

One-Evening MINI-COURSES for Adults

LEARNING NEVER ENDS... AN EVENING FOR ADULTS

Thursday, April 9, 2019

6:30 - 9:15pm

Wauwatosa West High School
11400 W. Center Street

Check-in begins: 6:15pm

1st Session: 6:30 - 7:45pm

2nd Session: 8:00 - 9:15pm

Use the registration form on page 32. Select two mini-courses and two alternatives. Register early. All mini-courses will be filled on a first-registered basis.

Fee for the evening is \$10.00 per person



The Importance of Providing Enrichment in Your Dog's Life

Would you love to learn how to make your best friend's life more enjoyable and fun? We will be teaching you fun techniques that you've probably never thought of to enjoy with your beloved best friend. We will be discussing the importance of physical enrichment (types of exercise to provide dogs that pet owners wouldn't typically consider) and mental enrichment (food puzzle toys, long term chews, trick training, scent work). The aim would be for all of the enrichment activities that we discuss to be simple "at home" activities that you can incorporate into your pet's lives with relative ease.

Course Number 01
Good Karma Canine

The Art of Downsizing

(6:30 only)

Are you ready to downsize or anticipating the need to clean out a loved one's home? During times of transition it's important to maximize the value of what you have but also important to make the transition as smooth as possible. Find out how to navigate the complex world of estate sales and estate liquidation by someone who is knowledgeable, compassionate and an expert!

Course Number 02

Erik Grossmeyer, Heritage Estate Settlement

Advancement in Alzheimer's Education & Research

(6:30 only)

Discuss the progress being made in the research of Alzheimer's disease and dementia. Learn how the study of the disease has evolved resulting in changing clinical practices and research. Learn how longevity and modern lifestyles have made Alzheimer's disease more prevalent, how it starts in the brain decades before we see the first signs of memory loss and how that window of time offers an opportunity for prevention and early intervention.

Course Number 03

Dr. Pietro Antuono

Home Remodeling

The demand for real estate in Wauwatosa has risen to new heights. What does this mean for your Tosa home and is it a good time to remodel or move? Talk to the local home remodeling experts from the S.J. Janis Company about your home and learn about the latest remodeling trends. Course Number 05

Nick Sannes, SJ Janis Company



MoneyBall/ Baseball Analytics

Are you passionate about America's favorite past time? Perhaps you coach baseball? Come and learn from the experts what baseball analytics really are and how they can be applied. Learn to use a basic tool kit to make informed decisions both in-game and also for player development. From this class you'll learn to love baseball at an even deeper level!

Course Number 04

Nick Davis, Milwaukee Brewers

Navigating Senior Living & Care Options

(6:30 only)

Navigating Senior Living and Care Options - ALF, ILF, CCRC, SNF: Alphabet soup? Unfortunately not. Join us as we debunk the myths surrounding the complex world of long term care. Walk away with the knowledge you need to navigate the world of senior housing and care. Attend for yourself, or for someone you love.

Course Number 06

Pam Foti & Jenny Wagner, Vesta Senior Network

Understanding Dementia and Memory Care

(8:00 only)

Each person is unique. When they receive a dementia diagnosis that doesn't change. Their care should also be unique and fit them as an individual. Join Vesta to gain a better understanding of dementia and explore the many types of memory care programs that exist. What care is best for my loved one?

Course Number 07

Pam Foti & Jenny Wagner, Vesta Senior Network



The Gift and Challenge of Being a Caregiver

Being a caregiver can be the most rewarding and most challenging role you've ever had. Join us as we consider: What should we reasonably expect from someone who is a caregiver? What keeps a caregiver from asking for help? What causes you to become overwhelmed? And then there's the "Guilt". Let us help you gain some understanding, validation and to put it all in perspective

Course Number 08

Adele Lund, Laureate Group

Nutrition for your Brain

(8:00 only)

Nutrition plays an important role in our health, longevity and healthy aging. Brain function is also dependent on our life styles to the point that nutrition and environmental factors may affect the risk of developing dementia. Awareness of this ongoing research can help us towards maintaining a healthy brain. Learn what choices you can make now to better prepare you for a long and healthy life.

Course Number 09

Dr. Pietro Antuono

Stop The Bleed

Did you know that death from bleeding can happen in mere minutes? Learn how to save a life by learning how to stop bleeding with basic hemorrhage control techniques, such as pressure, packing, or a tourniquet. With this basic training you may save a life as a bystander to trauma. A certificate from the American College of Surgeons will be provided.

Course Number 10

Anna Ogden, Froedtert Hospital

Could Food Be Medicine?

Did Hypocrites have it right, "Let food be thy medicine?" In this informative class we'll discover the relationship between diet and your health. We'll highlight the power of plant based foods and fiber in optimal health and how food can help heal the body from illness. I know, mind blowing, right?

Course Number 11

Amberlea Childs

Food for Life Instructor

Community Supported Agriculture – The Best Quality Food

Do you love the Farmer's Market? Can you imagine having it delivered right to you? Have you wondered what a CSA is? Come and learn all about this powerful investment in your health, community, and local economy. Choosing a CSA is about connecting to a farm and your food. Savor hand-picked fresh-grown produce full of nutrients and free of harmful chemicals, delivered to you weekly.

Course Number 12

Steve & Kath Vogelman, High Cross Farm

Preservation Via Butterfly: How the Monarch Butterfly and Pollinators are Helping us Understand and Preserve our Natural Resources

(6:30 only)

Here in Wauwatosa we have an incredible opportunity to learn not only about the lifecycle and biology of pollinators but we have one of only a few known monarch roosting sites in south east Wisconsin. Learn about lifecycle, native plants needed to support these beautiful creatures and why the County Grounds are so vital to protecting these lovely beings.

Course Number 13

Barb Agnew, Friends of the Monarch Trail

Build a Butterfly and Pollinator Garden

(8:00 only)

This class will teach you everything you need to know to get started to have a gorgeous and beneficial garden this spring! Pollinating insects increase environmental diversity and drive seed and food production throughout the world. Nearly 1/3 of the food we eat requires pollination and local food needs local bees. Find out how you can help attract local pollinators, including beautiful butterflies, by adding plants attractive to pollinators and supporting their life cycles in your gardens. Discussion will cover the use of milkweed and milkweed seeds will be distributed to attendees.

Course Number 14

Jennifer Lazewski

Regenerative Medicine: Hype or Hope? Understanding Stem Cell and Plasma Therapies

Regenerative medicine refers to the therapies that are able to repair, restore, and regenerate damaged tissues in the body. Regenerative medicine involves treating your condition and not just masking symptoms, representing a significant advancement from traditional medicine. Young athletes and older individuals can benefit from regenerative medicine, including stem cell therapy and PRP (Platelet Rich Plasma) therapy.

Course Number 15

Dr. James Ropicky, Chiro-Med, S.C.

Introduction to Home Wine Making: Summer Berry Country Wine

(6:30 only)

Learn how to make wine using our wonderful summer berries. This is a class for anyone who enjoys wine or has an interest in making their own wine at home using fresh fruit. During this class you will learn about the equipment used, including a hydrometer, understanding what certain winemaking words mean, proper sanitation and cleaning methods, how to use different wine making ingredients, the steps to making wine from fruit – we will star one in this class, and tips to make the best country wine to your taste – sweet or dry!

Course Number 16

Karen Lau, The Purple Foot

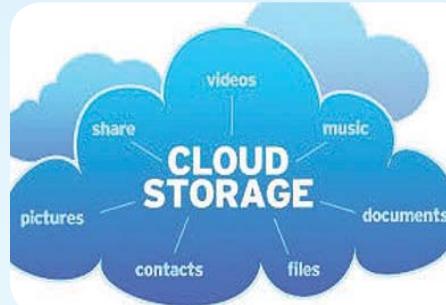
Wine Tasting and Food Pairing

(8:00 only)

Did you ever wonder about the characteristics of your favorite wine? This is a class for anyone who enjoys wine. During this session you will learn about the components that make up a good wine; color, clarity, body, aroma/bouquet and taste; the difference between sweet and dry wines, how the acid and tannin balance affects the flavor of wine and about wine faults such as vinegar and oxidation.

Course Number 17

Karen Lau, The Purple Foot



How to Use "The Cloud" Properly

(6:30 only)

Storing data on "The Cloud"? What exactly is "The Cloud"? How do you use it and what can it do for you and your technology device? How can "The Cloud" benefit you or your small business? Don't be in a haze...join us to learn how to utilize "The Cloud"!

Course Number 22

Patty Jaeger

Intro to Meditation: From Frenetic to Fantastic in Just 5 Minutes

(6:30 only)

Are you interested in learning ancient secrets that could bring ease, joy & contentment back into your every day? Yoga is a 6000+ year old practice designed to make life easier for humans and Meditation is one branch of Yoga. During this session we will explore a variety of easy Meditative & Yoga Practices that can be used to calm frenetic thoughts. Whether you have 1 minute or 20, we will learn accessible techniques for everyBODY and everyMIND geared towards focusing the mind and igniting your inner zen. No Yoga Mat, Yoga Clothes or experience required.

Come as you are.

Course Number 18

Haley Stozek, Inner Light Yoga Studios

Intro to Yoga Postures: Breath your way to Back Health

(8:00 only)

"You're only as old as your spine", Joseph Pilates. Comfort & ease in your body is an option at every age! Years of repetitive motion and sitting can take a large toll on the spine, hips & knees. GOOD NEWS, millions have found relief to chronic aches & pains through a gentle Yoga practice. In this experiential class, we will learn how to use simple breathing techniques and gentle Yoga postures to strengthen our bodies from the inside out. Yoga newbies will find this information and movements accessible & Yoga students will learn easy techniques they can apply to their Yoga practice today.

Course Number 19

Haley Stozek, Inner Light Yoga Studios

What do Admissions Officers Really Look for in the College Application?

(8:00 only)

Does your essay actually matter? Do colleges really care how many times you were on the honor roll? Are they only basing their decision on your test score and GPA? Learn about the required components of different college applications and how they influence admissions decisions and how admission counselors read applications from actual admission counselors.

Course Number 21

Rose Littlefair & Zuleyka Rios, Admissions Counselors Marquette University

How to Make the Most of Your College Visits

(6:30 only)

Campus visits are an important part of the college search process. Learn how to set up appointments to visit colleges, different types of visits, and the questions you should ask at your visits to get all the information you need for the different stages of your college search process. If you've never visited a campus, how will you know if it's the right college for you? Speak with an admissions professional from a major university about to how to successfully plan and prepare for your campus visits.

Course Number 20

Rose Littlefair & Zuleyka Rios, Admissions Counselors Marquette University

Computer Scams and Illicit Phishing

(8:00 only)

Don't be a victim to computer hackers! Learn how to protect your computer, tablet and phone devices from scams and phishing using Microsoft Apple or Android operating systems. You'll learn what to look for, how to identify a scam and what to do if you inadvertently 'click' on one.

Course Number 23

Patty Jaeger

LEARNING NEVER ENDS... AN EVENING FOR ADULTS

Tuesday, April 9, 2019

6:30 - 9:15pm

**Wauwatosa West High School
11400 W. Center Street**

Please park in the large parking lot located on the west side of the school, and use the southwest entrance.

1. Complete the form below, indicating 2 mini-course preferences AND 2 alternatives, in case your first choices are filled. All sessions will be filled on a first-registered basis.

2. Your mini-course schedule will be available at Check-In (begins at 6:15pm). Confirmations **will not** be mailed.

3. **Return this form with credit card info or a check for \$10.00 PER PERSON, payable to:**
Wauwatosa Recreation Department, 12011 W North Avenue, Wauwatosa, WI 53226.

OR You may fax, with MasterCard/VISA information, to (414) 773-2920.

Download extra copies of this form from our website at www.tosarec.com, or photocopy.

Questions? Call (414) 773-2900, or send email to tosarec@wauwatosa.k12.wi.us

Please note: For program promotion purposes, photographs may be taken of participants. If you do not wish to have your photo taken, please notify the photographer or instructor.

(Please print)

Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Email: _____

I would like to attend the following courses:

Choice #1 _____ Course Name: _____

Choice #2 _____ Course Name: _____

Alternate _____ Course Name: _____

Alternate _____ Course Name: _____

MasterCard/VISA _____ exp. date ____/____ 3-digits _____ Signature _____

(Please print)

Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Email: _____

I would like to attend the following courses:

Choice #1 _____ Course Name: _____

Choice #2 _____ Course Name: _____

Alternate _____ Course Name: _____

Alternate _____ Course Name: _____

MasterCard/VISA _____ exp. date ____/____ 3-digits _____ Signature _____