



RANGE LINE COMMUNITY CONNECTION

Find out what is happening soon at the Range Line Community Center. Inside you will find a calendar of events for June & July, important facility dates, highlighted information about upcoming classes, special interest topics, and much, much more!

FACILITY UPDATE:



Please note that due to Summer Academy, Range Line Community Center will be closed to all adult/senior activities (except for Dance Aerobics in the evenings and a Sourdough Bread class on July 20:

- Friday, June 19
- Week of June 22 (Monday - Friday)
- Friday, July 17
- Week of July 20 (Monday - Friday)
- Week of July 27 (Monday - Thursday)

NEW CLASS: Rock n Roll Fitness:

Join this new (trial period) full-body fitness workout that is more fun than work! Page 8. Class starts Wednesday, July 1 at 7:15pm

DON'T FORGET: The new session of Retro Fitness Dance will be here soon! Page 8. Class starts on Friday, July 31 at 9AM

Extremely Popular: Women's Self Defense (Page 35):

This class sold out last time!

Saturday, June 13 or Saturday, August 8

American Red Cross Adult & Pediatric CPR / AED & 1st Aid Training (P4I):

- Thursday, July 16 or Tuesday, August 18

Questions: Contact Chris Apel at 262-238-7535 or capel@mtsd.k12.wi.us


Volume 3 - May 2026

ACTIVITES SCHEDULE

June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Virtual Spanish - 56 Empathy & Grief - 36 Virtual Piano - 58	2 Virtual Spanish - 56 Bridge Conv - 31 Virtual Guitar - 58 Live Longer - 34 Women's Circle - 36 Downsizing - 55 Ballroom Dance - 11 (Nicolet) Watercolors - 23 (Lydell)	3 Meditation - 38	4 Pilates - 7 Open RE Forum - 55	5 Plantar Fasciitis - 42 (Freedom PT)	6
7	8 Virtual Piano - 58	9 Virtual Guitar - 58 Digital Photos - 45 Rest Easy Clinic - 42 (Freedom PT)	10 Child Language Skills - 42 (Freedom PT) Badminton - 14 (WFB High School)	11 Power of Attorney - 52	12	13 Women's Self Defense - 35 (BE Martial Arts)
14 Paint Like Bob Ross - 22 <i>Topaz Skies</i>	15 In Person Spanish - 57 (Nicolet) Virtual Piano - 58	16 Virtual Guitar - 58 Glass Sculpture - 17 Quality Sleep - 33 Estate Planning - 52 Sustainable Lifestyle - 50	17 Free Craft - 18 Rag Flags Bridge: Suv Play - 30 Volleyball - 14 (WFB High School) In Person Spanish - 57 (Nicolet)	18 Foot Care Clinic - 37 Herbs for Digestive Health - 27	19 RANGE LINE CLOSED FOR ADULT ACTIVITIES	20
21	22 RANGE LINE CLOSED FOR ADULT ACTIVITIES Dance Aerobics - 10 Virtual Piano - 58	23 RANGE LINE CLOSED FOR ADULT ACTIVITIES Virtual Guitar - 58	24 RANGE LINE CLOSED FOR ADULT ACTIVITIES	25 RANGE LINE CLOSED FOR ADULT ACTIVITIES	26 RANGE LINE CLOSED FOR ADULT ACTIVITIES Lifeguarding - 41 (WFB High School)	27
28	29	30				

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rock N Roll Fitness - 8	2	3 RANGE LINE CLOSED	4 
5	6 Senior Aerobics - 10 Gentle Yoga - 9 Chair Yoga - 9	7	8 Free Craft - 18 Bubble Paint	9 Unlock Weight Loss - 33 Zumba - 8 (Lydell)	10	11
12 Paint Like Bob Ross - 22 <i>Summer Lake</i>	13 Empathy & Grief - 36	14 Women's Circle - 36 Decoupage Bottle - 17	15 Fiber Arts - 24 <i>Fantasy Fish</i>	16 CPR & 1st Aid - 41 Herbs for Relaxation - 27 Foot Care Clinic - 37	17 RANGE LINE CLOSED FOR ADULT ACTIVITIES	18
19	20 RANGE LINE CLOSED FOR ADULT ACTIVITIES Sourdough Bread - 26	21 RANGE LINE CLOSED FOR ADULT ACTIVITIES Watercolors - 23 (Lydell)	22 RANGE LINE CLOSED FOR ADULT ACTIVITIES	23 RANGE LINE CLOSED FOR ADULT ACTIVITIES	24 RANGE LINE CLOSED FOR ADULT ACTIVITIES	25
26	27 RANGE LINE CLOSED FOR ADULT ACTIVITIES	28 RANGE LINE CLOSED FOR ADULT ACTIVITIES	29 RANGE LINE CLOSED FOR ADULT ACTIVITIES	30 RANGE LINE CLOSED FOR ADULT ACTIVITIES	31 Retro Fitness Dance - 8	

All classes hosted at the Range Line Community Center, unless noted. Page number of your Summer Guide.

All classes in red are FREE!

FEATURED CLASSES:

Health Topics (Pages 33-37):

- The Power of Antioxidants - Tuesday, June 2
- Plantar Fasciitis - Friday, June 5
- Rest Easy Clinic - June 9
- Child Language Skills - June 10
- Quality Sleep for Better Health - Tuesday, June 16
- Herbs & Fermentation for Digestive Health - Thursday, June 18
- Unlock Weight Loss - Thursday, July 9
- Herbs for Relaxation - Thursday, July 16
- Dry Needling - August 4
- Hormones in Peri & Postmenopausal - August 18
- Osteoporosis - August 26



Sourdough Bread

- Learn how to make your own Sourdough Bread. Each participant will be given a starter kit.
Monday, July 20 at 6:00pm. P26



NEW CLASSES COMING SOON:

- **Sustainable Lifestyle** (Page 50) - Understand steps to align your lifestyle with more earth and community conscious behaviors - June 16 or August 19
- **Empathy & Grief Circles** (Page 36) - Individuals looking for ways to process grief - June 1, July 13, or August 10. Discount if you register for all 3.
- **Women's Circles** (Page 36) - Women are invited to join in an empathetic, thoughtful community to share stories, reflect and connect with others - June 2, July 14 or August 11. Discount if you register for all 3.

Monthly Paint Like Bob Ross Class (Page 38):

Join us 1x per month for a new theme presented by a certified Paint Like Bob Ross instructor:

- June 14 - Topaz Skies
- July 12 - Summer Lake
- August 23 - Iceland Falls



Monthly Meditation Class (Page 38):

Join us every Wednesday at 10:00am to breath, relax & renew! Participate in a peaceful guided meditation, open to adults and seniors. This soothing meditation will take you on a calming journey with our instructor, Maria of Healing Hands Integrative Energy Therapy.

Kayaking the Milwaukee River (Page 12):

Class sells out quickly!

- Saturday, August 1 at 1pm



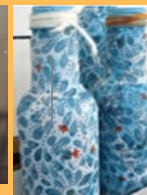
Financial Topics (p52):

- **Power of Attorney - Thursday, June 11**
- **Estate Planning - Tuesday, June 16**



Art Classes coming soon!

- Glass Relief Sculpture (p. 17) - Tuesday, June 16
- Decoupage Milk Bottle (p. 17) - Tuesday, July 14
- Fiber Art - Fantasy Fish (p. 24) - Wednesday, July 15
- Alcohol Ink Painting (p. 17) - Tuesday, August 11



Learn something new and exciting:

- Pet 1st Aid & CPR (p. 40) - Saturday, August 8 (new date)
- Understanding Senior Living (p.48) - Thursday, August 6
- Financial Side of Senior Living (p.48) - Thursday, August 13
- Senior Safety - presented by Mequon Police Officers (p. 35) - Wednesday, August 12
- Plant Walk at MNP (p.28) - August 13
- Flower Arranging (p. 49) - August 15
- Monarch Butterflies (p. 50) - September 12

AROUND THE CORNER:

Exciting News for the Fall - We will now be offering both Gentle Yoga and Chair Yoga 2x per week. Similar to our Monday classes, we will be offering the same times on Wednesday!

Technology Topics (p16):

- Cyber Security - August 10, 11 & 12
- Electric Vehicle Technology - Thursday, August 13



Memory Wellness: Types of Memory!

Join author, Jill Hoven, as she discusses the types for memory and the useful techniques to enhance it. Wednesday, August 19 at 2:00pm. Books may be available for purchase (depending on inventory). Page 38

Don't forget to stay active! We offer a wide variety of adult and senior fitness programs, 5 days per week (found on pages 7-11):

- Senior Aerobics - Mondays and Wednesdays - 9:00am
- Dance Aerobics - Mondays & Wednesdays - 6:00pm
- Pilates (NEW) - Tuesdays at 6:00pm or Thursday at 9:00am
- Gentle Yoga - Mondays at 10:30am
- Chair Yoga - Mondays at 12:00pm
- Rock 'n Roll Fitness (NEW) - Wednesdays at 7:15pm
- Tai Chi - Thursdays at 9:00am
- Balance & Core - Thursdays at 1:30pm
- Retro Fitness Dance - Fridays at 9:00am



Browse our brochure and register online using this QR Code

FALL REGISTRATION:

Keep an eye out near the end of July for your new Fall 2026 Activities Guide. This book will be filled with almost 200 adult/senior activities. Registration opens on Monday, August 3 at 9am.

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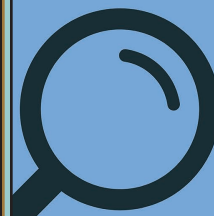


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