

One-Evening MINI-COURSES For Adults

Learning Never Ends

.. *An Evening For Adults*



Tuesday, October 27, 2009

6:45 - 9:30 p.m.

Wauwatosa West High School
11400 W. Center Street

Check-in begins: 6:15pm 1st Session: 6:45 - 8:00pm 2nd Session: 8:15 - 9:30pm

Use the registration form on page 16. 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.**

Milwaukee's Samson the Great

Of all the gorillas at the Milwaukee County Zoo, Samson was not only the most popular, but also the most loved. Learn about the life of Samson and his pal, Sambo.

Course Number 01

*Sam LaMalfa, Retired Primate Supervisor
Milwaukee County Zoo*

Gas Tank Getaways

Explore Wisconsin and our neighboring states on a tank of gas or less. Let a travel agent from AAA tell you about inexpensive and interesting places to discover. Enjoy time with family and friends visiting area museums, going on factory tours, exploring quaint towns and marveling at scenic wonders.

Course Number 02

*Travel Agent
AAA*

Save Money & Energy with Insulation Solutions

Let experts from Focus on Energy and Elements Squared LLC help you diagnose and explain common problems in your house such as ice damming, drafty rooms, and more. Understand where energy is being lost, look at different types of insulation, and get ideas to combat those high heating and cooling costs.

Course Number 03

*Dave Marek, Elements Squared LLC
Tim Guillama, Beyond Energy LLC*

Olive Oil & Vinegar A Guided Tour

Taste FRESH extra virgin olive oils from around the world, and balsamics from Modena, Italy! We'll dispel common myths, discuss truth in labeling, and teach you how to tell if your olive oil is fresh or not. Dip bread and sample a few simple dishes using the good stuff. Recipes will be provided. Enjoy!

Course Number 04

*Josh Saiia, Olive Oil Expert
Oro di Oliva, Wauwatosa Village*

Handwriting Analysis

Does the slant of your writing influence personality characteristics? Can you conceal what your handwriting reveals? Get answers to these and other questions in this fun and enlightening journey into handwriting analysis.

Course Number 05

Jan Pogodzinski, Family Life Educator

Make Money on eBay

You've heard about it for years, now find out why YOU should become a seller on eBay! Learn the basics of eBay, how to create an ad that sells, plus how to make the most money you can from your treasures. View current examples of profitable listings on eBay and find out what makes them work. Come prepared to learn and have fun.

Course Number 06

*Mary Krajnak
UW Waukesha, Continuing Education*

Trigger Point Therapy: A Home Stress System

Discover how to relieve pressure in specific spots in your body that store stress, resulting in reduced pain and improved health. Learn how to locate your "trigger points" and natural ways to relieve them easily and quickly, for a healthy, happier you!

Course Number 07

*Dr. Taylor Poehls, D.C.
Chiropractic Company*

A Small Miracle of the Holocaust

Session 1 Only

Jack Dygola will share his experiences as a young Jewish boy in Poland during World War II. Jack's town was bombed on the first day of the war. He survived on his own at the age of 10, by taking on the persona of a Catholic friend who had disappeared. Jack's story is one of many in the book *Small Miracles of the Holocaust*.

Course Number 08

Jack Dygola, Holocaust Survivor

The Shanghai Jewish Ghetto

Session 2 Only

Eddie Shafer was born in the Shanghai Ghetto. Hear her story of many miracles, including her father's release from a Nazi concentration camp and his journey to Shanghai. Learn how Eddie's Shanghai experience has shaped her life.

Course Number 09

*Eddie Shafer, Volunteer
Holocaust Education Resource Center*

Creative Ideas:

Sticky Notes Bookcovers

Session 1 Only

Create perfect teacher gifts or stocking stuffers! Get great ideas for making book covers for 3x3 sticky notes. Make one with decorative papers, and design another with stamps, stickers and embellishments made from shrink art.

Course Number 10

*Karen Kartaly & Jan Hoefler
Artist & Display*

Register for Learning Never Ends in person, by mail, or by fax. Use the form on page 16.

Register EARLY!!!

Creative Ideas: Artist Trading Cards (ATC's)

Session 2 Only

Artist Trading Cards (ATC's) are miniature works of mixed media art the size of baseball cards. Learn about this fun way to exchange one-of-a-kind "calling cards" with each other that demonstrate your own unique artistic flair. Create several ATC's using a variety of stamping and collage techniques, and be a part of this new movement, popular around the world.

Course Number 11

*Karen Kartaly & Jan Hoefler
Artist & Display*

Exploring Your Tosa Home's History

Are you interested in exploring the history of your home or the people who have lived on the property before you, or both? Come and learn how to use available resources to begin your research. Discover the history waiting for you in your own home!

Course Number 12

*Julie Peay
Wauwatosa Historical Society*

UFO's and Aliens

Author and lecturer Bonnie Meyer has done serious UFO research for over 30 years. Come with an open heart and mind and hear about her journey into the field of UFO's and aliens, including information on her personal contacts with aliens. Signed copies of Bonnie's books will be available for purchase.

Course Number 13

Bonnie Meyer, Author and Lecturer

The Late Fall Garden

Don't put away your gardening gloves yet! Learn what to do in the garden as the final flowers fade and winter closes in. Find out what to cut back and what to leave standing, discover the tricks to planting bulbs, and get ideas for your spring garden.

Course Number 14

*Sue Donohoe
Sue's Garden Design*

Making the Most of Your PC

Learn simple steps to get optimal performance and reliability from your computer. Find out about necessary and optional updates, how to improve your computer's speed, and how much memory you really need. Also get tips on maximizing your operating system and information on helpful utility programs. Handouts provided.

Course Number 15

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

Live & Love Yourself Healthy

Are you committed to, or interested in, making a healthy lifestyle change to achieve your physical and emotional goals? Barbara Kruck, of Barbara's Healthy Weighs, has been a healthy lifestyle coach for over 20 years. She will offer successful behavioral strategies for your personal growth, as well as advice on nutrition and exercise. Discover yourself and the strengths you possess to live and love yourself healthy!

Course Number 16

*Barbara Kruck
Barbara's Healthy Weighs*

Brain Jogging

Benefits of physical fitness are well known, but what about brain fitness? Improve your concentration, reduce resistance to learning and increase your brain's resilience through brain fitness exercises. Discover how your memory works and what you can do to improve it. Have fun learning how to stay sharp and alert, no matter what your age.

Course Number 17

*Murali Vedula, Ph.D.
Brainjogr Founder*

All Around Decoration . . .

New Ideas With Wreaths

Enjoy a demonstration of wreath making using natural and permanent products. Get ideas for using decorative wreaths in novel ways. Learn how to make wreaths with seasonal accents to underline your personal style. Receive patterns and design idea handouts to take home and create yourself.

Course Number 18

*Heidi Hornung
Shady Lane Greenhouse*

What Acupuncture Can Do For You

Learn about the value of acupuncture, an ancient Chinese medical technique that stimulates the body's natural healing abilities. Dr. Chen, a medical graduate with training in both Western medicine and acupuncture, will talk about acupuncture's history, how it works, and some interesting cases she's treated. Find out the range of conditions where acupuncture might be helpful and get information on how it can be used as an adjunct to your current health care plan.

Course Number 19

*Dr. Yaoju (Jenny) Chen
Spinal Dynamics of Wisconsin*

Younger Next Year

Change your life and your attitudes about aging by discovering the secrets of the book, *Younger Next Year*. Learn how to live a strong, fit, and active life until you are 80 and beyond. If you lack motivation to change your life, this discussion session is for you. You will learn the "why" and the "how" that will make a difference in your future. Here comes the rest of your life!

Course Number 20

*Anne Tremel
Highlander Elite*

Physical Touch for the Body, Mind & Spirit

Mark Robers, rated one of the best massage therapists in Milwaukee by *Milwaukee Magazine*, will talk about the techniques he uses in his "whole"istic approach to body therapy and life. Learn how the muscular and skeletal systems work with gravity, plus how our physical, mental, emotional and spiritual dimensions have a ripple effect on each other and influence our whole organism.

Course Number 21

*Mark Robers
Integrative Massage & Body Therapy*

Gourmet Destination: Paris

Enter the world of Parisian cuisine. Learn how to prepare a light salad, a delicious fish entrée and classic creme brulee. Receive easy-to-follow recipes and enjoy scrumptious samples. Bon Appetit!

Course Number 22

*Andy Schneider
Le Reve, Tosa Village*

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6:45 - 9:30 p.m.
 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, 11324 West Center Street, Wauwatosa, WI 53222.

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.

Learning Never Ends Registration Form

(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: _____

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