

ACTIVITIES

Join us for the time of your life!



Express
L.I.F.E.

Recreation for ages 13+

<p>NEW! - Open Dance Studio Learn some new dance moves! 6-7pm, Wednesdays October 3, 10 & 17 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$30 (for all 3 sessions)</p>		<p>Pumpkin Picking & Lunch Let's find that perfect pumpkin! 11am-2pm, Saturday October 27 Meet at MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$25 (lunch & pumpkin included) *Sorry no wheelchairs due to rough terrain</p>		<p>Thanksgiving for the Birds Make a delicious treat for feathery friends! 6-7:30pm, Thursday November 15 MCFI Main west entrance 2020 W. Wells St. Cost: \$17</p>		<p>Springs Water Park (formerly Country Springs) A wet n wild afternoon with friends! 1-3:30pm, Sunday December 9 Meet at MCFI west entrance 2020 W. Wells St. Cost: \$18</p>	
<p>"Sound of Music" Sing-a-long Come watch this classic and sing-a-long! 6-7:30pm, Thursday October 4 MCFI Main west entrance 2020 W. Wells St. Cost: \$18 (popcorn included)</p>		<p>Halloween Musical Party Learn to play spooky songs! 6-7:30pm, Monday October 29 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$18 (snack included)</p>		<p>Holiday Folk Fair @ State Fair Grounds Music, food and dancing! 10am-1pm, Saturday November 17 Meet at MCFI west entrance 2020 W. Wells St. Cost: \$35 (lunch included)</p>		<p>Make Your Own Sleighbells Learn to play along to your favorite holiday song! 6-7:30pm, Monday December 10 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$17</p>	
<p>Nature Imprint Art Night Learn a new way of using nature! 6-7:30pm, Monday October 8 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$17</p>		<p>Monster Cookies! Bake a yummy Halloween treat! 6-7:30pm, Tuesday October 30 MCFI Main west entrance 2020 W. Wells St. Cost: \$18</p>		<p>AMF Bowling Buddies Join us for our monthly bowling tradition! Noon-2pm, Sunday November 18 Meet at AMF Lanes 7505 W. Oklahoma Ave. Cost: \$18</p>		<p>Pine Cone Christmas Trees Create a nature holiday art piece! 6-7:30pm, Tuesday December 11 MCFI Main west entrance 2020 W. Wells St. Cost: \$17</p>	
<p>Bread Baking Cooking Class Learn how easy it is to bake bread! 6-7:30pm, Tuesday October 9 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$18</p>		<p>Craft Night! - Create a Puzzle Will your pieces fit?! 6-7:30pm, Thursday November 1 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$17</p>		<p>Cooking 101 - Pie Baking Learn how to bake a pie! 6-7:30pm, Monday November 19 MCFI Main west entrance 2020 W. Wells St. Cost: \$18</p>		<p>Evergreen Christmas Decor Make a fresh holiday decoration! 6-7:30pm, Thursday December 13 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$17</p>	
<p>Springs Water Park (formerly Country Springs) Spend a fall afternoon on waterslides! 1-3:30pm, Sunday October 14 Meet at MCFI west entrance 2020 W. Wells St. Cost: \$18</p>		<p>Milwaukee Zoo & Lunch An afternoon with the animals! 11am-3pm, Saturday November 3 Meet at MCFI Main west entrance 2020 W. Wells St. Cost: \$35</p>		<p>Leaf Expression Art A festive fall decoration! 6-7:30pm, Tuesday November 20 MCFI Main west entrance 2020 W. Wells St. Cost: \$17</p>		<p>Holiday Dance Party Dance the night away with Scratch Session DJ's 6-8pm, Friday December 14 Meet at Vision Forward 912 N. Hawley Rd. Cost: \$13 (snack included) *Best dressed competition (prizes will be awarded!)</p>	
<p>Fall Musical Creations Make a gourd maraca! 6-7:30pm, Monday October 15 MCFI Main west entrance 2020 W. Wells St. Cost: \$17</p>		<p>Art Night! - Fired Ink Learn a cool new art technique! 6-7:30pm, Monday November 5 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$17</p>		<p>"Don't Forget the Lyrics" Sing your favorite songs with friends! 6-7:30pm, Tuesday November 27 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$18 (snack included)</p>		<p>Holiday Shopping & Lunch Check everything off your gift list! 10am-1pm, Saturday December 15 Meet at MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$25 (lunch included) *Please bring own spending money</p>	
<p>Therapy Dog Tricks N Treats! No goblins here just fun pups! 6-7:30pm, Thursday October 18 MCFI Main west entrance 2020 W. Wells St. Cost: \$18</p>		<p>Groovin Groovin and Movin with Dawn! 6-7:30pm, Wednesdays November 7, 14 & 28 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$30 (for all 3 sessions) *No class on the Nov. 21st due to the holiday</p>		<p>Country Christmas Lights A light show you will never forget! 6-8pm, Monday December 3 MCFI Main west entrance 2020 W. Wells St. Cost: \$20</p>		<p>AMF Bowling Buddies Join us for our monthly bowling tradition! Noon-2pm, Sunday December 16 Meet at AMF Lanes 7505 W. Oklahoma Ave. Cost: \$18</p>	
<p>Hunting Moon Pow Wow Come experience this cultural celebration! 5-8pm, Friday October 19 Meet at MCFI west entrance 2020 W. Wells St. Cost: \$25 (dinner included)</p>		<p>Instrumental Improv Learn a variety of instruments! 6-7:30pm, Thursday November 8 MCFI Main west entrance 2020 W. Wells St. Cost: \$17</p>		<p>Handmade Christmas Ornaments Make personal ornaments for your tree! 6-7:30pm, Tuesday December 4 MCFI Main west entrance 2020 W. Wells St. Cost: \$17</p>		<p>Snowy Tree Landscapes Create a winter masterpiece! 6-7:30pm, Monday December 17 MCFI Main west entrance 2020 W. Wells St. Cost: \$17</p>	
<p>AMF Bowling Buddies Join us for our monthly bowling tradition! Noon-2pm, Sunday October 21 Meet at AMF Lanes 7505 W. Oklahoma Ave. Cost: \$18</p>		<p>Discovery World Let's learn some cool science! 1-3:30pm, Saturday November 10 Meet at MCFI Main west entrance 2020 W. Wells St. Cost: \$25</p>		<p>Groovin Get your groove on with friends! 6-7:30pm, Wednesdays November 12 & 19 MCFI Main west entrance 2020 W. Wells St. Cost: \$30 (for all 3 sessions) *Only 3 sessions due to holiday</p>		<p>National Bake Cookies Day Join us in a bake off! 6-7:30pm, Tuesday December 18 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$18</p>	
<p>Spiderweb Art Night Create a fall masterpiece! 6-7:30pm, Monday October 22 MCFI Main west entrance 2020 W. Wells St. Cost: \$17</p>		<p>Springs Water Park (formerly Country Springs) Hot tub an afternoon away! 1-3:30pm, Sunday November 11 Meet at MCFI west entrance 2020 W. Wells St. Cost: \$18</p>		<p>Greeting Card Wreath Make a unique holiday decoration! 6-7:30pm, Thursday December 6 MCFI Main west entrance 2020 W. Wells St. Cost: \$17</p>		<p>Christmas Movie Night Home Alone! 6-8pm, Wednesday December 19 MCFI Main west entrance 2020 W. Wells St. Cost: \$15 (dinner included)</p>	
<p>Halloween Movie Night Hocus Pocus! 6-8pm, Wednesday October 24 MCFI Main west entrance 2020 W. Wells St. Cost: \$15 (dinner included)</p>		<p>Friendsgiving CD's Make a CD for a friend! 6-7:30pm, Monday November 12 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$17</p>		<p>Candy Cane Lane & Cocoa Enjoy a holiday light show tradition! 6-8pm, Friday December 7 MCFI Main west entrance 2020 W. Wells St. Cost: \$18</p>		<p>Record Your Own Christmas Carol's Make a CD to take home for the holiday! 6-7:30pm, Thursday December 20 MCFI Main west entrance 2020 W. Wells St. Cost: \$18 (snack included)</p>	
<p>Homemade Applesauce Make a seasonal treat! 6-7:30pm, Thursday October 25 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$18</p>		<p>Caramel Apple Treats What will you put on yours?!6-7:30pm, Tuesday November 13 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$18</p>		<p>Soup & Cider Lunch Warm up this weekend! 11am-1pm, Saturday December 8 MCFI Main west entrance 2020 W. Wells St. Cost: \$20</p>		<p>New Year's Pizza Party & BINGO Bring in the New Year with friends! 5-7pm, Thursday December 27 MCFI Bay View Campus, Door #2 3333 S. Howell Ave. Cost: \$20 (dinner & prizes)</p>	
<p>Halloween Dance & Costume Contest Dance the night away with Scratch Session DJ's 6-8pm, Friday October 26 Meet at Vision Forward 912 N. Hawley Rd. Cost: \$13 (snack included)</p>		<p>Thanksgiving Movie Night A holiday meal with friends! 6-8pm, Wednesday November 14 MCFI Main west entrance 2020 W. Wells St. Cost: \$15 (dinner included)</p>		<p>Register Online http://www.mcfi.net/Express-LIFE.htm and reserve your spot today!</p>			

Questions? Contact Deon at 414.937.2100 or deon.franszczak@mcfi.net
Full payment must be received one week prior to the event in order to be registered. NO EXCEPTIONS (Email confirmation will be sent upon receipt of payment.) If an activity is cancelled, you will be notified. **Cancellations must be done three or more days prior to an event to receive credit.** 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. **Look for the big door sign!**

MILWAUKEE CENTER
MCFI
FOR INDEPENDENCE
THROUGH CHALLENGE
TO TRIUMPH