

HEALTH & WELLNESS

Body"Works"

ages 16 years and older

Kick start the Winter with this core and muscle conditioning class that includes a bit of everything-pilates, yoga, toning, and stretching. Re-energize with exercises to strengthen your whole body.

In this class, you use "your" body weight while focusing on increased energy, flexibility, better balance, and range of motion. All fitness levels welcome. Participants must be able to get up and down from floor without assistance.

Dates:		
Session I	Mondays January 22-March 11	#310704.1
Session II	Wednesdays January 24-March 13	#310704.2
Session III	Mondays & Wednesdays January 22-March 13	#310704.3
Session IV	Mondays March 25-May 13	#310704.4
Session V	Wednesdays March 27-May 15	#310704.5
Session VI	Mondays & Wednesdays March 25-May 15	#310704.6
Time:	6:30-7:15 p.m.	
Place:	Greendale Middle School Upper Gym or Summer Adventure Camp Room	
Fees per session:		
Session I, II, IV, V	Resident \$60.00 Non-Resident \$70.00	
Session III or VI	Resident \$90.00 Non-Resident \$100.00	
Instructor:	Meri Misko	
Note:	No "mixing" of sessions. Bring exercise mat and water bottle for each class.	

Morning Muscles

ages 50 years and older

A different kind of heart health! Join us every Tuesday and Friday morning for a healthier version of the coffee klatch. We all begin where we are able and support each other while we stretch and build muscle. Good for your soul and body. Feel good inside and out!

Dates:	Tuesdays and Fridays Now through June 28, 2024 excluding GSD school holidays	#310703.1
Time:	10:00-10:30 a.m.	
Place:	St. Luke's Lutheran Church (6705 Northway)	
Fee:	Resident \$40.00 Non-Resident \$50.00	
Instructor:	Meri Misko	
Note:	This class includes a "FREE" Greendale Senior Social Club membership through June 30, 2024. Wear comfortable clothes for stretching and bending.	

Heart Smart

adults



If you want to add more activity to your life and improve your overall health, consider this class. It will help you improve your cardiovascular efficiency without the high impact on your joints. This class involves steady steps (walking), arm and leg movements with or without light weights, joint flexibility, balance, strength training, and shapes the entire body inside and out.

Dates:	Mondays March 25-May 20 exclude May 13	#310763.1
Time:	8:50-9:40 a.m.	
Place:	Greenfield Community Center Jansen Fest Hall	
Fee per session:	Resident \$35.00 Non-Resident \$53.00	
Instructor:	Vickie Strachota, NETA Certified Instructor	
Note:	Wear aerobic/fitness shoes, clothes for stretching and bending, bring a towel, and a filled bottle of water.	

Greendale Residents Only Hallway Walkers

adults

Each additional mile walked by a sedentary person would save U.S. society an average of 34 cents in medical and other costs (RAND Corporation, 1993)...are you doing your part? You are encouraged to start a healthier lifestyle, or continue your healthier lifestyle, by participating in this "indoor" walking opportunity!

Greendale Step up to Better Health would like to encourage your participation in starting a healthier lifestyle, or continuing to be healthier, by sponsoring this program this Winter!

Dates:	Mondays, Wednesdays, and Thursdays January 24-April 4 exclude February 5, 26 and March 4, 18, 25, 27, 28	#310705.1
Time:	6:15-7:30 p.m.	
Place:	Greendale High School Main, Upper Hallway-please enter through back entrance "Greendale Performing Arts" Wing (do not arrive earlier, doing so can jeopardize our program – our approved usage is only 6:15-7:30 p.m.)	
Fee:	Residents only-No charge; however, must pre-register in-person or through mail at the Park and Recreation Office before attending.	
Supervisors:	Julie Goetz and Debbie Eberhardt	
Note:	The program costs for this Winter & Spring walking program are being sponsored by the "Greendale Step Up to Better Health"...thank you to them for their generous donation to make this FREE program possible!	

Step It Up Boot Camp

adults



Step Up your fitness level in this 45-minute, cardio & strength Boot Camp style class. Challenge your body as you transition between high and low intensity exercise movements that will have you sweating and your muscles burning. This class is built for EVERYONE with accommodations for a variety of different fitness levels.

Dates:	Tuesdays March 26-May 21 exclude April 2	#310777.1
Time:	6:50-7:35 p.m.	
Place:	Greenfield Community Center, Jansen Fest Hall	
Fee:	Resident \$35.00 Non-Resident \$53.00	
Instructor:	Cilla Baker	

WERQ™

ages 16 years and older



WERQ™ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The signature WERQ™ warm up previews the dance steps used throughout the class, and WERQ's™ unique "3Q1" method of cueing ensures participants are able to follow the instructor with ease. Students blast away calories and build cardiovascular endurance dancing to the latest chart-topping hits. The WERQ™ cool down combines yoga-inspired static stretching with balance poses. Dancers and non-dancers alike love this WERQout. WERQ™ is taught by a WERQ™ Certified Fitness Professional, so the WERQout is safe and effective.

Dates:
 Session I Wednesdays
 January 17-March 13 **#310781.1**
 exclude February 21
 Session II March 27-May 22 **#310781.2**
 exclude April 3

Time: 5:30-6:30 p.m.
Place: Greenfield Community Center
 Jansen Fest Hall

Fee per session: Resident \$35.00
 Non-Resident \$53.00

Instructor: Abby Delain, Certified WERQ™ instructor
Note: Please bring a yoga mat.

Zumba® Gold

ages 55 years and older



A lower impact, easy to follow, Latin-inspired dance fitness-party™ that keeps you in the groove of life.

Get hooked on this new fitness workout that is healthy, beneficial and FUN. Zumba® fuses hypnotic Latin rhythms and a combination of easy-to-follow fast and slow dance moves and resistance training to tone and sculpt your body while burning fat.

Dates:
 Session I Thursdays
 January 18-March 14 **#310742.1**
 exclude February 22
 Session II Tuesdays
 March 26-May 21 **#310742.2**
 exclude April 2
 Session III Thursdays
 March 28-May 16 **#310742.3**

Time: 10:15-11:15 a.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$35.00
 Non-Resident \$53.00
Instructor: Kaye Kass, Zumba® Licensed



www.LoveThyNeighborFoundation.org

1-855-LoveThy (568-3849)

Helping Seniors Age in Place

Providing education and information on services including financial planning, in-home care, health care, home maintenance, legal help, veterans benefits, and much more.

Workshops hosted monthly!

See our website for times, locations, and details.

A registered 501(c)(3) charitable organization.

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.

Zumba®

ages 16 years and older



Zumba® -the international fitness rage. This Latin inspired workout combines easy to do Latin dance steps with a mixture of body sculpting movements. Zumba® features aerobic/fitness interval training to maximize caloric output to increase fat burning with total body toning. Zumba® is a "feel happy" workout that is great for both the body and the mind. Zumba® now includes Zumba® Toning.

Dates/Times:

Session I Wednesdays **#310728.1**

January 17-March 13
exclude February 21
6:45-7:45 p.m.

Session II Mondays **#310728.2**

March 25-May 20
exclude April 1
5:30-6:30 p.m.

Session III Wednesdays **#310728.3**

March 27-May 22
exclude April 3
6:45-7:45 p.m.

Place: Greenfield Community Center
Jansen Fest Hall

Fee per session: Resident \$35.00
Non-Resident \$53.00

Instructors:

Mondays Kaye Kass, Zumba® Licensed
Wednesdays Desiree Wachtendonk, Zumba® Licensed



Strengthen and Lengthen

adults



If you believe variety is the spice of life, then this is the workout for you. Develop a strong, lean body with this fitness fusion of pilates, yoga, weight training and fitness stretching. Get fit and have fun!

Dates: Mondays **#310775.1**
March 25-May 20
exclude April 1

Time: 6:40-7:40 p.m.

Place: Greenfield Community Center
Jansen Fest Hall

Fee: Resident \$35.00
Non-Resident \$53.00

Instructor: Kaye Kass

NEW!

Meditation for Creative Living

adults



This is a 5-week introductory class called Meditation for Creative Living. Students will learn what meditation is, its benefits, simple ways to align and relax the body, establish harmonious diaphragmatic breathing, how to balance the hemispheres of the brain, and a 4-step process of meditation using a mantra or word to quiet the mind for receptivity for creativity. Students will have access to audio practice materials to guide them in their daily home practice.

Dates: Mondays
April 15-May 13

Time: 10:00-11:00 a.m.

Place: Community Learning Center
5647 Broad Street (Lower Level)

Fee: Resident \$55.00
Non-Resident \$60.00

Instructor: Ellen Massa

Note: Bring a yoga mat and large towel for a more comfortable meditation experience.

#310701.1



Tone & Stretch

ages 16 and older



In this class you will complete a series of eight hand weight exercises set to music to tone and strengthen your body. The second half of class will be used to wind down from your busy day and just stretch. With head to toe emphasis, you will relax those tight muscles, help prevent joint stiffness, improve your digestion and help promote a restful night's sleep. Everyone can benefit from a good stretch. This class is approximately 80% standing and 20% on your personal yoga mat - please bring! Exercises can be modified with assistance of or seated in a chair.

Dates: Thursdays
Session I January 18-February 29

Session II March 28-May 9

Time: 7:00 pm-8:00 pm

Place: Greenfield Community Center
Jansen Hall

Fee: Resident \$31.00
Non-Resident \$46.00

Instructor: Diane Maegli-Hippert

#310774.1

#310774.2



Parkinson's Exercise Class

age 55+ with **Parkinson's**

This class is designed for people with Parkinson's disease. The class will keep you mentally sharp and physically active. During this one-hour class, participants will perform balance exercises, cardio, work on posture, strength training, stretching and walking drills. Participants will also have fun while dancing, boxing, doing brain activities, and work on vocals and facial exercises. Exercises will be done seated and standing. Individual and partner activities will be performed to enhance the experience and build camaraderie. Within a few weeks, you will notice that exercising does help manage the symptoms of Parkinson's and improve the quality of your daily living, while having fun. Remember, movement is medicine! Please wear comfortable clothing, bring a water bottle. The exercises are appropriate for various populations and/or environmental conditions to ensure a safe and effective setting for all class participants.

Dates: Wednesdays
Session I January 17-March 13 **#310718.1**
exclude February 21
Session II March 27-May 22 **#310718.2**
exclude April 3
Time: 10:30-11:30 a.m.
Place: Greenfield Community Center
Jansen Fest Hall
Fee per session: Resident \$35.00
Non-Resident \$53.00
Instructor: Mary Wood, Certified Parkinson's Exercise Instructor through Total Health Works/Delay the Disease

Note: Please wear comfortable clothing, bring a water bottle and towel. Floor exercise will be incorporated; however, modifications will be provided for various populations and/or environmental conditions to ensure a safe and effective setting for all.

NEW!

Vinyasa Flow

adults

Experience a moving meditation as you allow your breath to guide you through a dynamic sequence of yoga poses that will tone and strengthen the body and help relieve stress. Leave this class refreshed, energized and connected to yourself.

Dates: Fridays **#310711.1**
March 22 – May 17
exclude April 26
Time: 9:15-10:15 a.m.
Place: Greenfield Community Center
Jansen Hall
Fee: Resident \$35.00
Non-Resident \$53.00
Instructor: Nicole Cruz, Yoga Instructor
Note: Bring your own mat; props will be provided

Yoga Fit

adults

Develop greater body awareness and sensitivity to your body while reducing stress in this yoga fit class. Each week you will stretch, breathe, learn yoga postures, relax and have fun. Not recommended for pregnant women.

Dates: Thursdays
Session I January 18-March 7 **#310734.1**
Session III March 28-May 16 **#310734.3**

Session II Tuesdays **#310734.2**
March 26-May 21
exclude April 2

Time: 5:40-6:40 p.m.
Place: Greenfield Community Center
Jansen Fest Hall
Fee per session: Resident \$35.00
Non-Resident \$53.00
Instructor: Cilla Baker, Yoga Certified
Note: Please bring a yoga mat and a filled water bottle.

Core and More

adults

This core-focused class includes resistance training to target your abdominals, back, gluteal muscles, and more. Chisel and firm your core muscles using the fitness stability balls, add weights to work the upper and lower body, the balance discs to gain stability, and a bit of mat work to round it all out.

Dates: Mondays **#310779.1**
March 25-May 20
exclude May 13
Time: 7:50-8:40 a.m.
Place: Greenfield Community Center
Jansen Fest Hall
Fee: Resident \$35.00
Non-Resident \$53.00
Instructor: Vickie Strachota, NETA Certified Instructor
Note: Bring your own workout mat and a filled bottle of water.

NEW!

Simple Joy Yoga

adults

Slow down and nourish your body, mind and spirit with gentle stretching, breathwork and meditation. This class will be done sitting, lying, and standing on a yoga mat on the floor. You will be empowered to adapt movement to your unique physical ability. If you can breathe, you can do yoga. Come enjoy the physical, mental and emotional benefits of this ancient practice. Please bring a yoga mat and a firm blanket to each class.

Dates: Wednesdays **#310771.1**
April 3-May 29
exclude April 17
Time: 9:00-10:00 a.m.
Place: Community Learning Center
5647 Broad Street
(Lower Level)
Fee per session: Resident \$75.00
Non-Resident \$85.00
Instructor: Cari Terry,
200 Hour Certified Yoga Teacher

NEW!

Simple Joy Chair Yoga

adults

Enjoy the effects of yoga without pressure on the wrists, knees and back. If you are dealing with an injury, a chronic condition or simply do not like getting down on the floor, this is the class for you. Options will be given so all students can participate regardless of physical challenges. Each class will include breathwork, stretching and meditation. Please bring a yoga mat to each class.

Dates: Wednesdays **#310772.1**
April 3-May 29
exclude April 17
Time: 10:30-11:15 a.m.
Place: Community Learning Center
5647 Broad Street
(Lower Level)
Fee per session: Resident \$75.00
Non-Resident \$85.00
Instructor: Cari Terry, 200 Hour Certified Yoga Teacher

FREE

Memory Screen

Are you concerned about your memory?

As we get older, it is important to recognize any changes we may experience, especially in relation to our memory. A memory screen is defined as a wellness tool that helps identify possible changes in memory and cognition. This is not a diagnostic tool, but a screen that can provide early detection for dementia.

How does a memory screen work?

The memory screen is very simple. You will be asked to answer some questions and complete a task. The memory screen is at no cost. The screen takes about 15 minutes.

When: Friday, January 19th, 2024

Location: Greendale Health Department

Address: 5650 S. Parking St, Greendale.

Time: 8:30am - 12:30pm

**Register for these programs by calling
Greendale Public Health 414-423-2110**

STEPPING ON PROGRAM

According to the Centers for Disease Control and Prevention (CDC) one in four older adults has a fall each year and Wisconsin leads the nation in fall-related deaths for people aged 60 and older. Falls are not a normal part of aging and can be prevented. The Stepping On program has been researched and proven to reduce falls by 31%.

Stepping On gives participants strategies

- For avoiding falls including balance and strength exercises,
- Home safety modifications,
- Medication review

The workshop is designed specifically for people who are aged 60 or older and have fallen or have a fear of falling.

Program details:

- Greendale Health Department 5650 S. Parking St, Greendale.
- Meet once a week on Thursdays for 7 weeks. 1:30-3:30pm
- Dates: March 21- May 2
- Cost: The program is FREE!

BOOST YOUR BRAIN AND MEMORY PROGRAM

The Boost Your Brain & Memory Program is an evidence-based program that takes a holistic approach to improving brain health. This program is intended for people who are not diagnosed with dementia, to learn ways they can lower their risk of developing dementia. This program was designed for adults 55 and older and is an 8-week program meeting once a week for 1.5 hours.

This program focuses on the concept of cognitive reserve through:

- Physical Activity
- Emotional Health
- Intellectual Activity
- Nutrition
- Spiritual Activity
- Social Engagement

Program details:

- Greendale Health Department 5650 S. Parking St, Greendale.
- Meet once a week on Tuesdays for 8 weeks. 10:00-11:30am
- Dates: January 23-March 12
- Cost: The program is FREE!



Presented by:
Community Alliance &
Greendale Schools

Join us for the following:

- 8th Grade Wellness Presentations on mental health and substance use
- Vendor fair of local health/wellness services
- Featured presentation from NAMI (National Alliance on Mental Illness)
 - Personal stories
 - Speaker panel
 - Warning signs that your child may be struggling
 - Q&A


Greendale Schools
Cultivating Excellence In Every Student


**Hales Corners & Greendale
COMMUNITY
ALLIANCE**
Reducing substance misuse

Wednesday, February 21st
5:30–7:30pm

Greendale High School

8th Grade Wellness Presentations: 5:30–6:30pm
NAMI SE WI Presentation: 6:30–7:30pm

Free and open to the public

FAMILY WELLNESS EVENT

FEATURING

Rachel Sauer
NAMI Southeast WI

What Your Kids Wish You Knew!

RADON AND YOUR HOME

Are radon levels high in your home?

Radon is a tasteless, odorless, invisible, radioactive gas found in most homes within the United States. Radon is the second leading cause of lung cancer in the United States.

The Greendale Health Department has radon kits available for sale for residents. Please call Greendale Health Department (414-423-2110) for your kit.

For more information on radon in Southeastern Wisconsin:
<http://www.waukeshacounty.gov/defaultwc.aspx?id=39323>

We would like to learn more about the Village of Greendale and your thoughts on what would make the community a great place to live as you age. Your views are important, and we would greatly appreciate your participation in this survey. All your responses will be kept entirely confidential. This survey will take about 20 minutes to complete.

**Take our Survey
and enter
to win a prize**

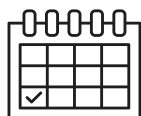


After completing the survey call, email, or stop by the health department and be entered to win a gift card to the Greendale business of your choice.
414-423-2110 | greendalehealth@greendale.org

<https://survey.cmix.com/B1D290C4/G10DF6LT/en-US>

SUCCESSFUL AGING
SAGE
IN GREENDALE FOR EVERYONE

AARP
Wisconsin



Public Health Meeting Schedule

If you are interested in learning more about the health department or joining one of our community-led health committees, we encourage you to attend a meeting.

- **SAGE- Second Tuesday of the Month**
3:00-4:30PM Greendale Community Learning Center Meeting Room
- **Board of Health- Second Tuesday of the Month**
5:00 PM Greendale Community Learning Center
- **Healthy Mind, Healthy Greendale- Third Friday of the Month** 8:00-9:00 AM Greendale Community Learning Center Meeting Room
- **Community Alliance- Fourth Tuesday of the Month**
5:30-7 PM Greendale Hose Tower

Harm Reduction Vending Machine

- Medication Disposal Pouches
- Narcan
- Fentanyl Test Strips
- Gun locks
- Medication Lock Bags



**Located at Greendale Police Department
5911 W Grange Ave., Greendale, WI**

2024 Greendale Memory Cafés



Join Us

Memory Cafés are comfortable social gatherings that allow people experiencing memory loss and their loved ones to connect, socialize, and build new support networks.

Greendale Memory Café

4th Wednesday of the Month
2:30-4:00 pm
Greendale Hose Tower, 5699 Parking St.
Greendale

RSVP: Call Greendale Health Dept. 414.423.2110

January 24

The Power of Joy - What brings you joy



February 28

Friends - Love - Chocolate



March 27

Charcuterie board



April 24

Patricia will introduce us to the Art of Chinese Brush Painting



May 22

Kathy Platt will present Fostering Monarch Butterflies



June 26

Storytime with Candice



July 24

Happy Birthday USA- a birthday party



August 28

State Fair Taste Testing - Pick your favorite food



September 25-

School Days / start of fall



October 23

Gary Glasner and the Poetry Project



No programs Nov/Dec.

Brought to you in partnership with:



**Dates and times for all health department meetings, events, and workshops are subject to change. Check our website for the most up to date information.*

