

ADVENTURE AWAITS!

JOIN US ON OUR BUS OUTING!



Tuesday, May 14th • 9:30am
Bayside Garden Center

Have you purchased your Garden Gift Card to support Eastside Senior Services? Order a Bayside Garden Center gift card by May 1st and your gift card will be received by May 12th. 15% of the proceeds go towards Eastside Senior Services.

RSVP in the enjoy life binder by May 13th.



ST. RITA SQUARE

a  community

728 E. Pleasant Street, Milwaukee
 stritasquare.com
 414-485-6600

Happy Birthday!

Tom B.		5/3
Joanne S.		5/11
Maureen F.		5/14
Lenore L.		5/15
Tony R.		5/16
Sharon M.		5/21
Wayne S.		5/25
Eve S.		5/27

DON'T FORGET TO RSVP!



- Swimming in Grafton | Wednesdays at 9am
- Grocery Trips | Tuesdays/Thursdays at 11:15am
- Complimentary Cocktail Hour | Thursdays at 3pm
- Milwaukee Chamber Theater | 5/1 at 12:15pm
- Botany Walk | 5/3 at 1:15pm
- Story Sharing | 5/8 at 7:00pm
- Bird Walk | 5/9 at 7:45am
- Literary Reading | 5/15 at 7:00pm
- Readers Theater | 5/29 at 1:00pm

JOIN THE CLUB



If you'd like more information or you're interested in joining one of our clubs, please talk with the individuals listed below.

- Civic Engagement Group | Bruce & Terry W.
- Composting Committee | Barb T. & Eleanor H.
- Gardening Club | Jackie H.
- Rosary and Bible Study | Jack H.
- Sunshine Committee | Jackie H.
- Go Green Committee | Sue C. & Jackie H.

enjoy life

THIS MONTH'S FEATURED PROGRAMS

Exploring the New



ADVENTURE

Tour of Fork Farms in Brookfield

Experience the future of Farming with Hydroponics! Learn about this innovative farming system, called a Flex Farm, and how it offers a sustainable and efficient way to grow plants, providing gardeners with healthier and more abundant harvests.

Date: Tuesday, 5/21 **Time:** 9:15am
 Sign-up in the enjoy life binder.

Positive, Meaningful, Relationships and Service



COMMUNITY

Memorial Service for St. Rita Square Residents

Please join us to celebrate St. Rita Square residents who have passed away in the last year. Coffee and cookies will be served after the program.

Date: Friday, 5/31 **Time:** 1:00

Sign-up in the enjoy life binder.

Self-Improvement and Discovery



LEARNING

World Turtle Day- Presentation with Joan

Join us to learn more about turtles on World Turtle Day! Joan, the Campus Memory Care Manager at the Gables in Germantown, will be presenting on this topic.

Date: Thursday, 5/23 **Time:** 1:00pm

Sign-up in the enjoy life binder.

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

Smiling Our Way to Health

In this wellness program, learn about the science behind smiles and their positive health benefits, and we enjoy related trivia and photos.

Date: Wednesday, 5/8 **Time:** 1:30pm

Sign-up in the enjoy life binder.

May 2024 Superheroes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Program Key</p> <p><u>RSVP Events will be underlined</u></p> <p>Bold Enjoy Life Special Feature Programs</p>	<p>Location Keys</p> <p>4 Church 5 Fitness Studio CLR Piazza O Trattoria C</p>	<p>CH F P T</p>	<p>10:30 Chair Yoga Video [F] 12:15 <u>Milwaukee Chamber Theater Performance: Anarchists [O]</u> 2:00 Scrabble [5] 2:30 Cribbage [T] 3:30 Netflix Documentary: "The Mind, Explained: Memory and Dreams" [CLR] 7:00 Civic Engagement Group [C]</p>	<p>2 10:00 AL Town Hall [5] 10:30 Chair Aerobics [F] 11:00 Zumba Video [F] 11:15 <u>Pick N Save Trip [O]</u> 1:00 Fox Exercise Class [F] 1:30 AL Fox Exercise Class [5] 2:00 <u>Speaker: Edie Z. on her work with Hospice [CLR]</u> 2:15 Dominoes [T] 3:00 Musical: "Man of La Mancha" (Amazon) [CLR] 7:00 AMERICA MAGAZINE Discussion Group [C]</p>	<p>3 10:30 Body Workout [F] 11:00 Tai Chi [F] 12:45 Bridge [T] 1:15 <u>Botany Walk at Urban Ecology Center [O]</u> 2:00 Bingo with Mike- 0.25c per sheet [5] 2:30 Movie: "Seabiscuit" (Amazon) [CLR] 5:00 First Friday Concert at Grace Lutheran: Classical Guitar</p>	<p>4 10:00 Rosary with Jack [CH] 1:00 Scrabble [5] 6:30 Game Night: Bring your favorite game to play [C]</p>
<p>10:30 St. Rita Mass [CH] 4:30 <u>Resident Led Potluck [T]</u></p> <p>5</p>	<p>10:30 Balance Class [F] 11:00 Ballet Barre Video [F] 1:00 Bridge [T] 1:30 iPhone Tips and Tricks [CLR] 2:30 Bingo 0.50c per Game [CLR] 3:30 BYOB Happy Hour [T] 6:00 Scrabble [5]</p> <p>6</p>	<p>10:30 Strengthening [F] 11:00 Low Impact Cardio [F] 11:00 Rosary with Jack [CLR] 11:45 <u>Trip to West Allis Farmers Market [O]</u> 1:30 Sheepshead [T] 2:30 Resident Ambassador Meeting [C] 4:00 St. Rita Mass [CH] 7:00 Movie Night: "Boys in the Boat" (Amazon) [CLR]</p> <p>7</p>	<p>9:00 <u>Open Swim in Grafton [O]</u> 10:30 Chair Pilates Video [F] 11:30 IL Town Hall [T] 1:30 <u>Smiling Our Way to Health [CLR]</u> 2:00 Scrabble [5] 2:30 Cribbage [T] 3:30 Netflix Documentary: "The Mind, Explained: Anxiety and Mindfulness" [CLR] 7:00 <u>Story Sharing: Mothers [CLR]</u></p> <p>8</p>	<p>7:45 <u>Early Morning Bird Walk at Urban Ecology Center [O]</u> 10:00 Art with Ann [T] 10:30 Chair Aerobics Video [F] 11:00 Zumba Video [F] 11:15 <u>Aldi Trip [O]</u> 1:00 Fox Exercise Class [F] 1:30 AL Fox Exercise Class [5] 2:00 <u>Speaker: Dan Di Domizio on Caring for the Earth: The Ethical Challenge [CLR]</u> 2:15 Dominoes [T] 2:30 Quiet Reading Group [4] 3:00 <u>Complimentary Cocktail Hour [T]</u> 6:00 Musical: "Bells Are Ringing" (Amazon) [CLR]</p> <p>9</p>	<p>9:30 <u>MSO Concert [O]</u> 10:30 Body Workout Video [F] 11:00 Tai Chi [F] 12:45 Bridge [T] 1:00 Yoga with Connie [F] 2:00 Bingo with Mike- 0.25c per sheet [5] 2:30 Movie: "The Snake Pit" (Amazon) [CLR]</p> <p>10</p>	<p>10:00 Rosary with Jack [CH] 1:00 Scrabble [5] 6:30 Game Night: Bring your favorite game to play [C]</p> <p>11</p>
<p>Mother's Day 10:30 St. Rita Mass [CH]</p> <p>12</p>	<p>10:00 Grief Group led by LaToya [CLR] 10:30 Balance Class [F] 11:00 Ballet Barre Video [F] 1:00 Bridge [T] 1:30 <u>Creative Writing: Finish The Comic Strip [CLR]</u> 2:30 Bingo 0.50c per Game [CLR] 3:30 Complimentary Happy Hour [T] 6:00 Scrabble [5]</p> <p>13</p>	<p>9:30 <u>Trip to Bayside Garden Center [O]</u> 10:30 Strengthening Video [F] 11:00 Low Impact Cardio [F] 11:00 Rosary with Jack [CLR] 1:30 Sheepshead [T] 3:00 <u>Cass Street School Students [C]</u> 4:00 St. Rita Mass [CH] 7:00 Movie Night: "A Beautiful Mind" (Amazon) [CLR]</p> <p>14</p>	<p>9:00 <u>Open Swim in Grafton [O]</u> 10:30 Chair Yoga Video [F] 11:30 IL Culinary Council [C] 1:00 Enjoy Life Planning Meeting with Abby [CLR] 2:00 <u>Craft with Cookie: God's Eye [CLR]</u> 2:00 Scrabble [5] 2:30 Cribbage [T] 3:30 Netflix Documentary: "The Mind, Explained: How to Focus " [CLR] 7:00 <u>Literary Reading: Milwaukee [CLR]</u></p> <p>15</p>	<p>10:00 AL Town Hall [5] 10:30 Chair Aerobics Video [F] 11:00 Zumba Video [F] 1:00 Fox Exercise Class [F] 1:30 AL Fox Exercise Class [5] 2:00 <u>Speaker: Aging and Disability Recourse Center General Information [CLR]</u> 2:15 Dominoes [T] 2:30 Coloring Group [5] 3:00 Musical: "Blue Hawaii" (Amazon) [CLR]</p> <p>16</p>	<p>10:30 Body Workout Video [F] 11:00 Tai Chi [F] 12:45 Bridge [T] 1:00 Yoga with Connie [F] 2:00 Bingo with Mike- 0.25c per sheet [5] 2:30 Black and White Movie: "Island in the Sun" (Amazon) [CLR]</p> <p>17</p>	<p>10:00 Rosary with Jack [CH] 1:00 Scrabble [5] 6:30 Game Night: Bring your favorite game to play [C]</p> <p>18</p>
<p>10:30 St. Rita Mass [CH] 4:30 <u>Resident Led Potluck [T]</u></p> <p>19</p>	<p>10:30 Balance Class Video [F] 11:00 Ballet Barre Video [F] 11:15 Parkinson's Support Group [CLR] 1:00 Bridge [T] 2:30 Bingo 0.50c per Game [CLR] 3:30 BYOB Happy Hour [T] 6:00 Scrabble [5]</p> <p>20</p>	<p>9:15 <u>IL enjoy life adventure series: Tour of Fork Farms in Brookfield [O]</u> 10:30 Strengthening Video [F] 11:00 Low Impact Cardio [F] 11:00 Rosary with Jack [CLR] 1:30 Sheepshead [T] 2:45 Prayer Shawl Ministry [CH] 4:00 St. Rita Mass [CH] 7:00 Movie Night: "The Greatest Night In Pop" (Netflix) [CLR]</p> <p>21</p>	<p>10:30 AL Culinary Council [5] 10:30 Chair Pilates Video [F] 1:00 Ted Talk: "Sleep is Your Superpower" [CLR] 2:00 Scrabble [5] 2:30 Cribbage [T] 3:30 Netflix Documentary: "The Mind, Explained: Personality and Creativity" [CLR] 7:00 <u>Sharing your Travels [CLR]</u></p> <p>22</p>	<p>10:30 Chair Aerobics Video [F] 11:00 Zumba Video [F] 1:00 Fox Exercise Class [F] 1:00 <u>World Turtle Day- Speaker: Joan Rider from the Gables in Germantown [C]</u> 1:30 AL Fox Exercise Class [5] 2:15 Dominoes [T] 2:30 Quiet Reading Group [4] 3:00 <u>Complimentary Cocktail Hour [T]</u> 6:00 Musical: "Billie" (Amazon) [CLR]</p> <p>23</p>	<p>10:30 Body Workout Video [F] 11:00 Tai Chi [F] 12:00 <u>May Birthday Party Appetizers [P]</u> 12:30 Live Music: Ted Tyson [P] 12:45 Bridge [T] 2:00 Bingo with Mike- 0.25c per sheet [5] 2:30 <u>Guided Meditation with LaToya [CLR]</u> 3:30 Black and White Movie: "A Tale of Two Cities" (Amazon) [CLR]</p> <p>24</p>	<p>10:00 Rosary with Jack [CH] 11:00 50th Anniversary Mass for Father Gene [CH] 12:00 <u>Reception for Father Gene [C]</u> 1:00 Scrabble [5] 6:30 Game Night: Bring your favorite game to play [C]</p> <p>25</p>
<p>10:30 St. Rita Mass [CH]</p> <p>26</p>	<p>Memorial Day 10:30 Balance Class Video [F] 11:00 Ballet Barre Video [F] 1:00 Bridge [T] 2:30 Bingo 0.50c per Game [CLR] 3:30 BYOB Happy Hour [T] 4:30 <u>Memorial Day Potluck</u> 6:00 Scrabble [5]</p> <p>27</p>	<p>Podiatry Visit 10:30 Strengthening [F] 11:00 Low Impact Cardio [F] 11:00 Rosary with Jack [CLR] 11:15 <u>Trader Joes Trip [O]</u> 1:00 Book Club [CLR] 1:30 Sheepshead [T] 3:00 <u>Cass Street School Students [C]</u> 4:00 St. Rita Mass [CH] 7:00 Movie Night: "The Soloist" (Amazon) [CLR]</p> <p>28</p>	<p>9:00 <u>Open Swim in Grafton [O]</u> 10:30 Chair Yoga Video [F] 1:30 <u>Readers Theater: Rise and Shine and Many Hidden Facets [CLR]</u> 2:00 Scrabble [5] 2:30 Cribbage [T] 3:30 Netflix Documentary: "Explained: Fairy Tails" [CLR]</p> <p>29</p>	<p>10:00 AL Town Hall [5] 10:00 Art with Ann [T] 10:30 Chair Aerobics [F] 11:00 Zumba Video [F] 11:30 <u>Lunch and Learn: Milwaukee Historical Society- A City of Three Rivers [C]</u> 1:00 Fox Exercise Class [F] 1:30 AL Fox Exercise Class [5] 2:00 <u>Speaker: Janine Geske on Restorative Justice [C]</u> 2:15 Dominoes [T] 2:30 Coloring Group [5] 3:00 Musical: "A Song is Born" (Amazon) [CLR]</p> <p>30</p>	<p>10:30 Body Workout [F] 11:00 Tai Chi [F] 12:45 Bridge [T] 1:00 Memorial Service for SRS Residents [C] 2:00 Bingo with Mike- 0.25c per sheet [5] 2:30 Black and White Movie: "Schindler's List" (Amazon) [CLR]</p> <p>31</p>	<p>728 E Pleasant St Milwaukee, WI 53202 (414) 485-6600</p>