



## Evening Classes

### ABC - Arms, Butt, Core

MEMORY  
MAKER!  
IDEA #36

Want variety in your workout? Want to concentrate on Arms, Butt and Core? Join ABC. This class will focus on exercises to give you rock solid abs, tight buns, better balance and endurance. Plus strengthen, tone and build your endurance from head to toe. Use of balls, bands, tubes, and other “toys” will add variety and new dimensions to your workout. Please bring a water bottle and mat to class. All other equipment will be provided.

YOUR CHOICE – HALF OR FULL SESSION

HALF SESSION:

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	M,W	9/7-10/19	5:30-6:15 pm	\$34/\$51	7000.309
16+	M,W	10/24-12/14	5:30-6:15 pm	\$40/\$60	3000.310
(no class 11/23)					

FULL SESSION:

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	9/12-12/12	5:30-6:15 pm	\$37/\$56	7000.311
16+	W	9/7-12/14	5:30-6:15 pm	\$37/\$56	7000.312
(no class 11/23)					

### Schuetze Recreation Center, Gym

Min: 12 Max: 35

Instructor: Sue Peterson, Certified NETA Instructor

MEMORY  
MAKER!  
IDEA #37

### Fit Mix

This high energy exercise class will include Hi/Low aerobics, boot camp, circuit, interval training, cardio dance, toning, strength and more. Never a dull moment! Workouts are designed for all fitness levels and structured so no one is left behind. Great way to meet people, increase your energy level and improve your physical and social well being. Bring a water bottle and mat, no other equipment needed!

TWO DAYS A WEEK:

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	Tu,Th	9/6-10/20	6:15-7:15 pm	\$37/\$56	7000.300
16+	Tu,Th	10/25-12/15	6:15-7:15 pm	\$40/\$60	7000.301
(no class 11/24)					

ONE DAY A WEEK:

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	9/6-10/18	6:15-7:15 pm	\$18/\$27	7000.302
16+	Tu	10/25-12/13	6:15-7:15 pm	\$21/\$32	7000.303
16+	Th	9/8-10/20	6:15-7:15 pm	\$18/\$27	7000.304
16+	Th	10/27-12/15	6:15-7:15 pm	\$18/\$27	7000.305
(no class 11/24)					

### Schuetze Recreation Center, Gym

Min: 12 Max: 35

Instructor: Pam Treder, Certified NETA Instructor



MEMORY  
MAKER!  
IDEA #38

### Gentle Yoga for Beginners

Yoga is a wonderful way to stay fit as you learn to breathe deeply and relax more fully. It's numerous health benefits help you to feel your best as you become stronger and more flexible. This is a slower paced, gentle class geared towards the beginner and those with physical limitations. Modifications and props are used so that the movements can be adapted to accommodate students of all ages and abilities. Each class finishes with a guided meditation and relaxation. Bring a yoga mat to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	9/12-10/24	5:30-6:45 pm	\$61/\$81	7000.334
16+	M	10/31-12/19	5:30-6:45 pm	\$70/\$90	7000.335

### Rotary Building

Min: 5 Max: 20

Instructor: Marie Coakley, RYT

MEMORY  
MAKER!  
IDEA #39

### Yoga for Health and Fitness

Yoga is a great low impact form of exercise that uses self awareness and focuses on the breath to connect Mind, Body & Spirit. This is a multi-level course designed to meet the health and fitness needs of class participants. With regular practice, yoga can help relieve the symptoms of many medical conditions including arthritis, back problems, muscle soreness and tightness due to sports or inactivity. Modifications are taught with props to meet the individual needs of students so they can find balance between strength and flexibility as they are building stamina and focus. Each class finishes with guided meditation and relaxation. Bring a yoga mat to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	W	9/14-10/26	5:30-6:45 pm	\$61/\$81	7000.336
16+	W	11/2-12/21	5:30-6:45 pm	\$70/\$90	7000.337

### Rotary Building

Min: 5 Max: 20

Instructor: Marie Coakley, RYT

*Saturday Classes*



**MEMORY  
MAKER!  
IDEA #42**

**20/20/20 Strength**

Gain total body strength and definition with this dynamic and creative group strength-training class. The class uses a combination of power tubing, free weights and body weight exercises for an effective one hour class: 20 minutes upper body, 20 minutes lower body, and 20 minutes of core conditioning. Perfect for men and women of all ages and abilities. No experience necessary! Bring a mat and a water bottle.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Sa	9/10-10/22	7:45-8:45 am	\$18/\$27	7000.332
16+	Sa	10/29-12/17	7:45-8:45 am	\$18/\$27	7000.333
(no class 11/26)					

**Schuetze Recreation Center, Gym**

Min: 12 Max: 35

Instructor: Pam Treder, Certified NETA Instructor and Sue Peterson, Certified NETA Instructor

Note: 11/12 Class will be held in the Riverview Room.



**MEMORY  
MAKER!  
IDEA #40**

**Zumba**

Zumba is the fusion of Latin and International music dance themes that create a dynamic, exciting, effective workout! Routines will feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movement with easy to follow dance steps.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	9/12-10/24	5:30-6:30 pm	\$39/\$59	7000.353
16+	M	10/31-12/12	5:30-6:30 pm	\$39/\$59	7000.354

**E.B. Shurts Building, Women's Club Room** Min: 9 Max: 20  
Instructor: Nicole Re, Certified Zumba Instructor

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	9/8-10/20	6:40-7:40 pm	\$39/\$59	7000.355
16+	Th	11/3-12/15	6:40-7:40 pm	\$33/\$50	7000.356
(no class 11/24)					

**WPRF Office, Kathryn Muehl Meeting Room** Min: 9 Max: 20  
Instructor: Amy Sadenwasser, Certified Zumba Instructor

**Zumba Gold – Dance Your Way to Health For Beginners to Older, Active Adults**

**MEMORY  
MAKER!  
IDEA #41**

Zumba Gold improves balance, flexibility and cardiovascular strength with its unique program. Zumba Gold is designed to teach the basic dance steps to anyone.

Difference between Zumba Basic and Zumba Gold – speed and intensity of the dance moves and length of warm up and cool down.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	10/27-12/15	5:30-6:30 pm	\$39/\$59	7000.367
(no class 11/24)					

**WPRF Office, Kathryn Muehl Meeting Room** Min: 9 Max: 20  
Instructor: Joan Bohte, Certified Zumba Instructor

**MEMORY  
MAKER!  
IDEA #43**

**DON'T GET STUFFED! I SURVIVED THE THANKSGIVING DAY CHARITY BOOT CAMP**

**Thanksgiving Charity Boot Camp**

**Thursday, November 24, 2016**  
**8:00 am-9:00 am (doors open at 7:45 am)**  
**Schuetze Recreation Center, Gymnasium**

Please bring 5 or more non-perishable food items to our Thanksgiving Boot Camp as a donation for your workout. You must fill out a Fitness Class Trial Waiver on-site prior to participating in the Boot Camp.

**Optional: Dry Fit Thanksgiving Boot Camp t-shirts are available to purchase for \$12.00. Please submit your order using a WPRF registration form (design above). Code #7000.380 Men's Shirt – #7000.381 Women's Shirt**  
**Order Deadline: Thursday, November 10**

MEMORY  
MAKER!  
IDEA #44

**Knitting - Beginning**

In this class you will learn to cast, knit, bind off, read patterns and more. After learning the basics you will begin a project of your choice. Your confidence will grow in this fun and caring learning environment. Supplies will be loaned to participants on the first night.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	9/19-11/14	7:00-9:00 pm	\$34/\$51	6000.322

**Schuetze Recreation Center, Conference Room**

Instructor: Michele Steinbacher Min: 8 Max: 20

MEMORY  
MAKER!  
IDEA #45

**Knitting - Continuing**

Join the resurgence of knitting. Beginner and Advanced knitters are wanted. Learn the basics of this useful craft or work on the project of your choice. Come and join us! We'll keep you in stitches!

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	9/20-11/15	7:00-9:00 pm	\$34/\$51	6000.320

**WPRF Office, Kathryn Muehl Meeting Room** Min: 8 Max: 20

Instructor: Michele Steinbacher  
NOTE: Must have good knitting skills.

MEMORY  
MAKER!  
IDEA #46

**Make Your Own Lotion**

Make your own lotions, creams and lip balm. Why? It's less expensive, it's fun, and it's often healthier and safer. Learn the health reasons behind taking care in what you put on your skin. Make some body care products and leave with 3 lip balms, 2 oz. of lotion, 2 oz. shea butter cream, and 4 oz. of body scrub. These are great gifts and can help deal with dry winter skin. Price for the class includes instruction, how-to directions, and all supplies.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
16+	Tu	11/15	6:30-9:00 pm	\$32/\$48	6000.323

**Schuetze Recreation Center, Meeting Room** Min: 6 Max: 18

Instructor: Julie Toman, DPI Home Economics Teacher

MEMORY  
MAKER!  
IDEA #47

**How to Stay Organized**

You've taken some classes, read some books, gone through your belongings and donated what seemed like lots of stuff. Yet, the clutter returns. Learn the skills needed to maintain a clutter-free life. Re-evaluate what's most important to you. This class is specifically designed for people who have already done some paring down. Take your life to the next level.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
16+	W	9/28	6:30-8:30 pm	\$18/\$27	6000.346

**WPRF Office, Kathryn Muehl Meeting Room** Min: 4 Max: 30

Instructor: Kathi Miller, Clutter Coach  
www.theclutterfreelife.com



MEMORY  
MAKER!  
IDEA #48

**Organizing Old Photos**

How many boxes of old photos are languishing in your closets and basement? They're out of sight but not forgotten. If you're ready to start dealing with them, this class is for you! Bring 1 or 2 boxes or bags of your old photos to class. You'll receive help deciding what to keep, what to toss and how to organize what's left so you can truly enjoy them.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
16+	W	10/26	6:30-8:30 pm	\$18/\$27	6000.347

**WPRF Office, Kathryn Muehl Meeting Room** Min: 4 Max: 30

Instructor: Kathi Miller, Clutter Coach  
www.theclutterfreelife.com



**The Park Foundation of Waukesha, Inc. (PFW)**

Serves as an advocate for the promotion of "community quality of life" through the enhancement of city parks, trails, recreation programs and the urban forest.

To accomplish these goals, the PFW seeks and welcomes all gifts, including money, land or other property donations, bequests from trusts and estates, memorials, and contributions of time, labor and expertise.

Please consider helping the PFW maintain the quality of Waukesha's Parks. If you'd like to learn more about PFW or have a member come and speak at your next event or meeting, please contact Dave Burch at:

burchdavn@gmail.com

PFW  
P.O. Box 2006  
WAUKESHA, WI 53187-2006

**NEW!**

**Thanksgiving Cornucopia Floral Centerpiece**

Often called the “Horn of Plenty”, at thanksgiving cornucopia has come to be a symbol of giving and sharing. Come learn the history of the cornucopia, flower identification and basic design techniques to create a beautiful centerpiece that signifies a good fall harvest. Great hostess gift or piece to elevate your own table decorations.

MEMORY  
MAKER!  
IDEA #49

AGE	DAY	DATE	TIME	R/NR FEE	CODE
16+	M	11/21	6:00-8:00 pm	\$38/\$57	6000.325

**Schuetze Recreation Center, Activity Room** Min: 10 Max: 20  
Instructor: Melissa Rebholz, Award Winning Floral Designer  
NOTE: Please bring Pruners or Scissors and an Apron

**NEW!**

**Wreath Decorating Workshop**

Start the holiday season by decorating a fresh wreath for your front door or table center piece. Acquire bow making skills and design techniques for wreaths as well as holiday tablescape ideas. Workshop materials include an evergreen wreath, cones, assorted decorations and ribbon. Participants are encouraged to bring favorite ornaments or other personal items to include.

MEMORY  
MAKER!  
IDEA #50

AGE	DAY	DATE	TIME	R/NR FEE	CODE
16+	Tu	11/29	6:00-8:00 pm	\$38/\$57	6000.326

**Schuetze Recreation Center, Riverview Room** Min: 10 Max: 20  
Instructor: Melissa Rebholz, Award Winning Floral Designer  
NOTE: Please bring gloves, wire cutter and glue gun

MEMORY  
MAKER!  
IDEA #51

**NEW!**

**Fruit Gift Basket Workshop – The Art of Gift Basket Design**

Looking for the perfect personal gift for the hard to buy for person? Come learn how to design beautiful gift baskets! Gift baskets are popular year round, Holidays, Birthdays, Showers, Weddings, etc. Florist Designer, Melissa Rebholz, will share with you gift basket design techniques, shrink wrapping and bow making. Participants will create one beautiful fruit basket but leave class with the knowledge to create one of kind designs for a lifetime.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
16+	Tu	12/13	6:00-7:30 pm	\$38/\$57	6000.327

**Schuetze Recreation Center, Riverview Room** Min: 10 Max: 20  
Instructor: Melissa Rebholz, Award Winning Floral Designer  
NOTE: No additional tools needed

MEMORY  
MAKER!  
IDEA #52

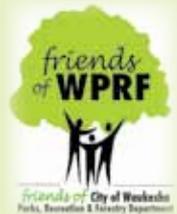
**Fermentation Class**

Fermentation is a historical way to preserve food. It allows food to “sour” which allows the food to stay safe to eat for months when refrigerated. Don’t be scared. Fermentation isn’t a complicated process and with the information from class, you can’t go wrong. In class, you will sample several different fermented vegetables, make sauerkraut, and ferment another vegetable yourself. Vegetables like radishes, beans, cucumbers, and jalapeno peppers will be options. After this class, the vegetables at the farmers market will be calling your name.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
16+	Tu	9/13	7:00-9:00 pm	\$22/\$33	6000.324

**Schuetze Recreation Center, Meeting Room** Min: 6 Max: 18  
Instructor: Julie Toman, DPI Home Economics Teacher

The “*friends*” of Waukesha Parks, Recreation & Forestry help to support the services the department provides for residents of Waukesha.



*Adopt-A-Park / Trail*

*friends* of WPRF have designed this program to encourage community members to work “hands on” to help keep the City of Waukesha’s parks clean, attractive and safe for everyone. This program offers the opportunity for people to get more involved in their community in a way that promotes pride, appreciation and awareness. Currently the following parks have been adopted: Cutler, Heyer Park, Rivers Crossing, River Valley, Frame, Greenway Terrace, Pebble Valley, Roberta, Heritage Hills, Fox River Parkway North and Fox River Parkway Trails.

*Educational Sessions*

The *friends* support educational sessions to help provide information to the public.



*Citizen Advocacy & Program Support*

The *friends* have been involved and volunteered to assist and manage events like the Carl Zach/Kiddie Classic Bike Race and head events such as the JanBoree Pancake Breakfast and participate in the 4th of July Parade. These events have provided revenue for the group and much need volunteer support for WPRF.

For more information please call 262-524-3737  
Friend us on Facebook! Search Friends of WPRF



MEMORY  
MAKER!  
IDEA #53

**Fall Softball Leagues  
16 Years & Older**

Looking for that extra opportunity to play some softball this fall? The season will run four weeks, playing seven games. Make the most out of the nice fall weather. The first three weeks, teams will play double-headers and the fourth week, a single game. Make-up games will be scheduled on Thursdays. Leagues will run Mondays (Men's & Coed) Tuesdays (Men's) and Wednesday nights (Men's), choose the night that works best for your team. One new ball will need to be provided by each team per game. All games will be played at Saratoga Complex.

Leagues:  
Mondays: August 29 – September 26  
(No Games September 5)  
Tuesdays: August 30 – September 20  
Wednesdays: August 31 – September 21

Registration Dates:  
Returning and Transfer Teams: August 1 - 5  
New Teams: August 8 - 12  
Deadline: August 23rd

Team Entry Fees: \$285

**Men's 7 on 7 Touch Football  
16 Years & Older**

MEMORY  
MAKER!  
IDEA #54

Interested in playing touch football this fall? Get your team together and join our 7 on 7 Touch Football League. All games are played at Prairie Park Football Field on Wednesday nights.

Registration Dates:  
Returning & Transfer Teams: August 1 - 5  
New Teams: August 8 - 12

Team/Player Fees (tax included)  
100% City Resident: \$270  
Teams with Non-Residents: \$370

League Play:  
Wednesdays, September 7 – October 12  
Tournament: October 19 & 26

**Men's Basketball Leagues**

MEMORY  
MAKER!  
IDEA #55

Enjoy playing in one of two different recreational leagues, Tuesday or Wednesday evenings. Games will begin December 6 and 7, with tournament ending in March. All leagues play at Les Paul Middle School (Central) and Schuetze Recreation Center.

Tuesday: Yellow – Les Paul Middle School and Schuetze Recreation Center (max. 10 teams)

Wednesday: Gold – Les Paul Middle School and Schuetze Recreation Center (max. 10 teams)

AGE	DAY	DATES	TIME
16+	Tu	12/6-2/7 (League play)	6:30-10:00 pm
16+	W	12/7-2/8 (League play)	6:30-10:00 pm

TEAM ENTRY

Basic Team*	\$295
Provisional Plus**	\$590

PLAYER FEES

100% City Residents	\$290
Non-Resident Players	\$298

**Registration Dates:**

Returning Teams & Transfers: October 3 - 7  
New Teams: October 10 - 14

NOTES:

Residents are defined as anyone living in the Waukesha School District for the Basketball League.  
\*Basic Team may have up to 5 provisional players (players meeting no eligibility rules) at the cost of \$20 each.  
\*\*Provisional Plus is a team that has more than 5 provisional players.

**Provisional Player:** A player who does not live in Waukesha County and does not meet any of the other eligibility requirements (i.e. full-time Waukesha student or full-time employee of a City of Waukesha business).



**“Bocce “Meetups”**

Looking for a new fall activity? Bocce is played outdoors, is easy to learn and a great way to meet people. Bocce “meetups” are an open play format for bocce games. Two to eight players take turns throwing the larger bocce balls at the smaller pallino, with the goal of getting their own ball closest to the pallino. Come when you can, teams will be formed with players in attendance. You will play with different players each week. Enjoy bocce fun, good sportsmanship and friendship.

MEMORY  
MAKER!  
IDEA #56

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	8/29-10/10 (no class 9/5)	9:00-10:30 am	\$9/\$13	8000.380

**Grass Bocce Courts at Rotary Building** Min: 8 Max: 32  
 Instructor: WPRF Staff & Volunteers  
 NOTE: Bocce sets and courts provided.



Photo by Keith Allison

MEMORY  
MAKER!  
IDEA #57

**Golf Lessons for Adults**

Swing away into fall! Students will learn grip, stance, swing and putting techniques. Please bring the following clubs to class: putter, pitching wedge, 7, 8 and 9. Class schedule: the first two classes will meet at Moor Downs (Chipping Green and Putting Green (by the clubhouse), and the remaining classes will meet at TEE IT UP.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
17 +	Tu,Th	9/13-9/29	7:30-9:00 pm	\$108/\$128	5900.341

**Moor Downs Golf Course 438 Prospect Ave, Waukesha, WI**  
**TEE IT UP 20101 W. Cleveland Ave. New Berlin, WI**

Instructor: Bob Beyer, Golf Professional Min: 4 Max: 8  
 NOTE: Fee includes a basket of range balls during lessons.

**The Parks, Recreation and Forestry Department is actively seeking volunteers**

We have a wide array of opportunities to fit every interest, skill and commitment. Volunteering is an excellent way to meet your neighbors, gain skills, get outside and have fun! Invite your friends, family, coworkers or your congregation to start a volunteer project today. If you would like to be a part of the WPRF team consider becoming a member of The Friends of Waukesha Parks Recreation and Forestry.

**Upcoming Opportunities at WPRF**

**Oktoberfest**

Friday September 23-Saturday September 24  
 Where: Frame Park  
 When: 3 hour shifts available Friday (12:00pm-3:30pm; 3:30pm-7:00pm; 7:00pm-10:00pm) and Saturday (9:30 am-12:30 pm; 12:30 pm-3:30 pm; 3:30 pm-6:30pm; 6:30pm-10:00pm)  
 What: Help with event setup, takedown and supervise activities.

**1st Annual Buckthorn Bust**

Saturday October 7th  
 Where: Fox River Sanctuary  
 When: 9:00 am – 12:00 pm  
 What: Bring loppers and handsaws and help eradicate invasive buckthorn from Fox River Sanctuary.

**Howl-O-Ween**

Friday October 14th  
 Where: Retzer Nature Center  
 When: 6:00pm – 9:00pm  
 What: Supervise crafts and activities

**Operation Honor**

Saturday November 12th  
 Where: Schuetze Recreation Center  
 When: 4:30 pm - 7:00pm  
 What: Help with serving food, setup and takedown.

If you would like to volunteer for these events or are interested in volunteering in any capacity, please contact WPRF Volunteer Coordinator:  
 Isaac Palmer ipalmer@ci.waukesha.wi.us (262) 524-3709



MEMORY  
MAKER!  
IDEA #58

**Pickleball Classes**

The Waukesha Parks, Recreation and Forestry Department's Pickleball classes have grown immensely since we started in 2011. We have approximately 200 players of all ages and abilities playing this great game. The fall class offerings are designed to allow people with similar abilities to play together, with consideration towards wait times and number of participants registered. Feel free to register for multiple classes and we hope you will try the Friday Night Round Robin Scramble. It's a chance for a little more competitive play and a fun night out!

**Pickleball – Social**

The name is funny but the sport is full of action. Pickleball is a blend of tennis and ping pong played on a badminton-size court. It is one of the fastest growing sports in the country, especially in Senior Communities. Pickleball provides plenty of exercise and eye-hand coordination. This class is structured for players who have learned the game and are looking to improve their skills while having fun. Players should be working towards consistency in serving, returning serves, and sustaining a rally of volley and ground shots. This play is considered "Social Play", while providing a competitive edge. Players will continue to rotate on and off the courts during sessions. Tennis shoes are required, eye protection is encouraged.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	M,Th	10/3-12/22	12:30-3:30 pm	\$9/\$14	8000.372
(no class 11/24, 12/12)					

**Schuetze Recreation Center, Gym** Min: 16 Max:75  
 Instructor: WPRF Volunteers  
 NOTE: Paddles and balls will be provided.  
 Participants are encouraged to attend *Peppermints and Polka* on 12/12, see p.33.

**Pickleball – Competitive**

Pickleball is a blend of tennis and ping pong played on a badminton-size court. Pickleball provides plenty of exercise and eye-hand coordination. This class is structured for players who know the game and are practicing towards tournament play. Players will continue to rotate on and off the courts during sessions. Tennis shoes required, eye protection is encouraged.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	W,F	10/5-12/21	12:30-3:30 pm	\$9/\$14	8000.373

**Schuetze Recreation Center, Gym** Min: 16 Max:75  
 Instructor: WPRF Volunteers  
 NOTE: Paddles and balls will be provided.

**Pickleball – Saturdays**

Did you play Pickleball in High School? Are you a tennis player who hasn't picked up a racquet in a while? Are you looking for a new sport for you and your friends to try? Come and play Pickleball. It is a blend of tennis and ping pong played on a badminton-size court. Pickleball provides plenty of exercise, hand-eye coordination and you don't have to be "super athletic" to play. This weekend option is ideal for "working" players. Court play will be divided by ability levels. Men and women of all ages are welcome! Tennis shoes required, eye protection encouraged.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Sa	10/8-12/17	9:00-11:45 am	\$4/\$6	8000.374

**Schuetze Recreation Center, Gym** Min: 16 Max: 75  
 Instructor/Coordinator: WPRF Volunteers  
 Note: Paddles and balls will be provided.

**Pickleball – Advanced**

Are you looking for advanced competitive play? Players in this class should display consistent and dependable strokes, including directional control and depth on both forehand and backhand shots. Reliable serves, lobs, overhands, approach shots and volleys, and can use spinshots with some success. Players should demonstrate 3rd shot strategies and drop shots. Fast paced fun will be enjoyed by all players.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	10/3-12/19	6:30 -9:00 pm	\$10/\$15	8000.375

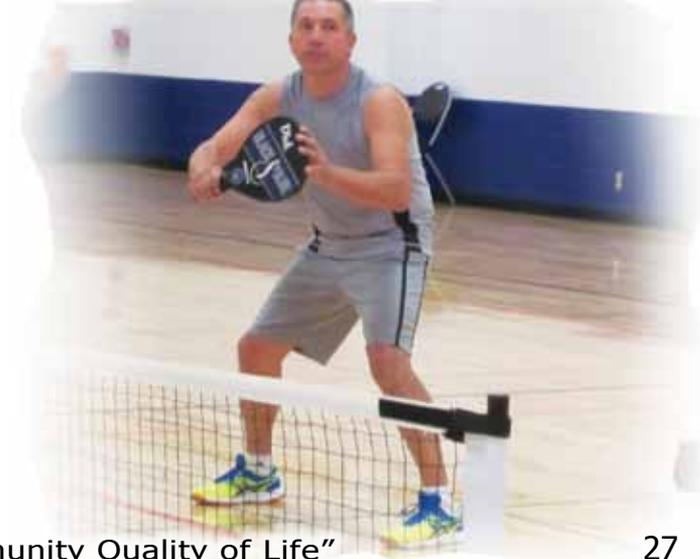
**Schuetze Recreation Center, Gym** Min:10 Max:28  
 Instructor: WPRF Volunteers

**Pickleball – Friday Night Round Robin Scramble**

Looking for a little more competitive play and something to do on a Friday Night? Try our Women's or Men's Round Robin Scramble. Players will be partnered with a different person for each game and will face different opponents each game. Arrive at 5:45 pm for warm ups, with games beginning promptly at 6:00 pm. Games are timed and end at 12 minutes or when a team reaches 11 points. Total points for each player are recorded for each game and tallied at the end of the night. Players may be organized into brackets according to skill level, depending on the number of players registered. Because of the Round Robin format it's essential that players arrive on time and stay for all the matches.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
<b>MEN'S ONLY</b>					
16+	F	10/14	5:45-8:30 pm	\$6/\$9	8000.378
<b>WOMEN'S ONLY</b>					
16+	F	10/28	5:45-8:30 pm	\$6/\$9	8000.376

**Schuetze Recreation Center, Gym** Min:10 Max:18  
 Instructor: WPRF Volunteers





**Cardio Blast**

MEMORY  
MAKER!  
IDEA #55

Join us for a fun energetic class that will improve your strength, balance, stability, core, agility and endurance. A combination of disciplines, Yoga, Pilates, Drums Alive, Cardio Dance, and Strength Training will challenge your muscles in different ways and keep you motivated all session long. Participants should bring a water bottle and mat to class. Men and Women of all fitness levels are welcome.

**TWO DAY OPTION**

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
55+	M,W	9/7-10/24	10:15-11:15 am	\$24/\$36	8000.313
55+	M,W	10/26-12/14	10:15-11:15 am	\$25/\$38	8000.314

**ONE DAY OPTION**

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	M	9/12-12/12	10:15-11:15 am	\$24/\$36	8000.315
55+	W	9/7-12/14	10:15-11:15 am	\$25/\$38	8000.316

**Schuetze Recreation Center, Gym** Min: 12 Max: 50  
Instructor: Anna Foucalt, BA with a minor in Dance

**Tai Chi (Beginner) Young Adults to Older, Active Adults**

MEMORY  
MAKER!  
IDEA #60

This class will improve balance, reduce stress and anxiety while increasing your energy and endurance with a moderately aerobic exercise. Create an enhanced mental and physical relaxation, stronger posture and muscle mass. This is truly a complete body exercise, inside and out.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	11/1-12/13	6:00-7:00 pm	\$39/\$59	7000.343

**Schuetze Recreation Center, Riverview Room** Min: 9 Max: 20  
Instructor: Ginny Mathias, Certified SFA Instructor  
NOTE: 11/29 and 12/13 class will be held in the Activity Room

**Zumba Gold – Dance Your Way to Health For Beginners to Older, Active Adults**

MEMORY  
MAKER!  
IDEA #61

Zumba Gold improves balance, flexibility and cardiovascular strength with its unique program. Zumba Gold is designed to teach the basic dance steps to anyone.

Difference between Zumba Basic and Zumba Gold – speed and intensity of the dance moves and length of warm up and cool down.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	10/27-12/15	5:30-6:30 pm	\$39/\$59	7000.367
(no class 11/24)					

**WPRF Office, Kathryn Muehl Meeting Room** Min: 9 Max: 20  
Instructor: Joan Bohte, Certified Zumba Instructor

**Cardio Dance**

MEMORY  
MAKER!  
IDEA #62

Discover the joy and health benefits of Cardio Dance! In this class, you will learn easy to follow steps with flair from different styles of dance including but not limited to swing, Latin, Broadway, hip hop, line dancing and ballroom. This program is suitable for all fitness levels and is appropriate for men and women. Participants should bring a water bottle to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	F	9/9-10/21	10:15-11:00 am	\$12/\$18	8000.307
55+	F	10/28-12/16	10:15-11:00 am	\$12/\$18	8000.308
(no class 11/25)					

**Schuetze Recreation Center, Gym** Min: 20 Max: 50  
Instructor: Becky Hels, Certified NETA Instructor

**Waukesha Walks Club**

MEMORY  
MAKER!  
IDEA #63

Looking to take a step in the right direction? Join Waukesha Walks Club! Research shows that walking is the preferred method of exercise amongst adults, so what better way to get fit and meet new friends than by doing just that? This program will meet three days a week to walk as a group. Participants will be guided through goal setting in order to maximize their health benefits. We recognize that participants walk at various speeds, everyone will be accommodated.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	M,W,F	9/12-11/11	9:15-10:15 am	\$10/\$15	7000.323

**Schuetze Recreation Center, Conference Room (meeting area) & Frame Park and surrounding area** Min: 5 Max: 50  
Walking Ambassador: WPRF Staff

MEMORY  
MAKER!  
IDEA #64

**Yoga**

Experience the gentle yet invigorating powers of Yoga and Pilates based workouts. Benefits include improved strength, flexibility, balance and coordination as well as reduced stress and muscle tension. Seated, standing and lying positions are included and modifications for movements and poses are available. Please bring a mat and small towel.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
55+	M,W	9/7-10/24	11:20 am-12:05 pm	\$30/\$45	8000.309
55+	M,W	10/26-12/14	11:20 am-12:05 pm	\$32/\$48	8000.310

Instructor: Anna Foucault, BA with a Minor in Dance

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	F	9/9-10/21	11:20 am-12:05 pm	\$15/\$23	8000.311
55+	F	10/28-12/16	11:20 am-12:05 pm	\$15/\$23	8000.312

(no class 11/25)

**Schuetze Recreation Center, Gym** Min: 20 Max: 50  
Instructor: Becky Hels, Certified NETA Instructor

MEMORY  
MAKER!  
IDEA #66

**Movers & Shakers**

Experience an unforgettable and inspirational workout that will increase your fitness level, your circle of friends and keep you motivated to reach your fitness goals. Cardio dance, intervals, strength training (weights and band) and balance exercises will provide a great total body workout. Participants should bring a water bottle to class. All abilities welcome.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
55+	Tu,Th	9/6-10/20	8:30-9:15 am	\$23/\$35	8000.303
55+	Tu,Th	10/25-12/15	8:30-9:15 am	\$24/\$36	8000.304
(no class 11/24)					
55+	Tu,Th	9/6-10/20	9:30-10:15 am	\$23/\$35	8000.305
55+	Tu,Th	10/25-12/15	9:30-10:15 am	\$24/\$36	8000.306
(no class 11/24)					

**Schuetze Recreation Center, Gym** Min: 12 Max: 50  
Instructor: Chris Yehle, Certified NETA Instructor

**NEW! Aging in Place- Home Enhancement Informational** MEMORY MAKER! IDEA #67

It doesn't have to be an impossibility to keep up a home on a fixed income – let us help! Executive Director of Habitat for Humanity Waukesha County will join us to inform community seniors of various resources for safe home enhancements and repairs while on a limited income.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
55+	W	10/19	2:00-3:00 pm	No Fee	8500.337

**Rotary Building** Min: 12 Max: 50  
Instructor: Diane McGeen, Executive Director of Habitat for Humanity Waukesha County

**Photography Club** MEMORY MAKER! IDEA #68

Club members need to only have an interest in photography and a digital camera. The main emphasis of the club will be the achievement of excellent photographic results using bridge and point-and-shoot type cameras. Throughout the year, club activities will include taking all types of photographs while learning to exploit all the capabilities of member cameras. If you always use the "A" setting, this club is for you.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	W	10/5-11/30	3:30-5:00 pm	\$10/\$15	8500.335

**Schuetze Recreation Center, Conference Room** Min: 12 Max: 35  
Instructor: Rudy Willis

**Golf Lessons for Senior Adults** MEMORY MAKER! IDEA #69

If you have never played before or you are looking for a refresher, these lessons are ideal. We will cover the fundamentals of the game, course etiquette, and basic rules. When complete, you will have everything you need to hit the links and have some fun! Please bring the following clubs to class: putter, pitching wedge, 7, 8 and 9. Class schedule: the first two classes meet at Moor Downs (Chipping Green & Putting Green (by the clubhouse), remaining classes meet at TEE IT UP.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
55+	Tu,Th	9/13-9/29	10:00-11:00 am	\$77/\$97	5900.344

**Moor Downs Golf Course 438 Prospect Ave, Waukesha, WI**  
**TEE IT UP 20101 W. Cleveland Ave. New Berlin, WI**  
Instructor: Bob Beyer, Golf Professional Min: 4 Max: 8  
NOTE: Fee includes a basket of range balls during lessons.

**Aquasize and Open Swim** MEMORY MAKER! IDEA #65

These classes are designed to improve your strength, flexibility, range of motion and cardiovascular endurance. Participants will begin with warm up exercises, followed by a strength and endurance phase, and conclude with a relaxing cool down period. No prior aqua workout experience or swimming ability is necessary to enjoy the program. The Open Swim is lap swimming (pool width). Pool Temperature: The water temperature is 80-82 degrees. To some, this will be cold.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
55+	Tu,Th	9/13-12/8	9:00-9:55 am	\$50/\$70	8000.246
(no class 10/18, 11/24)					
55+	Tu,Th	9/13-12/8	10:00-10:55 am	\$50/\$70	8000.247
(no class 10/18, 11/24)					

**Carroll University, Van Male Natatorium** Min: 25 Max: 40  
Instructor: Joan Lockbaum  
Attire: Must wear aqua shoes with non-slip tread  
Parking: On street parking where allowed. P9 and P10 parking lots off of Barstow are available.



**Knitting**

Wanted: Beginner and advanced knitters looking for a good time and helpful instruction. Learn the basics of this useful craft or work on the projects of your choice. Come join us! We'll keep you in stitches.

MEMORY  
MAKER!  
IDEA #70

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	M	9/19-11/14	1:00-3:00 pm	\$34/\$51	8500.320

**Schuetze Recreation Center, Conference Room**

Instructor: Michele Steinbacher Min: 8 Max: 20

**Needlework for Everyone**

Perfect for the beginner or experienced crafter wishing to improve their skills in various needlework. This class is designed to assist people in the areas of needlepoint, crewel, counted cross stitch, knitting and crocheting. All levels and projects are welcome. You may bring your own work or the instructor will assist you in choosing new works.

MEMORY  
MAKER!  
IDEA #71

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Tu	9/20-11/15	10:00 am-Noon	\$34/\$51	8500.321

**Schuetze Recreation Center, Conference Room**

Instructor: Michele Steinbacher

**Painting Open Studio**

This Open Studio format is designed for painters with some experience, who would like to share their love of this art form with others. The Open Studio allows painters to discuss their work, ask for suggestions, critique works and share this wonderful art form. Painters must bring their own supplies but plenty of work space and light are available. Come when you can, leave when you must

MEMORY  
MAKER!  
IDEA #72

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Tu	9/20-12/6	9:30 am-2:30 pm	\$14/\$21	8500.356

**WPRF Office, Kathryn Muehl Meeting Room** Min: 8 Max: 20

**American Mah Jongg Class**

Mah Jongg is a tile game that involves skill, strategy, calculation and chance (similar to the card game Rummy). No Mah Jongg experience or knowledge is required and a practice Mah Jongg set will be provided for the duration of this class. Students will learn the basic moves and tiles will be explained and shown in detail. Practice games will take you step-by-step through the opening moves, the middle strategies, combinations and the end game.

MEMORY  
MAKER!  
IDEA #73

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Th	9/29-10/20	2:00-4:00 pm	\$20/\$30	8500.322

**Schuetze Recreation Center, Conference Room**

Instructor: Lori Petersen Min: 8 Max: 12

**American Mah Jongg Meet Ups**

Play Mah Jongg and meet other people. Beginners are welcome but this meet up is designed for players with a basic knowledge of the game (American Mah Jongg Class recommended). Players must bring their own Mah Jongg set.

MEMORY  
MAKER!  
IDEA #74

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Th	9/22-12/15	1:30-3:30 pm	\$10/\$15	8500.333
(no program 11/24)					

**Schuetze Recreation Center, Meeting Room** Min: 8 Max: 20

**Schuetze Recreation Center Gym Open Walking**

AGE	DATE/DAY(S)	TIME	R/NR FEE
55+	M, Tu, W, Th, F	7:45-8:30 am	No Fee
(no Open Walking 11/24, 11/25, 12/19-1/1)			

**"A Greener Way"**

Educational Component (Four Parts)

MEMORY  
MAKER!  
IDEA #75

#1 The Mobility Manager of Interfaith Senior Programs helps seniors and individuals with disabilities in Waukesha County get where they need to go. The Mobility Manager will distribute Find-a-Ride Waukesha County guide books, discuss the available transportation options and share the progress of a county-wide collaborative effort to improve access to transportation.

#2 Traveling alone can cost you time and money. Rather than driving alone in your vehicle or having to rely on other people for transportation, just hop on the Metro Bus to shop, attend recreational activities, worship or run errands. It is a great way to get around the area, reduce congestion, emissions, stress, and your commuting costs. If you have never ridden a Metro Bus, or ride infrequently, this is a chance to learn how to plan your trips, how to ride the bus and receive a transit center tour. Walkers and wheelchairs welcome.

#3 NEW to the Greener Way series, we will introduce the Interfaith Bus Buddies Program. If you're still uneasy about taking the bus for the first time, ride with a trained volunteer! Individuals who want to learn more about riding the bus are paired with volunteers who have much bus riding experience. Likewise, if you are an experienced Waukesha Metro Transit bus rider, consider volunteering to help those who are looking for some extra, trusted guidance.

#4 Aging and Disability Resource Center of Waukesha County (ADRC) will provide a complete overview of the Specialized Transportation Services provided by Waukesha County. The presentation will include how to complete an application, services available, discussion of fares and how to make reservations.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
55+	F	9/16	1:00 pm	No Fee	8500.340

**Schuetze Recreation Center, Meeting Room** Min: 25 Max: 60

**BBAD - Bridge is Fun Club** MEMORY MAKER! IDEA #76  
 Duplicate Bridge Game sanctioned by American Contract Bridge League (ACBL). Master points awarded. Need not be a member of ACBL to play. If you need a partner or have questions, call Lynette at (262) 370-9578

AGE	DAY	DATES	TIME
55+	W	Sept-Dec	10:00 am
(no program 12/21, 12/28)			

**E.B. Shurts Building, Women's Club Room**  
 Coordinator: Lynette Koski

**Open Bridge**  
 Duplicate Bridge Game sanctioned by American Contract Bridge League (ACBL). Master points awarded. Need not be member of ACBL to play. If you need a partner or have questions, call Jim or Donna Karius at (262)524-9293.

AGE	DAYS	DATES	TIME
55+	Tu, Th & 1 <sup>st</sup> and 3 <sup>rd</sup> F	Sept-Dec	11:30 am
(no program 11/24, 12/20, 12/22, 12/27, 12/29)			

**Schuetze Recreation Center, Riverview Room**  
 Coordinators: Jim and Donna Karius

**Senior Fun Bridge Group** MEMORY MAKER! IDEA #77  
 All abilities welcome! Bridge will be played on the first and third Monday of each month. Play six hands and pivot three times (24 hands) giving you a chance to mingle and make new friends.

AGE	DAYS	DATES	TIME	R/NR FEE
55+	1 <sup>st</sup> & 3 <sup>rd</sup> M	Sept-Dec	Noon	*
(no program 9/5, 12/19)				
*Yearly dues (\$5.00 paid to the group to cover activities)				

**Schuetze Recreation Center, Riverview Room**  
 NOTE: No registration required.

**Bunco** MEMORY MAKER! IDEA #78  
 Looking for a great way to socialize? Looking for fun and laughter? Join us for an afternoon of Bunco, a very easy fast paced dice game. Everyone Welcome! No experience necessary.

AGE	DAY/DATES	TIME	R/NR FEE	CODE
55+	4 <sup>th</sup> Mondays	1:00-3:30 pm	No Fee	8000.322
(no Bunco 12/26)				

**Schuetze Recreation Center, Riverview Room**  
 Instructor: Judy Flak, National Certified Activity Professional  
 NOTE: Registration Required



**Open Cards**

Primarily sheepshead and Bridge are played, but other games are welcome. Games are self directed and players are encouraged to bring partners.

AGE	DAY/DATES	TIME	R/NR FEE
55+	M	6:00-8:00 pm	No Fee
(no program 9/5, 12/19, 12/26)			

MEMORY MAKER! IDEA #76

**Schuetze Recreation Center, Riverview Room**  
 NOTE: No fee or registration required.

**Golden Agers**

A card and game playing social club for adults 55 years and better. Games include: Sheepshead, Canasta, Rummikub, and Mexican Train/Dominoes. Other games such as Cribbage, Five hundred, or Euchre are welcome. No experience is required for any of the games other than Sheepshead. Participants playing Sheepshead should have a working knowledge of the game.

AGE	DAY	TIME	R/NR FEE
55+	W	11:30 am-3:00 pm	*
(no program 12/21, 12/28)			

MEMORY MAKER! IDEA #80

\*Pay monthly dues (\$3.00) to cover the cost of refreshments and other club activities.

**Schuetze Recreation Center, Riverview Room**  
 NOTE: \*Membership is required to participate\*

**Waukesha Senior Calendar**

A website created to help seniors (ages 55+) in Waukesha County find out what's going on in their community!

**www.WaukeshaSeniorCalendar.org**

The website is designed and maintained by staff and volunteers of Interfaith Senior Programs, Inc. to benefit seniors throughout Waukesha County. [www.InterfaithWaukesha.org](http://www.InterfaithWaukesha.org) for more information.

**Senior Newsletter**

For your convenience, you may receive the senior newsletter by mail. Please send payment to:

WPRF Department  
 1900 Aviation Drive  
 Waukesha, WI 53188

AGE	DATE	R/NR FEE	
55+	Mailing Fee (Sept.-Dec.)	\$4/\$6	8500.110
(For a complimentary E-subscription, contact office to sign up.)			



**NEW!** Tuesdays at Two Book Circle

MEMORY  
MAKER!  
IDEA #81

Join us on Tuesday afternoons at the Schuetze Recreation Center for an afternoon book club! Meet weekly to discuss the assigned chapters of the chosen books, mingle and answer some thought provoking questions while enjoying light refreshments. At the end of the program, participate in a final book, homemade chili social! Registration is required for this program. Copies of the assigned books will be available at the Waukesha Public Library along with other area CAFÉ libraries. Check out the monthly senior news letters for book club details!



AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	T	10/4-11/29	2:00-3:00 pm	No Fee	8500.328

**Schuetze Recreation Center, Conference Room**

Instructor: WPRF Volunteer Min: 12 Max: 35

**Brown Bag Conversations**

Don't miss the opportunity to learn more about your community! Join us for informal interactive discussions with local officials, business leaders and organization directors in a relaxed environment. Bring your lunch (coffee will be provided), your thoughts, questions and ideas.

**Rotary Building**

NOTE: No fee or registration required.

MEMORY  
MAKER!  
IDEA #82

The October Brown Bag Conversation presents **Atticus Finch: Public Defender**. Bring your lunch and learn of Atticus through the eyes of his young, inquisitive daughter Scout and through the words of Waukesha City Attorney, Brian Running. Dessert and coffee will be provided.

AGE	DAY	DATE	TIME	R/NR FEE
55+	W	10/19	Noon-1:00 pm	No Fee

**Are you or a loved one a veteran?** The Waukesha County Assistant Veterans Service Officer will provide our November Brown Bag Conversation to discuss advocacy and assistance for veterans and their families concerning financial aid and other benefits.

MEMORY  
MAKER!  
IDEA #83

AGE	DAY	DATE	TIME	R/NR FEE
55+	W	11/16	Noon-1:00 pm	No Fee

Rouse your Christmas spirit with holiday music. Foxtale Preschoolers will entertain us with their animated songs. Their singing will surely bring a smile to your face. Stay tuned for additional musical guests following the preschoolers!

AGE	DAY	DATE	TIME	R/NR FEE
55+	W	12/21	1:00-2:00 pm	No Fee

*If you have a suggestion for a future conversationalist please submit your written ideas to the Senior Advisory Board, 1900 Aviation Dr., Waukesha, WI 53188*

**Helping Hands**

Donate your time by getting involved in volunteer opportunities that will make a difference in your community. Projects are completed in a social environment at the Schuetze Recreation Center. Drop in anytime.

MEMORY  
MAKER!  
IDEA #84

AGE	DAYS	TIME	CODE
55+	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays	2:00-4:00 pm	8500.327

(Helping Hands will meet only once in November on 11/18 and once in December on 12/16)

**Schuetze Recreation Center, Meeting Room**

Instructor: Katie Madaus  
NOTE: Registration Required

Photo from Arlington Racecourse, 2015



**Senior Day Trips**

WPRF offers exciting day trips for people 55 years & better. These tours include unique destinations, places you may not visit on your own. All tours are advertised in the "Seniors on the Go" newsletter, including registration information. This fall's upcoming schedule includes:

- September 8** – Starved Rock State Park II, Utica, IL
- September 15** – Arlington International Racecourse, Arlington Heights, IL
- October 13** – "How to Succeed in Business Without Really Trying", Marriott Theatre, Lincolnshire, IL
- October 27** – Waukesha Reads – NEA Big Read, Historic Bronzeville's Chicago Freedom Tour (Family Trip)
- November 10** – "Crazy for You", Drury Lane Theatre, Oakbrook Terrace, IL
- November 12** – Holiday Shopping in Chicago (Family Trip)
- November 25** – Elf – The Broadway Musical, Milwaukee, WI (Family Trip)
- November 30** – MSO "Cirque de la Symphonie", Marcus Center, Milwaukee, WI (Family Trip)
- December 1** – A Fireside Christmas, Fort Atkinson, WI
- December 15** – Miracle on 34th Street, Palace Theater, Wisconsin Dells, WI

MEMORY  
MAKER!  
IDEA #85