

An Evening of Mini-Courses for Adults

LEARNING NEVER ENDS
...An Evening for Adults

Wednesday, April 26, 2017
6:30 - 9:15pm

Wauwatosa West High School
11400 West Center Street



Sponsored by the
Wauwatosa School Dist. Recreation Department
12011 W North Ave, Wauwatosa, WI 53226
Phone: (414) 773-2900
Fax: (414) 773-2920
www.tosarec.com

LEARNING NEVER ENDS Registration Form

(Please print)
Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Email: _____

I would like to attend the following courses: (Please add at least one alternate in the event a course is cancelled.)

Choice #1 ____ Course Name: _____

Choice #2 ____ Course Name: _____

Alternate ____ Course Name: _____

Alternate ____ Course Name: _____

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

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The evening's schedule:
6:15 pm Check-in begins
6:30 - 7:45pm Session 1
7:45 - 8:00pm Break
8:00 - 9:15pm Session 2

To register:
Select 2 mini-courses and 2 alternates. All sessions will be filled on a first-registered basis.

Your mini-course schedule for the evening will be available at check-in.

Use the form provided and drop off, mail or fax with \$10.00 (cash, check, credit card) to:
Wauwatosa Recreation Department
12011 W. North Avenue
Wauwatosa, WI 53226
FAX: (414)773-2920

- For questions or more information on these courses:
- Go to www.tosarec.com
 - See Wauwatosa Recreation Department's Summer 2017 Activity Guide
 - Phone: (414)773-2900

Choose two of these exciting mini-courses, and pay only \$10.00 for a fun and informative evening!

Yoga, Meditation & the Pursuit of Contentment #01

Explore a variety of easy meditative & yoga practices that can be used to calm frenetic thoughts. Whether you have 1 minute or 20, 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.

Haley Stozek, Owner, 500 RYT Inner Light Yoga Studios Integrative Yoga Therapy 200 Hour Teacher Training Program

John F. Kennedy: Conspiracy Facts #02

The word conspiracy should not be distorted, a conspiracy implies more than one person involved. However, this conspiracy goes way beyond, there is actually too much involved. Join Steve as he breaks down the simple facts of the sequence of events and the many individuals involved, some knowingly and others unknowingly. Picture and video illustration and actual footage to provide proof on many points.

Steve Kunkel, presenter

Navigating your Nutrition: The Good, the Bad and the Ugly #03

This class is designed to help you uncover some of the "hidden" ingredients in your food. We will talk about the dirty dozen and clean 15 in relation to produce, organic vs conventional meats, and sugar and what it does to food and your body!

Jules Philippi, Programming Manager, WAC Wauwatosa

Plant-Based Eating 101 #04

While fad diets come and go, a healthy lifestyle founded on nutritious eating never goes out of style! Learn tricks and tips for incorporating plant-based foods into your daily habits. Gain confidence in the kitchen using whole foods and learn how the healthiest populations in world choose to eat.

Chelsea Gloeckner, Nutrition Coach & Founder of VICTAE

Pruning Ornamental Trees and Shrubs #05

Pruning trees and shrubs is an art and a science. Learn how plants respond to different types of pruning cuts, along with best practices to keep your trees and shrubs healthy and maintained.

August Hoppe, Certified Arborist, Hoppe Tree Service

Remodeling Your Home – What TV Shows Do Not Show You! #06

Understand the steps involved for a successful remodeling process. TV shows and the internet can provide misleading information that our design consultant will break down. Walk-thru the complete process from the first meeting, to budget, design, and completion.

Kristin Allen, SJanis Design Consultant

Recycling #07

Why do I need to recycle? What should I recycle? Where does the recycle material go? Are my recyclables actually getting recycled? This presentation will answer these questions and some of the common misconceptions about the recycle process as well as some do and do not's of recycle and refuse collection.

Chris Surwill, Route Manager, Advanced Disposal

What kind of computer or smart device should I get? #08

(6:30 only) It's all so confusing...tablet, notebook, netbook, laptop, computer... what are the differences? How do you know which one to get? What are the limitations? What can each do? What do I need? What can the device I just got as a present do and will it work for me? Join the discussion and get answers to your questions.

Patricia Jaeger, Independent Computer Consultant, PLJ Computer Services, LLC

OneDrive Microsoft Cloud Service (8:00 only) #09

You might have heard of Skydrive or OneDrive before, but what is it exactly? How does it compare to iCloud (Apple) or Google Drive? Bring your devices and see how it works with them.

Patricia Jaeger, Independent Computer Consultant, PLJ Computer Services, LLC

How to Make the Most of College Visits #10

Campus visits are an important part of the college search process. If you've never visited a campus, how will you know if it's the right college for you? An admission professional with over ten years of experience will provide recommendations on how to successfully plan and prepare for your campus visits.

Sarah Blake, Associate Director of Undergraduate Admissions, Cardinal Stritch University

The Birth Center Experience (6:30 only) #11

Join us as we discuss the labor and delivery of our newly renovated Froedert Hospital Birth Center. The birth center provides the comforts of home along with the latest technology. Come hear what we have to offer.

Julie Konen, Tamela Sisco, & Angie Conto, Froedert Hospital

Home Security & Personal Safety #12

Discuss home security and personal safety. Learn ways to keep your family and home safe and ways to avoid being victimized. Topics will also include current crime trends and the state of Wauwatosa. Bring your questions!

Sergeant Bradley Beckman & Officer Dan Kane, Wauwatosa Police Department

Roth IRA's: Retirement Can Be Less Taxing #13

Designed to educate investors about the opportunity to gain tax-free income in retirement. Cover the differences between traditional and Roth IRAs, the benefits of Roth IRAs, and the tax consequences associated with converting to a Roth IRA.

Scott Cayo, Financial Advisor, Edward Jones

Notable Presidential Elections #14

Although the presidential election is the most consequential political event in our nation, the process of how that election actually works remains shrouded in mystery for many Americans. Examine the convoluted process by which the president is elected, before providing an in-depth look at three of the most significant and controversial presidential elections in our nation's history.

Joseph Paul, History Teacher

Amish Potpourri #15

Learn about the real Amish rather than the fictitious version you hear about. Learn about their groups: Old Order, New Order, Egli, Borkholder, etc. Join author, Richard Dawley, in a discussion about everything Amish.

Richard Dawley, Author

Green Your Kitchen! #16

Learn how and, more importantly, why to compost at home or as part of an active community compost network. Other topics covered include sustainable living techniques about greening your kitchen habits, food and yard "waste", the general state of "waste" management and more.

Renee Scampini, Kompost Kids Inc board member

Native Plants in the Garden (6:30 only) #17

Gardening with native plants is becoming more prevalent. This session will focus on native flowers and grasses for the home garden. What is a native plant? What are the benefits of using natives? Which plants are best for a shady or sunny garden or for a moist or dry area of the garden?

Mary Voelker, UW Extension Master Gardener; Master Composter

Rain Gardens (8:00 only) #18

Have you wondered about having a rain garden? We will consider the value of a rain garden and why we should work to install them at our homes. Find out how to design and build a rain garden.

Mary Voelker, UW Extension Master Gardener; Master Composter

Nature's Ways... Emotional Healing and Spiritual Growth Through Nature Interaction #19

In this presentation, Philip Chard, a thought leader in the emerging field of eco-psychology, illustrates how nature interaction overcomes debilitating feelings, heals emotional wounds, promotes self-understanding, nurtures creativity, and furthers spiritual growth.

Philip Chard, President and CEO of Empathia, Inc

Showing Up for Racial Justice (SURJ) #20

White Fragility: how to recognize it in yourself and others while talking about race. Do you feel hopeless in the fight for social and racial justice? Do conversations about race make you feel uncomfortable, yet you are desperate to take action in the pursuit of racial justice? Join members of SURJ to learn how to recognize white fragility and how to effectively work through feelings of discomfort and guilt as you discuss ways to work toward justice.

SURJ Group

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