

ADULT PROGRAMS

FREE "Residential" Paper Shredding Event

The Village of Greendale/DPW/Park and Recreation will be providing Greendale residents (household only-no commercial) the opportunity to bring CONFIDENTIAL and PERSONAL DOCUMENTS for secure and environmentally-responsible "on-site" destruction.

Things to know:

Each Greendale Household will be allowed **ONLY two (2)** Banker-size Boxes full of documents (again only 2 per household will be accepted) and boxes will be given back to the homeowner to dispose of.

Only "Confidential" Documents will be accepted (examples include bank statements, invoices, medical records, credit card offers, and pay-stubs). Staples and small paper clips are okay; remove large clips and binders. **PLEASE – no plastics or plastic bags** with documents inside will be accepted (as they plug up the machine and create "contaminated" product-unable to be recycled)! Also, now acceptable is glossy paper, magazines, books, newspapers, credit and ID cards, and other non-confidential documents.

Saturday, May 20, 2023
8:00-9:30 a.m.

Greendale Municipal Lot (off of Parking Street)
Must bring a valid driver's license listing Greendale resident,
or current utility/tax bill listing Greendale residency

(please check the Park and Recreation web site (gpr.greendale.k12.wi.us) to confirm if the event is occurring).

The fall collection generated 2,500 pounds! (134 vehicles)! Paper shredded from the Greendale event was made into paper towel and toilet paper.

The Document Company (Abraham's On-Site Shredding Service) will securely shred documents on-site, and then bundle up the confetti-sized pieces and have them recycled. Shred-it reports that every ton of recycled paper saves 17 trees, 380 gallons of oil, 3 cubic yards of landfill space, 4000 KWs of energy, and 7,000 gallons of water.

Start planning and see you on Saturday, May 20th!

Sponsored by: Birmingham Recycling LLC and J&J Contractors I LLC
Organized by: Greendale Park and Recreation Department
with assistance from Greendale Department of Public Works

Designing Perennial Gardens adults

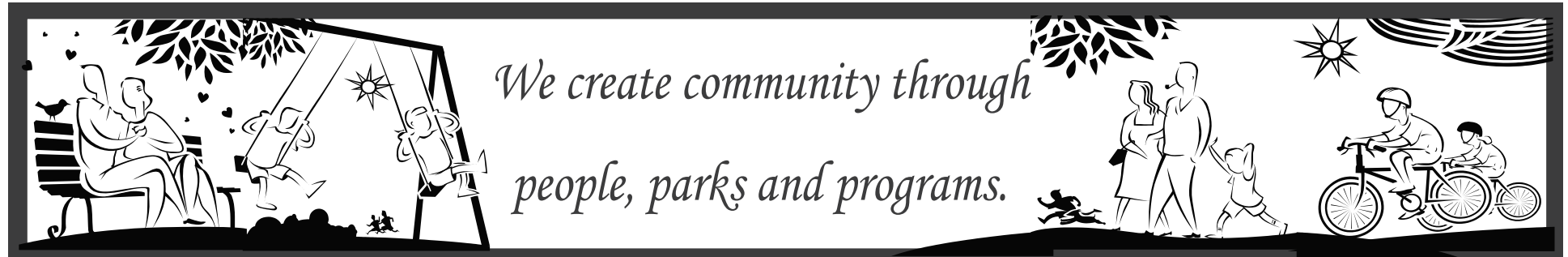


The art of gardening is creating a living work of art! For over 20 years, our presenter, Jeff Trader, has designed his home gardens to encourage the viewer to sit, relax and enjoy! His gardens delight from early Spring through Fall. Perennials abound with a touch of annuals for added color throughout the seasons. Waterfalls and a lily pond can add enjoyment to a perennial garden as well.

Jeff's presentation will highlight the key elements in garden design whether for garden beds or containers. Come and enjoy, get some questions answered if you have a perennial bed and are contemplating plans for 2024 and beyond (especially as you view your garden beds today and are looking for wonderful planting ideas). His goal is to share the benefit of his experience with all of you.

Consider visiting the GHS School Garden, behind the high school from 5:30pm to 6:30pm for a tour by Karla Geiger, School Garden Coordinator. Bring your favorite[s] perennials for an exchange. Light refreshments served from harvested items in the garden.

Date: Wednesday, July 26 **#111307.1**
Time: 6:30-7:30 p.m.
Place: Greendale High School
Room 176
(Use Front Entrance, Door A2)
Fee: Resident \$7.00
Non-Resident \$17.00
Instructor: Jeffrey Trader, Master Gardener






Downtown Market

SATURDAYS
JUNE 3 - SEPT 30
8AM-12PM

BROAD STREET - VILLAGE CENTER
(BETWEEN NORTHWAY AND SCHOOLWAY)

CHECK OUT OUR WEBSITE AT
BIT.LY/3KVSORD
OR FIND US ON FACEBOOK
@GREENDALEDOWNTOWNMARKET

Creative Writing

adults



Do you have stories you'd like to express through the written word with other like-minded people? Whether you're writing letters to friends and family, recipe cards, or a memoir of your life, then this is the class for you. This class is designed to inspire your creativity. Come to class willing to share thoughts, memories, and experiences with the goal of using your imagination like a kid again!

Each class will be filled with fun and imaginative writing exercises, open discussion of writing ideas, sharing assignments aloud, and of course, time set aside for writing! The exercises and assignments will have no required minimum length, and grammar and spelling won't be critiqued.

New and continuing students, of all skill levels welcome. The only supplies you'll need will be notebook paper and something to write with.

Dates: Tuesdays
June 20-August 1 #110556.1
exclude July 4

Time: 1:00-3:00 p.m.

Place: Greenfield Community Center
Activity Room A

Fee per session: Resident \$60.00
Non-Resident \$90.00

Instructor: Denise Kunz, Published Author

NEW!

Demo Cooking! Grilled Filipino Favorites



ages 16 years and older

While not the most popular Asian cuisine, it is gaining in popularity. Filipino food is a mix of Southeast Asian and Spanish. It's even influenced by other historically Spanish colonies such as Mexico—you'll find tomatoes, chili, and corn are widespread ingredients throughout the Philippines.

Tonight, we'll get out the grill and sample a few of the more famous Filipino dishes such as: Grilled Tofu with Sweet-n-Spicy Sauce, Filipino Pork Kabobs with Spicy Vinegar Dip, Sweet Coconut & Garlic Fried Rice and Pina Colada Pineapple Skewers.

Date: Tuesday, August 22 #111004.1
Time: 6:00-8:30 p.m.
Place: Community Center Park Pavilion
(6200 S. 76th Street)

Fee: Resident \$25.00
Non-Resident \$35.00

Instructor: Staci Joers, Cooking with Class
Note: In the past, some participants have brought a non-alcoholic beverage and a lawn chair for easier seating than sitting at a picnic table. Plan to do what will be most comfortable for you! You might also grab some mosquito application (weather depending).

M-M-M
Yummy!



NEW!

Grieving a Beloved Pet through the Written Word

adults



Write your story. The story of your memories and experiences with a beloved pet that is no longer with us. Receive literary guidance and feedback from a published author experienced with grief and loss. Each session students will share what they have written with a goal of completing their written work by the end of class. Students are asked to bring photos of their pets to class as they work on their stories. Options and suggestions for completed work will be offered.

Dates: Thursdays
June 22-July 27

Time: 5:45-7:45 p.m.

Place: Greenfield Community Center
Activity Room B

Fee: Resident \$60.00
Non-Resident \$90.00

Instructor: Denise Kunz, Published Author

#110557.1

Hands-on Cooking Korean Fried Noodles "Japchae"

adults



Japchae is prepared by stir-frying potato noodles with various vegetables. Japchae is a popular dish not always present on holidays and traditional ceremonies.

Date: Thursday, June 22 #111015.1
Time: 6:00-8:00 p.m.
Place: Greendale High School
 Room 135 - use entrance A5
Fee: Resident \$25.00
 Non-Resident \$35.00
Instructor: So SeonJoo (소선주)
Note: Please indicate any food allergies at time of registration.

Hands-on Cooking Korean California Roll "Gimbap"

adults



Gimbap is a dish made from cooked rice and ingredients such as vegetables, fish, or meats that are rolled in dried sheets of seaweed, Gim and served in bite-size slices.

Date: Thursday, July 6 #111016.1
Time: 6:00-8:00 p.m.
Place: Greendale High School
 Room 135 - use entrance A5
Fee: Resident \$25.00
 Non-Resident \$35.00
Instructor: So SeonJoo (소선주)
Note: Please indicate any food allergies at time of registration.

NEW! Hands-on Cooking Korean Cold Udong Salad

adults



Mixed cold thick noodles with fresh vegetables will be served for summer energies and nutrition. Spring mix and various colored vegetables added with sweet sour sauces.

Date: Thursday, June 29 #111017.1
Time: 6:00-8:00 p.m.
Place: Greendale High School
 Room 135 - use entrance A5
Fee: Resident \$25.00
 Non-Resident \$35.00
Instructor: So SeonJoo (소선주)
Note: Please indicate any food allergies at time of registration.

Hands-on Cooking Korean BBQ Cooking "Pork Bulgogi"

adults



Bulgogi is a dish of thinly sliced pork that is pre-marinated with various seasonings and grilled over high heat. It has been popular since the 1950s, when pork was thinly sliced to make it tendered and reduce cooking time.

Date: Thursday, July 20 #111018.1
Time: 6:00-8:00 p.m.
Place: Greendale High School
 Room 135 - use entrance A5
Fee: Resident \$29.00
 Non-Resident \$39.00
Instructor: So SeonJoo (소선주)
Note: Please indicate any food allergies at time of registration.



GREENDALE

4th Annual "KITES OVER GREENDALE"

SUNDAY, SEPTEMBER 17
 12:00 PM – 4:00 PM

COMMUNITY CENTER PARK
 (6200 S. 76th Steet)

People will be able to fly their own kites and watch a team fly their kites in unison...sort of like the Blue Angels, only with kites to music. There will be a Grand Launch of all of the kites at 12:30 p.m. with "LET'S GO FLY A KITE" playing in the background. A kids "Mad Dash" will take place at 2:00 p.m. 25 free kites will be given to the first 25 kids who sign up and participate to see who can get their kites the highest in 60 seconds. The winner will get a \$25.00 kite from Gift of Wings Greendale. The Giant Octopus kite (150 feet long and 50 feet wide) will be onsite and hopefully in the air! This kite requires a lot of wind, it's flight is subject to the wind conditions that afternoon. Also enjoy kite demonstrations by a Professional Team (weather dependent), and activities for children provided by Team A.L.I.E.N.

Hope to see you there!

Art and Wellness Workshop

For ages 14+



About the Workshop

Creativity as Self-Care: A Holistic Approach to Resilience presented by Sharon Arbtin, ATR, LPC-IT

- Exploring the benefits of creativity and art making in your wellness practice and the importance of building resilience to support your physical, emotional, and social health. Attendees will have the opportunity to participate in grounding exercises, and will learn how to use tools that will support them through everyday stress and unexpected challenges.

Mandala Art Project led by Christina Destrampe, MS

- Create your very own work of art to take home. Mandala design is predetermined and will be the same for all workshop participants.



Greendale Community Learning Center- Lower Level
5647 Broad Street, Greendale



1-3:30 PM | May 20, 2023



Space is limited so register today:
Call or stop by the Greendale Health Department
414-423-2110



Cost: \$5 Cash or Check



Salad and Sustainability

ages 16 and older



Bring a plate or bowl and a fork to share some food and ideas in this 5-session series.

Explore how to live in this world in a way that protects the earth and the living things on it. We will provide some salad and bread to eat while we discuss ideas about sustainability. Topics include concerns about plastics, clothing, and packaging. How to make choices about these that have positive impact. Explore how food choices, personal care and cleaning product choices impact our health and environment. Find out how buying chocolate and coffee can save the rainforest and birds. What's needed for a yard and garden that nurtures bugs and birds alike? We can share some ideas about that. Each class will have a simple project to take home that relates to the session topic - such as a market bags from T-shirts, easy hand sanitizer or disinfectant.

Bring a friend and consider carpooling!!

Dates: Thursdays **#111029.1**

June 15, June 29, July 13, July 27, August 10

Time: 6:00-7:30 p.m.

Place: Greendale High School
Greendale School Garden (in back)

Fee: Resident \$50.00
Non-Resident \$60.00

Presenters: Karla Geiger and Julie Toman

Note: Thursday, June 15, please bring plate or bowl, fork and old T-shirt.
Thursday, June 29, please bring plate or bowl, and fork.
Thursday, July 13, please bring plate or bowl, and fork.
Thursday, July 27, please bring plate or bowl, and fork.
Thursday, August 10, please bring plate or bowl, fork, and empty spray bottle if you have one.

The book, *Imagine It! A Handbook for a Happier Planet*, by Laurie David and Heather Reisman is recommended but not required.



Probiotics Drinks & Foods

Demo Preparation
ages 16 and older



Probiotics are good for you and probiotic foods/drinks taste good too. Find out health benefits of probiotic rich foods and beverages. Those include supporting the immune and digestive systems. Sample an assortment of drinks and foods from yogurt to kombucha. Water kefir is a probiotic drink lower in calories than dairy kefir or yogurt and it's dairy free. It's easy to culture, inexpensive and can be flavored in many ways. Sample different flavored kefirs. Take home water kefir culture so you can make your own.

Date: Tuesday, August 15 **#111028.1**

Time: 6:00-8:00 p.m.

Place: Greendale Middle School
FACE Room (Home Econ)

Fee: Resident \$23.00
Non-Resident \$33.00

Instructor: Julie Toman

Note: Class includes instructions, jars and kefir culture.

Reader's Circle Series

adults

Join this group of "Book Discussion" aficionados for an informal discussion revolving around these current titles. . . . meeting "in-person" and lively discussion!

Dates/Facilitators:

Wednesdays **#110576.1**

June 14: *Who Is Maud Dixon?* by A. Andrews (S. Lemke)

July 12: *The Maid* by N. Prose (B. Cialdini)

August 9: *Dear Edward* by A. Neapolitan (M. Mullarkey)

September 13: *Verity* by C. Hoover (B. Berger)

Time: 6:30-7:30 p.m.
Place: Community Learning Center
5647 Broad Street
Lower Level Meeting Room

Fee per Four-Date Series:

Resident \$10.00

Non-Resident \$10.00

Note: Registrants must obtain and read the books prior to the program meeting.

The Future is Ours to See

Imagine your greatest goals within reach.

Together, we can create a strategy to help make fulfilling those dreams a reality – one that can guide you forward on the path to success.

Let's work together. Contact us to schedule a consultation.



MANCHESTER INVESTMENTS

Established 1993

(414) 421-1500 office
5623 Broad Street – Greendale
manchesterinvestments.com

Jacob Bill and Rick Hopf, CFP® are registered representatives with LPL Financial. Securities and advisory services offered through LPL Financial, a registered investment advisor, Member FINRA/SIPC.

"Blended Learning" Basic Life Support

adults



This course is designed for healthcare professionals who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of settings. Throughout the course participants will receive training to promptly recognize several life-threatening emergencies, give high-quality chest compressions to adults, children, and infants, deliver appropriate ventilations and provide early use of an AED. This is a blended learning style program including an online portion and in-class portion. The online portion must be completed prior to attending the in-class portion. **An email will go out to students after the deadline date with a link to purchase the online course directly from the American Heart Association for an additional \$32.50.** The online course fee is not included in the registration fee, and must be paid directly to the American Heart Association via the provided link. The online course must be completed on a PC or tablet with high speed internet connection. Allow approximately 2-3 hours to complete the online course. Students must bring proof of completion of the online course in order to attend the hands-on session.

Date: Tuesday, July 11
Time: 6:30-8:00 p.m.
Place: Greenfield City Hall
Room 206
Fee: Resident \$62.00
Non-Resident \$93.00
Plus additional fee paid directly to ARC of \$32.50
Instructor: Sue Stadler, ARC Authorized Instructor

#110513.1

Deadline to register is June 26.

American Red Cross Adult and Pediatric First Aid/CPR/AED "Blended Learning"

ages 16 years and older



This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants, and meets OSHA/workplace requirements. This is a "blended learning" course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 2 hours 30 minutes to complete the online portion.

Upon successful completion of this course, you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. Students must **bring proof of completion** of online program in order to attend the hands-on session.

Date: Tuesday, July 18
Time: 6:00-8:30 p.m.
Place: Greenfield City Hall
Room 206
Fee per session: Resident \$95.00
Non-Resident \$115.00
Instructor: Sue Stadler, ARC
Authorized Instructor

#110511.1

Note: Email must be provided at registration as link to online portion will be sent after July 3rd.

NEW!

Brown Bag Conversations

adults 50 years and older

Don't miss the opportunity to learn more about your community, services available or be entertained! Join us for informal interactive discussions with local people in a relaxed environment.

Bring your own brown bag lunch and beverage, your thoughts, questions, and ideas!

If you have a suggestion for a future conversationalist, please stop by the Greendale Park and Recreation Department, 5647 Broad Street to let us know!

Date: 2nd Tuesday of the Month

May 9 **Better Sleep**

In this presentation, there will be a review of proven and simple techniques to reduce stress and improve sleep habits. The techniques can be used to help a loved one reduce their stress and improve sleep as well!

Presented by Ruth Busalacchi, owner of Synergy HomeCare and a Certified Senior Advisor. Ms. Busalacchi is on "Today's Senior Expert" TMJ 4 The Morning Blend.

June 13 **It's Not the Money, It's the Principal of the Thing.**

Someone has damaged your car in the amount of \$750.00 and you have a \$1,000.00 deductible on your insurance. They say the accident was your fault. What do you do?

Learn the process of going to court. Small claims court is your answer. Hear how to do it. Hear some of the best stories that attorney Tony Machi has experienced in over 50 years of practicing law.

July 11 **Improving Your Health Through Gardening and Eating Right**

Join Karla Geiger, Greendale School Garden Coordinator and Shawne Johnson, RN as they demonstrate how to prepare a simple brain and heart healthy recipe and they will answer questions related to improving your health through gardening and good nutrition. Food samples and recipe handouts will be available for attendees.

August 8 **Remember When Trivia-A Look Back in Time**

Take a step back into the good old days with Tom Rowe from Family Generations Network. Relive the songs, movies, favorite toys and national events from your youth. Discover what the cost of a postage stamp, a gallon of gas and new car was back in the day. Have fun with Tom as he presents fun facts from the year you were born!

September 12 **Boost Your Brain!**

Join the Greendale Health Department and learn healthy practices that can help you remember things better, be more organized, pay closer attention, and reduce your stress. This presentation will highlight some of the most promising strategies for keeping your brain healthy as you age.

Time: 12:00-12:45 p.m.

Place: St. Luke's Lutheran Church
(6705 Northway)

Fee: FREE- No Charge

Note: No fee or registration required.

Hosted by the Greendale Senior Social Club (GSSC).



Greendale Senior Social Club

adults 50 years and older

The Greendale Senior Social Club meets Tuesdays and Fridays from 10:00 a.m. to 3:00 p.m. at St Luke's Lutheran Church (6705 Northway). Club activities include holiday celebrations, guest speakers, sing-alongs, exercise, cards, games, and special events. Blood pressure screenings, provided by public health nurses, are held the third Tuesday of each month from 1:00 to 2:15 p.m. Bring your brown bag lunch and beverage.

Annual Fee: Residents \$40.00 per year
Non-Residents \$50.00 per year
(July 1, 2023-June 30, 2024)

**Any Questions, Ideas, Suggestions?
Ask about our two-week "free"
trial membership for new members!
Contact the Park and Recreation
Department at (414) 423-2790.**

Games Galore

adults

Get your friends together, bring your choice of game(s) to spend time together socializing, with some joyful challenges of friendly competition! Could be a certain game of Cards (Sheepshead, Uno, Bridge, Poker-non cash betting, Rummy, Canasta, etc.), or Table Games (Scrabble, Dominoes, Cribbage, Yahtzee, Mahjong, Monopoly, etc.) that you and your friends enjoy spending time together. In addition, if interested, bring a beverage (non-alcoholic please) and a snack for your group to enjoy. Have a good laugh, share some enjoyable games, and most importantly, have fun!

Dates: 1st and 3rd Thursdays of the month (with some modifications)
May 4 and 18; June 1, 15, and 29; July 6 and 20; August 3, 17, and 31;
September 7 and 21; October 5 and 19; November 2, 16, and 30; and
December 7 and 21)

Time: 11:00 a.m.-3:15 p.m.

Place: Historic Hose Tower
5699 Parking Street

Fee: No Charge

Supervisor: Bruce Matzek & Sheepshead Friends

Note: Pre-Registration is NOT required.



Clean & Green Day "Help Me Day"

"For Greendale Seniors and
Shut-ins"



Greendale Middle School
7th Graders
Thursday, May 25, 2023
12:45-2:45 pm

Greendale Middle School 7th grade students and their teachers would like to help you do your household chores! If you need help planting bulbs, putting up screens, hanging a picture, or sweeping a walk, this is the day for you. You will need to provide all supplies for the clean-up or planting project you request and the kids will provide the labor.

You must be home during this time period. The students will spend from 30-45 minutes at each home so they can help out as many seniors as possible. Plan your projects by importance so the major one gets done first.

Obtain a form and pre-register at the Greendale Middle School Office or at the Greendale Park and Rec office, between May 1 and May 19, or contact Lee Burish or Melissa Fonte at (414) 423-2800, ext. 3278/3275.

REDUCE~REUSE~RECYCLE

Big Muskego Lake Scenic Kayak Tours

adults



Come join the Muskego Recreation staff and Muskego's Conservation Coordinator for a guided kayaking excursion on beautiful Big Muskego Lake!

Big Muskego Lake is recognized as a regionally significant natural area and an Important Bird Area. Enjoy an evening of paddling this deep-water marsh habitat, via kayak, to observe nesting colonies of Endangered Forster's terns, nesting Bald Eagles and Ospreys, several species of ducks, as well as many other marsh birds and waterfowl.

Attendees are encouraged to bring their own kayak or canoe, paddles, & PFD; however, these will be provided at an additional expense, if needed. Make sure to note this at registration time.

Date/Time:
Session I Monday, June 5 **#110103.1**
5:00-8:00 p.m. (leaving promptly at 5:30 PM)

Session II Monday, August 14 **#110103.2**
5:00-8:00 p.m. (leaving promptly at 5:30 PM)

Place: Big Muskego Lake-Boxhorn
(S90 W13976 Boxhorn Drive)

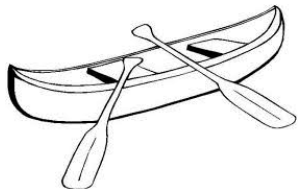
Guide Services- Resident \$15.00
Non-Resident \$22.50

Rental (inc. paddle, kayak and PFD)-\$20.00

Guides: Adam Young (Recreation Supervisor)
& Tom Zagar (Conservation Coordinator)

Note: IMPORTANT... this excursion will require competent paddling ability, as we average 3-4 miles of paddling. Participants are encouraged to bring along their binoculars (and/or camera).

**Must register by phone or in-person for this class.
Unavailable for online registration.**



Fox River Guided Kayaking Tours

ages 16 years and older



Come join the Muskego Recreation staff on a one-way paddling trip down the Fox River. This summer we are switching things up and covering a different section of the river with a departure from Big Bend Park and paddling roughly 6 miles to Bobberz Tavern which is located right on the river at 8330 Fox River Road, Waterford. This section is beautiful in its own right which travels through secluded prairie scenery and is just north of the Tichigan State Wildlife Area.

Complimentary shuttling will be available before the trip begins, making your vehicle available at Bobberz Tavern where we finish. The Shuttle will depart promptly at 5:00 p.m. **If you are utilizing your own kayak, you will need to make arrangements to drop your equipment at the Big Bend Park Boat Launch before the trip begins and have your vehicle at Bobberz Tavern to catch the 5:00 p.m. shuttle. Additional details regarding shuttle transportation and equipment drop off will be provided in a follow-up email prior to the outing.

Attendees are encouraged to bring their own kayak or canoe, paddles, & PFD; however, these will be provided at an additional expense, if needed. Make sure to note this at registration time.

Date/Time:
Session I Wednesday, June 14 **#110102.1**
5:00-8:00 p.m. (shuttle leaving promptly at 5:00 p.m. from Bobberz Tavern)

Session II Wednesday, August 9 **#110102.2**
5:00-8:00 p.m. (shuttle leaving promptly at 5:00 p.m. from Bobberz Tavern)

****Places:**

Kayak Trip Starts: Big Bend Village Park
W231 S9205 Riverside Street-Big Bend

Kayak Trip Ends: Bobberz Tavern
8330 Fox River Road, Waterford

Fee per person per session:

Guide Services- Resident \$20.00
Non-Resident \$30.00

Rental (inc. paddle, kayak and PFD)- Resident \$20.00

Guides: Adam Young (Recreation Supervisor) and Tom Zagar
(Conservation Coordinator)

Note: IMPORTANT... this excursion will require competent paddling ability, as it is 6 miles of paddling. Participants are encouraged to bring along their binoculars (and/or camera).

**Must register by phone or in-person for this class.
Unavailable for online registration.**

Perennial Plant Exchange

Are your coneflowers taking over your garden? Are daisies growing out of bounds? Maybe you need to reign in your tulips, daffodils or lilies. We have just the answer for those overcrowded beds.

Free Perennial Plant Exchange
It's a "BOGO"-

Bring One Get One

Saturday, June 3, 2023

10:30-11:15 a.m.

Located in the Greendale Health
Department Parking Lot
(5650 Parking Street)

Rain or Shine

Plants should be set up on site by 10:00 a.m. Bring your plants in a pot or container clearly marked with it's common name.

Contact Greendale Park and
Recreation at 414.423.2790 with
any questions you may have.