

Recreation Club Catalog

January – April 2026



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 individuals with diverse and unique abilities, 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 individuals with diverse and unique abilities. 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 15th

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

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 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/Dinner & Movie

SOFit/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, Stretching Techniques, Free Weight Lifting, Resistance Bands Exercises, Meditation Techniques and Much More

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

<u>Drums</u> <u>Date</u> Wednesdays: January 14 th , 21 st , 28 th	<u>Location</u> St. Coletta N4637 County Road Y Jefferson, WI 53549 Excel Dining Area	<u>Time</u> 2:30-4:00 pm	<u>Fee</u> \$75
<u>Zumba/Chair Zumba</u> <u>Date</u> Wednesdays: February 11 th , 18 th , 25 th	<u>Location</u> St. Coletta N4637 County Road Y Jefferson, WI 53549 Excel Dining Area	<u>Time</u> 2:30-4:00 pm	<u>Fee</u> \$75
<u>Yoga/Chair Yoga</u> <u>Date</u> Wednesdays: March 11 th , 18 th , 25 th	<u>Location</u> St. Coletta N4637 County Road Y Jefferson, WI 53549 Excel Dining Area	<u>Time</u> 2:30-4:00 pm	<u>Fee</u> \$75
<u>Chair Aerobics</u> <u>Date</u> Wednesdays: April 15 th , 22 nd , 29 th	<u>Location</u> St. Coletta N4637 County Road Y Jefferson, WI 53549 Excel Dining Area	<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.



- **January dinner: White Chicken Enchiladas, Frito Corn Salad, Apple Enchiladas and Ice Cream**
- **February dinner: Mini calzones, Pepperoni Pizza Pasta Salad, Chocolate Peanut Butter Lasagna**
- **March dinner: Chicken Parmesan Sliders, Bacon Cheddar Ranch Pasta Salad, No Bake Monster Cookies**
- **April dinner: Mini Meatball Cakes, Caesar Pasta Salad, Strawberry Fluff**

<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
Wednesday, January 7th White Chicken Enchiladas, Frito Corn Salad, Apple Enchilada 	St. Coletta N4637 County Road Y Jefferson, WI 53549 Kitchen in Excel	3:30-6 pm	\$70
Wednesday, February 4th Mini calzones', Pepperoni Pizza Pasta Salad, Chocolate Peanut Butter Lasagna 	St. Coletta N4637 County Road Y Jefferson, WI 53549 Kitchen in Excel	3:30-6 pm	\$70
Wednesday, March 4th Chicken Parmesan Sliders, Bacon Cheddar Ranch Pasta Salad, No Bake Monster Cookies 	St. Coletta N4637 County Road Y Jefferson, WI 53549 Kitchen in Excel	3:30-6 pm	\$70
Wednesday, April 8th Mini Meatball Cakes, Caesar Pasta Salad, Strawberry Fluff 	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!

- *January: Drink Holder Snowflakes and Tealight Jar Snowmen*
- *February: I Love You to Pieces Picture Frame*
- *March: Wooden Initials*
- *April: Design A Baseball Cap*



Drink Holder Snowflakes and Tealight Jar Snowmen <u>Date</u> Tuesday, January 13 th 	<u>Location</u> St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining	<u>Time</u> 2:30- 4:00pm	<u>Fee</u> \$70
I Love You to Pieces Picture Frame <u>Date</u> Tuesday, February 17 th 	<u>Location</u> St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining	2:30- 4:00pm	<u>Fee</u> \$70
Wooden Initials <u>Date</u> Tuesday, March 17 th 	<u>Location</u> St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining	2:30- 4:00pm	<u>Fee</u> \$70 (2 Per Person)
Design A Baseball Cap <u>Date</u> Tuesday, April 21 st 	<u>Location</u> St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining	2:30- 4:00pm	<u>Fe</u> \$70

Dinner and a Movie

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.



- **January:** *Nani's Sliders, Lilo's Fruit Cup, Stiches' Chips, Stich Dropped the Cake (Pineapple Upside Down Cake) Ocean Water*
- **February:** *Hefty's Dumbbells and Noodles (Spaghetti and Meatballs) Gardner's Salad. Gargamel's Garlic Bread, Smurfberry Trifle, SmurfBerry Punch*
- **March:** *Pride rock Pizza, Pride Land Grass (Salad) Zebra Cakes, Watering Hole Punch*
- **April:** *Herbie's Burgers, Jim Douglas Fries, Love Bug Sundae Tang Wu Tangy Drink*

Lilo & Stich <u>Date</u> Friday, January 16 th 	<u>Location</u> Excel Dining Room	<u>Time</u> 4:00-7:00p	<u>Fee</u> \$75 <i>(meal included)</i>
Smurfs <u>Date</u> Friday, February 13 th 	<u>Location</u> Excel Dining Room	<u>Time</u> 4:00-7:00p	<u>Fee</u> \$75 <i>(meal included)</i>
Mufasa <u>Date</u> Friday, March 20 th 	<u>Location</u> Excel Dining Room	<u>Time</u> 4:00-7:00p	<u>Fee</u> \$75 <i>(meal included)</i>
Herbie Fully Loaded <u>Date</u> Friday, April 10 th 	<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, Portugal, Japan, Spain 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 have group discussions.

<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
Second Tuesday of the month January 13 th February 10 th March 10 th April 14 th	St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining area	2:30-4:00 pm	\$110

Out and About

Madison Capitols Hockey Game

Cheer on the Madison Capitols!

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



<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
Saturday, February 7 th	Bob Suter's Capital Ice Arena Middleton, WI	4:30 – 10:30p	\$175

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 overnight 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 Basketball & Track and Field

Who's ready for basketball? Come join the fun with your friends either on a team or individually. We will practice during the day to get ready for the upcoming competitions for either basketball skills (individual) or basketball team.



***Basketball Skills Regional Tournament: February 14th @ Lake Geneva High School
April 17th State @ Oshkosh**

***** There will be an additional fee for the state competition for those who advance *****

***Basketball Team: Scrimmage February 1st @ Mukwongo, Regionals Feb 15th @ Wilmot,
April 18th & 19th State @ Oshkosh**

***** There will be an additional fee for the state competition if the team advances *****

<u>Basketball Skills</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
Date: February 14 th	Badger High School Lake Geneva, WI	7AM – 4PM	\$140
<u>Basketball Team</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
Date: Scrimmage February 1 st • Regionals – Feb 15 th	Mukwonago Wilmot High School	7AM – 4PM	\$250
<u>Track and Field</u>	<u>Location:</u>	<u>Time:</u>	<u>Fee</u>
Date: regionals -May 2 nd	Oregon High School	7AM-4PM	\$140

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	<u>Date</u>	<u>Time</u>	<u>Fee</u>
	<u>Fun and Fit:</u> Drums	Wednesdays: January 14, 21 st , 28 th	2:30 - 4:00 PM	\$75
	<u>Fun and Fit:</u> Zumba/Chair Zumba	Wednesdays: February 11 th , 18 th , 25 th	2:30 - 4:00PM	\$75
	<u>Fun and Fit:</u> Yoga/Chair Yoga	Wednesday: March 11 th , 18 th , 25 th	2:30 - 4:00 PM	\$75
	<u>Fun and Fit:</u> Chair Aerobics	Wednesdays: April 15 th , 22 nd , 29 th	2:30 - 4:00 PM	\$75
	Arm Chair Travel	Second Tuesday of the month January 13 th February 10 th March 10 th April 14 th	2:30 - 4:00 PM	\$110
	Madison Capitols Hockey Game	Saturday, February 7 th	4 – 10:30PM	\$175 (meal included)
	<u>Simple Cooking:</u> White Chicken Enchiladas, Frito Corn Salad, Apple Enchiladas an Ice Cream	Wednesday, January 7 th	3:30 – 6PM	\$70
	<u>Simple Cooking:</u> Mini calzones*, Pepperoni Pizza Pasta Salad, Chocolate Peanut Butter Lasagna	Wednesday, February 4 th	3:30 – 6PM	\$70
	<u>Simple Cooking:</u> Chicken Parm Sliders, Bacon Cheddar Ranch Pasta Salad, No Bake Monster Cookies	Wednesday, March 4 th	3:30 – 6PM	\$70

	<u>Simple Cooking:</u> Mini Meatball Cakes, Caesar Pasta Salad, Strawberry Fluff	Wednesday, April 8 nd	3:30 – 6PM	\$70
	<u>Express Yourself:</u> Drink Holder Snowflakes and Tealight Jar Snowmen	Tuesday, January 20 th	2:30 - 4:00PM	\$70
	<u>Express Yourself:</u> I Love You to Pieces Picture Frame	Tuesday, February 17 th	2:30 - 4:00PM	\$70
	<u>Express Yourself:</u> Wooden Initials	Tuesday, March 17 th	2:30 - 4:00PM	\$70
	<u>Express Yourself:</u> Design A Baseball Cap	Tuesday, April 21 st	2:30 - 4:00PM	\$70
	<u>Dinner & a Movie:</u> Lilo & Stich	Friday, January 16 th	4:00PM– 7:00PM	\$75
	<u>Dinner & a Movie:</u> Smurfs	Friday, February 13 th	4:00PM– 7:00PM	\$75
	<u>Dinner & a Movie:</u> Mufasa	Friday, March 20 th	4:00PM -7:00PM	\$75
	<u>Dinner & a Movie:</u> Herbie Fully Loaded	Friday, April 10 th	4:00PM – 7:00PM	\$75
	<u>Special Olympics</u> Basketball Skills	Regional Tournament: Saturday, February 14 th – Lake Geneva High School	7:00AM – 4:00PM	\$140 (Lunch included)
	<u>Special Olympics</u> Basketball Team	Scrimmage: TDB Regional Tournament: Sunday, February 15 th – Wilmot High School	7:00AM – 4:00PM	\$375 (Lunch included for all tournaments)
	<u>Special Olympics</u> Track and Field	Date: Regionals-May 2 nd	7:00AM – 4:00PM	\$140 (Lunch included)

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
Celia Villanueva @
920-674-8242/ recreationmanager@stcolettawi.org

Information will also be located on the Recreation website:

stcolettarecreation.org



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