

ST. RITA SQUARE

a  community

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



Football Season Starts in September!

Join us for Packer Games in the Club Room or 4th Floor of Tower B. Wear your team colors and have fun cheering on the Packers with your neighbors!



DON'T FORGET TO RSVP!



- West Allis Farmers Market | 9/2 at 11:45am
- Readers Theater | 9/3 at 1:30pm
- Shopping Trips | Tues/Thurs at 11:15am
- Swimming in Grafton | Wednesdays at 9am
- Lunch and Learns | 9/18 and 9/25
- Thursday Speakers | Thursdays at 2pm
- Brunch at Cafe Le Creme | 9/13 at 9:45am
- Quilt Museum and Lunch | 9/20 at 9am
- Grief Support Group | Mondays at 1:30pm

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

Lake Geneva Safari (\$20/person)
 Enjoy a trip cruising through our safari in Wisconsin with drive-through encounters with some of the world's most spectacular wild animals. There's nothing like watching a giraffe stretch their neck out to munch on some tree leaves or seeing just how fast an ostrich can run.
Date: Tuesday, 9/24 **Time:** 9:00am

Positive, Meaningful, Relationships and Service



COMMUNITY

Walk to End Alzheimer's
 The Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease. Please join the St. Rita Square walk team and join us for this event.
Date: Sunday, 9/15 **Time:** 10:00am

Self-Improvement and Discovery



LEARNING

The Art of Beekeeping
 Buzz into the fascinating world of beekeeping! Join Gwenyn Hill Farm's beekeeper, Quentin Stedman, to explore the art of beekeeping. Discover the stages of a thriving hive while learning about the farm's regenerative and sustainable practices. Take home a small bottle of honey as a sweet reminder.
Date: Monday, 9/9 **Time:** 9:15am

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

FOX Therapy Talk: Falls
 The topic is "Nothing should be falling but leaves", a discussion on turning over a new leaf by getting into an active routine before the cold weather comes! This will be a total of 30 minutes to present and ask questions.
Date: Tuesday, 9/17 **Time:** 2:00pm
 Sign-up in the enjoy life binder.

September 2024

Turning Over a New Leaf

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
10:30 St. Rita Mass [CH] 1	Labor Day 2 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 Labor Day Corn Roast [P] 6:00 Scrabble [5]	10:30 Strengthening [F] 3 11:00 Low Impact Cardio [F] 11:00 Rosary with Jack [CLR] 11:45 West Allis Farmers Market Trip [O] 1:30 Sheepshead [T] 4:00 St. Rita Mass [CH] 7:00 Movie Night: "The Breakfast Club" (Netflix) [CLR]	10:30 Chair Yoga Video [F] 4 1:30 Readers Theater: "Cassie Tells Another Tale" and "The College Students" [CLR] 2:00 Scrabble [5] 2:30 Cribbage [T] 3:30 Netflix Documentary: "Expedition Happiness" [CLR] 7:00 Civic Engagement Group [C]	10:00 Art with Ann [T] 5 10:30 Chair Aerobics [F] 11:00 Zumba Video [F] 11:15 Pick N Save Trip [O] 11:30 AL Town Hall [5] 1:00 Fox Exercise Class [F] 1:30 AL Fox Exercise Class [4] 2:00 Speaker: Jackie Haessly, Peacemaking Associates, on 50 years of Peacemaking [C] 2:15 Dominoes [T] 2:30 Coloring Group [5] 6:00 Musical: "Diana: The Musical" (Netflix) [CLR] 7:00 AMERICA MAGAZINE Discussion Group [C]	10:30 Body Workout [F] 6 11:00 Tai Chi [F] 12:45 Bridge [T] 1:00 Yoga with Connie [F] 1:30 Beginner Origami with Cookie: Candy Dish [CLR] 2:00 Bingo with Mike- 0.50c per sheet [5] 2:30 Advanced Origami with Cookie: 8 Pointed Star [CLR] 2:30 Movie: "Bonnie and Clyde" (Amazon) [CLR] 7:15 Packers VS Eagles [CLR]	10:00 Rosary with Jack [CH] 7 1:00 Scrabble [5] 6:30 Game Night: Bring your favorite game to play [C]			
10:30 St. Rita Mass [CH] 8	9:15 Enjoy Life Adventure Series: The Art of Beekeeping [O] 9 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] 6:00 Scrabble [5]	10:30 Strengthening [F] 10 11:00 Low Impact Cardio [F] 11:00 Rosary with Jack [CLR] 11:15 Target Trip [O] 1:30 Sheepshead [T] 4:00 St. Rita Mass [CH] 7:00 Movie Night: "Give Me Liberty" (Amazon) [CLR]	9:00 Open Swim in Grafton [O] 11 10:30 Chair Pilates Video [F] 11:30 IL Town Hall [T] 1:30 Enjoy Life Planning Meeting with Abby [CLR] 2:00 Scrabble [5] 2:30 Cribbage [T] 3:30 Netflix Documentary: "The Deepest Breath" [CLR] 7:00 Story Sharing: Teachers [4]	10:30 Chair Aerobics [F] 12 11:00 Zumba Video [F] 12:30 IL Lunch: Potato Bar [T] 1:00 Fox Exercise Class [F] 1:30 AL Fox Exercise Class [4] 2:00 Speaker: Mark Denning on Sturgeon Protectors and Sturgeon Recovery Project [C] 2:15 Dominoes [T] 2:30 Quiet Reading Group [4] 3:00 Complimentary Cocktail Hour [T] 6:00 Musical: "La La Land" (Netflix) [CLR]	9:45 Brunch at Cafe Le Crème Brulee [O] 13 10:30 Body Workout Video [F] 11:00 Tai Chi [F] 12:45 Bridge [T] 2:00 Bingo with Mike- 0.50c per sheet [5] 2:30 Movie: "Our Town" (Amazon) [CLR] 3:00 Resident Community Council [C]	10:00 Rosary with Jack [CH] 14 1:00 Scrabble [5] 6:30 Game Night: Bring your favorite game to play [C]			
10:00 Walk to End Alzheimer's 15 10:30 St. Rita Mass [CH] 12:00 Packers VS Colts [CLR] 4:30 Resident Led Potluck [P] 7:00 Video: "History of the Middle East" [CLR]	10:30 Balance Class [F] 16 11:00 Ballet Barre Video [F] 11:15 Parkinson's Support Group [CLR] 1:00 Bridge [T] 1:30 Grief Support Group Week 1: Is This Normal? [C] 2:30 Bingo 0.50c per Game [CLR] 3:30 Complimentary Happy Hour [T] 6:00 Scrabble [5]	10:30 Strengthening Video [F] 17 11:00 Low Impact Cardio [F] 11:00 Rosary with Jack [CLR] 11:15 Trader Joes Trip [O] 1:30 Sheepshead [T] 2:00 FOX Therapy Speaker: Falls [C] 2:45 Prayer Shawl Ministry [CH] 4:00 St. Rita Mass [CH] 7:00 Movie Night: "Where the Crawdads Sing" (Netflix) [CLR]	9:00 Open Swim in Grafton [O] 18 10:30 Chair Yoga Video [F] 12:00 Lunch and Learn: Healthy Living for Your Brain and Body [C] 2:00 Scrabble [5] 2:30 Cribbage [T] 3:30 Netflix Documentary: "Descendant" [CLR] 7:00 Literary Reading [CLR]	10:30 Chair Aerobics [F] 19 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 Speaker: Amos from the ADRC on Medicaid [C] 2:15 Dominoes [T] 2:30 Coloring Group [5] 6:00 Musical: "Whitney Houston: I Wanna Dance With Somebody" (Netflix) [CLR]	9:00 Quilt Museum and Lunch at Highland House [O] 20 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: "This Above All" (Amazon) [CLR]	10:00 Rosary with Jack [CH] 21 1:00 Scrabble [5] 6:30 Game Night: Bring your favorite game to play [C]			
10:30 St. Rita Mass [CH] 22 12:00 Packers VS Titans [CLR]	10:00 Life in Transition Group with LaToya Bates [CLR] 23 10:30 Balance Class [F] 11:00 Ballet Barre Video [F] 1:00 Bridge [T] 1:00 Resident Ambassador Meeting [T] 1:30 Grief Support Group Week 2: Your Grief Journey [C] 2:30 Bingo 0.50c per Game [CLR] 3:30 BYOB Happy Hour [T] 6:00 Scrabble [5]	9:00 Lake Geneva Safari (\$20/person) [O] 24 10:30 Strengthening [F] 11:00 Low Impact Cardio [F] 11:00 Rosary with Jack [CLR] 1:00 Book Club [CLR] 1:30 Sheepshead [T] 4:00 St. Rita Mass [CH] 7:00 Movie Night: "Thelma" (Amazon) [CLR]	9:00 Open Swim in Grafton [O] 25 10:30 AL Culinary Council [5] 10:30 Chair Pilates Video [F] 11:30 Lunch and Learn: Safety in the Community [C] 2:00 Scrabble [5] 2:30 Cribbage [T] 3:00 Debunking the Myths of Assisted Living [4] 3:30 Netflix Documentary: "The Social Dilemma" [CLR] 7:00 Sharing your Travels [CLR]	10:00 Art with Ann [T] 26 10:30 Chair Aerobics [F] 11:00 Zumba Video [F] 11:15 Aldi Trip [O] 1:00 Fox Exercise Class [F] 1:30 AL Fox Exercise Class [4] 2:00 Speaker: Dwight Morgan- Let's Make a Plan, Your Loved Ones Will Thank You [C] 2:15 Dominoes [T] 2:30 Quiet Reading Group [4] 3:30 September Birthday Party- Pizza On the Piazza with BD Greer [P] 6:00 Musical: "Feel the Beat" (Netflix) [CLR]	Bake Sale for Eastside Senior Services 27 10:30 Body Workout [F] 11:00 Tai Chi [F] 12:45 Bridge [T] 2:00 Bingo with Mike- 0.50c per sheet [5] 2:30 Movie: "My Man Godfrey" (Amazon) [CLR] 3:00 Resident Community Council [C]	10:00 Rosary with Jack [CH] 28 1:00 Scrabble [5] 6:30 Game Night: Bring your favorite game to play [C]			
10:30 St. Rita Mass [CH] 29 12:00 Packers VS Vikings [CLR] 4:30 Resident Led Potluck [T]	10:30 Balance Class [F] 30 11:00 Ballet Barre Video [F] 1:00 Bridge [T] 1:00 iPhone Tips and Tricks [CLR] 1:30 Grief Support Group Week 3: Loneliness and Sadness [C] 2:30 Bingo 0.50c per Game [CLR] 3:30 Complimentary Happy Hour [T] 6:00 Scrabble [5]	<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>Location Keys</p> <p>4 4th Floor Tower B 5 5th Floor Tower B CLR 6th Floor Club Room O Bus Outing C Cannoli Room</p> <p>4 Church 5 Fitness Studio CLR Piazza O Trattoria C</p> <p>CH F P T</p>	<p>728 E Pleasant St Milwaukee, WI 53202 (414) 485-6600</p>	<p>ST. RITA SQUARE</p> <p>a capri community</p>