

Recreation Club Catalog

May - August 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 March 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

SOFit

We are excited to be a NEW SOfit host site! SOfit is an 8 week program that focuses on overall wellness. We will focus on the Four Pillars of Wellness: Nutritional, Social, Emotional and Physical Wellness.

Each SOfit session will consist of two parts: physical activity and an educational component from one of the Four Pillars of Wellness. You will set goals at the beginning of the program and we will work together to achieve them by the end of the 8 weeks.

You will also receive a journal for logging goals and progress, water bottle, Fit 5 guide, Fit 5 fitness cards and resistance bands.

<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
HWECC02	Every Thursday May 18 th – July 20 th (No Class 6/8 or 7/6th)	St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining area	2:30-4:00 pm	\$125

Dinner and a Movie

You will join your friends in the Little Flower Chapel for dinner and we will watch Jungle Cruise. A brother and sister duo request the help of a skipper to guide them through the Amazon River in search of the Lagrimas de Cristal Tree. They find danger, adventures and mystery along the way.



<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA05	Friday, May 19 th	Little Flower Chapel	4:30-7:30p	\$75 (meal included)

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 Japan, Germany, Australia & Brazil. During each adventure you will get your passport punched, have a snack according to our travel location, learn about that area, participate in trivia, & discussions.

Prog. #	Date	Location	Time	Fee
AC01	Second Tuesday of the month May 9 th June 13 th July 11 th August 8 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.



May Dinner: Pineapple Teriyaki Chicken over noodles, Grilled Asparagus, Peanut Butter Cup Fluff

July Dinner: Kabobs (Steak, Chicken, Shrimp), Broccoli/Cauliflower Salad, Fresh Fruit, Strawberry Shortcake

Prog. #	Date		Location	Time	Fee
SC01	Thursday, May, 11 th		St. Coletta N4637 County Road Y Jefferson, WI 53549 Kitchen in Excel	3:30-6 pm	\$70
Prog. #	Date		Location	Time	Fee
SC01	Thursday, July 27 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!

June: 4th of July Bandana Wreath

August: Mason Jar Wall Decor w/ Lights and Assorted Flowers



Prog. #	<u>Date</u>		<u>Location</u>	<u>Time</u>	<u>Fee</u>
EY01	Tuesday, June 20 th		St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining area	2:30- 4:00pm	\$60
EY02	Tuesday, August 1 st		St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining Area	2:30- 4:00pm	\$60

Out and About

Dinner Out

Let's get out and enjoy good food, great company, and good conversations! Join your friends and decide on a local restaurant for dinner.



Prog. #	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA05	Thursday, August 24 th	TBD- decided by group	4 – 7:00pm	\$85 (meal included)

Mid – Continent Railway Train Ride & Museum

All Aboard! We will take a 55 minute train ride in a restored steel coach around the Baraboo Hills and rural Sauk County. We will also enjoy a pizza lunch served on the train. After the tour, we will visit the railway museum.



<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA06	Saturday, July 22 nd	Mid-Continent Railway Museum E8948 Museum Rd North Freedom, WI	8:30am – 3pm (Train Ride @ 11am)	\$145 (meal included)

North Point Lighthouse

The views will be breathtaking from this 74 foot tower, with a Quenn Anne -style Keepers Quarters. We will walk to the top of the Lighthouse and take a tour of the museum. We will stop for lunch as a group on our way.



- **The Museum is wheelchair accessible, the Lighthouse is not.**

<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA06	Sunday, August 27 th	North Point Lighthouse 2650 N Wahl Ave Lake Park Milwaukee, WI	9:30am – 3:30pm (Tour is @ 1pm)	\$145 (meal included)

Lake Country Dockhounds Baseball Game

Take me out to the ball game!! Join us for a great game in the summer heat at the Stamas Dentistry Beach! Located behind right field, we will enjoy an all you can eat buffet, drinks and of course a great baseball game!



<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA06	Wednesday, June 7 th	Wisconsin Brewing Company Park Oconomowoc, WI	4pm – 10pm (Game is at 6:35pm)	\$145 (meal included)
<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA06	Sunday, August 6 th	Wisconsin Brewing Company Park Oconomowoc, WI	11am – 5pm (Game is at 1:35pm)	\$145 (meal included)

Weekend Getaway – Caribbean Club Resort Condo

Spend the weekend away in Lake Delton. We will explore the Dells and some of the attractions, relax, go swimming, try some different restaurants and have fun!



- **Individuals signing up will need to be able to walk long distances & climb stairs.**

<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA06	Friday, June 2 nd – Sunday, June 4 th	Caribbean Club Resort 1093 Canyon Rd Lake Delton, WI	Friday 12:30pm – Sunday 2pm	\$1300 (Includes everything for the weekend: All meals from Fri dinner – Sun breakfast, snacks, drinks, all attractions/activities)

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).



***Special
Olympics***

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: _____

	Activity	<u>Date</u>	<u>Time</u>	<u>Fee</u>
	SOFit	Every Thursday May 18 th – July 20 th (no activity on June 8th or July 6 th)	2:30-4:00 pm	\$125
	Dinner and a Movie	Friday, May 19 th	4:30pm – 7:30pm	\$75 <i>(Meal included)</i>
	Arm Chair Travel	Second Tuesday of the month May 9 th June 13 th July 11 th August 8 th	2:30-4:30 pm	\$90
	Simple Cooking Pineapple Teriyaki Chicken	Thursday, May 11 th	3:30 – 6pm	\$70
	Simple Cooking Kabobs (Chicken, Beef, Shrimp)	Thursday, July 27 th	3:30-6 pm	\$70
	Express Yourself	Tuesday, June 20 th 4 th of July Bandana Wreaths	2:30- 4:00pm	\$60
	Express Yourself	Tuesday, August 1 st Mason Jar Wall Décor w/Lights & Flowers	2:30- 4:00pm	\$60
	Dinner Out	Thursday, August 24 th	4pm -7pm	\$85 <i>(Meal included)</i>
	Mid -Continent Railway Train Ride & Museum	Saturday, July 22 nd	8:30am – 3pm	\$145 <i>(Meal included)</i>
	North Point Lighthouse	Sunday, August 27 th	9:30am – 3:30pm (Tour @ 1pm)	\$145 <i>(Meal included)</i>
	Lake Country Dockhounds	Wednesday, June 7 th	4pm – 10pm	\$145 <i>(Meal Included)</i>
	Lake Country Dockhounds	Sunday, August 6 th	11am – 5pm	\$145 <i>(Meal included)</i>
	Weekend Getaway W/ Dells	Friday, June 2 nd – Sunday, June 4 th	Fri 12:30pm – Sun 2pm	\$1300 <i>(Everything included)</i>

Thank You!

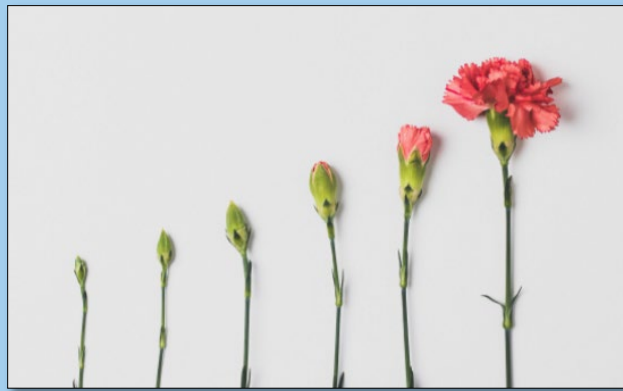
We welcome volunteers for events, activities and Special Olympics, Best Buddies, and residential support (cooking, games, companionship)!

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!!