

# Adult Education Programs

NEW!

## YOGA TO GO WORKSHOP

Do you have time for a one or two-minute break at work or at home? Come learn and practice a variety of yoga techniques to relieve stress, improve concentration, and balance your energy. These small portable practices can be done anywhere and anytime without special clothes or a mat. Learn to take simple yoga postures, gestures, breathing tips, and meditation with you wherever you go. No equipment is necessary. Wear comfortable street clothes.

**Instructor:** Kathy Koberstein  
**Mon, Jan. 11, 6:30 - 8:30 pm**      **Class #73951**  
**Location:** O'Neill Room, Lower Level Village Hall  
**Fee:** \$25 Resident, \$37.50 Non-resident  
**Min: 10, Max: 16**

NEW!

## YOGA FOR BACK CARE WORKSHOP

A healthy back is key to enjoying many of life's most fun activities. Come explore your back and give it some TLC! With a greater understanding and awareness of your back, you will practice gentle, natural, and effective yoga techniques to improve or maintain its strength and flexibility. Dress comfortably and all equipment is provided.

**Instructor:** Kathy Koberstein  
**Mon, Feb. 8, 6:30 - 8:30 pm**      **Class #73952**  
**Location:** O'Neill Room, Lower Level Village Hall  
**Fee:** \$25 Resident, \$37.50 Non-resident  
**Min: 10, Max: 16**

NEW!

## YOGA FOR STRESS RELEASE WORKSHOP

Do you sometimes feel like the more stressed you are the more stressed you become? While a certain amount of stress is healthy, the cumulative effects of chronic stress on our physical and emotional health are well documented. In this workshop you will increase your awareness of the effects of stress in your life and learn time-tested yoga techniques to relax and bring some tranquility to your mind and body. Dress comfortably and all equipment is provided.

**Instructor:** Kathy Koberstein  
**Mon, Mar. 22, 6:30 - 8:30 pm**      **Class #83951**  
**Location:** O'Neill Room, Lower Level Village Hall  
**Fee:** \$25 Resident, \$37.50 Non-resident  
**Min: 10, Max: 16**

NEW!

## BREATH RESCUE WORKSHOP

In Yoga the breath, or prana, is the vital life source that pervades all of experience. Come get more in touch with your breath, and learn how to bring that energy to where you need it the most. In this workshop you will increase breath awareness and practice a variety of breathing techniques to guide your breath to energize, relax or simply balance you. Dress comfortably and all equipment is provided.

**Instructor:** Kathy Koberstein  
**Mon, Apr. 19, 6:30 - 8:30 pm**      **Class #83952**  
**Location:** O'Neill Room, Lower Level Village Hall  
**Fee:** \$25 Resident, \$37.50 Non-resident  
**Min: 10, Max: 16**



## CLUTTER COACH - GARAGE & BASEMENT

Learn how to decide what to keep, discard, or donate and how to organize what's left. Be able to find what you own. Turn your basement and garage into useful storage! \*This course is especially good for spouses who think they do not need to get rid of anything! It's also a good introductory class to help anyone rethink how much stuff they really need in their lives.

**Instructor:** Kathi Miller  
**Thu, Feb. 18, 6:30 - 8:30 pm**      **Class #74311**  
**Location:** Wauwatosa West High School, rm. 128  
**Fee:** \$18 Resident, \$27 Non-resident



## CLUTTER COACH - HOME OFFICES

Learn an easy system for managing all your paperwork, whether you run a business from your home, or are just trying to keep track of your mail. Reduce your stress and increase your productivity! \*This course is especially good for anyone who tends to make piles of papers to deal with later+. The course information applies to the home and to the workplace.



**Instructor:** Kathi Miller  
**Thu, Mar. 18, 6:30 - 8:30 pm**      **Class #84311**  
**Location:** Wauwatosa West High School, rm. 128  
**Fee:** \$18 Resident, \$27 Non-resident



## ADULT IMPROV

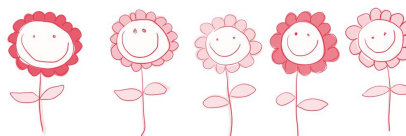
Learn the art of improvisation (and have a lot of fun). Do you need a night to let off some steam? Has your boss told you that you need to improve your ability to think on your feet? In this session you'll learn the basics of improv, taking risks and working as a team.

**Tue, 7:00 - 8:00 pm**  
**Jan. 26 - Mar. 16**      **Class #74061**  
**Mar. 30 - May 25 (no 4/6)**      **Class #84061**  
**Location:** Sunset Playhouse  
**Fee per session:** \$66 Resident, \$99 Non-resident

## SENIOR CLUB

The Elm Grove Senior Club goes on fun trips, meets for social events, and many other things. If you're looking to have fun and meet new friends then this club is for you!

**Ages: 55 and up**  
**Fee: \$10 annual**  
**\*4th Friday of each Month, 11 am - 2 pm**  
**\*Meeting dates and times may vary with each activity**  
**Class #96001**



# Adult Education Programs



## WATERCOLOR 101

If you are new to watercolor, this class is for you! In this fun, relaxed, process-oriented class you will explore color mixing, learn about pigments, brushes and paper and explore various techniques. Learn the secret to painting sparkling clean colors plus a few tips and tricks. Composition and preliminary sketching will also be covered. Returning students are also welcome to work on their own projects or repeat class exercises. The instructor will be available as a mentor for returning students. Supply kits available to students for \$46 in addition to the class fee. Students need to bring masking tape, a water bucket, cloth rag, spray bottle, Kleenex, and a stapler.



**Ages: 16 & older**

**Instructor: Chris Sommerfelt**

**Thu, Feb. 4 - Mar. 11, 7:00 - 9:00 pm Class #74851**

**Thu, Apr. 15 - May 17, 7:00 - 9:00 pm Class #84851**

**Location: Wauwatosa West, rm. 126**

**Fee: \$39 Resident, \$58.50 Non-resident**

**Fee with supplies: \$85 Resident, \$127.50 Non-resident**



## SENIOR WATERCOLOR BASICS

If you are new to watercolor, this class is for you! In this fun, relaxed, process-oriented class you will explore color mixing, learn about pigments, brushes and paper and explore various techniques. Learn the secret to painting sparkling clean colors plus a few tips and tricks. Composition and preliminary sketching will also be covered. Returning students are also welcome. You may work on your own projects or repeat class exercises. The instructor will be available as a mentor for returning students. Supply kits available to students for \$46 in addition to the class fee. Students need to bring masking tape, a water bucket, cloth rag, spray bottle, Kleenex, and a stapler.

**Ages: 55 & older**

**Instructor: Chris Sommerfelt**

**Wed, 9:30 - 11:00 am**

**Feb. 3 - Mar. 17 (no 2/24)**

**Class #74852**

**Apr. 14 - May 19**

**Class #84852**

**Location: Wauwatosa Civic Center, 7725 W. North Ave.**

**Fee: \$39 Resident, \$58.50 Non-resident**

**Fee with supplies: \$85 Resident, \$127.50 Non-resident**



## BEADED ORNAMENTAL EGG

In this egg-citing class you will decorate an Easter egg with no dye or broken eggs. You will learn the fun art of net beading. A kit will be provided with all the necessary supplies for you to take home a beautiful Easter egg. The kit will include instructions, photos, beads, needle and thread.



**Ages 15 & older (12 & older with parent or guardian)**

**Instructor: Kathy Stopczynski**

**Tue, Mar. 16, 1:00 - 4:00 pm**

**Class #75801**

**Location: O'Neill Room, Lower Level Village Hall**

**Fee per class: \$28 Resident, \$42 Non-resident**



## YOU AND YOUR DIGITAL CAMERA **POPULAR!**

Bring your digital camera . and its instruction manual . to this two-hour hands-on workshop basic Digital Photography. This class is for people who are new to digital photography and will cover how to overcome several common photography problems, some of the useful features and functions of your digital camera, and sure-fire tips and techniques for making better photos.

**Instructor: C.T. Kruger**

**Fee per session: \$18 Resident, \$27 Non-resident**

**Mon, Jan. 25, 1:00 - 3:00 pm**

**Class #74571**

**Location: O'Neill Room, Lower Level Village Hall**

**Tue, Jan. 26, 6:30 - 8:30 pm**

**Class #74572**

**Location: Wauwatosa West, rm. 126**



## YOU HAVE PICTURES IN YOUR CAMERA - NOW WHAT?

This two hour seminar demonstrates how to save, archive, and print your photos whether you have a computer or not. The seminar will also show photo printing options, basic photo editing, use of photos in Email, and use of photos in books and multi-media using Windows PC computers.

**Instructor: C.T. Kruger**

**Fee per session: \$18 Resident, \$27 Non-resident**

**Mon, Feb. 1, 1:00 - 3:00 pm**

**Class #74574**

**Location: O'Neill Room, Lower Level Village Hall**

**Mon, Feb. 8, 6:30 - 8:30 pm**

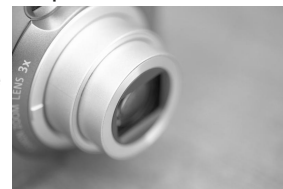
**Class #74573**

**Location: Wauwatosa West, rm. 126**



## ADVANCED DIGITAL PHOTOGRAPHY TECHNIQUES

Bring your camera and its instruction manual to this two-hour workshop designed to get you out of automatic+and use some of your camera's exposure modes and functions in situations like Sports, Portraits, Low Light, and more. This class is ideal for people who have purchased interchangeable lens (DSLR) cameras, or have an advanced digital camera with Program, Shutter/Aperture Priority, and Manual exposure modes.



**Instructor: C.T. Kruger**

**Fee: \$28 Resident, \$42 Non-resident**

**Mon, Apr. 12, 1:00 - 3:00 pm**

**Class #74576**

**Location: O'Neill Room, Lower Level Village Hall**

**Tue, Apr. 13, 6:30 - 8:30 pm**

**Class #74575**

**Location: Wauwatosa West, rm. 126**