262) 250-6461 or email willnic@sdmfschools.org.

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, and warm clothing are highly recommended for each class. Please arrive 15 minutes before each class.

Tue, 9:30 AM, 30m
1/9-2/6 Class #28697
2/13-3/12 Class #28700
Eble Ice Arena
Eble Staff
R \$70 NR \$70 5 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 truth detector.

Tue, 6:00 PM, 1h30m
3/12-4/9 Class #28903
No class Mar 26
CC Rm 120
Kate Hunt-Matthes
R \$64 NR \$77 4 classes

TaeKwonDo

Ages 7+

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

see page 18 for class details

ADULT SPORT LEAGUES Ages 18+

Summer Softball

Returning team deadline is Wednesday, Feb 7

New teams admitted beginning Friday, Feb 9



Summer Basketball

Returning team deadline is April 10.
New teams accepted beginning April 12.

For additional information and contracts, go to fallsrec.org

Winter/Spring Volleyball

Winter 1/2 Season — \$275
Contracts due Friday, Dec 15

Spring League — \$150
Contracts accepted through Friday, Mar 8



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.

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
2/13-3/19 Class #29077
R \$38 NR \$46 6 classes

4/2-5/21 Class #29078
R \$50 NR \$60 8 classes
Community Center Rm 4 LL
Susan Pokorny

Continuing Tai Chi

Ages 18+

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

Tue, 10:15 AM, 1h
2/13-3/19 Class #29079
R \$38 NR \$46 8 classes

4/2-5/21 Class #29080
R \$50 NR \$60 9 classes
Community Center Rm 4 LL
Susan Pokorny

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. 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
1/8-3/20 Class #28894
No class Jan 15, Feb 26 & 28
R \$85 NR \$102 19 classes

Mon & Wed, 6:15 PM, 1h
4/3-5/22 Class #28896
R \$68 NR \$81 15 classes
Community Center Rm 4 LL
John Gerhardt





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** by 11:30 AM one day in advance. Reserve in person or by phone at (262) 251-3406 between 9:30 AM and 12:30 PM. 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 11/23–11/24, 12/25–1/1, 3/25–3/29

- 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 102 A**

Class #28745



ADULTS 55+



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.

Wed, 1:00 PM, 1h30m

Book Lovers:

1/10, 2/14, 3/13, 4/10, 5/8

The Classics:

1/24, 2/28, 4/3, 4/24, 5/22

Community Center Rm 106

FREE, but registration is required.



Toe Nail Trimmers

All Ages

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 Wed 9:00 AM–4:00 PM
Community Center Rm 102 A
\$35 each visit, make check payable to Toe Nail Trimmers



Warm Up America

Ages 55+

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

Happy Hookers / Sit & Knit

Ages 40+

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:

12/13, 1/10, 2/14, 3/13, 4/10, 5/8

Sit & Knit:

1/24, 2/28, 4/24, 5/22

Wed, 12:00 PM, 3h30m
Community Center Rm 123
FREE, but registration is required.

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 off at the Community Center.



LOOK AROUND!

Adult Day Trips and other Adult Programs can be found on pages 22–34.

Many free classes have been moved to the **FREE** section pages 28–30.



Blood Pressure Check

Ages 55+

Continuous high blood pressure is a serious condition. Blood pressure can be controlled in most cases, but should be monitored regularly. Come in and have your blood pressure checked for free by a registered nurse every month.

Mon, 11:00 AM–Noon
12/18, 1/15, 2/19, 3/18, 4/15, 5/20
Community Center
Froedtert Health Nurse
FREE, but registration is required.

Leaping With Elvis **NEW!**

Ages 55+

Join us as we celebrate Leap Day with Elvis! We will enjoy his music and maybe even dance with him.



Thu, 1:00 PM, 1h
2/29 Class #29081
Community Center Rm 102 A & B
FREE, but registration is required.

AARP Smart Driver Class

Ages 55+

Smart Driving is an updated AARP driver safety course. The course contains up-to-date information about changes over time in ourselves, our vehicles, and our roads. This course will help boost your safety awareness, refresh and improve your driving skills, minimize crash risk, increase confidence, prolong mobility, and maintain independence. Please bring your AARP membership card and driver's license with you to class.

Wed, 4/3, 8:30 AM, 4h

AARP Member Class #29006

AARP Non Member Class #29007

Community Center Rm 123

AARP Member \$23, Non-Mbr \$28

1 class

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, 1/16–3/12, 1h

9:00 AM Class #28981

R \$39 NR \$47 9 classes

Tue, 4/9–5/21, 1h

9:00 AM Class #28982

R \$30 NR \$36 7 classes

Community Center Rm 4 LL

Sandy Neylon



Stronger Together, Coffee & Conversations



Are you feeling overwhelmed, sluggish, blue or just in need of some friends and support? Everyone is welcome to join us for this monthly group. Let's all come together for friendly interaction, discussion and support.

**Meets the 3rd Thurs
of the month**

12/21, 1/18, 2/15, 3/21, 4/18, 5/16

10:00–11:00 AM Class # 28201

Community Center

FREE, but registration is required.

Wake Up Workout

Ages 55+

This low-impact workout 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

1/18–3/14 Class #28987

4/4–5/30 Class #28988

Community Center Rm 4 LL

Patty Molzen

R \$38 NR \$45 9 classes

Mind Over Matter **NEW!**

Ages 55+

MOM is a workshop that helps older women build skills and confidence to adopt exercises and adjust fiber and fluid intake to improve themselves. Register by Feb 27.

Tue, 3/5, 3/19, 4/2, 2h

9:30 AM Class #28983

Community Center Rm 123

FREE, but registration is required.

Preventing Falls presented by *Stepping On*

Ages 55+

Stepping On is a fall prevention workshop with trained leaders to coach you to recognize your risk of falling and help you build the balance, strength, and practical skills you need to avoid a fall. You will also meet with physical therapists, vision specialists, and community safety experts who will help you avoid fall hazards, make your home safer, and make your body stronger. You will regain the confidence to stay active in your community and do the things you want to do. **This class is not suitable for those who use a walker, wheelchair, or scooter.**

Thu, 10:00 AM, 2h

4/11–5/23 Class #28753

There will be a follow-up class 8/15

Community Center Rm 123

Stepping On Staff

FREE, but registration is required.



ADULTS 55+



Spring Fling Luncheon

Ages 55+

Sponsored by the MFHS Student Council, this event will include lunch served at 11:30 along with dessert and bingo. Bring a friend and enjoy this free event!

*Please don't arrive before 11:00.

Sunday, April 7
11:00 AM – 1:30 PM
MFHS Cafeteria

FREE. No registration necessary

Cardio Drumming

Ages 55+

Join this fun, fast-paced workout that incorporates drumming and cardio to the rhythm of music. Cardio Drumming increases 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.

Thu, 10:15 AM, 30m

1/11 Class #28989

2/8 Class #28990

3/14 Class #28991

4/11 Class #28992

5/9 Class #28993

Community Center Rm 4 LL

FREE. but registration is required.

Crafts with Grace Commons

Ages 55+

Have fun while creating a holiday-themed craft. All supplies will be provided. Please bring your hammer.

Fri, 10:00 AM, 1h30m

Valentine Decorative Box **NEW!**

2/2 Class #28978

Small Herb Garden **NEW!**

4/5 Class #28979

Community Center Rm 102A

FREE. but registration is required.



Protect Yourself from Scams

Ages 55+

Lisa Schiller, of the Better Business Bureau, will speak about the common scams to avoid today. Topics include how to protect yourself from becoming a victim and how to properly report scams and fraud that you become aware of. The Better Business Bureau is a 100+ year-old organization whose mission is to set standards for marketplace trust, encouraging and supporting best practices by engaging and educating consumers and businesses. In addition, BBB seeks to create a community of trustworthy businesses and charities.

Tue, 10:30 AM, 1h

4/23 Class #28970

Community Center Rm 120

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, 4/25, 30m

9:00 AM Class #29015

9:30 AM Class #29016

10:00 AM Class #29017

10:30 AM Class #29018

11:00 AM Class #29019

11:30 AM Class #29020

12:30 PM Class #29027

1:00 PM Class #29021

1:30 PM Class #29022

2:00 PM Class #29023

2:30 PM Class #29024

3:00 PM Class #29025

3:30 PM Class #29026

Community Center Rm 120

FREE. but registration is required.



Check your email and voice mail inbox for messages from the CE&Rec Dept. in the event of program changes. Thank you!

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.

BINGO BLAST!

Ages 55+

Join us for an extra day of bingo and prizes. No money needed. Non-cash prizes awarded.

Wed, 1/31, 1:15–2:30 PM

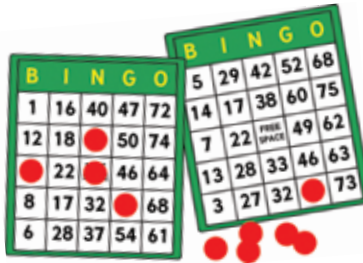
Sponsored by Frontida

Wed, 5/29, 1:15–2:30 PM

Sponsored by Fox Rehab

Community Center Rm 102

FREE, no registration required



Thursday BINGO

Ages 55+

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

1:15–2:30 PM

1st & 3rd Thursdays


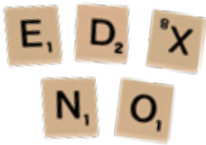

12/7, 12/21, 1/4, 1/18, 2/1, 2/15,
3/7, 3/21, 4/4, 4/18, 5/2, 5/16

Community Center Rm 102



Game Time

No program 11/23–24, 12/25–1/1, 3/25–29

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 12/13, 1/24, 2/28, 3/13, 4/24, 5/22 	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

mfwcelliott@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

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.

Milwaukee Sports Club Soccer

www.milwaukeeclubsoccer.com
Email derek.hathaway@milwaukeeclubsoccer.com for more information. Recreational and Competitive soccer club for boys and girls.





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

Silver Tea & Christmas Cookie Sale at Old Falls Village

Sunday, December 3, Noon-4:00 PM
oldfallsvillage.com

2023 Menomonee Falls Christmas Parade

Sunday, November 26, 4:30 PM
fallsparades.org

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 menomoneefalldowntown.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

Upcoming Events 2024

2/9-10	Chocolate Walk
3/23	Easter Bunny & Friends
4/11	Ladies Night
5/17	Falls Family Movie Night
5/25	Falls Memorial Fest
5/26	Concert for Our Veterans
6/4	Picnic at the Plaza - Opening of Season
6/5	Beer Garden - Opening of Season
6/13	Falls Sunset Concert Series
6/14	Falls Family Movie Night
6/27	Falls Sunset Concert Series
7/11	Falls Sunset Concert Series
7/12	Falls Family Movie Night
7/15-19	Lavender Days
7/20	Lavender Festival
7/25	Falls Sunset Concert Series
8/6	National Night Out
8/8	Falls Sunset Concert Series
8/10	Falls Kids Festival
8/16-17	Harwell Street Days
8/22	Falls Sunset Concert Series
8/24-25	Falls Festival of the Arts
8/26	Art in the Park
9/28	Harvest Festival
10/10	Ladies Night
10/24	Downtown Trick-or-Treat
11/11-12	Celebrate Veterans
11/30	Small Business Saturday
12/5	St. Nick Saturday
12/14	Christkindl Market
12/21	Holiday Helpers Saturday

MenomoneeFallsDowntown.com
[@MenomoneeFallsDowntown](https://www.instagram.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 aforesaid 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

Non-Profit Org.
U.S. Postage

PAID

Menomonee Falls, WI
Permit #31

ECRWSS
RESIDENTIAL CUSTOMER

NEW!

- 10 Steps to Boost Your Energy
- A Taste of Art
- An Epic Day at the Farm
- Crochet 101
- Crochet 102
- Crochet Corner to Corner
- Cup of Health: Heart Disease & Stroke
- Fiddler on the Roof Trip
- Filing for Social Security
- How to Best Save for Your Kid's Future
- Leaping with Elvis
- Life Insurance Coverage
- Long Term Insurance
- Milwaukee Roots Trip
- Mind Over Matter
- Norwegian History Trip
- Power Up to a Healthy You
- Retirement Basics
- Simple Steps to Boost Your Immunity
- Social Security Timing
- Stay Healthy This Season
- Technology Trio
- The 7 Most Common Retirement Risks
- The Rising Tax Rate Risk
- Understanding Annuities

**Online Registration
Begins
Sunday, Dec 10
at 9:00 PM**

**Non-Resident
Opens Dec 14**

fallsrec.org

