

Join us for the time of your life!

2019

Express LIFE.

Follow us on



<p>Sunset Silhouette Watercolor Painting Try a versatile and flexible painting technique! 6:00-7:30pm, Tuesday, July 9 MCFI Main west entrance 2020 W. Wells St. Cost: \$20</p>		<p>nosh and stretch</p>	<p>Picnic and Yoga in the Garden Enjoy a picnic dinner before our yoga class 5:00-7:15pm, Tuesday, July 23 Meet at MCFI Main entrance west 2020 W. Wells St. Cost: \$25</p>	<p>Pizza and Movie Night Enjoy a fun night with friends! 6:00-8:00pm, Wednesday, August 14 MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$18</p>		<p>CD Art - Mirror Art Let's get crafty and create something new 6:00-7:30pm, Monday, September 9 MCFI Bayview Campus Door #2 3333 S. Howell Ave. Cost: \$15</p>	
<p>Groovin Get your move on with Dawn! 6:00-7:30pm, Wednesday, July 10, 17, 24, 31 MCFI Bay View Campus Door #2 3333 S. Howell Ave. Cost: \$40</p>		<p>Make a Bee Bath Save the planet! 6:00-7:30pm, Thursday, July 25 MCFI Bayview Campus Door #2 3333 S. Howell Ave. Cost: \$15</p>	<p>IndiaFest Authentic Indian food, fun, activities 1:00-3:00pm, Saturday, August 17 MCFI Bayview Campus, Door #2 Cost: \$25 (snack included)</p>	<p>AMF Bowling Buddies Our monthly bowling tradition! 12:00-2:00pm, Sunday, August 18 Meet at AMF Lanes 7505 W. Oklahoma Ave. Cost: \$20 (drink included)</p>		<p>Positive Stone Art Motivational painting project 6:00-7:30pm, Tuesday, September 11 MCFI Bayview Campus Door #2 Cost: \$15</p>	
<p>Summer Sing-a-long Have a s'more and enjoy some campfire tunes! 6:00-7:30pm, Thursday, July 11 MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$15</p>		<p>Rummage Sale/Dairy Queen Lunch Sale! Sale! Sale! 10:00am-1:00pm, Saturday, July 27 Meet at MCFI Bayview Campus Door #2 3333 S Howell Ave. Cost: \$20 <i>*Sorry, this event is not accessible. Please bring money for your own purchases.</i></p>	<p>Everything Watermelon Create with Watermelon! 6:00-7:30pm, Tuesday, July 30 MCFI Bayview Campus Door #2 3333 S. Howell Ave. Cost: \$15</p>	<p>Mini Golf Night Out It's a hole in one kind of night! 6:00-8:00pm, Monday, August 19 Meet at River Falls Recreation 5401 W. Layton Ave. Cost: \$20 (snack included)</p>		<p>Create a Sun Catcher Create some garden art 6:00-7:30pm, Thursday, September 12 MCFI Bayview Campus Door #2 3333 S. Howell Ave. Cost: \$15</p>	
<p>Cool Waters A wet 'n wild ride! 3:30-6:00pm, Monday, July 15 Meet at MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$18</p>		<p>Fish Fry at O'Lydia's Enjoy dinner with friends! 5:00-6:30pm, Friday, August 2 Meet at O'Lydia's 338 S. 1st St., Milwaukee Cost: \$20</p>	<p>Fishing at Scout Lake Picnic lunch! 9:30am-12:30pm, Saturday, July 13, Meet at MCFI Bayview Campus Door #2 3333 S. Howell Ave. Cost: \$25</p>	<p>Trail Mix Making Make a healthy snack 6:00-7:30pm, Thursday, August 22 MCFI Bay View Campus Door #2 3333 S. Howell Ave. Cost: \$20</p>		<p>Lucky 13 Dance Join us for a casino theme dance! Good luck! 6:00-8:00pm, Friday, September 13 MCFI Main Campus west Entrance 2020 W. Wells St. Cost: \$15</p>	
<p>National Ice Cream Month Celebration Make a fun ice cream treat! 6:00-7:30pm, Friday, July 12 MCFI Bayview Campus Door #2 3333 S. Howell Ave. Cost: \$15</p>		<p>State Fair Park Come and enjoy an original summer tradition! 11:00am-2:00pm, Saturday, August 3 Meet at Main Campus west entrance 2020 W. Wells St. Cost: \$35 (lunch included)</p>	<p>AMF Bowling Buddies Our monthly bowling tradition! 12:00-2:00pm, Sunday July 14 Meet at the AMF Lanes 7505 W. Oklahoma Ave. Cost: \$20 (drink included)</p>	<p>Mexican Fiesta Celebrate Mexican culture 5:00-8:00pm, Friday, August 23 Meet at MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$35 (includes dinner)</p>		<p>ImPASTAnator A healthy spin on Italian cuisine 5:00-7:00pm, Monday, September 16 MCFI Bayview Campus Door #2 3333 S. Howell Ave. Cost: \$20 (includes dinner)</p>	
<p>Chill on the Hill Relax while we enjoy some great music! 6:00-7:30pm, Tuesday, July 16 Meet at MCFI Bayview Campus Door #2 3333 S. Howell Ave. Cost: \$15</p>		<p>Westtown River Rhythms Mellencougar rock 'n roll tunes 6:00-8:00pm, Wednesday, August 7 Meet at MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$15</p>	<p>Chill on the Hill Relax while we enjoy some great music! 6:00-7:30pm, Tuesday, August 6 Meet at MCFI Bayview Campus Door #2 3333 S. Howell Ave. Cost: \$15</p>	<p>Hairspray, the Musical sing-a-long Let's sing some of our favorite songs 6:00-7:30pm, Tuesday, August 27 MCFI Main west entrance 2020 W. Wells St. Cost: \$15</p>		<p>Apple Picking Grab a bushel of apples 10:00am-12:00pm, Sunday, September 22 MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$18</p>	
<p>Music in the Glen A full band tribute to Neil Diamond 6:00-8:30pm, Wednesday, July 17 Meet at MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$20 (snack included)</p>		<p>Flipping Burgers! Let's grill and chill this afternoon 11:00am-1:00pm, Sunday, August 11 MCFI Bayview Campus, Door #2 3333 S. Howell Ave. Cost: \$20</p>	<p>Pop Music Trivia Name that Tune! 6:00-7:30pm, Friday, July 19 MCFI Bayview Campus Door #2 3333 S. Howell Ave. Cost: \$15</p>	<p>Groovin Get your groove on with Dawn! 6:00-7:30pm Wednesday, September 4, 11, 18, 25 MCFI Bayview Campus, Door #2 3333 S. Howell Ave. Cost: \$40</p>		<p>Harvest Fest Food trucks, music and more! 11:00am-2:00pm, Saturday, September 28 Meet at MCFI Bayview Campus, Door #2 3333 S. Howell Ave. Cost: \$35 (lunch included)</p>	
<p>Pizza and Movie Night Enjoy a fun night with friends! 6:00-8:00pm, Thursday, July 18 MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$18</p>		<p>Recycled Hanging Planters Eco Friendly Fun! 6:00-7:30pm, Monday, August 12 MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$18</p>	<p>Festa Italiana Mangia! 11:30am-2:30pm, Saturday, July 20 Meet at MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$35 (lunch included)</p>	<p>Sing the Blues Let's create the sounds of the Blues together! 6:00-7:30pm, Thursday, September 5 MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$15</p>		<p>Springs Waterpark Take a dip in the water! 1:00-3:30pm, Sunday, September 29 Meet at MCFI west entrance 2020 W. Wells St. Cost: \$18</p>	
<p>Rock N Roll Bowl Making Come make some Rock n Roll Art 6:00-7:30pm, Monday, July 22 MCFI Bayview Campus Door #2 3333 S. Howell Ave. Cost: \$15</p>		<p>Birds on a Wire Art Painting Class 6:00-7:30pm, Tuesday, August 13 MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$18</p>	<p>Pizza and Movie Night Enjoy a fun night with friends! 6:00-8:00pm, Wednesday, September 4 MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$18</p>	<p>Breakfast and BINGO Get ready to shout BINGO! 9:00-11:00am, Saturday, September 7 MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$20 (prizes included)</p>		<p>Apple Baking Event Make a delicious apple dessert 6:00-7:30pm, Monday, September 30 MCFI Main Campus west entrance 2020 W. Wells St. Cost: \$18</p>	

Questions? Contact Erin at 414.937.2100 or erin.russell@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!**

Recreation
for ages 13+

Register Online

www.mcfi.net/Express-LIFE.htm

and reserve your spot today!

MCFI MILWAUKEE CENTER
FOR INDEPENDENCE