

Recreation Club Catalog

January – April 2023



Evolving Through Education * Exploration * Experience

The Recreation Program aims to improve its participants' physical, psychological, behavioral, and spiritual health, allowing them to experience a greater quality of life. We offer qualified instructors, individualized classes, and a curriculum emphasizing practical living and social and recreational skills.

Our Recreation Program is designed to provide individuals with various opportunities to participate in various activities. Joining the Recreation Program can enrich lives, increase skills for successful daily living, allow individuals to meet new people, and give individuals opportunities to have fun!

Our Mission

Inspired by the Franciscan Values of compassion, dignity and respect, we support persons with developmental and other challenges to achieve their highest quality of life, personal growth and spiritual awareness.

Our Vision

St. Coletta of Wisconsin will be the premier provider of support services for adults with developmental disabilities and other challenges throughout their lifespan. Through dynamic partnerships, exceptional customer service, a demonstrated commitment to quality and spirituality, we will work with persons receiving services to achieve their best life possible.



Registration begins December 27th, 2023

Events/Activities/Classes/Special Olympics are based on a 1:4 ratio. This helps provide the support/care and supervision needed while doing activities or in the community. If additional support is needed, less than 1:4- the participant must be accompanied by support staff or pay an additional fee.

Payment Information -----

Please sign up at stcolettarecreation.org

(if you cannot do so online, please e-mail or mail in your selections!)

Payments may be sent in via mail, e-mail, or by calling

Payments must be made before the activity/event



Mail in check and list of activities:

St. Coletta or WI

Accounts Receivable

N4637 County Rd Y

Jefferson, WI 53549

** Checks payable to St. Coletta of Wisconsin

** Please note the activity/event in the memo section



E-Mail: accountspayable@stcolettawi.org and recreationmanager@stcolettawi.org
(please include us both, so I know the sign-up was sent). Include your payment information and list of activities



Call: Cheri Ripp- Billing accountant

920-674-8236

*We accept all major credit cards.

**If you would like to sign up for an activity and are unable to financially please see the request for sponsorship of event on the bottom of the department information

Note: Payments are non-refundable

St. Coletta Recreation

Evolving through Education * Exploration * Experience

Health and Wellness/ Education/Cooking/Crafts

Fun and Fit

Each week you will participate in supportive fitness that is specifically designed for you. We will offer a variety of fitness opportunities that will include but not limited to:

- Cardio fitness, Chair Zumba, Drums Alive, Stretching Techniques, Gentle Yoga, Free Weight Lifting, Resistance Bands Exercises

You will set goals to encourage healthy choices and promote physical activity/ exercise

You will receive handouts, a journal and a set of resistance bands.

| <u>Prog. #</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> | <u>Fee</u> |
|----------------|--|---|--------------|------------|
| HWCECC02 | Every Thursday January 19 – March 23 (no activity on Jan 26 or March 9) | St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining area | 2:30-4:00 pm | \$125 |

Armchair Travel

Armchair Travel takes you around the world without leaving the comfort of St. Coletta! It provides a sensory and learning opportunity about exotic lands and historical events in a meaningful manner.



Each month you will explore places like France, Portugal, Japan and Mexico

During each adventure you will get your passport punched, have a snack according to our travel location, learn about that area, participate in trivia, and more

| <u>Prog. #</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> | <u>Fee</u> |
|----------------|--|--|--------------|------------|
| AC01 | Second Tuesday of the month January 10th February 14th March 14 th April 11 th | St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining area | 2:30-4:30 pm | \$90 |

Simple Cooking

Join in exploring some healthy and simple recipes! Cooking is a great way to spend time with your friends and have fun.

January dinner: Mexican – Green Spaghetti, Flautas, Refried Beans, Mexican Ice Cream

March dinner: Fathead Homemade Pizza, Salad, Zucchini Fries, Fresh Fruit

| <u>Prog. #</u> | <u>Date</u> | | <u>Location</u> | <u>Time</u> | <u>Fee</u> |
|----------------|---------------------------------------|---|--|-------------|------------|
| SC01 | Thursday, January 26 th |  | St. Coletta N4637 County Road Y Jefferson, WI 53549 Kitchen in Excel | 3:30-6 pm | \$70 |
| SC01 | Thursday, March 9 th |  | St. Coletta N4637 County Road Y Jefferson, WI 53549 Kitchen in Excel | 3:30-6 pm | \$70 |

Express Yourself

Express yourself through art by creating craft projects to decorate your space or give it as a gift to your loved one!

February: Mason Jars Valentine's Day Craft

April: Easter Egg Inspired Vases



| <u>Prog. #</u> | <u>Date</u> | | <u>Location</u> | <u>Time</u> | <u>Fee</u> |
|----------------|--------------------------------------|---|--|--------------|------------|
| EY01 | Tuesday, February 7 th |  | St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining area | 2:30- 4:00pm | \$60 |
| EY02 | Tuesday, April 4 th |  | St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining Area | 2:30- 4:00pm | \$60 |

Out and About



Madison Capitals Hockey Game

Cheer on the Madison Capitals!

Join us for a night out to watch the Madison Capitals hockey team. We will enjoy dinner and watch the game from a private suite above.

| <u>Prog. #</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> | <u>Fee</u> |
|----------------|----------------------------------|--|---------------|------------|
| OA01 | Friday, January 13 th | Bob Suter's Capital Ice Arena Middleton, WI | 4:30 – 10:30p | \$140 |
| OA02 | Saturday, March 25 th | Bob Suter's Capital Ice Arena Middleton, WI | 4:30 – 10:30p | \$140 |

Fish Fry

Friday fish fry is a favorite of many, and if you don't like fish, that's ok- I am sure they will have something else delicious for you to eat. Let's get out and enjoy good food, great company, and good conversations!



| <u>Prog. #</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> | <u>Fee</u> |
|----------------|----------------------|-----------------------|-----------------|--------------------------------|
| OA05 | Friday, February 3rd | TBD- decided by group | 4:30- 9:00pm | \$85 <i>(meal included)</i> |

| <u>Prog. #</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> | <u>Fee</u> |
|----------------|--------------------------------|-----------------------|-----------------|--------------------------------|
| OA05 | Friday, April 14 th | TBD- decided by group | 4:30- 9:00pm | \$85 <i>(meal included)</i> |

Beloit Sky Carp Baseball Game

Take me out to the ball game!! Formerly known as the Beloit Snappers, what better way to spend a Sunday then to cheer on the Beloit Sky Carp as they take on the Cedar Rapids Kernels.

The Beloit Sky Carp are a Minor League Team in the Midwest League and the High-A Affiliate of the Miami Marlins and are located in Beloit, WI.



| <u>Prog. #</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> | <u>Fee</u> |
|----------------|--------------------------------|-------------------------------------|------------------|---------------------------------|
| OA06 | Sunday, April 23 rd | ABC Supply Stadium Beloit, WI | 10:30am – 4:30pm | \$140 <i>(meal included)</i> |

Special Olympics

Registration will take place with each sport at the beginning of the sports season

Special Olympics is the world's largest sports organization for children and adults with intellectual and physical disabilities, providing year-round activities. St. Coletta is excited to offer nine different sports throughout the year.

****Bocce Ball, Golf, Bowling, Swimming, Track & Field, Downhill Skiing, Cross Country Skiing, Basketball Team, Basketball Skills**

*Practices will be held between the hours of 8 am- 3:30 pm and are free

*There will be a fee associated with each competition and or tournament. This will cover the cost of staffing/room stays, Special Olympic fees (if any), etc.

A 50% Discount is offered for competitions or tournaments if families want to take their loved ones and/or volunteer for the event (more information on this at the time of registration).



St. Coletta Recreation

If you are unable to use the computer for sign-up, please make your selection here and send in with payment. You may also email or call with selection and payment.

Name (First & Last): _____ Home: _____

| Select Activity | Activity | Date | Time | Fee |
|-----------------|--|--|------------------|--------------------------|
| | Fun and Fit | Every Thursday Jan 19 th – March 23 rd (no activity on Jan 26 th or March 9 th) | 2:30-4:00 pm | \$125 |
| | Arm Chair Travel | Second Tuesday of the month January 10 th February 14 th March 14 th April 11 th | 2:30-4:30 pm | \$90 |
| | Madison Capitals Hockey Game | Friday, January 13 th | 4 – 10:30pm | \$140 (meal included) |
| | Madison Capitals Hockey Game | Saturday, March 25 th | 4 – 10:30pm | \$140 (meal included) |
| | Simple Cooking Mexican | Thursday, January 26 th | 3:30-6 pm | \$70 |
| | Simple Cooking Homemade Pizza | Thursday, March 9 th | 3:30 – 6pm | \$70 |
| | Express Yourself Valentines Mason Jars | Tuesday, February 7 th Three jars per person | 2:30- 4:00pm | \$60 |
| | Express Yourself Easter Vases | Tuesday, April 4 th Three vases per person | 2:30- 4:00pm | \$60 |
| | Fish Fry | Friday, February 3 rd | 4:30 – 9:00pm | \$85 (meal included) |
| | Fish Fry | Friday, April 14 th | 4:30-9:00pm | \$85 (meal included) |
| | Beloit Sky Carp | Sunday, April 23 rd | 10:30am – 4:30pm | \$140 (meal included) |

Thank You!

We welcome volunteers for events, activities and Special Olympics,
Best Buddies, and residential support (cooking, games, companionship)!
If you are interested, please contact me @

Amy Eicksteadt
920-674-8242/ recreationmanager@stcolettawi.org

Information will also be located on the Recreation website:



Make new friends or just spend time with old friends!!