

# Recreation Club Catalog

## September - December 2025



# 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 August 1<sup>st</sup>, 2025

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](https://stcolettarecreation.org)

*(if you cannot do so online, please e-mail or mail in your selections! You may also call!)*

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

#### **Fun and Fit: SOFit**

We will offer 4 different 3-week sessions of specific health related topics & 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, fit 5 Exercises, Stretching Techniques, Free Weight Lifting, Resistance Bands Exercises, Indoor Sports and Games, Meditation and Relaxation

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





You will receive handouts and a journal.

Prog. #	<b><u>Drums/Creating Healthy Habits</u></b>	<b><u>Location</u></b> St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Excel Dining Area Recreation Room</b>	<b><u>Time</u></b> 2:30-4:00 PM	<b><u>Fee</u></b> \$75
HWECC02	<b><u>Date:</u></b> Wednesdays September 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup>			
Prog. #	<b><u>Fit 5: Flexibility, Balance/ Healthy Relationships</u></b>	<b><u>Location</u></b> St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Excel Dining Area Recreation Room</b>	<b><u>Time</u></b> 2:30-4:00 PM	<b><u>Fee</u></b> \$75
HWECC02	<b><u>Date:</u></b> Wednesdays October 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup>			
Prog. #	<b><u>Fit 5: Strength, Endurance, Cardio Circuits/ Physical Wellness</u></b>	<b><u>Location</u></b> St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Excel Dining Area Recreation Room</b>	<b><u>Time</u></b> 2:30-4:00 PM	<b><u>Fee</u></b> \$75
HWECC02	<b><u>Date:</u></b> Wednesdays November 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup>			
Prog. #	<b><u>Emotional Wellness/ Meditation &amp; Relaxation</u></b>	<b><u>Location</u></b> St. Coletta N4637 County Road Y Jefferson, WI 53549 <b>Excel Dining Area Recreation Room</b>	<b><u>Time</u></b> 2:30-4:00 PM	<b><u>Fee</u></b> \$75
HWECC02	<b><u>Date:</u></b> Wednesday December 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> ,			

## **Dinner and a Movie**

You will join your friends in the Little Flower Chapel for dinner and we will watch a different Disney movie each month. The menu will be themed to go with the movie.

- **September: Camp Dogs, Computer Chips(potato Chips), Nuts and Bolts( Trail Mix), Shipwreck Salad, Forest Dirt ( Dirt Pudding Cups), Roz Rust Free Robot Juice**
- **October: Heart of a Pig(Pigs in a Blanket) Snowwhites Mac-n-cheese Bashful Bits(Green beans w/Bacon pieces) Poison Apples and Dip, Evil Queens Poison Potion**
- **November: Chicken and Steak Kabobs, Fruit Kabobs, Cookies, Lemonade**
- **December: Warm Mittens(mashed Potatoes) Gravy Train( Chicken and Gravy) Frostbitten broccoli and cauliflower caribou Crossing Cookies**

Prog. #	<b>Wild Robot</b> 	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA05	<b>Wild Robot</b>  Friday, September 26th	<b>Excel Dining Room</b>	4:00-7:00PM	\$75 (meal included)
Prog. #	<b>Snow White</b> 	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA05	<b>Snow White</b>  Friday, October 10 <sup>th</sup>	<b>Excel Dining Room</b>	4:00-7:00PM	\$75 (meal included)
Prog. #	<b>Edward Scissorhands</b> 	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA05	<b>Edward Scissorhands</b>  Friday, November 7 <sup>th</sup>	<b>Excel Dining Room</b>	4:00-7:00PM	\$75 (meal included)
Prog. #	<b>Polar Express</b> 	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA05	<b>Polar Express</b>  Friday, December 12 <sup>th</sup>	<b>Excel Dining Room</b>	4:00 - 7:00PM	\$75 (meal included)

## **Simple Cooking**

Join in exploring some healthy and simple recipes!  
We will prepare a healthy meal and enjoy eating it after.



***September Dinner: Bang Bang Chicken Bowel, Apple Pie Dump Cake and Ice Cream***

***October Dinner: Breakfast for Dinner: Egg Bake, Blueberry Muffins, Fresh Fruit, OJ***

***October: Dinner: SloppyJoe, Dill Pickle, Pasta Salad, Snickers Salad:***

***December Dinner: Cheddar Bay Burger Balls, BLT Salad, Smores Cake***

Prog. #	<b>Bang Bang Chicken</b> 	<u>Location</u>	<u>Time</u>	<u>Fee</u>
SC01	<b><u>Date:</u></b> Wednesday September 3 <sup>rd</sup>	St. Coletta Excel Kitchen	3:30-6 PM	\$70
Prog. #	<b>Breakfast</b> 	<u>Location</u>	<u>Time</u>	<u>Fee</u>
SC01	<b><u>Date:</u></b> Wednesday, October 1 <sup>st</sup>	St. Coletta Excel Kitchen	3:30-6 PM	\$70
Prog. #	<b>Sloppy Joe</b> 	<u>Location</u>	<u>Time</u>	<u>Fee</u>
SC01	<b><u>Date:</u></b> Wednesday, October 29 <sup>th</sup>	St. Coletta Excel Kitchen	3:30-6 PM	\$70
Prog. #	<b>Cheddar Bay Burger Balls</b> 	<u>Location</u>	<u>Time</u>	<u>Fee</u>
SC01	<b><u>Date:</u></b> Tuesday, December 2 <sup>nd</sup>	St. Coletta Excel Kitchen	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!

***September: Bandana Tie Pillow***

***October: Pumpkin Painting***

***November: Christmas Ornaments & Card Making***

***December: Cookie Decorating***



Prog. #	<b><u>Bandanna Tie Pillow</u></b>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
EY01	 <b><u>Date:</u></b> Tuesday, September 16 <sup>th</sup>	<b>St. Coletta Golden Options Dining Area</b>	2:30- 4:00 PM	\$70
EY02	<b><u>Pumpkin Painting</u></b>  <b><u>Date:</u></b> Tuesday, October 21st	<b>St. Coletta Golden Options Dining Area</b>	2:30- 4:00 PM	\$70
EY02	<b><u>Christmas Ornament and Card Making</u></b>  <b><u>Date:</u></b> Tuesday, November 18th	<b>St. Coletta Golden Options Dining Area</b>	2:30- 4:00 PM	\$70 (3 ornaments and 5 cards per person)
EY02	<b><u>Cookie Decoration</u></b>  <b><u>Date:</u></b> Tuesday, December 16 <sup>th</sup>	<b>St. Coletta Golden Options Dining Area</b>	2:30- 4:00 PM	\$70 (6 per person)

## **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, Brazil, India, and New Zealand.

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.



<u>Prog. #</u>	<u>Date:</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
AC01	Second Tuesday of the month September 9th October 14th November 11th December 9th	<b>St. Coletta Golden Options Dining Area</b>	2:30-4:00 PM	\$110

## **Out and About**

### **Madison Capitols Hockey Game**



<u>Prog. #</u>	<u>Date:</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA06	Saturday, November 15 <sup>th</sup>	Bob Suter's Ice Arena 2616 N Pleasant View Rd, Middleton	4:30-10:30 PM	\$175.00 (meal and game included)



## Dances



### Halloween Dance

Get out your best costumes and join your friends for a Spooktacular time!  
Come dance in the spooky decorated chapel from 2:30 – 4:30 and then join us for dinner in the Excel dining room at 4:30.

Prog. #	<u>Date:</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA06	Saturday, October 25 <sup>th</sup>	<b>Little Flower Chapel/Excel Dining Room</b>	2:30 -5:30 PM (Dinner at 4:30)	\$40 <i>(meal included)</i>



### Holiday Dance

Celebrate the holidays with friends, music, dancing, food and lots of fun!  
Join all your friends for a jump start to the holiday season with a festive dance in the chapel from 2:30 – 4:30 and then for a holiday feast in the Excel dining room at 4:30.

Prog. #	<u>Date:</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA06	Saturday, December 20 <sup>h</sup>	<b>Little Flower Chapel/Excel Dining Room</b>	2:30 – 5:30 PM (Dinner at 4:30)	\$40 <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, food etc.

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).

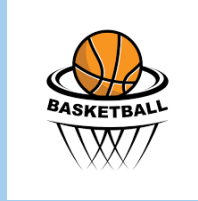
### **Special Olympics Bowling**

It's that time of year to get ready to start bowling! Come join the fun with friends for 15 weeks of bowling. We will practice at Rock River Lanes in Fort Atkinson. The cost will cover 2 games of bowling and shoe rental each week, awards, and a pizza party on the last day of bowling. You can choose to participate as a recreational activity or participate as a Special Olympic athlete.



- ***There will be an additional cost if athletes qualify to advance to the state level. Cost will be around \$450 and will include the tournament registration, meals, staffing, transportation, and an overnight stay in Wausau. The date for the state tournament will be Dec 5<sup>th</sup> – 7<sup>th</sup>***

Prog. #	<u>Date:</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA06	Mondays, Sept 8 <sup>h</sup> – Jan 5 <sup>th</sup> (No practice 11/24, 12//22, 12/29)	<b>Rock River Lanes Fort Atkinson</b>	Varies between 9:30 AM – 1 PM	\$145



## **Special Olympics Basketball**

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: TBD @ Lake Geneva High School**

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

- **Basketball Team: Cost will be \$375.00 will include three tournaments**

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

Prog. #	<b><u>Basketball Skills</u></b>	<b><u>Location</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>
	Date: January - April  Practices TBD – At St. John the Baptist school in Jefferson	324 E North St Jefferson, WI	10:00-11:00 AM	\$150 <i>(Regional tournament in February, including lunch)</i>

Prog. #	<b><u>Basketball Team:</u></b>	<b><u>Location</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>
	Date: January – April  Practices TBD – At St. John the Baptist school in Jefferson	324 E North St Jefferson, WI	9:00-10:00 AM	\$375 <i>(Scrimmage, Regional, Sectional tournaments January-March, including lunch)</i>



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: \_\_\_\_\_

	<u>Activity</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
	<u>SOfit:</u> <b>Drums/Creating Healthy Habits</b>	Wednesdays, September 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup>	2:30 – 4:00 PM	\$75
	<u>SOfit:</u> <b>Fit 5: Flexibility, Balance/ Healthy Relationships</b>	Wednesdays, October 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup>	2:30 – 4:00 PM	\$75
	<u>SOfit:</u> <b>Fit 5: Strength, Endurance, Cardio Circuits/ Physical Wellness</b>	Wednesdays, November 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup>	2:30 – 4:00 PM	\$75
	<u>SOfit:</u> <b>Emotional Wellness/ Meditation &amp; Relaxation</b>	Wednesdays, December 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup>	2:30-4:00 PM	\$75
	<u>Dinner &amp; Movie:</u> <b>Wild Robot</b>	Friday, September, 26 <sup>th</sup>	4:00– 7:00 PM	\$75 ( <i>Meal included</i> )
	<u>Dinner &amp; Movie:</u> <b>Snow White</b>	Friday, October, 10 <sup>th</sup>	4:00-7:00 PM	\$75 ( <i>Meal included</i> )
	<u>Dinner &amp; Movie:</u> <b>Edward Scissorhands</b>	Friday, November 7 <sup>th</sup>	4:00-7:00 PM	\$75 ( <i>Meal included</i> )
	<u>Dinner &amp; Movie:</u> <b>Polar Express</b>	Friday, December 12 <sup>th</sup>	4:00-7:00 PM	\$75 ( <i>Meal included</i> )
	<b>Armchair Travel</b>	Second Tuesday of the month September 9 <sup>th</sup> October 14 <sup>th</sup> November 11 <sup>th</sup> December 9 <sup>th</sup>	2:30-4:00 PM	\$110

	<u>Simple Cooking:</u> <i>Bang Bang Chicken Bowel, Apple Pie Dump Cake and Ice Cream</i>	Wednesday September 3 <sup>rd</sup>	<b>3:30-6:00 PM</b>	<b>\$70</b>
	<u>Simple Cooking:</u> <i>Breakfast for Dinner: Egg Bake, Blueberry Muffins, Fresh Fruit, OJ</i>	Wednesday, October 1 <sup>st</sup>	3:30-6:00 PM	\$70
	<u>Simple Cooking:</u> <i>Sloppy Joe, Dill Pickle Pasta Salad, Snickers Salad:</i>	Wednesday, October 29 <sup>th</sup>	3:30-6:00 PM	\$70
	<u>Simple Cooking:</u> <i>Cheddar Bay Burger Balls, BLT Salad, Smores Cake</i>	Tuesday, December 2 <sup>nd</sup>	3:30-6:00 PM	\$70
	<u>Express Yourself:</u> <b>Bandana Tie Pillow</b>	Tuesday, September 16 <sup>th</sup>	2:30 – 4:00 PM	\$70 ( 2 scarecrows per person)
	<u>Express Yourself:</u> <b>Pumpkin Painting</b>	Tuesday, October 21 <sup>st</sup>	2:30 – 4:00 PM	\$70
	<u>Express Yourself:</u> <b>Ornaments &amp; Christmas Cards</b>	Tuesday, November 18 <sup>th</sup>	2:30 – 4:00 PM	\$70 (3 ornaments, 5 cards)
	<u>Express Yourself:</u> <b>Cookie Decoration</b>	Tuesday, December 16 <sup>th</sup>	2:30 – 4:00 PM	\$70
	<b>Madison Capitols Hockey Game</b>	Saturday, November 15 <sup>th</sup>	4:30-10:30 PM	\$175 ( <i>Meal &amp; Show included</i> )
	<b>Halloween Dance</b>	Saturday, October 25 <sup>th</sup>	2:30p – 5:30 PM	\$40 ( <i>Meal Included</i> )
	<b>Holiday Dance</b>	Saturday, December 20 <sup>th</sup>	2:30p - 5:30 PM	\$40 ( <i>Meal included</i> )
	<b>Special Olympics Bowling</b>	Mondays, Sept 8 <sup>th</sup> – Jan 5 <sup>th</sup>	9:30AM – 1 PM (Varies per individual)	\$145
	<b>Special Olympics Basketball Skills</b>	TBD	<b>10:00-11:00 AM</b>	<b>\$150</b>
	<b>Special Olympics Basketball Teams</b>	TBD	<b>9:00-10:00 AM</b>	<b>\$375</b>

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

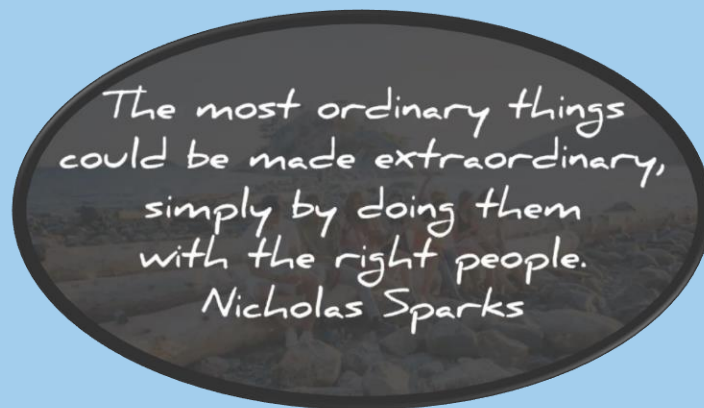
If you are interested, please contact me @

Celia Villanueva

920-674-8242/ recreationmanager@stcolettawi.org

Information will also be located on the Recreation website:

[stcolettarecreation.org](http://stcolettarecreation.org)



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