

BEER TASTING • FALL TREATS • GAMES • FAMILY FUN

OKTOBERFEST



Sunday, October 6th
12:00pm – 2:00 pm

Please join us for an Oktoberfest party and bring your friends and family! We will be having Oktoberfest-themed snacks and drinks as well as a performance by Val Sigal, an accordionist, from 12:30pm – 1:30pm.

RSVP yourself and any guests by 10/4 in the enjoy life binder by the front desk. 

ST. RITA SQUARE

a  community

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

Happy Birthday!



Ann B.	10/2
Jack C.	10/2
Flavia D.	10/3
Jane Z.	10/5
Russ L.	10/18
Deb J.	10/25
Marcia A.	10/27
Sue C.	10/27
Terry W.	10/28

DON'T FORGET TO RSVP!



- Elegant Farmer | 10/1 at 10:00am
- Botany Walk | 10/4 at 1:10pm
- MSO Concert | 10/11 at 9:30am
- Holy Hill | 9/15 at 10am
- Pasta Lunch | 10/17 at 12:30pm
- Speaker: Zoya Makhina | 10/22 at 1:00pm
- Osher Classes (\$5/person)
- Swimming in Grafton | Wednesdays at 9:00am
- Shopping Trips | 11:15am

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

Street Car History and Food Tour (\$40/person)
Hop on a streetcar and enjoy a walking tour showcasing Milwaukee's best, complete with a dessert stop. This guided experience immerses you in the history of Cathedral Square and the Third Ward. *The tour starts and ends at The Milwaukee Public Market, leaving time to shop and enjoy lunch afterward!*
Date: Tuesday, 10/8 **Time:** 9:45am

Positive, Meaningful, Relationships and Service



COMMUNITY

A Letter To My Younger Self
If you could write a letter to your younger self, what would it say? Have you already written a letter to your younger self? What have you learned about yourself and the world since? Would you include the lessons you've Learned, the mistakes you made, how your successes came about, and the Relationships that changed your life?
Date: Wednesday, 10/2 **Time:** 1:30pm

Self-Improvement and Discovery



LEARNING

Historical First Impressions- Eleanor Roosevelt
Eleanor Roosevelt shares with the audience her tragedies and triumphs. Born into the opulent wealth of America's "Golden Age" she would grow from the shy, homely orphan into a confident, driven woman. She is best summed up by President Harry S. Truman, who dubbed her "The First Lady of the World."
Date: Tuesday, 10/29 **Time:** 11:30am

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

Body Scan Meditation
Body scans encourage us to be present, curious, and compassionate toward our bodies exactly as they are, right now. This practice can help with reducing stress and tension and increasing understanding and compassion for our somatic experience.
Date: Wednesday, 10/23 **Time:** 1:00pm
Sign-up in the enjoy life binder.

October 2024 On Broadway

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Program Key</p> <p><u>Underlined programs require a sign up.</u></p> <p>Bold Enjoy Life Special Feature Programs with more details on the back of the calendar.</p>	<p>728 E Pleasant St Milwaukee, WI 53202 (414) 485-6600</p>	<p>8:15 <u>Lake Geneva Safari (\$20/person) [O]</u> 1</p> <p>10:30 Strengthening Video [F] 11:00 Low Impact Cardio [F] 11:00 Rosary with Jack [CLR] 1:30 Sheepshead [T] 2:30 <u>Tie Dye Shirts Part 1- Bring Your Own White Cotton Clothing Item [C]</u> 4:00 St. Rita Mass [CH] 7:00 Movie Night: "Footloose" (Netflix) [CLR]</p>	<p>10:00 <u>Trip to Elegant Farmer [O]</u> 2</p> <p>10:30 Chair Yoga Video [F] 1:30 <u>A Letter to My Younger Self Workshop [CLR]</u> 2:30 Cribbage [T] 2:30 Tie Dye Shirts Part 2- Final Results [C] 3:30 Netflix Documentary: "What We Leave Behind" [CLR] 7:00 Civic Engagement Group [C]</p>	<p>Flu Shot Clinic 3</p> <p>10:30 Chair Aerobics [F] 11:00 Zumba Video [F] 11:15 <u>Pick N Save Trip [O]</u> 11:30 AL Town Hall [5] 1:00 Fox Exercise Class [F] 1:30 AL Fox Exercise Class [4] 2:00 <u>Speaker: Howard Kainz on Philosophy of Peace [C]</u> 2:15 Dominoes [T] 6:00 "Waitress: The Musical" (Amazon) [CLR] 7:00 AMERICA MAGAZINE Discussion Group [C]</p>	<p>10:30 Body Workout [F] 4 11:00 Tai Chi [F] 12:45 Bridge [T] 1:10 <u>Botany Walk at Urban Ecology Center [O]</u> 2:00 Bingo with Mike- 0.50c per sheet [5] 2:30 Movie: "The Mummy" (Amazon) [CLR]</p>	<p>10:00 Rosary with Jack [CH] 5 1:00 Scrabble [5] 6:30 Game Night: Bring your favorite game to play [C]</p>
<p>10:30 St. Rita Mass [CH] 6 12:00 <u>Oktoberfest Family Party- Live Music with Val Sigal (Accordionist) [P]</u> 3:25 Packers VS Rams [CLR]</p>	<p>10:00 <u>Target Trip [O]</u> 7 10:30 Balance Class Video [F] 11:00 Ballet Barre Video [F] 1:00 Bridge [T] 1:30 <u>Grief Support Group Week 4: Self Care [C]</u> 2:30 Bingo 0.50c per Game [CLR] 3:30 BYOB Happy Hour [T] 6:00 Scrabble [5]</p>	<p>9:45 <u>Streetcar History and Food Tour (RSVP by 9/27- \$40/person) [T]</u> 8</p> <p>10:30 Strengthening Video [F] 11:00 Low Impact Cardio [F] 11:00 Rosary with Jack [CLR] 1:30 Sheepshead [T] 4:00 St. Rita Mass [CH] 7:00 Movie Night: "E.T. The Extra-Terrestrial" (Amazon) [CLR]</p>	<p>9:00 <u>Open Swim in Grafton [O]</u> 9 10:30 Chair Pilates Video [F] 11:30 IL Town Hall [T] 12:00 <u>Memory Care Speaker Series: Money Management/A Caregivers Guide to Finances [C]</u> 2:00 Enjoy Life Planning Meeting with Abby [CLR] 2:30 Cribbage [T] 3:30 Netflix Documentary: "Rustin" [CLR] 4:30 <u>Kris's 50th Birthday Pizza Party [T]</u> 7:00 <u>Story Sharing: Dealing with Change [CLR]</u></p>	<p>10:30 Chair Aerobics Video [F] 10 11:00 Zumba Video [F] 1:00 Fox Exercise Class [F] 1:30 AL Fox Exercise Class [4] 2:00 <u>Speaker: Margo Kirchner on Constitutional Amendment on Nov. Ballot [C]</u> 2:15 Dominoes [T] 2:30 Quiet Reading Group [4] 6:00 Musical: "West Side Story" (Amazon) [CLR]</p>	<p>9:30 <u>MSO Concert: Gemma New Conducts Sibelius (\$30/ticket) [O]</u> 11 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- 0.50c per sheet [5] 2:30 Movie: "Dracula" (Amazon) [CLR] 3:00 Resident Community Council [C]</p>	<p>10:00 Rosary with Jack [CH] 12 1:00 Scrabble [5] 6:30 Game Night: Bring your favorite game to play [C]</p>
<p>10:30 St. Rita Mass [CH] 13 12:00 Packers VS Cardinals [CLR] 4:30 <u>Resident Led Potluck [T]</u></p>	<p>Columbus Day Indigenous People's Day 14 10:00 <u>Trader Joes Trip [O]</u> 10:30 Balance Class Video [F] 11:00 Ballet Barre Video [F] 11:15 Parkinson's Support Group [CLR] 1:00 Bridge [T] 1:30 <u>Grief Support Group Week 5: Fearful and Overwhelmed [C]</u> 2:30 Bingo 0.50c per Game [CLR] 3:30 Complimentary Happy Hour and Top Choice Party [T] 6:00 Scrabble [5]</p>	<p>10:00 <u>Trip to Holy Hill [O]</u> 15 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 Adams Family" (Amazon) [CLR]</p>	<p>9:00 <u>Open Swim in Grafton [O]</u> 16 10:30 Chair Yoga Video [F] 12:30 <u>Osher Zoom Class: Is Social Security Going Broke? (\$5/person) [CLR]</u> 1:00 Art with Ann [T] 2:30 Cribbage [T] 2:30 <u>Readers Theater: "Going to Bat for Grimelda" and "Clueless: A Not So Ordinary Dinner Party" [CLR]</u> 3:30 Netflix Documentary: "Gather" [CLR] 6:30 Voter Registration [T] 7:00 <u>Literary Reading [CLR]</u></p>	<p>10:30 Chair Aerobics [F] 17 11:00 Zumba Video [F] 11:30 AL Town Hall [5] 12:30 <u>Pasta Lunch with Laura- Winner of Best Sauce Contest [T]</u> 1:00 Fox Exercise Class [F] 1:30 AL Fox Exercise Class [4] 2:15 Dominoes [T] 2:15 <u>Osher Class: Wheelchair Commandoes and Legislative Lions (\$5/person) [CLR]</u> 2:30 Coloring Group [5] 3:45 <u>Cass Street School Students [C]</u> 6:00 Musical: "The Color Purple" (Amazon) [CLR]</p>	<p>10:30 Body Workout [F] 18 11:00 Tai Chi [F] 12:00 <u>October Birthday Party and Live Music from GIL Jazz Duo [T]</u> 12:45 Bridge [T] 2:00 Bingo with Mike- 0.50c per sheet [5] 2:30 Movie: "Abbot and Costello Meet Frankenstein" (Amazon) [CLR]</p>	<p>10:00 Rosary with Jack [CH] 19 1:00 Scrabble [5] 6:30 Game Night: Bring your favorite game to play [C]</p>
<p>10:30 St. Rita Mass [CH] 20 12:00 Packers VS Texans [CLR]</p>	<p>10:00 Life in Transition Group with LaToya Bates [CLR] 21 10:30 Balance Class Video [F] 11:00 Ballet Barre Video [F] 12:30 <u>Osher Class: Our Amazing Brains and Aging (\$5/person) [CLR]</u> 1:00 Bridge [T] 1:30 <u>Grief Support Group Week 6: Anger and Regrets [C]</u> 2:30 Bingo 0.50c per Game [CLR] 3:30 BYOB Happy Hour [T] 6:00 Scrabble [5]</p>	<p>10:30 Strengthening Video [F] 22 11:00 Low Impact Cardio [F] 11:00 Rosary with Jack [CLR] 1:00 <u>Speaker: Zoya Makhina on her film experience in Give Me Liberty [C]</u> 1:30 Sheepshead [T] 4:00 St. Rita Mass [CH] 7:00 Movie Night: "Casper" (Amazon) [CLR]</p>	<p>10:30 AL Culinary Council [5] 23 10:30 Chair Pilates Video [F] 1:00 Art with Ann [T] 2:00 <u>Body Scan Meditation [CLR]</u> 2:30 Cribbage [T] 3:30 Netflix Documentary: "The Accidental Twins" [CLR] 7:00 <u>Sharing your Travels [CLR]</u></p>	<p>10:30 Chair Aerobics Video [F] 24 11:00 Zumba Video [F] 1:00 Fox Exercise Class [F] 1:00 <u>Speaker: City Attorney- Evan Goyke [C]</u> 1:30 AL Fox Exercise Class [4] 2:00 Caregiver Resource Group [CLR] 2:15 Dominoes [T] 2:30 Quiet Reading Group [4] 3:00 <u>Complimentary Cocktail Hour [T]</u> 6:00 Musical: "Les Miserables" (Amazon) [CLR]</p>	<p>10:30 Body Workout Video [F] 25 11:00 Tai Chi [F] 12:45 Bridge [T] 1:00 Yoga with Connie [F] 2:00 Bingo with Mike- 0.50c per sheet [5] 2:30 Movie: "The Bride of Frankenstein" (Amazon) [CLR] 3:00 Resident Community Council [C]</p>	<p>10:00 Rosary with Jack [CH] 26 1:00 Scrabble [5] 6:30 Game Night: Bring your favorite game to play [C]</p>
<p>10:30 St. Rita Mass [CH] 27 12:00 Packers VS Jaguars [CLR] 4:30 <u>Resident Led Potluck [T]</u></p>	<p>10:30 Balance Class Video [F] 28 11:00 Ballet Barre Video [F] 1:00 Bridge [T] 1:30 <u>Grief Support Group Week 7: Grief and Your Household/ Friendships [C]</u> 2:30 Bingo 0.50c per Game [CLR] 3:30 Complimentary Happy Hour [T] 6:00 Scrabble [5]</p>	<p>10:00 <u>Early Voting at the Zeidler Building [O]</u> 29 10:30 Strengthening Video [F] 11:00 Low Impact Cardio [F] 11:00 Rosary with Jack [CLR] 11:30 <u>Lunch and Learn- Historical First Impressions: Eleanor Roosevelt [C]</u> 1:00 Book Club [CLR] 1:30 Sheepshead [T] 4:00 St. Rita Mass [CH] 7:00 Movie Night: "Hocus Pocus" (Amazon) [CLR]</p>	<p>10:30 Chair Yoga Video [F] 30 2:30 Cribbage [T] 3:00 <u>Debunking the Myths of Assisted Living [4]</u> 3:30 Netflix Documentary: "A Trip to Infinity" [CLR] 5:45 Interfaith Dinner Dialogue: Intergenerational- RSVP with Interfaith Conference (See Jackie H.) [C]</p>	<p>Halloween 31 10:30 Chair Aerobics Video [F] 11:00 Zumba Video [F] 11:30 AL Town Hall [5] 1:00 Fox Exercise Class [F] 1:30 AL Fox Exercise Class [4] 2:00 <u>Speaker: Mark Rhyner & Bill Nimke- All Hands Boat Works [C]</u> 2:15 Dominoes [T] 2:30 Coloring Group [5] 3:00 <u>Halloween Happy Hour (Dress Up in Your Best Costume) [T]</u> 3:45 <u>Halloween Activity with Cass Street Students [C]</u> 6:00 Musical: "Rent" (Amazon) [CLR]</p>	<p>Location Keys</p> <p>4th Floor Tower B 5th Floor Tower B 6th Floor Club Room Bus Outing Cannoli Room</p> <p>4 Church 5 Fitness Studio CLR Piazza O Trattoria C</p>	<p>CH F P T</p>