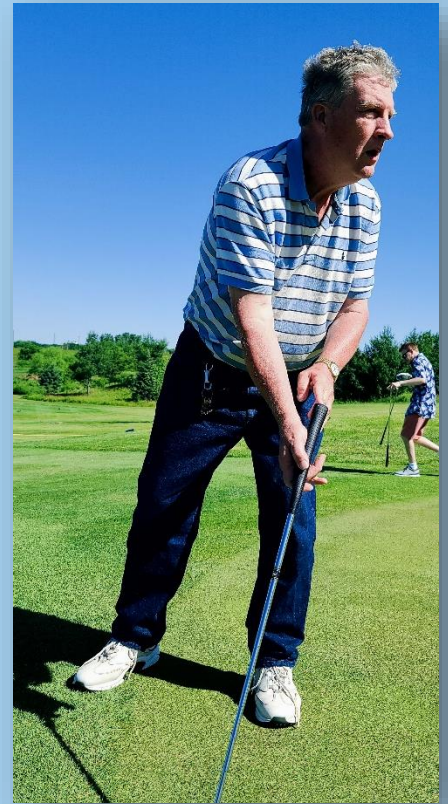


Recreation Club Catalog October- December 2022

NEW LOOK COMING SOON!



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 Information

Registration begins September 12th, 2022

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

Self-Advocay, Awareness and a Positive Mindset

Each week discussions will be led by a self-advocate on various topics that will help you with your everyday life. Some of the topics will include but are not limited to:

- Rights, Voting, Communication
- Building relationships- how our connections can help
- Decision making, problem-Solving, building confidence/positive thinking
- Responsibility for our behaviors, having a positive mindset, meditation
- Feeling/Emotions

Raise you awareness
and share your
uniqueness to the
world.
- Amit Ray

<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
HWEECC01	Every Wednesday October 12 th - December 14 th (no activity on November 2nd, 23rd)	St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining area	2:30-4:00 pm	\$100

Health Matters

Each week you learn about MyPlate and making healthy choices. 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, Spirit Zumba, Balance Fitness, Spirit Boxing, Gentle Yoga

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

You will receive handouts, a journal, and a stress ball

<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
HWEECC02	Every Monday October 10 th - December 19 th (no activity on Nov. 7th, 21 or Dec. 5th)	St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining area	2:30-4:00 pm	\$155

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 Norway, England, Thailand, South Africa, and more! 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	First Tuesday of the month October 4 th November 1 st December 6 th	St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining area	2:30-4:30 pm	\$80

Simple Cooking

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

Dinner- Turkey Chili, homemade Corn Bread and Pumpkin cheesecake bars



<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
SC01	Monday, November 7 th	St. Coletta N4637 County Road Y Jefferson, WI 53549 Kitchen in Excel	3:30-6 pm	\$65

Express Yourself

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

October: Halloween Mason Luminaries

December: Marbled Ink Christmas Ornaments



Prog. #	Date		Location	Time	Fee
EY01	Monday, October 17th Three jars per person		St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining area	2:30- 4:00pm	\$60
EY02	Thursday, December 1st Three ornaments per person		St. Coletta N4637 County Road Y Jefferson, WI 53549 Golden Options Dining area	2:30- 4:00pm	\$60

Out and About

Dinner and Jefferson High School Game

Cheer on the Jefferson Eagles!

In this series, you will go out to dinner and finish the evening supporting the local High School football and/or basketball team.



Prog. #	Date	Location	Time	Fee
OA01	Friday, October, 14th Football- Jefferson vs. East Troy Game time: 7 pm	Jefferson High School	4:30-9:30 pm	\$85 <i>(meal included)</i>
OA02	Friday, November 18th Girls Basketball- Jefferson vs. Clinton Game time: 7 pm	Jefferson High School	4:30-9:30pm	\$85 <i>(meal included)</i>
OA03	Friday, December 16th Boys Basketball- Jefferson vs. Whitewater Game time: 7 pm	Jefferson High School	4:30-9:30pm	\$85 <i>(meal included)</i>

Milwaukee Domes

Plants make people happy, and with thousands of wild and beautiful plants growing and blooming inside our tropical, desert, and floral domes, it's no surprise that the Milwaukee Domes living museum is one of Milwaukee's most loved destinations.



Discover cacti, succulents, shrubs, and desert palms in the Desert Dome.

<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA04	Sunday, October 16th	Milwaukee, WI	9:00 am- 5:00 pm	\$155 <i>(meal included)</i>

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, November 4th	TBD- decided by group	4:30-9:00pm	\$85 <i>(meal included)</i>

Dancing Horses

The Dancing Horses Theatre is the home of the most amazing Vegas-style show in Lake Geneva!

This show was created from one vision and infinite love for Horses. A talented team of creative, artistic, and technical Professionals have come together to create a magical experience for you. After the show, you will take a backstage tour to meet the horses and visit the petting zoo



<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA06	Saturday, November 12th	Delavan, WI	11:00 am- 4:30 pm	\$180 <i>(meal included)</i>

Brunch and Mass

Holy Hill is a destination for those looking to celebrate their faith in a sacred place of peace, beauty, and prayer. You will enjoy mass at this beautiful Basilica. After mass you will enjoy brunch at a local restaurant.



<u>Prog. #</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>	<u>Fee</u>
OA07	Sunday, November 20th	Holy Hill	8:00 am- 3:00 pm	\$120 <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).



Best Buddies

Best Buddies offers one-to-one friendships for individuals with and without intellectual and developmental disabilities (IDD). We have partnered with UW-Whitewater and are excited to continue this opportunity. We will spend a few hours with our buddies at St. Coletta each month, socializing, playing games, and hanging out.

Best Buddy partners will connect weekly by meeting in person or connecting on zoom or phone.

Best Buddies will start in October and run through May. We will have events each month except January.

Stay tuned for sign-ups



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

If you are interested, please contact
Information will also be located on the Recreation website:

Stephanie McDonald
920-674-8242/ recreationmanager@stcolettawi.org



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