


























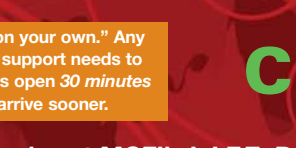
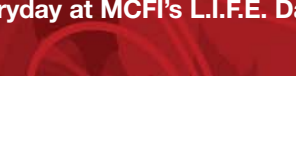










# FALL 2009

Express  
L.I.F.E.

<p><b>A Day at the Zoo</b> Lions, tigers and monkeys! 1:00 - 4:00 p.m. Saturday, Oct. 3 Meet at MCFI, 2020 W. Wells St. Parking lot entrance Cost: \$10</p> 	<p><b>Halloween Adventure</b> at Smith Family Farm Noon - 4:00 p.m. Saturday, Oct. 24 Meet at MCFI, 2020 W. Wells St. Cost: \$30, including snacks</p> 	<p><b>The Great Cookie Swap, Part I</b> Bake two delicious recipes 6:00 - 8:00 p.m. Thursday, Nov. 12 MCFI, 2020 W. Wells St. Cost: \$8</p> 	<p><b>Holiday Shopping Spree!</b> Get ahead of the crowds! 1:00 - 4:30 p.m. Saturday, Dec. 5 Meet at MCFI, 2020 W. Wells St. Cost: \$25, including snacks</p> 
<p><b>Country Springs Water Park</b> Splash-happy fun! 3:15 - 6:30 p.m. Monday, Oct. 5 Meet at MCFI, 2020 W. Wells St. Parking lot entrance Cost: \$15</p> 	<p><b>The Sound of Music!</b> Live at Fireside Dinner Theatre 9:45 a.m. - 5:15 p.m. Sunday, Oct. 25 Meet at MCFI, 2020 W. Wells St. Cost: \$50, includes show and lunch</p> 	<p><b>All aboard for Trainfest!</b> Model train mania 1:00 - 4:30 p.m. Sunday, Nov. 15 Meet at MCFI, 2020 W. Wells St. Cost: \$25</p> 	<p><b>Holiday Adventure at Smith Family Farm</b> Meet a real tiny reindeer! Noon - 4:00 p.m. Sunday, Dec. 6 Meet at MCFI, 2020 W. Wells St. Cost: \$30, including snacks</p> 
<p><b>Nia Dance Classes</b> Move to the music! 6:00 - 7:00 p.m. Wednesdays, Oct. 7, 14 &amp; 21 MCFI Southeast Campus 3333 S. Howell Ave. Cost: \$20 for all 3 sessions</p> 	<p><b>Country Springs Water Park</b> Time to take a dip! 3:15 - 6:30 p.m. Monday, Oct. 26 Meet at MCFI, 2020 W. Wells St. Parking lot entrance Cost: \$15</p> 	<p><b>Bake and Take Pies</b> Create a delicious treat 6:00 - 7:45 p.m. Monday, Nov. 16 MCFI, 2020 W. Wells St. Cost: \$10</p> 	<p><b>VSA Choir Holiday Show</b> From African drums to Elvis! 6:30 - 8:15 p.m., Monday, Dec. 7 Meet at MCFI, 2020 W. Wells St. Van leaves at 6:30 p.m. sharp! Cost: \$10</p> 
<p><b>Paint a Pumpkin</b> Make it spooky or fun 6:00 - 7:45 p.m. Thursday, Oct. 8 MCFI, 2020 W. Wells St. Cost: \$12</p> 	<p><b>Health Healers Unleashed!</b> Pet your favorite pup 6:00 - 7:30 p.m. Tuesday, Oct. 27 MCFI, 2020 W. Wells St. Cost: \$8</p> 	<p><b>Open Art Studio - Sculpture</b> Take it home or enter it in a show! 6:00 - 7:30 p.m. Tuesday, Nov. 17 MCFI, 2020 W. Wells St. Cost: \$8</p> 	<p><b>Dinner and a Movie Night</b> Let us do the cooking! 6:00 - 8:00 p.m. Wednesday, Dec. 9 MCFI, 2020 W. Wells St. Cost: \$10, reservations required</p> 
<p><b>Discovery World</b> Explore your world! 11:00 a.m. - 3:00 p.m. Saturday, Oct. 10 Meet at MCFI, 2020 W. Wells St. Cost: \$20, including lunch</p> 	<p><b>Dinner and a Movie Night</b> Let us entertain you! 6:00 - 8:00 p.m. Wednesday, Oct. 28 MCFI, 2020 W. Wells St. Cost: \$10, Reservations required</p> 	<p><b>Dinner and a Movie Night</b> Great food, fun flick! 6:00 - 8:00 p.m. Wednesday, Nov. 18 MCFI, 2020 W. Wells St. Cost: \$10, reservations required</p> 	<p><b>Make Your Own Candy!</b> A delicious holiday treat 6:00 - 7:30 p.m. Thursday, Dec. 10 MCFI, 2020 W. Wells St. Cost: \$8</p> 
<p><b>Strike up some fun!</b> Bowling at AMF Lanes Noon - 2:00 p.m. Sunday, Oct. 11 Meet at AMF Lanes 7505 W. Oklahoma Ave. Cost: \$15</p> 	<p><b>Fright Night Dance!</b> Wear your costume 6:00 - 8:00 p.m. Friday, Oct. 30 MCFI, 2020 W. Wells St. Cost: \$8</p> 	<p><b>Holiday Folk Fair!</b> Celebrations from around the world 6:00 - 9:00 p.m. Friday, Nov. 20 Meet at MCFI, 2020 W. Wells St. Cost: \$20, bring your own spending money</p> 	<p><b>Tour Candy Cane Lane!</b> See the bright holiday lights 6:00 - 8:30 p.m. Friday, Dec. 11 Meet at MCFI, 2020 W. Wells St. Cost: \$10, includes snacks</p> 
<p><b>Halloween Workshop</b> Make your own costume! 5:30 - 7:30 p.m. Monday, Oct. 12 MCFI Main Campus 2020 W. Wells St. Cost: \$20, space is limited</p> 	<p><b>Country Springs Water Park</b> Swim in the warm indoors! 3:15 - 6:30 p.m. Nov. 2 Meet at MCFI, 2020 W. Wells St. Parking lot entrance Cost: \$15</p> 	<p><b>Make that spare!</b> Bowling at AMF Lanes Noon - 2:00 p.m. Sunday, Nov. 22 Meet at AMF Lanes 7505 W. Oklahoma Ave. Cost: \$15</p> 	<p><b>Country Springs Water Park</b> Bring a swimsuit and towel 3:15 - 6:30 p.m. Monday, Dec. 14 Meet at MCFI, 2020 W. Wells St. Parking lot entrance Cost: \$15</p> 
<p><b>Dinner and a Movie Night</b> Great food, great fun! 6:00 - 8:00 p.m. Wednesday, Oct. 14 MCFI, 2020 W. Wells St. Cost: \$10, Reservations required</p> 	<p><b>Groovin'</b> Get up and move with us! 6:00 - 7:30 p.m. Wednesdays, Nov. 4, 11 &amp; 18 MCFI Southeast Campus 3333 S. Howell Ave. Cost: \$20 for all three sessions</p> 	<p><b>Country Springs Water Park</b> Bring a swimsuit and towel 3:15 - 6:30 p.m. Monday, Nov. 23 Meet at MCFI, 2020 W. Wells St. Parking lot entrance Cost: \$15</p> 	<p><b>Christmas with the Kranks</b> A hilarious holiday comedy 6:00 - 8:00 p.m. Tuesday, Dec. 15 MCFI, 2020 W. Wells St. Cost \$10, dinner included! Reservations required</p> 
<p><b>Make a Juicebox Wallet</b> Put your 'dough' in something green! 6:00 - 7:30 p.m. Thursday, Oct. 15 MCFI, 2020 W. Wells St. Cost: \$8</p> 	<p><b>Dinner and a Movie Night</b> Bring a friend, have some fun 6:00 - 8:00 p.m. Wednesday, Nov. 4 MCFI, 2020 W. Wells St. Cost: \$10, reservations required</p> 	<p><b>Art Smart: Sculpture</b> Take it home or enter it in a show! 6:00 - 7:30 p.m. Tuesday, Nov. 24 MCFI, 2020 W. Wells St. Cost: \$8</p> 	<p><b>The Great Cookie Swap, Part 3</b> Cookie exchange and decorating 6:00 - 8:00 p.m. Thursday, Dec. 17 MCFI, 2020 W. Wells St. Cost: \$10</p> 
<p><b>Dinner at the Olive Pit</b> Good pizza, good times! 6:00 - 8:30 p.m. Friday, Oct. 16 Meet at the Olive Pit, 1100 S. 1st St. Cost: \$20</p>	<p><b>World Dance</b> Learn dances from around the globe 6:00 - 7:30 p.m. Thursday, Nov. 5 MCFI, 2020 W. Wells St. Cost: \$10</p>	<p><b>Voices of Independence</b> Holiday party and sing-along 6:00 - 8:00 p.m. Monday, Nov. 30 MCFI, 2020 W. Wells St. Cost: \$10</p>	<p><b>Ride the Jingle Bus!</b> Downtown holiday adventure 6:00 - 8:30 p.m. Saturday, Dec. 19 Meet at MCFI, 2020 W. Wells St. Cost: \$15, includes cookies &amp; cocoa</p>
<p><b>Touching Smiles Mini-Horse Farm</b> Horses are good therapy! 11:45 a.m.-3:00 p.m. Sunday, Oct.18 Meet at MCFI, 2020 W. Wells St. Cost: \$35, including lunch</p>	<p><b>Fun at Fun World!</b> A game-lover's paradise 6:00 - 8:30 p.m. Friday, Nov. 6 Meet at MCFI, 2020 W. Wells St. Cost: \$20, including some tokens and snacks. Bring additional spending money if desired</p>	<p><b>Make a Holiday Wreath</b> Decorate your door 6:00 - 7:30 p.m. Tuesday, Dec. 1 MCFI, 2020 W. Wells St. Cost: \$8</p>	<p><b>Strike up the fun!</b> Bowling at AMF Lanes Noon - 2:00 p.m. Sunday, Dec. 20 Meet at AMF Lanes 7505 W. Oklahoma Ave. Cost: \$15</p>
<p><b>Sculpt a masterpiece!</b> Take it home or enter it in a show! 6:00 - 7:30 p.m. Tuesday, Oct. 20 MCFI, 2020 W. Wells St. Cost: \$8</p>	<p><b>Packer Pizza Party</b> Cheer the Pack to victory Noon - 3:00 p.m. Sunday, Nov. 8 MCFI, 2020 W. Wells St. Cost: \$10</p>	<p><b>Nia Dance Classes</b> Get up and move! 6:00 - 7:00 p.m. Wednesdays, Dec. 2, 9 &amp; 16 MCFI Southeast Campus 3333 S. Howell Ave. Cost: \$20 for all three sessions</p>	<p><b>Country Springs Water Park</b> Bring your swimsuit and towel 3:15 - 6:30 p.m. Monday, Dec. 21 Meet at MCFI, 2020 W. Wells St. Cost: \$15</p>
<p><b>Make a scarf to wear</b> Get wrapped up in fun! 6:00 - 7:30 p.m. Friday, Oct. 23 MCFI, 2020 W. Wells St. Cost: \$10</p>	<p><b>You're a Rock Star!</b> Create your own CD with a music therapist 6:00 - 7:30 p.m., Monday, Nov. 9 MCFI, 2020 W. Wells St. Cost: \$8</p>	<p><b>The Great Cookie Swap, Part II</b> Bake two more delicious recipes 6:00 - 8:00 p.m. Thursday, Nov. 3 MCFI, 2020 W. Wells St. Cost: \$8</p>	<p><b>Dinner and a Movie Night</b> Bring a friend or meet a friend here! 6:00 - 8:00 p.m. Wednesday, Dec. 30 MCFI, 2020 W. Wells St. Cost: \$10, reservations required</p>

JOIN US FOR THE TIME OF YOUR LIFE!

Unless noted, transportation is "on your own." Any person who needs personal care support needs to have a caregiver with them. Doors open 30 minutes prior to the event. Please do not arrive sooner.

Call 414.937.2100 Reserve your spot today!

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