

# ADULT PROGRAMS

## ADULT KAYAK TRIP INFORMATION

**Registration:** Kayak trips require registration by phone or in-person during office hours starting Tuesday, January 6, 2026.

**Kayak Guides:** Muskego Recreation Staff will lead these guided trips. Adam Young (Recreation Supervisor) & Tom Zagar (Conservation Coordinator) will lead many of these guided kayak trips. Additional details for each trip will be provided before the trip via email.

**Equipment Rentals:** Attendees are encouraged to bring their own kayak or canoe, paddles, & PFD. A limited number of equipment rentals are available during registration for an additional \$20.00 per person and includes paddles, kayak and PFD.

**Optional Equipment to Bring:** Binoculars, camera and seasonal gear for the weather conditions.

## Fox River Guided Kayaking Tour

adults

Come join the Muskego Recreation staff on a one-way paddling trip down the Fox River. Participants will enjoy 6 miles of secluded beauty of the river starting at the Big Bend Park and traveling to Bobberz Tavern which is located right on the river at 8330 Fox River Rd, 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 trips 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 arraignments to drop your equipment at Big Bend Park Boat Launch before the trips begins and have your vehicle at Bobberz Tavern to catch the 5:00 p.m. shuttle.

**IMPORTANT** . . . this excursion will require competent paddling ability as it is 6 miles of paddling.

**Date:** Wednesday, July 29 **#110102.1**  
**Time:** 5:00-7:30 p.m.  
**Location:** Big Bend Boat Launch  
 Big Bend, WI  
**Fee Per Person:** Resident: \$20.00  
 Non-Resident: \$30.00

## 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:** June 10  
 July 8  
 August 12  
 September 9

**Book & Author (Facilitator) #110576.1**  
 James by P. Everett (N. Massey)  
 The Queens of Crime by M. Benedict (L. Kovacic)  
 Good Night, Irene by L. A. Urrea (C. Miller)  
 Theo of Golden by A. Levi (M. Mullarkey)

**Time:** 6:30-7:30 p.m.  
**Location:** Community Learning Center  
 Community Meeting Room  
 Lower Level

**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

*"As the Page Turns..."*

## Lulu Lake Scenic Guided Kayak Tour

adults

Come join the Muskego Recreation staff on a paddle into one of Southeastern Wisconsin's secret lakes, Lulu Lake! This lake is lovely and charming, and the trip will have a sense of adventure and exploration. We will depart on a 5-mile paddle starting at Eagle Springs Lake to find this secret lake, one that's surrounded by public land in the Kettle Moraine State Forest and protected as a state natural area. We will meet at Eagle Springs Lake public boat launch off Wambold Road, Mukwonago.

**Date:** Wednesday, August 5 **#110101.1**  
**Time:** 5:30-7:30 p.m.  
**Location:** Eagle Spring Lake - Public Boat Launch  
**Fee Per Person:** Resident: \$20.00  
 Non-Resident: \$30.00



## Big Muskego Lake Scenic Kayak Tour

adults

Come join the Muskego Recreation staff on 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 ospreys, eagles, pelicans, swans, potentially endangered Forster's terns, as well as many other marsh birds and waterfowl. Bring binoculars or camera. Trip will commence and end at Boxhorn Boat Launch located at S90W13976 Boxhorn Drive.

**IMPORTANT** . . . this excursion will require competent paddling ability, as we average 3-4 miles of paddling, not for the "beginner" paddler!

**Date:** Wednesday, August 26 **#110103.1**  
**Time:** 5:30-7:30 p.m.  
**Location:** Big Muskego Lake-Boxhorn Boat Launch  
 (S90 W13976 Boxhorn Drive)  
**Fee Per Person:** Resident: \$15.00  
 Non-Resident: \$25.00

## 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.

**Dates:** Tuesdays  
 June 16-July 21 **#110556.1**  
 12:00-2:00 p.m.  
**Time:** Greenfield Community Center  
 Room A  
**Location:** Resident: \$45.00  
 Non-Resident: \$67.50  
**Fee:** Denise Kunz, Published Author  
**Instructor:** Denise Kunz, Published Author  
**Note:** Please bring a notebook and something to write with

NEW!

## Garden Stepping Stone Creations

adults



Here's a creative and useful way to add beauty, function and a bit of magic to your garden space. Join local gardener and art project enthusiast Judy K., for this hands-on art experience.

This workshop will provide all the supplies and guidance to plan and map out your design. By combining natural elements such as smooth stones, shells, mosaic pieces, broken pottery together with found objects and pressed imagery, you will create a one-of-a-kind garden keepsake. Your unique creations will need a little time to dry, so they will be ready for pickup at the Park & Recreation office one week after each session. Please stop by during normal business hours to collect your finished work.

Come for creative fun and leave with a lasting expression of beauty that will enhance any greenspace setting.

**Date:** Monday  
 Session I June 22 #111302.1  
 Session II June 29 #111302.2  
**Time:** 5:30-7:30 p.m.  
**Location:** Community Learning Center Meeting Room  
**Fee Per Session:** Resident: \$55.00  
 Non-Resident: \$65.00  
**Instructor:** Judy Krajniak: BFA, Design  
**Note:** For your safety please bring a pair of garden or utility gloves for working with broken pottery.

NEW!

## Sanctuary by Design: Peace for Home & Garden

adults



Discover how to carve out a quiet space for peace and reflection within your existing home or garden. This class guides you through the steps of planning a nature-inspired sanctuary, regardless of the size of your space.

By combining your personal style with design principals and natural elements, you will create a unique refuge. Learn to design a purposeful environment dedicated to lowering stress, improving mood, and providing a quiet backdrop for inspirational reading, writing or quiet reflection.

**Dates:** Mondays  
 July 13 & 20 #111303.1  
**Time:** 6:00-7:30 p.m.  
**Location:** Community Learning Center Meeting Room  
**Fee:** Resident: \$40.00  
 Non-Resident: \$50.00  
**Instructor:** Judy Krajniak: BFA, Design

NEW!

## Summer Blooms: Floral Arranging Workshop

adults



This summer, join flower enthusiast Judy K. for a hands-on workshop where you'll dive into the art of flower arranging! Learn the fundamentals of floral design while creating your own beautiful arrangement.

What you will leave class with:

- A bucket of fresh blooms to work with, hand-picked from Judy's Greendale garden.
- All the tools and supplies needed to create and transport a stunning quart jar arrangement.
- Expert guidance from Judy, who will share her design experience to help you craft a one-of-a-kind, summer-inspired floral arrangement.

Whether you're a beginner or a seasoned flower lover, this workshop offers a fun and creative way to explore the beauty of summer flowers. You'll leave with your own unique arrangement, ready to brighten any space!

**Date:** Thursday  
 Session I August 13 #110582.1  
 Session II August 20 #110582.2  
 Session III August 27 #110582.3  
**Time:** 5:30-7:30 p.m.  
**Location:** Community Learning Center Meeting Room  
**Fee Per Session:** Resident: \$55.00  
 Non-Resident: \$65.00  
**Instructor:** Judy Krajniak: BFA, Design  
**Note:** Registration is limited to one session per participant with a maximum of four students per session.

## Thank you for Rounding Up your Program Fees!

Sally Lemke  
 Carol Miller  
 Cindy Nettles  
 Kim Sebastian  
 Sandra Wendt

Rounding up your program fee helps provide financial support to the Greendale Park and Recreation Department for promotion of preschool, youth, adult and senior citizen programs and participation for those unable to pay full price for programs offered by the department. Keep us in mind as you pay your registration fees this summer!



## Grandparents: Getting Started

ages 50 and older



Your children are grown and now you are a Grandparent – congratulations! Things have changed over the years and this course will teach you the newest recommendations for emotional, behavioral, and physical care. Choking, rescue breathing, some basic first aid, and CPR skills are all reviewed with hands-on practice so you are ready for emergencies as well. Safe Sitter® seeks to make you the most prepared Grandparent possible with this class. Safe Sitter® Class textbook and completion certificate are included.

**Date:** Thursday, June 18  
**Time:** 9:30 a.m.-12:30 p.m.  
**Location:** Community Learning Center  
Community Meeting Room  
Lower Level  
**Fee:** Resident: \$56.00  
Non-Resident: \$66.00  
**Instructor:** Renee Vanselow  
Rescue Ready Resources, LLC

#110558.1



NEW!

## Emergency Preparedness for Parents & Caregivers

adults



Be ready when it matters most. Whether you're expecting a child, fostering, caregiving, or working as a babysitter, this hands-on course equips you with life-saving skills for infant and child emergencies. Through engaging lectures, videos, and guided practice with manikins, you'll learn how to confidently respond to choking, perform CPR, and use an AED. Participants will receive a digital textbook and a 2-year American Red Cross Pediatric CPR/AED certification upon completion.

**Date:** Tuesday, July 7  
**Time:** 4:30-7:30 p.m.  
**Location:** Community Learning Center  
Community Meeting Room  
Lower Level  
**Fee:** Resident: \$65.00  
Non-Resident: \$75.00  
**Instructor:** Renee Vanselow  
Rescue Ready Resources, LLC

#110512.1

## Pet First Aid and CPR Certification

ages 16 and older



Do you know what to do in the event of a pet emergency? Learn how to provide support to an injured or ill pet until vet care is available. Learn proper first aid and pet CPR techniques for dogs or cats. Information will be provided about assembling your own pet specific first aid kit, so you are prepared in an emergency. After completion, in accordance with veterinarian reviewed and approved Pro Pet Hero curriculum, you will receive a 2-year certification.

This class is ideal for pet owners and pet professionals alike—includes hands on practice of skills and digital textbook. All supplies included.

**Date:** Tuesday, August 4  
**Time:** 4:30-7:30 p.m.  
**Location:** Community Learning Center  
Community Meeting Room  
Lower Level  
**Fee:** Resident: \$65.00  
Non-Resident: \$75.00  
**Instructor:** Renee Vanselow  
Rescue Ready Resources, LLC

#110509.1



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

ages 14 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 followed by 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. **Each participant must have their own, individual email to create their online account.** This email used cannot already be in use with the American Red Cross by another individual. Students must bring proof of completion of online program in order to attend the hands-on session.

Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. An email including the online class link will be sent two weeks before class begins.

**Date:** Tuesday  
July 21  
**Time:** 6:00-8:30 p.m.  
**Location:** Greenfield City Hall  
Room 206

#110511.1

**Fee:** Resident \$100.00  
Non-Resident \$120.00  
**Instructor:** Sue Stadler, ARC  
Authorized Instructor

## Greendale Senior Social Club

Friendship, Fun, and Fitness for Seniors ages 50+

Join a welcoming community of active seniors who meet twice a week to connect, move, and create together. The Greendale Senior Social Club offers a variety of engaging activities designed to keep minds sharp, bodies active, and spirits high.

### Activities Include but are not limited to:

- Gentle group exercise for all fitness levels (aka Morning Muscles)
- Fun games and friendly competitions
- Guest speakers and educational talks
- Creative crafts and hands-on projects
- Monthly Book Discussions
- Birthday Celebrations



### Why Join?

- Make new friends and enjoy meaningful social connections
- Stay active and engaged in a supportive environment
- Discover new hobbies and interests or find people that share your interests

### Meeting Times:

Twice a week on Tuesdays and Fridays

Exercise is from 10:00-10:30 am and activities start right after and go until 3:00 pm

### Location:

St. Lukes Lutheran Church, 6705 Northway, Greendale WI, 53129 (2<sup>nd</sup> floor)

### Cost:

\$45.00 for Residents and \$55.00 for Non-Residents for a yearly membership

### Contact:

Want to learn more? Call Greendale Park & Recreation at 414-423-2790, or stop by the Club to check it out and meet Club Director Meri Misko!

Ready to join? Register online using code #500026.1.

**Stay active! Stay social!**



## 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) and a snack for your group to enjoy. All Games Galore members are responsible for cleaning the Hose Tower room after each week's games. Have a good laugh, share some enjoyable games, and most importantly, have fun!

**Dates:** Every Thursday of the Year  
excluding May 28, July 30,  
November 26 & December 24

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

**Location:** Historic Hose Tower  
5699 Parking Street

**Fee:** No Charge

**Supervisor:** Bruce Matzek & Sheepshead Friends

**Note:** Registration is **NOT** required. Some weeks may be cancelled due to private rentals of the Hose Tower so make sure Bruce Matzek has your email address. Doors open at 10:45 a.m.



## Recreation Assistance Program

The Greendale Park and Recreation Department recognizes that some of the residents of the Village of Greendale require financial assistance to attend certain recreational activities. RAP provides these residents with the opportunity to attend these programs at a discounted rate.

Any family or individual who is a resident of the Village of Greendale may apply for the Recreation Assistance Program. To qualify, residents must meet Federal Income & Financial Support Guidelines (Income Eligibility Guidelines for the Federal Government will be acceptable guidelines for the Department to follow encompassing household size and annual income). If families qualify for the free and reduced school lunch program through the Greendale School District, a copy of that application may be submitted instead of the Recreation Assistance application form. Deadline for programing seasons is August 1st, December 1st, and April 1st.

For more information, or to request an application stop in at the Greendale Park and Recreation Department.

## Korean Cooking with Seonjoo So (소선주) adults

Discover the bold flavors and vibrant culture of Korea through these hands-on cooking classes! Whether you're new to Korean food or looking to expand your skills, each class offers a delicious new dish and plenty of fun. Join us for one—or all! All skill levels welcome! No experience needed—just bring your appetite and enthusiasm. Ingredients and recipes are provided. Share any dietary needs at registration.

### Korean BBQ Night: Beef Bulgogi (불고기)



Get a taste of a classic! Bulgogi has been a Korean favorite since the 1950s, famous for its tender, thinly sliced beef and signature marinade. Come learn how to prep, season, and grill this legendary dish over high heat for an authentic barbecue experience at home.

**Date:** Thursday, July 23  
**Time:** 6:30-8:30 p.m.  
**Location:** Greendale High School Room 135  
**Fee:** Resident: \$32.00  
 Non-Resident: \$42.00

#111016.1



### Taste of Korea: Veggie Japchae Noodles (채식 잡채)



Looking for a healthy dish that doesn't sacrifice flavor? Join us to make Japchae! These famous Korean sweet potato noodles are chewy, sweet, and packed with savory garlic and sesame goodness. We'll load them up with colorful stir-fried veggies and mushrooms for a meal that is nutritious, delicious, and fun to make.

**Date:** Thursday, July 30  
**Time:** 6:30-8:30 p.m.  
**Location:** Greendale High School Room 135  
**Fee:** Resident: \$30.00  
 Non-Resident: \$40.00

#111015.1



### Oodles of Noodles: The Udon Bowl Experience (냉우동샐러드)



Energize your body with this refreshing, nutrient-packed dish! We will prepare Udon-thick, chewy wheat noodles served cold and tossed with a vibrant mix of spring greens and colorful crisp vegetables. The dish is finished with a signature sweet-and-sour sauce that makes for a perfect, light meal.

**Date:** Thursday, August 6  
**Time:** 6:30-8:30 p.m.  
**Location:** Greendale High School Room 135  
**Fee:** Resident: \$30.00  
 Non-Resident: \$40.00

#111017.1



### Sizzle & Serve: Marinated Chicken Stew Bulgogi (닭불고기)



Learn to make Korea's favorite marinated chicken! We will cover the essentials of slicing and marinating chicken thighs for maximum flavor. While we will be cooking our class portion indoors, this dish is traditionally best enjoyed when grilled over high heat. We will discuss techniques for both stovetop cooking and outdoor grilling so you can enjoy this savory dish year-round.

**Date:** Thursday, August 13  
**Time:** 6:30-8:30 p.m.  
**Location:** Greendale High School Room 135  
**Fee:** Resident: \$30.00  
 Non-Resident: \$40.00

#111018.1



NEW!

## Love that Latin

adults



Immerse yourself in the vibrant, bold, and fresh tastes of Latin America. In this unique class, you will learn how to create two highly celebrated classics: the festive, rich Chiles en Nogada and a bright, zesty Shrimp Ceviche. Discover the stories and traditions behind these dishes, from the patriotic history of Chiles en Nogada, typically served during Mexican Independence Day celebrations, to the coastal freshness of Ceviche, where fresh shrimp are “cooked” by the acidity of fresh citrus juices.

### You'll sample...

*Shrimp Ceviche with Mango-Habenero Sauce*  
*Chiles en Nogada*  
*Bolillo Rolls*  
*Biscoff Tres Leches*

**Date:** Tuesday, June 16 #111001.1  
**Time:** 6:30-8:30 p.m.  
**Location:** Greendale High School  
 Room 135  
**Fee:** Resident: \$30.00  
 Non-Resident: \$40.00  
**Instructor:** Staci Joers  
 Cooking with Class  
**Note:** All supplies are provided. Please indicate any food allergies at the time of registration.

## Steakhouse Favorites: Savor the Sizzle

adults

Savor the Sizzle class was so popular in May that we are offering it again this summer. This class is all about bold flavors, rich textures, and steakhouse-style indulgence-made approachable for home cooks. You'll learn a modern technique for cooking steak that delivers restaurant-quality results, plus all the decadent sides that complete the experience. This demonstration-style class is perfect for anyone looking to upgrade their cooking skills and recreate a special-occasion meal at home. Come hungry!  
 On the tasting menu:

- **Extra Crispy Fried Cauliflower** with mustard remoulade, honey drizzle & chile crunch
- **Pesto Steak Confit** using the reverse sear method for a tender, perfectly cooked steak
- **Creamy Potatoes au Gratin** – a rich, comforting classic
- **Espresso Chocolate Pot de Crème** – a silky, French custard with deep mocha flavor

**Date:** Wednesday, June 17 #111003.1  
**Time:** 6:30-8:30 p.m.  
**Location:** Greendale High School  
 Room 135  
**Fee:** Resident: \$30.00  
 Non-Resident: \$40.00  
**Instructor:** Staci Joers, Cooking with Class  
**Note:** All supplies are provided. Share any dietary needs during registration.

NEW!

## Southern Comforts on the Grill

adults



Fire up your grill for a Southern-inspired outdoor cooking class in which you'll learn essential grill skills for a truly satisfying, flavorful feast. I'll cover grilling techniques for meats and biscuits as well as balancing sweet, spicy, and tangy flavors.

### You'll sample...

*Jalapeno Honey Butter Corn Biscuits*  
*West Kentucky Pork Shoulder with Hot Vinegar Dip*  
*Fried Potato Salad with Candied Bacon*  
*Banana Pudding with Nilla Wafers*

**Date:** Tuesday, August 18 #111004.1  
**Time:** 6:00-8:00 p.m.  
**Location:** Community Center Park Pavilion  
 6200 S. 76th Street  
**Fee:** Resident: \$30.00  
 Non-Resident: \$40.00  
**Instructor:** Staci Joers  
 Cooking with Class  
**Note:** All supplies are provided. Please indicate any food allergies at the time of registration.

## Let's Make Salad

adults



This class encourages participants to move beyond basic iceberg lettuce and ranch dressing by exploring a wide variety of tasty, healthy salads. It covers main dish salads, side dish salads, grain salad bowls, and easy, flavorful dressings. Attendees will learn about different salad ingredients, prepare recipes during the class, and receive additional recipes to try at home. Participants are encouraged to bring containers to take home leftovers and an appetite for the meal.

**Date:** Tuesday, July 14 #111005.1  
**Time:** 6:00-8:30 p.m.  
**Location:** Greendale Middle School  
 Room 190  
**Fee:** Resident: \$35.00  
 Non-Resident: \$45.00  
**Instructor:** Julie Toman  
**Note:** All supplies are provided. Please indicate any food allergies at the time of registration.