

Menomonee Falls Senior Enrichment Fair
Have fun with friends and enjoy a day of:

- Educational Seminars
- Vendor Exhibits
- Flu Shots by Froedtert
- Door Prizes
- Lunch, Refreshments & More!

Special Thanks
to our Events Committee Members,
Volunteers and Sponsors.



14th Annual
Menomonee Falls
SENIOR 2023
ENRICHMENT FAIR 3

Friday, October 20, 2023
8:30am - 1:00pm

Menomonee Falls
Community Center
W152 N8645 Margaret Road
262-255-8460



REGISTRATION

Register by Friday, October 13

\$10.00 Registration fee includes lunch with beverage.
Fees are non-refundable.

How to Register:

- * Online at fallsrec.org (Course #28640)
- * In person at the CE & Rec office
W152 N8645 Margaret Road
(Cash or check payable to MF Rec)

Fair Agenda

Registration	8:30 - 9:00
Light Breakfast	8:30 - 9:30
Flu Shots available	8:30 - 10:30
Vendor Exhibits	9:00 - 10:30
Session One Class	10:30 - 11:15
Break	11:15 - 11:30
Session Two Class	11:30 - 12:15
Lunch	12:15 - 1:00

Sponsored by Cousin's



Door prizes * Following lunch

***Must be present to win**

PLEASE CHOOSE 1 CLASS PER SESSION

Session One

A Virtual Visits - Options & Overview

Bryan Yagodzinski from Froedtert Health

Discussion around virtual care options. Learn more about this care option and debunk myths and concerns.

B Cooking for One Made Easy

Jess Koepnick, The Chamber of Menomonee Falls & Sussex

Join us to learn tips and tricks to maximize the versatility of your groceries and minimize food waste without sacrificing nutrition and flavor while cooking for one!

C Historical View of Menomonee Falls

Jill Schmidt, Local Historian & Ellen Rohr, Menomonee Falls Library

Menomonee Falls is filled with history. Join Jill and Ellen for a historical view of Menomonee Falls. They will guide you on a journey sharing the history of some of the buildings and stories of days gone by.

Session Two

A Understanding your Grandchildren's Generation

Jess Goniou, The Chamber of Menomonee Falls & Sussex Director

Relating to your grandchildren isn't always a simple task. In this class, learn and apply some simple tips to stay engaged and present in your grandchildren's lives at different ages. This class will have kids ages 2-10 present to discuss what they like to do!

B Elder Financial Exploitation, Scams & Identity Theft

Steve Evans, Associated Bank

Join us to learn how to protect yourself and your loved ones against financial crimes.

C Keep the Falls Flowing

Matt Carran MF Village & Deputy Chief Rokenbrodt MF Fire Dept

Explore future plans for Aero Park, located in SW Falls & the ideas behind the recent improvements to Village Park. The Fire Dept will speak about home safety & fall prevention. Learn about the Mobile Integrated Health Initiative & how it can help you stay independent.