

2025



NOVEMBER

LIFE ENRICHMENT ACTIVITIES BOOK

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If you have any questions about the contents of this activities book, please reach out to Life Enrichment: Zach 414-259-3730 or Krystal 414-259-3788.

To schedule a tour or
learn more information about
our active Life Plan Community,
please call 414.259.6310.



 ENTERTAINMENT	
Ann Lobotzke Harp Music Thursday, November 6th 6:30 PM O'Donnell Room A beautifully uplifting performance by acclaimed harpist Ann Lobotzke, whose elegant artistry and warm musical style bring a touch of grace and serenity to every event. Her enchanting repertoire blends classical favorites with beloved melodies, creating a peaceful & memorable musical experience you won't want to miss.	
Sherwood Alper & Jeff Stoll Music Monday, November 17th 2 PM O'Donnell Room Enjoy a wonderful performance by the musical duo Sherwood Alper and Jeff Stoll, known for their engaging style and rich blend of piano, vocals, and timeless favorites. Their warm sound and easygoing stage presence create an afternoon of familiar melodies, lighthearted charm, and feel-good entertainment for all to enjoy.	
Tom Cash Music Tuesday, November 18th 2 PM The Pub Straight from Illinois, Tom Cash Entertainment brings high-energy vocals, engaging showmanship, and a fun mix of classic hits everyone knows and loves. With a crowd-pleasing style and upbeat performance, Tom delivers an unforgettable musical experience that keeps audiences smiling, singing along, & asking for more.	
Dis-Cords Ukulele Concert Resident Performance with Special Guest Singer Thursday, November 20th 2 PM O'Donnell Room St. Camillus' very own Ukulele Group, The Dis-cords, are ready to take stage with a very special singing guest that you will have to cheer on to see!	
Somewhere to Belong: A Night of Song Marquette Student in Residence, Jacob Barnes Tuesday, November 18th 6:30 PM The Pub Join vocalist Jacob Barnes and pianist Jean Dregne for an elegant evening of song and story, celebrating the golden age of Broadway. Through beloved classics such as "Younger Than Springtime" from <i>South Pacific</i> , "On the Street Where You Live" from <i>My Fair Lady</i> , and "If Ever I Would Leave You" from <i>Camelot</i> , Jacob weaves a timeless tapestry of love, longing, and belonging. This intimate cabaret invites you to pause, remember, and be moved by the enduring beauty of music that connects us to one another and to the moments we cherish most.	
 SPECIAL SHOWING & THEATER DEDICATION	
	Something special is about to be unveiled... Join us for the Naming & Dedication of the Theatre with a special viewing of: Mamma Mia! November 25th 6 PM Mansfelds If you plan to attend the movie, please pre-register with Catrina Keane (414) 259-8335 in the West Foundation Office due to limited space. All are welcome to the dedication and unveiling of the naming of the theater. Light snacks will be provided.





"...in time the cup will be mended..."
- Joyce Rupp

St. Camillus Fall Memorial Service



We invite you to join us for a service of remembrance
for family and friends whose loved ones have
passed away in our care.

**Tuesday, November 4, 2025
at 6:00 pm**

Refreshments & fellowship
to follow the service

Our Lady of Guadalupe Chapel
St. Camillus North Residence / 10201 W. Wisconsin Ave.

Shuttle to North – All Are Welcome!
Residents needing a van ride or chaplain escort to Our Lady of Guadalupe Chapel are invited to meet at the West Desk at 5:30 pm. We look forward to seeing you there!

PASTORAL CARE	
LITURGICAL SERVICES	MORE PASTORAL CARE OFFERINGS
MASSES, DEVOTIONS, PRAYERS	
San Camillo Chapel (West Residence) MASS Monday - Friday at 11:00 AM Saturday at 4 PM Sunday at 9:30 AM Our Lady of Perpetual Help Devotion Monday, after Mass Divine Mercy Devotion Friday at 3:30 PM Rosary Monday - Friday at 10:30 AM ConfessionAdoration First Fridays 9:30-10 AMFirst Fridays, after Mass	Caregiver’s Support Group 2nd Wednesday, monthly Wednesday, November 12 2-3 PM Learning Studio Connect with other caregivers to give and receive help, advice, friendship, and emotional support. Grief Support Group 3rd Wednesday, monthly Wednesday, November 19 2-3:30 PM Learning Studio Journey with neighbors mourning the loss of loved ones through the ever-changing landscape of grief. Scripture Sharing All Mondays in November Learning Studio 2:30-3:30 PM Explore the Sunday Gospels with Fr. Naveen. All Saints’ Day Masses -November 1st- All Saints’ Day honors the saints in Heaven - those who have been recognized by the Church as saints, as well as those who have not been canonized. San Camillo Chapel 9 AM Guardian Angel Chapel 10:30 AM Our Lady of Guadalupe Chapel 11 AM All Saints’ Day is not a Holy Day of obligation this year. All weekend Masses will occur, as usual.
ECUMENICAL SERVICES	
Community Chapel Worship Guardian Angel Chapel 10:30-11:15 AM Ecumenical Communion Services Mondays, November 3 & 17 Pastor Perrie Dralle, Gethsemane Lutheran Church Monday, November 10 Rev. Jake Werkheiser, ELCA Pastor & Chaplain and CPE Students / Chaplain Interns Monday, November 24 Retired Rev. Szymanski, First Congregational Church	SAVE THE DATE An Advent Day of Recollection Waiting with the Lord Presented by: Fr. Timothy Kitzke Wednesday, December 3 10 AM-2:00 PM San Camillo Chapel Questions? Call Chaplain Jacque (414) 259-3754 Email: jkelnhofer@stcam.com

SPEAKERS	
RED SCARE	The Politics of Fear: Joseph McCarthy & the Red Scare of 1950-54 Speaker: Tim Crain Wednesdays starting October 15th 6:30 PM O’Donnell Room November 5: Joseph McCarthy November 12: Senator McCarthy November 19: McCarthy Investigations November 26: Demagogue and Downfall
UNITED STATES PRESIDENTS	The Truth About The Presidents Presented by Jim Gibbons Wednesday, November 12th 2 PM O’Donnell Room From Elvis asking Nixon for a federal narcotics badge to Jimmy Carter’s run-in with a “killer rabbit,” Jim Gibbons brings presidential history to life with funny, surprising, and little-known stories from the White House. Join us for a lively and entertaining look at the presidents you thought you knew!
HISTORY OF CHINA	History of China Presenter: Cathy Garton Thursday, November 13th 2 PM O’Donnell Room Join historian Cathy Garton for a fascinating journey through China’s rich and complex history. From ancient dynasties to cultural traditions that have shaped the nation, Cathy will bring China’s past to life with engaging stories, surprising facts, and vivid insights. Discover the events and people that have defined one of the world’s oldest civilizations in this captivating presentation.
EGYPT	Egypt: A 2025 Travel Story Presented by John Neuberger Monday, November 3rd 2 PM Jelen Community Room Join us as we explore Egypt through the experiences of John, who spent 18 unforgettable days in this fascinating country. You may remember John from his adventurous Africa trip—now he’s back to share the sights, stories, and memories from his journey along the pyramids, temples, and the Nile. Don’t miss this chance to see Egypt from a traveler’s perspective!
Military Funeral Honors Speaker: Wisconsin Department of Veteran Affairs Monday November 10th 1 PM Jelen Room Join us for a Presentation on Military Funeral Honors by representatives from the Wisconsin Department of Veterans Affairs. The presenters will be Curtis Langer, who will speak about burial benefit eligibility and the various state of Wisconsin cemeteries that provide burial spaces to Veterans and their family members, Jeff Hughes, who will speak about the military funeral honors program and the mission that they accomplish. Crime Watch—Avoiding Scams Speaker Sam Samson Thurs, Nov. 6 2 PM Jelen Room Join us for a friendly and informative talk on staying safe at home and online. Learn practical tips to spot scams, protect your information, and feel more secure in today’s digital world. Let’s stay one step ahead!	
Quilts of Honor Ceremony Speaker: “Quilts of Honor” Monday November 10th 2 PM Jelen Room Join us for a heartwarming <i>Quilts of Honor</i> ceremony as we recognize the bravery, sacrifice, and service of our Veterans. Each handcrafted quilt is a symbol of gratitude, thoughtfully created to wrap our heroes in comfort and appreciation. This meaningful celebration offers our community the chance to say “thank you” in a personal and uplifting way. All are welcome to share in this touching tribute of honor, warmth, and patriotism. Marquette Matinee With Daija Holliday Visit the theater for an early afternoon showing of a film selected by Marquette students. Nov. 1 Up Nov. 8: The Curious Case of Benjamin Button Nov. 22 Fried Green Tomatoes	

St. CamillusRECURRING EVENTS	
Lay Camillian Family Wednesday, November 19 2 PM O'Donnell Room "I Believe in God..."All are welcome to attend the presentation of Part II of The Nicene Creed presented by Bishop Barron via DVD. This is Part II that was postponed in Oct.	
Sunday Singalong Dates & Locations below 11/2 1 PM The O'Donnell Room 11/9 1 PM The Pub 11/23 1 PM The O'Donnell Room 11/30 1 PM The O'Donnell Room  November's Sing Along will be a variety of songs from variety of musicals and Christmas Music. Please join us as we will be practicing Christmas carols in preparation for our Community Singalong on: December 10 6:30 PM O'Donnell Room.	
Dis-cords Ukulele Practice Practice Thursdays 3 PM Jelen Community Room Our very own Ukulele Group the Dis-cords is a growing group of 19 Ukulele players that meet every Thursday for practice. Open to new players!	
Dis-cords Ukulele Concert Concert Thursday, November 20 2 PM The O'Donnell Room St. Camillus' very own Ukulele Group The Dis-cords are ready to take stage with a very special singing guest that you will have to cheer on to see!	
Library Committee Updates Escape into a good book, discover a new hobby, or simply enjoy a quiet moment in the heart of our community, the St. Camillus Library is here for you! Our shelves are filled with inspiring biographies, timeless classics, new releases, large-print favorites, and more. Whether you love to browse, read, research, or just relax with a peaceful view, the library offers something for every mood and interest. Stop in often to see what's new, check out a title, or ask about special displays and seasonal selections. Your next favorite story is waiting for you only steps away!	

St. CamillusBINGO UPDATES	
BINGO! Every Friday 1:30 PM O'Donnell Room Join us for Friday Bingo, the perfect way to kick off your weekend! If it's your first time playing, your first card is absolutely FREE. Want even more perks? Sign up to volunteer just two times to help run bingo and you'll score a free pub coupon to cover the price of lunch as a thank-you! Don't miss the fun, the prizes, and the chance to be part of the excitement! Feel free to stop by Bingo any Friday at 1:15 PM before the game starts, or 3 PM as it ends to learn more!	

St. CamillusMARQUETTE STUDENTS IN RESIDENCE	
Saturday Morning Zoo Walks With Janie Schulz Saturdays, 11/1 & 11/22 9:30 AM Meet in E.Lobby Make your steps count with Saturday Morning Zoo Walks! Meet in the East Lobby at 9:30 AM to walk over to the zoo together, no tickets or membership required and everyone is welcome. Join your neighbors for a leisurely morning stroll with the best views!	Tech Talks With Janie Schulz Tuesdays, 11/4 & 11/18 3 PM West Game Room Stop by on Tuesday afternoons for tech troubleshooting with Marquette Student Janie Schulz! The schedule for November is as follows: Tues Nov 4th: Drop-in Questions & 1:1 Assistance Tues Nov 18th: Drop-in Questions & 1:1 Assistance
Coffee & Conversations With Daija Holliday Fridays 9:00 AM The Pub Kick off your Friday with coffee and conversation! Please stop by if your interested in casual, free-flowing chats. All are welcome and no sign-up is necessary.	Jeopardy at Home With Sam Samson Fridays 4 PM Jelen Community Room Come join me and engage in the thrilling jeopardy game at home as a collective group be ready to place your fingers on the buzzers, let the fun begin!
Crime Watch—Avoiding Scams With Sam Samson Thursday, November 6 2 PM Jelen Room Come join me for a friendly and informative talk on how to stay safe both at home and online. I'll be sharing simple, practical tips to help you spot scams, protect your information, and feel more secure in today's digital world. Let's learn how to stay one step ahead—together!	Marquette Fitness Series With Daija Holliday Saturdays 11/8, 11/15, & 11/22 9:30 AM Revitalized Wellness Center Get Moving with Marquette Students! Join us for a fun and energizing fitness series! Each 30 minute session includes a warm-up, a unique class theme, and a cool-down. Designed for all abilities, seated or standing, so everyone can join the fun and stay active!
Who Want to Be A Millionaire? With Sam Samson Thursdays 4 PM Jelen Community Room Enjoy a home-style version of the classic game show, my budget is bit lower than \$1,000,000 but you can expect plenty of fun, laughter, and great moments together! Come test your trivia skills, cheer each other on, and enjoy a lively spotlight of friendly competition!	Brain Games With Daija Holliday Saturdays, 11/1, 11/8, 11/15, 11/22 10:30 AM Jelen Community Room Keep your mind sharp as a tack by participating in fun and enjoyable games! Join your neighbors to work on mind puzzles and games.
Marquette Matinee With Daija Holliday & Sam Samson for 11/8 Visit the theater for an early afternoon showing of a film selected by Marquette students. Nov. 1 2 PM Up Nov. 8: 2 PM The Curious Case of Benjamin Button Nov. 22 2 PM Fried Green Tomatoes	Fall Painting With Daija Holliday Friday, November 21st 6:30 PM Enrichment Studio Join us this Saturday for a cozy autumnal painting event! Bring your creativity and enjoy a themed painting session surrounded by fall colors. Sip on delicious apple cider as you create your masterpiece. Come celebrate the season with friends, fun, and festive flair.

St. CamillusMARQUETTE STUDENTS IN RESIDENCE	
PACKERS WATCH PARTIES Hosted by Janie Schulz Sundays: November 2nd 12 PM Packers VS Panthers The Pub & FOX November 16th 12 PM Packers VS Giants The Pub & FOX November 23rd 12 PM Packers VS Vikings The Pub & FOX It's time to cheer on the Packers! Bring a snack and drink and invite your friends!	
MARQUETTE BASKETBALL WATCH PARTIES Hosted by Jacob Barnes & Resident David Krill Sun, Nov. 9 12 PM MU vs. Indiana Jelen Community Room Sat, Nov. 15 1 PM MU vs. Maryland Jelen Community Room Sat, Nov. 22 1 PM MU vs. Central Michigan Jelen Community Room Fri, Nov. 28 1 PM MU vs. Oklahoma Jelen Community Room Sat, Dec. 6 1 PM MU vs. Wisconsin Jelen Community Room Bring a snack and drink to share if you would like. Otherwise cheer on Marquette basketball the best way... together with other fans!	
Listening Party With Joseph Mann Wednesdays in November 2 PM West Game Room Join Marquette Student Joe in a group where you have the chance to listen to some of your favorite music on a big, high quality speaker! You can show up and ask for songs in person or submit song suggestions in the Life Enrichment Activities Binder under “Listening Party” where you just have to add your suggestion keeping in mind the dates on the sign up sheet. Passive enjoyment is encouraged! There is no pressure to come with an idea or song request. We look forward to seeing you!	
Somewhere to Belong: A Night of Song Marquette Student in Residence, Jacob Barnes Tuesday, November 18th 6:30 PM The Pub Join vocalist Jacob Barnes and pianist Jean Dregne for an elegant evening of song and story, celebrating the golden age of Broadway. Through beloved classics such as “<i>Younger Than Springtime</i>” from <i>South Pacific</i>, “<i>On the Street Where You Live</i>” from <i>My Fair Lady</i>, and “<i>If Ever I Would Leave You</i>” from <i>Camelot</i>, Jacob weaves a timeless tapestry of love, longing, and belonging. This intimate cabaret invites you to pause, remember, and be moved by the enduring beauty of music that connects us to one another and to the moments we cherish.	
TEDx Series: Unleashing Creativity With Jacob Barnes Tuesdays 3:30 PM Jelen Room Join Marquette student, Jacob Barnes, for an inspiring TEDx series exploring the power and joy of creativity at every stage of life. Together, we'll watch and discuss four thought-provoking talks that remind us creativity isn't limited by age but that creativity is a lifelong force that connects, heals, and reawakens the imagination.	

St. CamillusRECURRING EVENTS		
	Pet Visits with Gretel Friday, November 14 1 PM West Lobby This sweet Bernese Mountain Dog is a snuggle pro and loves being pet! With every tail wag and cuddle, your stress melts away — it's like a furry therapy session in motion!	Care Squares 2nd & 4th Thursday Monthly 1 PM East Lobby Thanks to resident Carol S., Care Squares returns for a cozy hour of knitting, crocheting, and conversation. All skill levels welcome, just bring your yarn and a smile!
	 Friday Bingo! Fridays 1:30 PM O'Donnell Room BINGO! With a mix of regular bingo and special patterns St. Camillus Bingo is always a blast! Whether you are playing or one of the very appreciated volunteers everyone is invited!	Chat & Stitch 1st & 3rd Thursday Every Month 1:30 PM Enrichment Studio All are welcome to join us in knitting, crocheting, or your favorite handiwork or just sit and chat with us. We provide the yarn, needles and instructions!
	Fun Bridge Fridays 12:30 PM West Game Room Are you looking to play bridge in a stress free, social, and neighborly environment? We welcome all skill levels and no invite or partner need. You are welcome to sign up as a single or as a partner. Just sign up in the activity book found in the sign up nook.	Tuesday Sheepshead Group 6:30-8:30 PM East Game Room Experienced players only using leasters, and “double on the bump” Thursday Sheepshead Group 2-4 PM West Game Room This group of players are willing to give refreshers on how to play different styles.
	Golf Fridays! Fridays 10 AM The East Game Room Zach will be in charge of the computer! He will set up the driving range for you and if you would like to learn how he will teach you. Just bring your clean clubs and we have the rest!	Mexican Train Dominoes Mondays 6:30 PM Jelen Room If you don't know how to play, no worries, we will teach you! Everyone is welcome to join and have fun!
	Rummikub Wednesdays 1 PM Enrichment Studio Rummikub is a fun, easy, and fast paced game. It is Gin Rummy meets Dominoes! This is a tile game that acts like a card game. All players welcome!	Charismatic Prayer Group Sundays 7:15 PM Jelen Room The Charismatic Prayer group meets every Sunday night, and are welcoming all! No sign up required.
	DUPLICATE BRIDGE Saturdays 11:45 AM West Game Room Please Sign-Up in Activity Binder This group is always looking for new players. We are a group of players who enjoy playing bridge.	Canasta Group Sundays 1:00 PM Enrichment Studio This is a group for experienced players to face off in the game of Canasta!
	Watercolor Painting Class Saturdays 2:30 PM Enrichment Studio Join resident artist Bob Caffrey as he shares fun techniques for creating beautiful artwork. Newcomers are always welcome, no experience needed! It is never too late to enjoy watercolors!	Let's Play Pool Saturdays 1:00 PM East Game Room Join in for some friendly casual neighborhood competition anytime!
		MSO Trip Reminder Friday, November 14th 9:30 AM E. Lobby Meet in the E. Lobby for pick Up, don't forget your ticket!



SUNDAY MOVIES

Wag the Dog

November 2 | 2 PM

Two weeks before re-election, the President of the United States is accused of accosting a girl. Before the news reaches the media, his advisors call in a political consultant who specializes in image rescues. He hires a Hollywood producer to create a war--distracting public attention from the scandal. Based on the book.

Starring: Robert De Niro, Dustin Hoffman

Drama | Rating: R | Runtime: 1hr 36min

The Cold Blue & The Memphis Belle: A Story of a Flying Fortress

Nov 9 | 2 PM

The Cold Blue is a documentary that uses recently discovered, restored raw footage – approved by the War Department – from William Wyler's 1944 film “The Memphis Belle: A Story of a Flying Fortress” to tell the story of the U.S. Eighth Air Force and the B-17 aircraft during World War II. The film incorporates new interviews with nine surviving veterans who recount their experiences from the harrowing summer of 1943. Veterans Day is Nov. 11.

Documentary | Rating: Not rated | Runtime: 1hr 15min

Thursday Murder Club

November 16 | 2 PM

Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands. Based on the book.

Starring: Helen Mirren, Pierce Brosnan, Ben Kingsley, Celia Imri

Mystery | Rating: PG-13 (language, violence) | Runtime: 1hr 58min

Greatest Showman

November 23 | 2 PM

Visionary P.T. Barnum rises from nothing to create a mesmerizing spectacle that became a worldwide sensation.

Starring: Hugh Jackman, Michelle Williams, Zac Efron, Zendaya

Drama, biography, musical | Rated: PG | Runtime: 1hr 53min

Holiday in the Wild

November 30 | 2 PM

Jilted by her husband on the eve of embarking on an African safari, a woman travels to the continent solo and meets an elephant conservationist.

Starring: Kristin Davis, Rob Lowe

Romance, nature | Rating: PG | Runtime: 1hr 26min

THURSDAY MOVIES

To Hell and Back

November 13 | 6:30 PM

Audie Murphy, the most decorated American soldier of WWII, plays himself in this gripping, action-packed battle saga. Amazingly realistic war footage combined with true-life heroics power this compelling story of an ordinary Texas youth whose extraordinary bravery brings him unparalleled glory. But as his list of medals grows, Murphy's band of brothers continues to fall, leaving him one of the few to recount the unforgettable tale of those who went to hell and back.

Starring: Audie Murphy

War | Rating: Not rated | Runtime: 1hr 47min

Victor/Victoria

November 20 | 6:30 PM

A struggling female soprano in 1934 Paris finally finds work after posing as a female impersonator, but it complicates her personal life when a visiting Chicago gangster finds himself inexplicably attracted to the seemingly male performer.

Starring: Julie Andrews, James Garner

Comedy | Rating: PG | Runtime: 2hr 14min



BREAKFAST WITH JEREMY



All SPOTS ARE CURRENTLY SIGNED UP FOR THROUGH THE END OF THE YEAR, HOWEVER, STAY TUNED FOR JANUARY DATES

It's Breakfast with Jeremy!

Hosted by Jeremy Pust, *Executive Director of Independent Living*

Every other Thursday starting September 3rd

Breakfast with Jeremy

Join Jeremy Pust, Executive Director of Independent Living, for a casual breakfast every other Thursday at 9:30am in the Rose Bagozzi Private Dining Room. Enjoy a plated meal, good conversation, and a chance to connect. Please sign up in the Culinary binder limit one breakfast per quarter so everyone has the opportunity to attend.



HOSPITALITY UPDATES

Hospitality Dinners 2025

East Meets West in Italy

September 3rd - November 19th

Ciao Neighbors!

Get ready for this year's Hospitality Dinners — a celebration of community, connection, and Italian-inspired cuisine! Under the theme “*East Meets West in Italy*,” join neighbors from both sides for unforgettable evenings of good food and great company. Watch your doorstep — your personal invitation is coming soon!

Listing by date of the scheduled dinners by floor: >>>



Dinner	Floors
Oct. 29th	2W, 2E, 12E
Nov. 5th	1W, 11E
Nov. 12th	6W, 6E



RAC Board Hospitality Newcomers Coffee!

Last Wednesday Monthly | 9 AM | The PUB

New to the community, or just looking to make some new connections? Come enjoy coffee and conversation with the RAC Hospitality Committee! This friendly gathering is the perfect way to meet your neighbors, ask questions, and learn more about everything happening here at St. Camillus.

Whether you're settling in for the first time or simply want to get more involved, our Hospitality Committee is here to help you feel right at home. Share stories, swap tips, and discover what makes our community so warm and welcoming. Everyone is invited—so grab a cup, take a seat, and let's get to know each other!



SHOPPING BUS SCHEDULE

Every Tuesday

Departing | 1:00 PM

Tuesday Stores

- Target
- Trader Joe's
- Sendiks
- Post Office
- Walmart

Every Thursday

Departing | 10:00 AM

Thursday Stores

- Pick N Save
- Walgreens
- Aldi
- Tosa Library

The Bus picks up at both East & West for each trip.

Reservations are required, as space is limited



West Residents

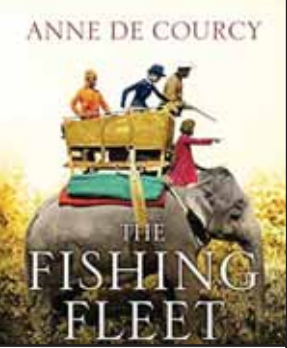
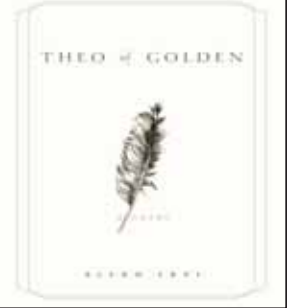
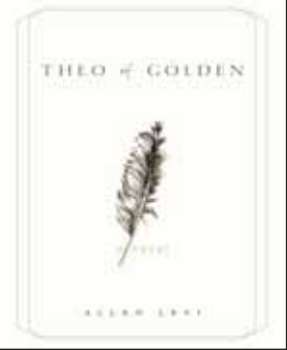
Call (414) 259-6300

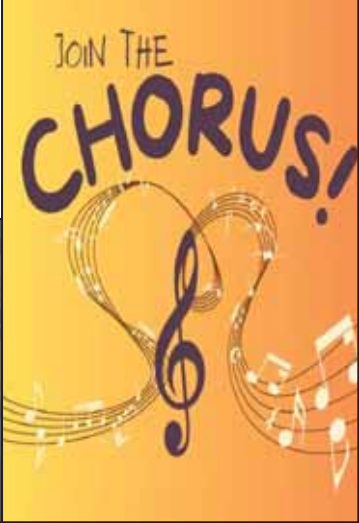
East Residents

Call (414) 259-6304

Please note:

Times are subject to change, in a case of change those signed up will be notified by phone.

BOOK CLUBS	
St. Camillus Afternoon Book Club <i>Fishing Fleet</i> by Anne de Courcy Wednesday, November 19th 1 PM Mansfelds private Dining Room The Fishing Fleet chronicles the lives of young British women who travel to British ruled India in the late 19th and early 20th centuries to find their husbands. Known as the “fishing fleet” these women participated in glittering social scene of parties and dances, but also faced the harsh realities of colonial life, including isolation and the challenges of marriage. The author gives first hand accounts from letters and diaries to portray the experiences of these women.	
Afternoon Book Club <i>Theo of Golden</i> by Allen Levi Wednesday, DECEMBER 17th 1 PM Mansfelds Private Dining Room <i>Theo of Golden</i> is a 2023 literary fiction book about a mysterious stranger named Theo, who arrives in the fictional southern city of Golden. The story follows Theo as he anonymously buys pencil portraits from a coffee shop and gifts them to the people they depict, leading to the discovery of their stories and the impact of his acts of kindness the novel explores themes of generosity, wonder and the power of anonymous kindness.	
Short Story Group Short Story to be decided Stay tuned for November’s story Tuesday, November 18th 1 PM Learning Studio If you are interested in picking a story for a future month please reach out to Zach Kingsreiter in Life Enrichment by phone at 414– 259-3730 or Email zkingsreiter@stcam.com	Short Story Group
Morning Book Club <i>Theo Of Golden</i> by Allen Levi Wednesday, November 12th 10 AM Learning Studio <i>Theo of Golden</i> is a 2023 literary fiction book about a mysterious stranger named Theo, who arrives in the fictional southern city of Golden. The story follows Theo as he anonymously buys pencil portraits from a coffee shop and gifts them to the people they depict, leading to the discovery of their stories and the impact of his acts of kindness the novel explores themes of generosity, wonder and the power of anonymous kindness.	

ST. CAMILLUS CHORUS	
St. Camillus Lift your voice and be part of something joyful! The St. Camillus Chorus is a warm and welcoming group of residents who come together to share the gift of music, friendship, and community spirit. No previous singing experience is required, just a love of music and a desire to have fun. Rehearsals are relaxed, uplifting, and a wonderful way to connect with others while preparing for special performances throughout the year. Come join us and let your voice help fill our campus with harmony and heart! PRACTICE SCHEDULE: Nov, 8 10:30 AM Open Practice Nov, 15 10:30 AM Open Practice Jan, 24 10:30 AM Open Practice Jan, 31 10:30 AM Open Practice Feb, 7 10:30 AM Open Practice	
SAVE THE DATE: Feb, 21 6:30 PM Concert	

SPECIAL SHOWING & DEDICATION	
Mamma Mia November 25 6:30 PM Sophie has just one wish to make her wedding perfect: to have her father walk her down the aisle. Now she just has to find out who he is. After reading her mother's diary, she invites three men to the Greek island where they all unexpectedly reunite. The story features hit songs by the popular band ABBA. Starring: Meryl Streep, Pierce Brosnan, Colin Firth, Amanda Seyfried	
The First Wives Club November 7 6:30 PM Three mid-life Manhattanites have more than a longtime friendship in common. After years of helping their husbands climb the ladder of success, each has been dumped for a newer, curvier model. The trio first gets mad, then gets even. Starring: Diane Keaton, Goldie Hawn, Bette Midler Comedy Rating: PG Runtime: 1hr 42min	
Private Benjamin November 14 6:30 PM A 28 year-old girl has been pampered and overprotected her whole life. When she must find a job, an unscrupulous army recruiter has her enlist. Her transformation in the army surprises everyone, including herself. Starring: Goldie Hawn, Eileen Brennan, Armand Assante Comedy Rating: R (themes) Runtime: 1hr 50min	
Must Love Dogs November 21 6:30 PM A schoolteacher is about to give up on dating altogether until her sister posts a personal ad for her on a dating website. A desirable suitor comes calling – or is it two? Starring: Diane Lane, John Cusack, Dermot Mulroney, Christopher Plummer, Romance Rating: PG-13 Runtime: 1hr 38min	
Only You November 28 6:30 PM When Faith was 11, she asked her Ouija board to spell out the name of the man for her. The answer--Damon Bradley--was someone she had never heard of. But days before her marriage, Faith receives a call from her fiance's old school friend... Damon Bradley! Starring: Marisa Tomei, Robert Downey Jr., Bonnie Hunt Romance Rating: PG Runtime: 1hr 48min	
MONDAY MOVIES	
1917 November 10 2 PM At the height of the First World War, two young British soldiers are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers including the brother of one of them. Veterans Day is November 11. Starring: Dean-Charles Chapman, George MacKay Drama Rating: R Runtime: 1hr 59min	
Hunt for Red October November 24 2 PM A Soviet nuclear sub is heading for the U.S. coast under the command of Captain Ramius. The American government thinks Ramius is planning to attack. A lone CIA analyst has a different idea: he thinks Ramius is planning to defect, but he has only a few hours to find him and prove it. Based on the book. Starring: Sean Connery, Alec Baldwin, Scott Glenn Drama Rated: PG Runtime: 2hr 15min	

 COMMUNICATIONS		
	RAC Mission Committee Thank you to the volunteers from our community going to volunteer with at Feeding America at the beginning of October! Keep an eye out for the next opportunity to volunteer in the greater community!	Monthly Statement Review Lora is available to answer resident questions regarding monthly statements. RSVP are required. Call Lora Ehler in Accounting (414) 259-7718 to schedule an appointment
	Operational Update Tuesday, November 11th 2:00 PM O'Donnell Room The operational update is a communication based meeting in which Independent Living staff updates what will be happening in the next month.	Friday Email Blast Every Friday Morning The weekly email blast from admin staff shares key info for the upcoming week. To subscribe, visit the West reception desk to update your info with your email contact information.
	St. Camillus Annual Craft Fair Saturday November 1st! 10:00-3:00pm St. Camillus East Residence Kick off the holiday season with handmade charm! Join us for a day of creativity, community, and one-of-a-kind finds at the beloved St. Camillus Annual Craft Fair! Our indoor fair features over 17 talented local artisans and crafters showcasing unique, handcrafted goods perfect for holiday gifting, or treating yourself!	
	The Gingerbread House is Coming! Get ready for one of the sweetest holiday traditions at St. Camillus! Our library will soon be transformed into a magical Gingerbread House, complete with cheerful elves and twinkling lights, where children ages 4–12 can enjoy the joy of giving. Each child will have the chance to shop (at no cost!) for two special adults in their lives. To make this Christmas shopping adventure truly magical, we need your help! We're collecting adult gift items only to fill our shelves with treasures for the kids to choose from. Donation drop boxes are located: - East: Mailbox Room - West: Counter next to the red/white pantry basket Each box includes a list of suggested gift ideas. Donations accepted through December 1st. Let's make this season sparkle for our little shoppers, thank you for your generosity, and Merry Christmas!	
		

 REVITALIZED WELLNESS PROGRAMS		
Your Bladder Health Speaker: Amy Tezak Wednesday, November 5th 10:30 AM RWC Education Room Come join the presentation and conversation around bladder health with Amy Tezak, Home Health Manager and Occupational Therapist. Amy will focus on ways to support bladder control and overall wellness. Her talk will include habits and the importance of exercises that strengthen bladder muscles.		
St. Camillus Area Parkinson's Support Group Monday, November 10th 1:30 PM Revitalized Wellness Center Join for a special guest speaker and Certified Tai Chi Associate Instructor, Jim Karpowicz. Jim will give a presentation on the history of Tai Chi, its physical benefits for our bodies and how Tai Chi can impact our mind, body and spirit within the journey of Parkinson's. Be ready to join in a practice of Tai Chi within a chair.		
Community Café: With Bridget McNair Wednesday, November 15th 1:30 PM Revitalized Wellness Center Our Cafe is a wonderfully welcoming place for people with all forms of mild cognitive impairment (MCI) and their care partner for a shared experience.		
Sunday Strength & Balance Sundays Starting Sept. 19th 2:30PM Revitalize Wellness Studio Join Marquette University Physical Therapy Students for a free weight program focused on building lower body strength and improving balance. Open to all levels beginner to advanced, with exercises adapted to your needs. 9 residents max. Please sign up in Revitalize Wellness Binder outside Bistro Questions? Contact Bridget McNair at bmcnair@stcam.com or 414-259-6204.		
 Taijiquan Class Fridays 2:00pm East Wellness Studio Discover the health benefits of Taijiquan (Tai Chi Chuan) through the traditional Yang style system, exploring foundational concepts of yi, qi, and dan tien. All students including returning students are encouraged to attend the Introduction to Foundational Qualities of Taijiquan class. After a short break, we will continue with further study of the form. Instructor Joan Morningstar began her Taijiquan journey in 1971 under Master Cheng Man-Ching. With decades of dedicated practice and guidance from teachers and masters, Joan shares her lifelong study of this transformative art.		
Alcoholics Anonymous Tuesday 7 PM The Learning Studio For more information Call Margaret 414.333.1534 Eddie 414.217.4000	Blood Pressure Checks With Nurse Kate Saturdays 10-11 AM West Game Room Drop by to check your blood pressure!	Dancing Groups: Colonial Dancers Saturdays 6 PM RWC East Studio Nordic Dancers Practice Sundays, 11/2 & 11/16 6 PM RWC East Studio
		



REVITALIZED WELLNESS HOURS



Yes! WE ARE OPEN

Independent Physicians Of Wisconsin Clinic

West Residence | 103W
Questions? (414) 376-9687

Mondays | 10 AM-2:00 PM
Family Nurse Practitioner

Fridays | 2-5:00 PM
Internal Medicine MD

By Appointment or Walk-in
Most insurance plans accepted

Wellness Nurse

Mon-Fri | 8am-4:00pm
Saturdays | 8am-1:00pm

Wellness Nurse

Open Consultation

Tuesdays | 9:30-11 AM
Thursdays | 1:30-3 PM
Saturdays | 8:00-1 PM

Consultations, minor first aid care, blood pressure checks, and preventative care.

Revitalize Wellness Center
Questions? (414)-259-4547

Fitness Center | Open 24/7
Pool Hours | 5 AM - 9 PM
Staffed Mon-Fri, | 8 AM - 4 PM

Fitness Center open 24/7
The Fitness center locks at 4:30 pm.
Key Fob required to enter after hours



WELLNESS SPOTLIGHT



Monthly Resources For Your Health & Well-being

Materials in Revitalized Wellness Center

November educational information will be in support of: Caregiver Support and Bladder Health. Be sure to attend a presentation from our Home Health Team on Bladder Health. Look for date and time. No sign up required.



MAKE AN APPOINTMENT



MAKE AN APPOINTMENT

Visit the sign up area near the Bistro to make appointments. If you have questions call Revitalize Wellness Manager, Jenny Zimpel: (414) 259-4547



Spa Day

Unwind | Recharge | Revitalize

Tuesday, November 11th | 9-12:30pm
Revitalized Wellness Center

Partnership with IBrow Threading & Spa Choose from a facial (3 options), upper or lower body massage, hair removal (waxing or threading), or henna brow tint. Fees are paid directly to IBrow Threading. Price list available.



Toe Nail Trimming

RWC | East
Monday, November 24th | 9-4 PM

Appointments with trained & certified wound, skin and nail registered nurses. \$35 for a 30min session. You can pay directly by cash, monthly statement, or card.

Toe Nail Trimmers, LLC
Phone: 262-719-0336

Hearing Aid Care

Tuesday, November 18th
9 AM-12:30 PM | RWC

This service includes cleaning, filter and battery change, sound adjustment and repair, in Partnership with Wisniewski Custom Hearing Instruments

Sign Up in Wellness Binder located near the Bistro





St. Camillus Craft Fair

Saturday, November 1, 2025

10:00 am - 3:00 pm

Over 20 community vendors and St. Camillus residents will be selling their handcrafted items including:

- Apparel
- Jewelry
- Fiber Arts
- Quilts

- Confections
- Knit/Crochet Specialties
- Baby Items
- Handmade Greeting Cards

- Christmas Decorations
- Home Gifts
- Stocking Stuffers
- and much more!

Basket Raffle includes many beautifully wrapped baskets of highly prized items (ready for gift-giving!) and three Premium Prizes for the lucky winners.

Chef Giuseppe's Famous Chili with toppings and beverages available for purchase. Eat here or take home. Don't forget to stop at our Bake Sale to satisfy that sweet tooth.

FREE ADMISSION & FREE PARKING

Sales benefit



ORDER OF
St. Camillus
Foundation

East Residence • 10100 W. Bluemound Rd. • Wauwatosa, WI 53226

REVITALIZE *Wellness*
Independent Living Daily Fitness Schedule

Monday	Tuesday		Wednesday	Thursday		Friday	Saturday		
Morning Express Stretch East 8:45 - 9:05 AM	Morning Express Stretch East 8:45 - 9:05 AM		Morning Express Stretch East 8:45 - 9:05 AM	Morning Express Stretch East 8:45 - 9:05 AM					
Video Exercise West 9 - 9:30 AM	Water Aerobics Pool 9 - 9:45 AM	Video Exercise West 9 - 9:30 AM	Video Exercise West 9:00 - 9:30 AM	Water Aerobics Pool 9:00 - 9:45 AM	Video Exercise West 9 - 9:30 AM				
Ageless Grace East 9:30 - 10 AM			Silver Sneakers: Strength East 9:30 - 10:15 AM		Silver Sneakers: Stability East 9:30 - 10:15 AM		Marquette Fitness Series East 9:30 - 10:15 AM		
			Zoo Walk with Claire E. Lobby 10:30 - 11:30 AM	Balance Basics East 10:30 - 11 AM					
Ageless Grace West 1:30 - 2:00 PM	Silver Sneakers: Chair Yoga West 1:30 - 2:15 PM		Ageless Grace West 1:30 - 2 PM	Silver Sneakers: Chair Yoga West 1:30 - 2:15 PM					
					Taijiquan Class East 2:00-3 PM				
		Yoga Flow/Mat Based East 2:30 - 3:15 PM							
Afternoon Water Aerobics Pool 4:45 PM			Afternoon Water Aerobics Pool 4:45 PM						
Pool Daily Schedule Pool Hours 5:00 AM - 9:00 PM Daily Closed for cleaning Fridays 7-11 AM		Water Aerobics Tues & Thurs 9:00 AM Wednesdays 4:45 PM		Opportunities for Healthy Living					
		Lap Swimming Daily 8-9:00 AM Mon - Sat 1-2:00 PM							
		Water Walking (No Jets) Daily 10:30-11:30 AM Mon-Sat 2-3:00 PM		Wellness Center Orientation (Complimentary) Work with our Staff to become oriented to our fitness center and pool. We will give you an overview of our state of the art equipment and how to join our fitness classes. Waivers for use of Wellness Center will be completed at this time.		One-On-One Coaching (Fee \$30 per 30 min session) Work one on one with our Senior Fitness Instructor to develop a fitness program and schedule that will assist you in your fitness goals. We will ensure you are performing exercises with good form and technique, as well as introduce new exercises.		Fitness Testing (Complimentary) This is an opportunity to have fitness testing in balance, and upper body and lower body strength as well as endurance. We will help guide with suggestions for fitness activities to participate in to improve functional fitness and independence.	
		Resistance Walking (With Jets) Mon-Fri 11:30 am-12:30pm		For more information call: Jenny Zimpel in Revitalize Wellness (414)-259-4547					