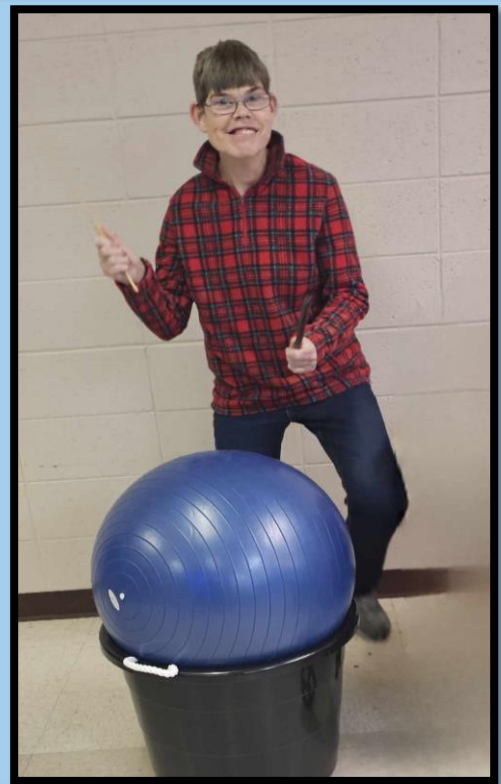


# Recreation Club Catalog

## May – August 2024



# St. Coletta Recreation Club



## **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 11<sup>th</sup>

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](http://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

Recreation Department

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: [CKRipp@stcolettawi.org](mailto:CKRipp@stcolettawi.org) and [recreationmanager@stcolettawi.org](mailto: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/Dinner & Movie

#### **Fun and Fit**



We will offer 4 different 3 week sessions of specific exercise classes. Join us for one or all four!

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, Free Weight Lifting, Resistance Bands Exercises, Outdoor Sports and Games,

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

You will receive handouts and a journal.

Prog. # HWECC02	<b><u>Zumba/Chair Zumba</u></b>  <u>Date</u> Thursdays May 9, 16 <sup>th</sup> , 23 <sup>rd</sup>	<u>Location</u> St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Excel Dining Area Recreation Room</b>	<u>Time</u> 2:30-4:00 pm	<u>Fee</u> \$75
Prog. # HWECC02	<b><u>Sofit/Fit 5 – Exercise, Nutrition, Hydration</u></b>  <u>Date</u> Thursdays: June 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>	<u>Location</u> St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Excel Dining Area Recreation Room</b>	<u>Time</u> 2:30-4:00 pm	<u>Fee</u> \$75
Prog. # HWECC02	<b><u>Sofit/Outdoor Sports Themed/Stretching</u></b>  <u>Date</u> Thursdays: July 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>	<u>Location</u> St. Coletta <b>N4637 County Road Y Jefferson, WI 53549</b> Excel Dining Area Recreation Room	<u>Time</u> 2:30-4:00 pm	<u>Fee</u> \$75
Prog. # HWECC02	<b><u>Drums Alive</u></b>  <u>Date</u> Thursdays: August 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup>	<u>Location</u> St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Excel Dining Area Recreation Room</b>	<u>Time</u> 2:30-4:00 pm	<u>Fee</u> \$75

## 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 BBQ Chicken Foil Packets, Broc/Cali Salad, PB Mousse**
- **June dinner: Sausage & Peppers over Cauliflower Rice, Berry cheesecake Fruit Salad**
- **July dinner: Taco Salad w/Homemade Tortilla Bowls, Fresh Fruit, PB cookies**
- **August dinner: Big Mac Salad, BLT Salad, Strawberry Shortcake**

Prog. #	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
SC01	<ul style="list-style-type: none"> <li>• Thursday, May 30<sup>th</sup></li> </ul> <b>Pineapple BBQ Chicken Foil Packets, Broc/Cali Salad, PB Mousse</b> 	St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Kitchen in Excel</b>	3:30-6 pm	\$70
SC01	<ul style="list-style-type: none"> <li>• Tuesday, June 25<sup>th</sup></li> </ul> <b>Sausage/Peppers over Cauliflower Rice, Berry Cheesecake Fruit Salad</b> 	St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Kitchen in Excel</b>	3:30-6 pm	\$70
SC01	<ul style="list-style-type: none"> <li>• Tuesday, July 23<sup>rd</sup></li> </ul> <b>Taco Salad w/ Homemade Tortilla Bowls, Fruit, PB Cookies</b> 	St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Kitchen in Excel</b>	3:30-6 pm	\$70
SC01	<ul style="list-style-type: none"> <li>• Thursday, August 1<sup>st</sup></li> </ul> <b>Big Mac Salad, BLT Salad, Strawberry Shortcake</b> 	St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Kitchen in Excel</b>	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!

- *May: American Flag Metal Buckets w/Flowers*
- *June: Rock & Cutting Board Picture Frames*
- *July: Patriotic Sand Art*
- *August: Summer Gnomes*



Prog. #		<u>Location</u>	<u>Time</u>	<u>Fee</u>
EY01	<b>American Flag Metal Buckets w/Flowers</b>  <u>Date</u> Tuesday, May 7 <sup>th</sup>	St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Golden Options Dining</b>	2:30- 4:00pm	\$70 <b>(3 buckets per person)</b>
EY02	<b>Rock &amp; Cutting Board Picture Frames</b>  <u>Date</u> Tuesday, June 4 <sup>th</sup>	St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Golden Options Dining</b>	2:30- 4:00pm	\$70 <b>(3 Frames per person)</b>
EY01	<b>Patriotic Sand Art</b>  <u>Date</u> Tuesday, July 2 <sup>nd</sup>	St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Golden Options Dining</b>	2:30- 4:00pm	\$70 <b>( 3 sand art pieces                      2 different sizes)</b>
EY02	<b>Summer Gnomes</b>  <u>Date</u> Tuesday, August 6 <sup>th</sup>	St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Golden Options Dining</b>	2:30- 4:00pm	\$70 <b>(3 Gnomes per person)</b>

## Dinner and a Movie: Disney Sports Themed

Have fun joining your friends in the Excel dining room for a different Disney Action/Adventure movie each month. We will make dinner themed to the movie of the month and enjoy watching the movie after.



- **May: Triple – Deke 3 cheese Nachos, Moreau’s Mixed Fruit, Adam Banks’ Cake Eater Cupcakes, Power Play Punch**
- **June: Slam Dunk Shredded Chicken Sliders, Post Up Pasta Salad, Fast Break Fruit Cabobs, Bounce Pass Brownies**
- **July: Home Run Hot Dogs (regular or chili), Bases Loaded Tater Tots, Pitchers Mound Pretzel Bites, Dugout Dirtcake**
- **August: First Down French Bread Pizzas, Fourth & Goal Veggies and Dip, Apple Turnovers**

Prog. #  OA05	<ul style="list-style-type: none"> <li>• <b>The Mighty Ducks</b></li> </ul> 	<u>Location</u>  Excel Dining Room	<u>Time</u>  4:00-7:00p	<u>Fee</u>  \$75 <i>(meal included)</i>
Prog. #  OA05	<ul style="list-style-type: none"> <li>• <b>The Champions</b></li> </ul> 	<u>Location</u>  Excel Dining Room	<u>Time</u>  4:00-7:00p	<u>Fee</u>  \$75 <i>(meal included)</i>
Prog. #  OA05	<ul style="list-style-type: none"> <li>• <b>The Sandlot</b></li> </ul> 	<u>Location</u>  Excel Dining Room	<u>Time</u>  4:00-7:00p	<u>Fee</u>  \$75 <i>(meal included)</i>
Prog. #  OA05	<ul style="list-style-type: none"> <li>• <b>The Game Plan</b></li> </ul> 	<u>Location</u>  Excel Dining Room	<u>Time</u>  4:00 -7:00p	<u>Fee</u>  \$75 <i>(meal included)</i>

## 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, Ireland, 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 have group discussions.

Prog. #	Date	Location	Time	Fee
AC01	Second Tuesday of the month May 14th June 11th July 9 <sup>th</sup> August 13 <sup>th</sup>	St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Golden Options Dining area</b>	2:30-4:30 pm	\$110

## Out and About

### Lake Country Dockhounds Baseball Game

Take me out to the ball game!! Join us for a great game in one of the private suites. Inside and outside seating available in the suite. We will enjoy an all you can eat buffet, drinks and of course a great baseball game!



Prog. #	Date	Location	Time	Fee
OA06	Friday, May 31 <sup>st</sup>	Wisconsin Brewing Company Park Oconomowoc, WI	4:30pm – 10:30pm (Game is at 6:35pm)	\$160 <i>(meal included)</i>
Prog. #	Date	Location	Time	Fee
OA06	Sunday, August 11 <sup>th</sup>	Wisconsin Brewing Company Park Oconomowoc, WI	11am – 5pm (Game is at 1:05pm)	\$160 <i>(meal included)</i>



## Weekend Getaway – Spring Brook Resort



Spend the weekend away at the Spring Brook Resort. We will be spending the weekend in a house that sleeps 20! We will explore the Dells and some of the attractions, such as the Ducks, Mini Golfing, Timbavati Wildlife Park, and breakfast at Paul Bunyan’s Cook Shanty. We will have an indoor pool, personal fire pit to cook smores and indoor theatre in our house (if the weather is not so friendly). We will try some different restaurants and have a full weekend of fun!

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

<u>og. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA06	Friday, May 17 <sup>th</sup> – Sunday, May 19 <sup>th</sup>	Rambling Ranch @ Spring Brook Resort 242 Lake Shore Dr WI Dells, WI	Friday 12pm – Sunday 2pm	\$1300  <i>(Includes everything for the weekend: All meals from Fri dinner – Sun breakfast, snacks, drinks, all attractions/activities)</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 six different sports throughout the year.

**\*\*Bocce Ball, Golf, Bowling, Track & Field, 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, transportation, registration fees, food and over night room stays (when needed)**

**A 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 Bocce Ball**

Who's ready for bocce ball? Come join the fun with your friends and form a team of 4 or 5. We will practice during the day to get ready for the upcoming competitions this summer.

- Bocce Ball – We will practice at the Jefferson Mail Campus on Mondays and/or Tuesdays from 9am – 11:15am. We will have a scrimmage against another agency in June or July before the regional tournament in on August 3<sup>rd</sup> in Lake Geneva.
- ***There will be an additional fee if any team advances to the State Tournament in September in Wisconsin Dells.***

Prog. #	<b><u>Bocce Ball</u></b>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
	Date: May - September  Practice TBD – Tentatively Mondays and/or Tuesdays at the Jefferson Main Campus track area	Jefferson Main Campus	9 – 11:15am	\$135  <i>( Includes a Scrimmage in June or July &amp; Regional tournament in August, including lunch)</i>



## 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
	<u>Fun and Fit:</u> Zumba/Chair Zumba	Thursdays: May 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup>	2:30 - 4:00 pm	\$75
	<u>Fun and Fit:</u> SOfit Fit 5 – Exercise, Nutrition, Hydration	Thursdays: June 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>	2:30 - 4:00 pm	\$75
	<u>Fun and Fit:</u> SOfit – Outdoor Sports Theme & Stretching Focus	Thursdays: July 11 <sup>th</sup> 18 <sup>th</sup> , 25 <sup>th</sup>	2:30 - 4:00 pm	\$75
	<u>Fun and Fit:</u> Drums Alive	Thursdays: August 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup>	2:30 - 4:00 pm	\$75
	Arm Chair Travel	Second Tuesday of the month May 14 <sup>th</sup> June 11 <sup>th</sup> July 9 <sup>th</sup> August 13 <sup>th</sup>	2:30 - 4:30 pm	\$110
	Dockhounds Baseball Game	Friday, May 31 <sup>st</sup>	4 – 10:30pm	\$160 (meal included)
	Dockhounds Baseball Game	Sunday, August 11 <sup>th</sup>	11am – 5pm	\$160 (meal included)
	<u>Simple Cooking:</u> Pineapple BBQ Chicken, Broc/Cauli Salad, PB Mousse	Thursday, May 30 <sup>th</sup>	3:30 - 6 pm	\$70
	<u>Simple Cooking:</u> Sausage/Peppers over Cauliflower Rice, Berry Cheesecake Salad	Tuesday, June 25 <sup>th</sup>	3:30 – 6pm	\$70

	<u>Simple Cooking:</u> Taco Salad w/Homemade Tortilla Bowls, Fresh Fruit, PB Cookies	Tuesday, July 23 <sup>rd</sup>	3:30 - 6 pm	\$70
	<u>Simple Cooking:</u> Big Mac Salad, BLT Salad, Strawberry Shortcake	Thursday, August 1 <sup>st</sup>	3:30 – 6pm	\$70
	<u>Express Yourself:</u> American Flag Metal Buckets	Tuesday, May 7 <sup>th</sup> <b>( 3 Buckets per person)</b>	2:30 - 4:00pm	\$70
	<u>Express Yourself:</u> Rock and Cutting Board Picture Frames	Tuesday, June 4 <sup>th</sup> <b>(3 Picture Frames per person)</b>	2:30 - 4:00pm	\$70
	<u>Express Yourself:</u> Patriotic Sand Art	Tuesday, July 2 <sup>nd</sup> <b>(3 per person, 2 different sizes)</b>	2:30 - 4:00pm	\$70
	<u>Express Yourself:</u> Summer Gnomes	Tuesday, August 6 <sup>th</sup> <b>( 3 Gnomes per person)</b>	2:30 - 4:00pm	\$70
	<u>Dinner &amp; a Movie:</u> The Mighty Ducks	Friday, May 10 <sup>th</sup>	4:00p – 7:00pm	\$75
	<u>Dinner &amp; a Movie:</u> The Champions	Friday, June 21 <sup>st</sup>	4:00p – 7:00pm	\$75
	<u>Dinner &amp; a Movie:</u> The Sandlot	Friday, July 19 <sup>th</sup>	4:00p -7:00pm	\$75
	<u>Dinner &amp; a Movie:</u> The Game Plan	Friday, August 23 <sup>rd</sup>	4:00p – 7:00pm	\$75
	WI Dells Weekend Getaway	Friday, May 17 <sup>th</sup> – Sunday May 19 <sup>th</sup>	Friday Noon – 2pm Sunday	\$1300
	Special Olympics Bocce Ball	Scrimmage against another agency TBD before the Regional Tournament.  Regional Tournament: Saturday, August 3 <sup>rd</sup> Badger High School, Lake Geneva	8:00am – 3:00pm	\$135 (Lunch included @ regional tournament)

Thank You!

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

Donations are always welcome to help cover some of the cost of the staffing, supplies and activities/outings.

If you are interested, please contact me @  
Amy Eicksteadt  
920-674-8242/ [recreationmanager@stcolettawi.org](mailto:recreationmanager@stcolettawi.org)

Information will also be located on the Recreation website:



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