

ST. CATHERINE COMMONS

a capri community

3508 7th Ave
Kenosha, WI 53140
#262-653-1234

Happy Birthday!

Ron C.	11/4
Shirley R.	11/10
Juddie P.	11/11
Donna F.	11/17
Myrna F.	11/19
Nancy V.	11/25
Sergio P.	11/28



DON'T FORGET TO RSVP!



- Walmart Shopping: 11/27
- Pic n' Save/Dollar Tree: 11/5 & 11/20
- Meijer's Shopping: 11/13
- Morning Bird Walk at Petrifying Springs Park: 11/4

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. Have an idea on a new group to add? Talk with your Lifestyle Enrichment team!

- Wii Bowling, Sissy N. #512
- It's Yarn Fun Knitting & Crochet Club, Dawn LE

enjoy life

THIS MONTH'S FEATURED PROGRAMS

Exploring the New



ADVENTURE

Morning Bird Walk

Kick start your day with fresh air and bird song. So, join us as we enjoy a crisp fall morning listening to and identifying different bird songs.

Date: Monday, 11/4 **Time:** 9:30am
*Sign-up in the enjoy life binder.

Positive, Meaningful, Relationships and Service



COMMUNITY

Board Game Social

With the weather getting colder, gather up your favorite friends and let's get cozy with a fun game afternoon party.

Date: Wednesday, 11/6 **Time:** 2pm

Self-Improvement and Discovery



LEARNING

8 Ways to Slow Down & Destress Your Life

It's vital that you take the time to slow down and enjoy yourself while also de-stressing your hectic life. So, join us as we learn what 8 things can help us slow down & destress our lives.

Date: Monday, 11/4 **Time:** 2pm

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

Thanksgiving Fitness Trivia

What better way to exercise your body and your brain at the same time than with fun Thanksgiving Fitness Trivia!

Date: Monday, 11/18 **Time:** 10am

ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ST. CATHERINE COMMONS a capri community</p> <p>3508 7th Avenue Kenosha, WI 53140 (262) 653-1234</p> <p>Location Keys Beauty Shop (3) B Dining Room (1) DR Lobby (1) L Media Room (4) MR Pennoyer Pointe (5) PP</p> <p>Program Key **<u>Underlined Programs</u> <u>Require Sign-up</u> Bold - Enjoy Life Feature Program \$ - Extra Payment Required</p>						
<p>Daylight Saving Time Ends 3</p> <p>9:00 Catholic Mass on CH 24 9:30 Catholic Mass on CH 7 10:30 Time of Grace on CH 58</p>	<p>Happy Birthday Ron C.! 4 9:30 <u>Bird Walk at Petrifying Springs Park [L]</u> 2:00 8 Ways to Slow Down & Destress Your Life [MR] 6:30 Unlucky 7 Dice Game [PP]</p>	<p>Election Day 5 9:30 <u>Pic n' Save/Dollar Tree [L]</u> 10:00 Fox Therapy Exercise [MR] 1:30 Craft Corner [PP] 6:30 Mexican Train Dominos [PP]</p>	<p>10:30 5000 Dice Game [PP] 6 2:00 Board Game Social [PP] 3:00 Wii Bowling [MR] 6:30 Unlucky 7 Dice Game [PP]</p>	<p>10:00 Communion w/ Deacon Sosa [MR] 7 10:00 Exercise w/ Resistance bands [MR] 10:30 10 min Exercise for Beginners [MR] 1:30 Brain Games [PP] 2:00 Bingo! [PP] 6:30 Yahtzee [PP]</p>	<p>9:00 Beauty Shop [B] 8 9:30 Mexican Train Dominos [PP] 10:30 Read-A-Loud Book Club [MR] 1:30 Movie Matinee [MR] 6:30 Resident's Choice: Board, Dice or Card Game [PP]</p>	<p>10:00 Pinochle [PP] 2 2:00 Board Games & Jigsaw Puzzles [PP] 6:30 Unlucky 7 Dice Game [PP]</p>
<p>9:00 Catholic Mass on CH 24 10 9:30 Catholic Mass on CH 7 10:30 Time of Grace on CH 58</p>	<p>Happy Birthday Juddie P! 11 Veterans Day 10:30 Wheel of Fortune [PP] 2:00 Veteran's Day Celebration! 6:30 Unlucky 7 Dice Game [PP]</p>	<p>10:00 Fox Therapy Exercise [MR] 12 10:30 5000 Dice Game [PP] 1:30 Creative Canvas [PP] 6:30 Mexican Train Dominos [PP]</p>	<p>9:30 <u>Meijer's Shopping Trip [L]</u> 13 2:00 November Birthday Party! [DR] 3:00 Wii Bowling [MR] 6:30 Unlucky 7 Dice Game [PP]</p>	<p>10:00 Communion w/ Deacon Sosa [MR] 14 10:00 Exercise w/ Resistance bands [MR] 10:30 10 min Exercise for Beginners [MR] 1:30 Brain Games [PP] 2:00 Bingo! [PP] 6:30 Yahtzee [PP]</p>	<p>9:00 Beauty Shop [B] 15 9:30 Mexican Train Dominos [PP] 10:30 Read-A-Loud Book Club [MR] 2:30 Happy Hour! [PP] 6:30 Resident's Choice: Board, Dice or Card Game [PP]</p>	<p>10:00 Pinochle [PP] 16 2:00 Board Games & Jigsaw Puzzles [PP] 6:30 Unlucky 7 Dice Game [PP]</p>
<p>Happy Birthday Donna F.! 17 9:00 Catholic Mass on CH 24 9:30 Catholic Mass on CH 7 10:30 Time of Grace on CH 58</p>	<p>10:00 Thanksgiving Fitness Trivia [MR] 18 1:30 Enjoy Life Together: Share your family photos! [PP] 6:30 Unlucky 7 Dice Game [PP]</p>	<p>Happy Birthday Myrna F.! 19 10:00 Fox Therapy Exercise [MR] 10:30 5000 Dice Game [PP] 1:30 Craft Corner [PP] 6:30 Mexican Train Dominos [PP]</p>	<p>9:30 <u>Pic n' Save/Dollar Tree [L]</u> 20 1:30 Bingo! [PP] 3:00 Wii Bowling [MR] 6:30 Unlucky 7 Dice Game [PP]</p>	<p>10:00 Communion w/ Deacon Sosa [MR] 21 10:00 Exercise w/ Resistance bands [MR] 10:30 10 min Exercise for Beginners [MR] 1:30 Brain Games [PP] 6:30 Yahtzee [PP]</p>	<p>9:00 Beauty Shop [B] 22 9:30 Mexican Train Dominos [PP] 10:30 Read-A-Loud Book Club [MR] 1:30 Movie Matinee [MR] 6:30 Resident's Choice: Board, Dice or Card Game [PP]</p>	<p>10:00 Pinochle [PP] 23 2:00 Board Games & Jigsaw Puzzles [PP] 6:30 Unlucky 7 Dice Game [PP]</p>
<p>9:00 Catholic Mass on CH 24 24 9:30 Catholic Mass on CH 7 10:30 Time of Grace on CH 58</p>	<p>Happy Birthday Nancy V.! 25 10:30 Wheel of Fortune [PP] 2:00 Facials [PP] 6:30 Unlucky 7 Dice Game [PP]</p>	<p>10:00 Fox Therapy Exercise [MR] 26 10:30 Resident Food Committee Meeting [DR] 11:00 Resident Community Meeting [DR] 2:00 5000 Dice Game [PP] 6:30 Mexican Train Dominos [PP]</p>	<p>9:30 <u>Walmart Shopping Trip [L]</u> 27 1:30 Bingo! [PP] 3:00 Wii Bowling [MR] 6:30 Unlucky 7 Dice Game [PP]</p>	<p>Happy Birthday Sergio P! 28 Thanksgiving 10:30 5000 Dice Game [PP] 1:30 Brain Games [PP] 2:00 Rummikub [PP] 6:30 Yahtzee [PP]</p>	<p>9:00 Beauty Shop [B] 29 9:30 Mexican Train Dominos [PP] 1:30 Cribbage [PP] 6:30 Resident's Choice: Board, Dice or Card Game [PP]</p>	<p>10:00 Pinochle [PP] 30 2:00 Board Games & Jigsaw Puzzles [PP] 6:30 Unlucky 7 Dice Game [PP]</p>