

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



*St. Camillus*  
A Life Plan Community





# OCTOBER


## 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.


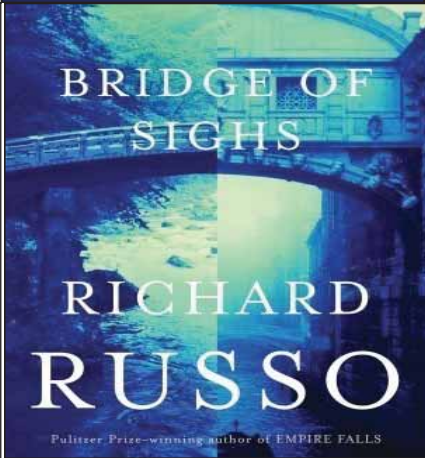
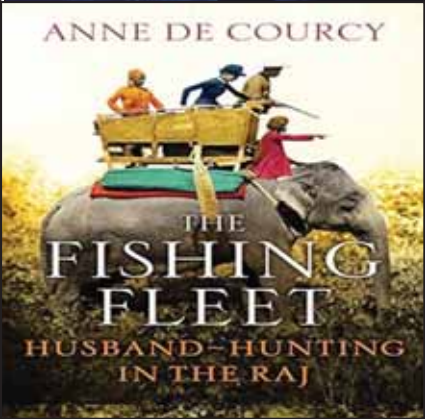
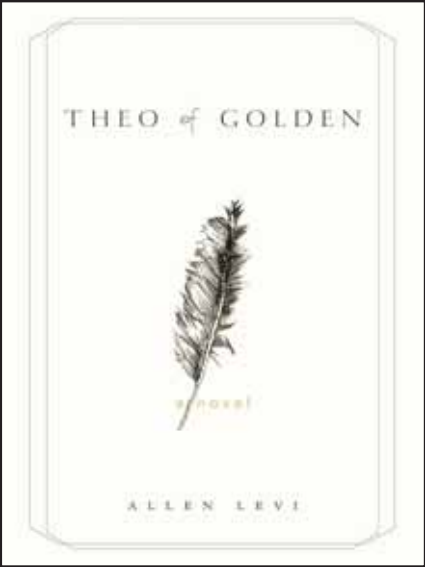



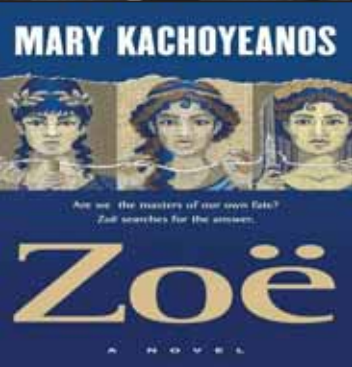

St. Camillus ENTERTAINMENT	
<b>New Horizons Band</b> Music  Tuesday, October 15th   2:00 PM   O'Donnell Room  Experience the joy of live music with the New Horizons Band! This passionate group of musicians will have you tapping your toes and feeling the rhythm, don't miss their lively and inspiring performance!	
<b>Essentially Brass</b> Music  Thursday, October 16th   6:45 PM   Mansfelds Dining Room  Milwaukee's own <i>Essentially Brass</i> brings the power, precision, and passion of a full brass ensemble to every performance. From classic brass repertoire to bold, modern arrangements, this talented group delivers an unforgettable musical experience that's both thrilling and timeless.	
<b>Heinzel Kunsmann</b> Pianist  Thursday, October 16th   2 PM   The Pub  Heinzel Kunsmann brings a fresh, heartfelt touch to everything he plays, timeless classical pieces to modern gems. With a style that's both expressive and down-to-earth, his performances connect with audiences while taking suggestions.	
<b>Milwaukee Letter Carriers Band</b> Music  Tuesday. October 21st   6:30 PM   O'Donnell Room  More than just mail! The <i>Milwaukee Letter Carriers Band</i> has been bringing bold brass, big sound, and community spirit to local events for generations. Whether it's a parade, festival, or summer concert, this band delivers toe-tapping tunes and a whole lot of fun. Proudly rooted in tradition, and always playing with passion! Come hear the band that's been delivering music to Milwaukee for over a century!	
<b>Joe Kadlec</b> Music  Thursday, October 23rd   2 PM   O'Donnell Room  Joe Kadlec keeps it simple with one voice, one guitar, and a whole lot of heart. His solo sets mix folk, rock, and bluesy vibes, and laid-back energy that make you feel right at home. Whether he's on a small stage or playing a backyard show, Joe's music connects.	

St. Camillus Speakers	
	<b>Stay Safe Online Shopping</b> Speaker Ben Merens  Monday, October 20th   2 PM   O'Donnell Room  Join veteran speaker and storyteller <i>Ben Merens</i> as he shares practical, easy-to-follow tips on how to protect yourself while shopping online. From spotting scams to securing your personal info, Ben breaks it all down in a clear, engaging way that makes online safety simple for everyone. Whether you're a tech newbie or a seasoned shopper, you'll walk away safer & smarter.

St. Camillus PASTORAL CARE	
LITURGICAL SERVICES	MORE PASTORAL CARE OFFERINGS
MASSSES, DEVOTIONS, PRAYERS	<b>Caregiver's Support Group</b> 2nd Wednesday, monthly  Wednesday, October 8th 2:00pm to 3:00pm Learning Studio  Connect with other caregivers to give and receive help, advice, friendship, and emotional support.
<b>San Camillo Chapel</b> <i>(West Residence)</i>  <b>MASS</b> Mon-Fri - 11:00am Saturdays - 4:00pm Sundays - 9:30am  <b>Our Lady of Perpetual Help Devotions</b> Mondays - after Mass  <b>Divine Mercy Devotions</b> Fridays - 3:30pm  <b>Rosary</b> Mon-Fri - 10:30am  <b>Confession</b> <b>Adoration</b> 1st Friday 9:30-10am          1st Friday After Mass	<b>Grief Support Group</b> 3rd Wednesday, monthly  Wednesday, October 15th 2:00 to 3:30pm Learning Studio  Journey with neighbors mourning the loss of loved ones through the ever-changing landscape of grief.
<b>Guardian Angel Chapel</b> <i>(East Residence)</i>  <b>MASS</b> Mon-Fri - 3:30pm Sunday - 10:30am  <b>Divine Mercy Devotions</b> Fridays - 3:00pm	<b>Scripture Sharing</b> All Mondays in October Learning Studio 2:30 to 3:30pm  Explore the Sunday Gospels with Fr. Naveen.
<b>A Special Mass Celebration</b> <i>Feast of the Guardian Angels</i> <b>Thursday, October 2 at 3:30pm</b> Guardian Angel Chapel	<b>Clinical Pastoral Education (CPE) News</b> Thursday, October 9, 2025 will begin a new unit of CPE on the St. Camillus Campus. We will welcome Chaplain Interns to our Pastoral Care Department for their 400 hours of education and training. Through theological, pastoral, spiritual, and professional education and experiential learning, CPE students are challenged to improve, deepen, and expand the quality of their pastoral relationships, as well as gain new insights and understanding about the human situation. The CPE Program runs through March 26, 2026. Please join us in welcoming our new Chaplain Interns!
<b>Our Lady of Guadalupe Chapel</b> <i>(North Residence)</i>  <b>MASS</b> Mon-Fri - 11:00am Sundays - 11:00am	<b>Funeral and Memorial Pre-Planning</b> You can help your families know how you want to celebrate your life by having plans in place before they are needed. It is best done when you are in good health. Contact Chaplain Jacque to schedule an appointment and she will accompany you through the planning process.
ECUMENICAL SERVICES	<b>How to Have a Mass Offered for a Loved One</b>  Intentions can be made with Fr. Naveen (ext. 3714), Chaplain Jacque (ext. 3754) or Melissa S. (ext. 3710). Please call us to schedule a Mass.
<b>Community Chapel Worship</b> Guardian Angel Chapel *10:30am to 11:15am  <b>Ecumenical Communion Services</b>  <b>Mondays, October 6 and 20</b> Pastor Perrie Dralle, Gethsemane Lutheran Church  <b>Monday, October 13</b> Rev. Jake Werkheiser, ELCA Pastor & Chaplain  <b>Monday, October 27</b> Retired Rev. Szymanski, First Congregational Church	<div>Questions? Call Chaplain Jacque (414) 259-3754 Email: jkelnhofer@stcam.com</div>



BOOK CLUBS	
<p><b>Short Story Group</b></p> <p><i>William Wilson</i> by Edgar Allan Poe Tuesday, October 21st   1:00 PM   Learning Studio</p> <p>In Edgar Allan Poe's "<i>William Wilson</i>," a man is haunted by a mysterious double who shares his name and appearance, constantly interfering with his immoral actions. Consumed by anger, he ultimately kills the double, only to realize he has destroyed himself. The story explores themes of conscience, guilt, and the duality of human nature.</p>	
<p><b>Afternoon Book Club</b></p> <p><i>Bridge of Sighs</i> by Richard Russo Wednesday, October 15   1:00 PM   Mansfelds private Dining Room</p> <p>Bridge of Sighs is a novel about a coming of age story set in a small town in upstate New York and explores the themes of friendship, love, loss and the impact of small time life on individuals. It also examines the choices people make and the consequences that follow. The title refers to a bridge in Venice, but symbolizes the emotional and psychological journeys of the characters.</p>	
<p><b>Afternoon Book Club</b></p> <p><i>Fishing Fleet</i> by Anne de Courcy Wednesday, NOVEMBER 19th   1:00 PM   Mansfelds private Dining Room</p> <p>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.</p>	
<p><b>Morning Book Club</b></p> <p><i>Theo Of Golden</i> by Allen Levi Wednesday, September 8th 10:00 AM   Learning Studio</p> <p><i>Theo of Golden</i> unfolds in a quiet Southern town when a mysterious, gentle man named Theo arrives in Golden one spring. Moved by a display of 92 pencil portraits in a local café, he begins an unusual project: purchasing each portrait and returning it to its subject — people he's never met — in acts of anonymous kindness. As Theo weaves his way into the lives of townsfolk, friendships deepen, secrets are revealed, and lives are healed. It's a story about art, generosity, belonging, and how one individual's love for beauty and people can transform a whole community.</p>	



Speakers	
	<p><b>The Politics of Fear: Joseph McCarthy &amp; the Red Scare of 1950-54</b> Speaker: Tim Crain</p> <p>Wednesdays starting October 15th   6:30 PM   O'Donnell Room</p> <p><b>October 15: The First Red Scare, 1917–20</b> As the U.S. rose to global power during WWI, fear of communism sparked the First Red Scare. Joseph McCarthy was born in Wisconsin in 1908 against this backdrop of prosperity and unrest.</p> <p><b>October 22: America During the Interwar Period</b> Though the First Red Scare ended, anti-communist fears persisted. Under J. Edgar Hoover, the FBI tracked left-wing activity while ignoring right-wing threats. During this time, McCarthy grew up, studied law at Marquette, and became Wisconsin's youngest circuit judge in 1938.</p> <p><b>October 29: Demagogues in the 1930s</b> Demagogues exploit fear with lies, scapegoating, and relentless attacks. Such figures rose across the U.S. and Europe in the 1930s, foreshadowing McCarthy's rise as one of the era's most notorious demagogues.</p> <p><b>November 5: Joseph McCarthy</b> McCarthy served in WWII as a Marine, earning the nickname "Tail-Gunner Joe." He exaggerated his record but won popularity, leading to his 1946 election to the Senate.</p> <p><b>November 12: Senator McCarthy</b> Initially unsuccessful, McCarthy gained national attention in 1950 by falsely claiming to have names of communists in the State Department. His accusations destroyed reputations and fueled the era of "McCarthyism."</p> <p><b>November 19: McCarthy Investigations</b> Though finding little evidence, McCarthy's crusade served Republican politics. Even after Eisenhower's election, he pressed on, expanding his power with aides Roy Cohn and David Schine.</p> <p><b>November 26: Demagogue and Downfall</b> Defying warnings, McCarthy targeted the U.S. Army in 1954. Televised hearings exposed his tactics, leading to Senate censure and his downfall. He died just two years later, leaving behind a legacy of fear and abuse of civil liberties.</p>
  	<p><b>Zoe</b> Presented by the Author Mary Kachoyeanos</p> <p>Thursday, October 9th   2:00 PM   Jelen Community Room</p> <p>Join author Mary Kachoyeanos over cookies and coffee, as she shares the inspiration behind her powerful debut novel, <i>Zoe</i>, a story of resilience, identity, and defying fate. Drawing from real family stories, she brings to life the unforgettable journey of a woman navigating love, loss, and cultural expectations across nearly a century. Residents will enjoy a heartfelt discussion about the courage it takes to shape one's own destiny.</p>
	<p><b>Milwaukee in the 1950s - No wonder why they call it "Happy Days"</b> Presenter: Stephen Hauser</p> <p>Monday, October 13th 2:00pm   O'Donnell Room</p> <p>Find out what the Milwaukee Braves, General Douglas Macarthur, Mayor Frank Zeidler, Devine's Ballroom in the town of Granville contributed to make the 1950s in Milwaukee a decade to remember.</p>



St. Camillus REOCCOURING EVENTS		
<b>Lay Camillian Family</b> Wednesday, October 15th   2 PM   Theater "I Believe In God..." All are welcome to attend the presentation of Part II of The Nicene Creed with Bishop Barron via DVD. If you missed Part I, please join us as Bishop Barron flows through the next sequence.		
<b>Sunday Singalong</b> 10/12, 10/19, & 10/26 1 PM   The Pub Casual sing a long, singing songs from different eras. Open to everyone.	<b>MSO Trip Reminder</b> Friday, October 10th 9:30 AM   E. Lobby Please meet in the East Lobby for pick up at 9:30 AM. Don't forget your ticket!	
<b>Dis-chords Ukulele Practice Group</b> Thursdays   3 PM   Jelen Community Room Did you know we have our very own Ukulele group? The Dis-chords is a group of residents that are all learning the Ukuleles together all from different starting skill levels. Starting with a group of about six players and have grown closer to 15 players and they want to see how big they can get. Feel free to stop by the Jelen room at 3pm on any Thursday and learn		
<b>Library Committee Meeting</b> Monday, October 13th   1 PM   Learning Studio Library Committee Presents: Author: <b>Mary Kachoyeanos</b> October 9   2 pm   Jelen Room We will be hosting Ms. Mary Kachoyeanos, a Wauwatosa resident, who wrote <u>The Story of Zoe</u> . This novel provides "a different perspective on the immigrant experience." It was inspired by stories that Ms. Kachoyeanos heard from her mother and aunt. Please suggest that your friends join us! Everyone is welcome to hear from Ms. Mary Kachoyeanos.		
<b>Open Crafting Time</b> Mondays   1 PM   Enrichment Studio It is time to start making wonderful handmade crafts in preparation of the Craft Fair! If you are interested in donating your skills and/or time to help craft, all crafters are welcome to stop by.		
<b>Pet Visits with Gretel</b> Keep an eye on the TV for a date update   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!		
<b>RAC Board Hospitality Newcomers Coffee!</b> Wednesday, October 29th   9 AM   The PUB New to the community? Or just want to connect? Join the RAC Hospitality Committee for a warm cup of coffee and a chance to meet neighbors in a relaxed, friendly setting. All are welcome, even if you've been here a while!		

St. Camillus MARQUETTE STUDENTS IN RESIDENCE	
<b>World Cultures' Hour</b> With Sam Samson Saturdays   5:00 PM   Jelen Community Room Discover cultures of countries around the world. Their food, lifestyle, and the history of the country.	
<b>TEDx Series: Being Human</b> With Jacob Barnes Tuesdays   4:00 PM   Theater Each week, we'll watch a thought-provoking TEDx Talk (20 minutes or less), followed by a guided group discussion. These sessions will include a short PowerPoint with discussion questions, Just come ready to watch, reflect, and share! All are welcome.	
<b>Ghost Stories</b> With Daija Holliday Sunday, October 26th   6:30 PM   O'Donnell Room Under the glow of the moon and candle light, prepare to gather around for an evening of ghost stories. Attendees can share or listen to spooky tales that send shivers down the spine and spark the imagination. Whether you're a believer or just come for fun, it's a night you won't forget!	
<b>Quiz Game</b> With Sam Samson Sundays   5:30 PM   Jelen Community Room Think fast, laugh loud, and see if you can beat the quiz! Fun questions and quick rounds.	
<b>Mini Pumpkin Decorating</b> With Janie Schulz Sunday, October 5th   12:00 PM   Atrium Join Marquette Students Daija and Janie as we kick off the Fall season with Mini Pumpkin Decorating! Craft supplies provided, just bring your creativity!	
<b>Let's Play: Scattergories</b> With Janie Schulz Tuesdays   6:30 PM   Enrichment Studio Join Marquette Student Janie Schulz for some lively Scattergories fun on Tuesday evenings! Scattergories is a creative thinking, category-based game where players earn points by uniquely naming objects, people, actions, etc. within a set of categories; however, each answer must begin with the letter of the alphabet determined at the beginning of each round. Come to learn a new game, socialize with fellow residents, and exercise your creative brain! No prior experience necessary!	



 <h1>MARQUETTE STUDENTS IN RESIDENCE</h1>	
<h2>PACKERS WATCH PARTIES</h2> <p>Hosted by Janie Schulz</p> <p>Sundays:          October 12th   3:25 PM   Packers VS Bengals   O'Donnell Room &amp; CBS          October 19th   3:25 PM   Packers VS Cardinals   O'Donnell Room &amp; FOX</p> <p>It's time to cheer on the Packers!          Bring a snack and drink and invite your friends!</p>	
<h2>Trick or Treat!</h2> <p>With Staff's Children   Hosted by Marquette Students</p> <p>Saturday, October 25th   1-2:30 PM   East Common Areas</p> <p>Join us for a fun-filled <b>Trick-or-Treat event</b> as staff families bring their little ones (under 12) to celebrate Halloween in costume! Children will enjoy going throughout the East Common areas for treats and festive fun throughout our community. Don't miss this chance to share in the spirit with candy, costumes, and smiles all around!</p> <p>There will be "stations" set up for you to sit with your treats as we direct the Trick or Treaters through the building, please bring candy to hand out!</p>	
<h3>Saturday Morning Zoo Walks</h3> <p>With Janie Schulz</p> <p>Saturdays, 10/4, 10/11, &amp; 10/18          9:30 AM   Meet in East Lobby</p> <p>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 St. Camillus neighbors for a leisurely morning stroll with</p>	<h3>Marquette Fitness Series</h3> <p>With Daija Holliday</p> <p>Saturdays 10/4, 10/11, &amp; 10/25          9:30 AM   Revitalized Wellness Center</p> <p><b>Get Moving with Marquette Students!</b>          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!</p>
	<h3>Brain Games</h3> <p>With Daija Holliday</p> <p>Saturdays, 10/4, 10/11, &amp; 10/25          10:30 AM   Jelen Community Room</p> <p>Keep your mind sharp as a tack by participating in fun and enjoyable games! Join your neighbors to work on mind puzzles and games.</p>
<h3>Tech Talks</h3> <p>With Janie Schulz</p> <p>Tuesdays   3:00 PM   West Game Room</p> <p>Stop by on Tuesday afternoons for tech troubleshooting with Marquette Student Janie Schulz!</p> <p>The schedule for October is as follows:          Oct. 7 Drop-in Questions &amp; 1:1 Assistance          Oct. 14 Drop-in Questions &amp; 1:1 Assistance          Oct. 21 Lecture "Organize Your Photos"          Oct. 28 Drop-in Questions &amp; 1:1 Assistance</p>	<h3>Saturday Mugs &amp; Moments</h3> <p>With Sam Samson</p> <p>Saturdays   9:00 AM   The Pub</p> <p>Grab a cup of coffee with Sam on Saturday mornings! Everyone is welcome to see where the Conversation takes us!</p>
	<h3>Coffee &amp; Conversations</h3> <p>With Daija Holliday</p> <p>Fridays   9:00 AM   The Pub</p> <p>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.</p>

St. Camillus		REOCCOURING EVENTS	
	<b>Fun Bridge</b> Fridays   12:30-2:30 PM   West Game Room Are you looking to play bridge in a stress free, social, and neighborly environment?	<b>Care Squares</b> 2nd & 4th Thursday   Monthly 1–2:00 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!	
	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.	<b>Sheepshead Groups</b> <b>Tuesdays Sheepshead</b> 6:30-8:30 PM   East Game Room Experienced players only using leasters, and “double on the bump”	
	<b>Monday Open Crafting time!</b> Mondays   1-3 PM   Enrichment Studio Calling all crafters it is that time of year again! The Craft Fair is starting to create crafts for the Fair. Please stop in to help with the crafting, ideas, and general help. Everyone is welcome!	<b>Thursday Sheepshead</b> 2-4 PM   West Game Room This group of players are willing to give refreshers on how to play different styles.	
	<b>Golf Fridays!</b> Fridays   10:00 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!	<b>Friday Bingo!</b> Fridays   1:30 PM   O'Donnell Room BINGO! Is a resident run game of regular bingo and games with fun twists on what shapes are needed to win! Each card is 50 cent with no card minimum, exact change appreciated. Being resident run, BINGO! is always looking for new volunteers!	
	<b>Rummikub</b> Wednesdays   1:00 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!	<b>Mexican Train Dominoes</b> 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!	
	<b>DUPLICATE BRIDGE</b> 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.	<b>Charismatic Prayer Group</b> Sundays   7:15 PM   Jelen Room The Charismatic Prayer group meets every Sunday night, and are welcoming all! No sign up required.	
	<b>Watercolor Painting Class</b> Saturdays, at 2:30 PM in Enrichment Studio Join resident artist Bob Caffrey as he shares fun techniques for creating beautiful artwork. Newcomers are always welcome, no experience needed!	<b>Canasta Group</b> Sundays   1:00 PM   Enrichment Studio This is a group for experienced players to face off in the game of Canasta!	
	<b>CHAT &amp; STITCH</b> 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!	<b>Let's Play Pool</b> Saturdays   1:00 PM   East Game Room Join in for some friendly casual neighborhood competition anytime!	





SUNDAY MOVIES



**Treasure of the Sierra Madre** **October 5 | 2:00**

Two hard-luck drifters and a grizzled prospector discover gold. Then greed and paranoia set in. Even Bogart's character is not immune.

**Starring:** Humphrey Bogart, Walter Huston  
**Western | Rating:** Not rated | **Runtime:** 2hr 6min



**Last Chance Harvey** **October 12 | 2:00**

In London for his daughter's wedding, a rumpled man finds his romantic spirits lifted by a new woman in his life.

**Starring:** Dustin Hoffman, Emma Thompson  
**Romance | Rating:** PG-13 (language, themes) | **Runtime:** 1hr 33min



**A League of Their Own** **October 19 | 2:00**

A washed-up ball player is hired to coach in the All-American Girls Baseball League of 1943, while the male pros are at war. Based on the true story of the pioneering women who blazed the trail for generations of athletes.


**Starring:** Tom Hanks, Geena Davis, Lori Petty, Madonna  
**Sports | Rating:** PG | **Runtime:** 2hr 8min




**Hamilton** **October 26 | 2:00**

Learn of the adult life and legacy of Alexander Hamilton, Secretary of the Treasury under President George Washington. Various historical figures influenced his life, including the Marquis de Lafayette, James Madison, Thomas Jefferson, and Aaron Burr.

**Starring:** Lin-Manuel Miranda, Leslie Odom, Jr.  
**History, Drama, Musical | Rated:** PG-13 (language) | **Runtime:** 2hrs 30 min



THURSDAY MOVIES




**Only Murders in the Building** **Three Thursdays in October | 6:30**

Three strangers live in the same New York City apartment building. They all share an obsession with true crime stories. Suddenly, they are embroiled in a real murder and find themselves working together.

**Starring:** Steve Martin, Martin Short, Selena Gomez  
**Mystery, comedy | Rating:** PG-13 (themes)


October 2	Episodes 1-3	1hr 40min
October 9	Episodes 4-7	2hr 5min
October 23	Episodes 8-10	1hr 39min




**Vertigo** **October 30 | 6:30**

A former San Francisco police detective wrestles with his personal demons while becoming obsessed with the hauntingly beautiful woman he has been hired to trail, and who may be deeply disturbed.

**Starring:** James Stewart, Kim Novak, Barbara Bel Geddes  
**Thriller | Rating:** PG | **Runtime:** 2hr 8min




BREAKFAST WITH JEREMY



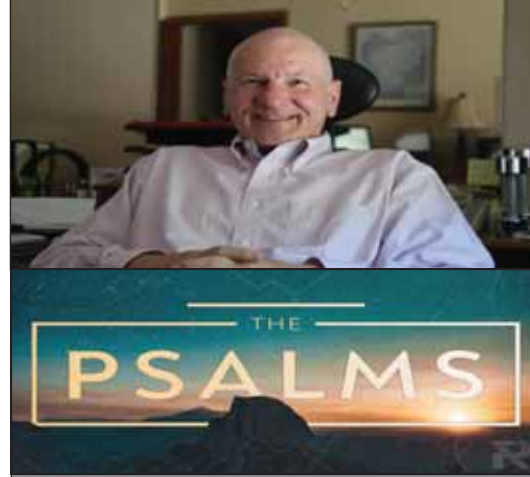
**All SPOTS ARE CURRENTLY SIGNED UP FOR THROUGH THE END OF THE YEAR, HOWEVER STAY TUNED FOR JANUARY DATES**

**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.



THE VOICE OF THE PSALMS




**The Voices of the Psalms**  
An Ecumenical Prayer journey with Rev. Dr. Barry W. Szymanski

3 part series | Oct 22 | Oct 29 | Nov. 5 | 2 PM | Learning Studio

For thousands of years the writers of the Psalms have worshipped and thanked God - and offered guidance to those who pray them.

The Psalms help us whether we are praying for ourselves, for others, at the bedside of a loved one as a caregiver, for the world, or simply when we cannot form the words to pray at life's crossroads.


The three 45-minute sessions of The Voices of the Psalms You can attend all or one. Please bring your Bible, pen, paper. and a list of your favorite psalms, Rev. Dr. Barry W. Szymanski Congregational Minister and St. Camillus resident will be facilitating.




ST. CAMILLUS CRAFT FAIR

**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!





GINGERBREAD HOUSE UPDATE

**Donate to The Gingerbread House | An Employees' Family Christmas Party**



Help spread holiday joy by supporting this tradition where employees' children select, at no cost, gifts for two special adults in their lives.

**Donation Drop-off:** East & West Mailrooms (decorated boxes)  
**Deadline:** December 1, 2025  
**Guidelines:** New or gently used items only, no gift wrap, no children's items.

**Most Needed:**  
**For Men:** sports items, soap, lotion, playing cards, nuts, winter scarves  
**For Women:** jewelry, scarves, small purses, soap, lotion, candy

Thank you for your generosity in making this event meaningful for our employees and their families!

**Questions?** Contact Linda Fox | 414-213-5734







## PRESENTED BY THE MARQUETTE CLUB EVENT



**A Warm Welcome to the President of Marquette University**  
October 2nd | 10 AM | O'Donnell Room

We are honored to welcome **Dr. Kimo Ah Yun**, the President of Marquette University. A dynamic leader and visionary, he brings a deep commitment to Marquette's mission of excellence, leadership, faith, and service.

Under Dr. Kimo Ah Yun's guidance, the university continues to thrive as a nationally recognized institution, shaping future leaders who embody the values of "Be The Difference."

Today, we celebrate not only his leadership, but also the partnership and connection Marquette University fosters within the broader community.

Please join us in giving a warm welcome and our full attention to President Dr. Kimo Ah Yun. Everyone is welcome to join whether or not you are a part of Marquette club.



## PARTIES



**Oktoberfest**  
Themed Party | Live Music with **Jeff Winard**  
Wednesday, October 1st | 2:00 PM | O'Donnell Room

Pull out your lederhosen and get ready for a day of festive fun, delicious food, and toe-tapping tunes! Join us as we bring the spirit of Bavaria to St. Camillus with our very own Oktoberfest celebration. No passport required! Our Special Guest Jeff Winard will be showering us with the sound of the accordion!

**Halloween Karaoke Party**  
Themed Party with Karaoke  
Thursday, October 30th | 2:00 PM | O'Donnell Room

Get ready for a frightfully fun afternoon filled with laughter, costumes, and classic Halloween cheer! Our Independent Living Halloween Party is the perfect chance to dress up (or just show up!), enjoy delicious fall treats, & make some boo-tiful memories with friends and neighbors, Please visit the Life Enrichment Binder outside the bistro to sign up to be a singer.

**Trick or Treat!**  
With Staff's Children | Hosted by Marquette Students  
Saturday, October 25th | 1-2:30 PM | East Common Areas

Join us for a fun-filled **Trick-or-Treat event** as staff families bring their little ones (under 12) to celebrate Halloween in costume! Children will enjoy going throughout the East Common areas for treats and festive fun throughout our community. Don't miss this chance to share the spirit with candy, costumes, and smiles all around!

There will be "stations" set up for you to sit with your treats as we direct the Trick or Treater's through the building, please bring candy to hand out!



## FRIDAY MOVIES



**My Big Fat Greek Wedding** **October 3 | 6:30**  
A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him. She comes to terms with her heritage and cultural identity.  
Starring: Nia Vardalos, John Corbett, Lainie Kazan  
Romance, comedy | Rating: PG | Runtime: 1hr 35min

**Yesterday** **October 10 | 6:30**  
Struggling songwriter Jack is the only person on earth who remembers The Beatles! As he rockets to fame by passing off the Fab Four's songs as his own, Jack risks losing the one person who believed in him from the start.  
Starring: Himesh Patel, Lily James, Ed Sheeran  
Fantasy, Drama | Rated: PG-13 (themes) | Runtime: 1hr 57min

**New In Town** **October 17 | 6:30**  
A businesswoman from Miami, Florida, must adjust to her new life in a small Minnesota town.  
Starring: Renee Zellweger, Harry Connick, Jr.  
Romance | Rating: PG | Runtime: 1hr 37min

**A Good Year** **October 24 | 6:30**  
A British investment broker inherits his uncle's chateau and vineyard in Provence. He discovers a new laid-back lifestyle as he tries to renovate the estate to be sold. Based on the book.  
Starring: Russell Crowe, Abbie Cornish, Albert Finney  
Romance | Rating: PG-13 (language) | Runtime: 1hr 57min

**The Postman Always Rings Twice** **October 31 | 6:30**  
A married woman and a drifter fall in love. They then plot to murder her husband.  
Starring: Lana Turner, John Garfield  
Suspense | Rating: Not rated | Runtime: 1hr 53min

**MONDAY MOVIES**

**The Natural** **October 6 | 2:00**  
A young baseball player dreams of the major leagues. A woman shatters his dreams. Years later, he reappears as a rookie, overcoming physical pain. A sportswriter becomes instrumental in the player's career.  
Starring: Robert Redford, Glenn Close, Kim Basinger, Robert Duvall  
Sports | Rated: PG | Runtime: 2hr 18min

**Edward Scissorhands** **October 27 | 2:00**  
An artificial man was incompletely constructed and has scissors for hands. His solitary life is upended when he is taken in by a suburban family.  
Starring: Johnny Depp, Winona Ryder, Diane Wiest  
Rating: PG-13 (language, violence, themes) | Runtime: 1hr 45min





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!



**Operational Update**  
  
Tuesday, October 28th  
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.

**Monthly Statement Review**  
  
Lora is available to answer resident questions regarding monthly statements.  
  
**RSVP are required.**  
Call **Lora Ehlert** in Accounting (414) 259-7718 to schedule an appointment

**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.



HOSPITALITY DINNERS

**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. 1st	No Event
Oct. 8th	5W, 5E, 15E
Oct. 15th	4W, 4E, 14E
Oct. 22nd	3W, 3E, 13E
Oct. 29th	2W, 2E, 12E
Nov. 5th	1W, 11E
Nov. 12th	6W, 6E



BINGO 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!



REVITALIZED WELLNESS PROGRAMS

**Carroll University Physical Therapy Program: Senior Wellness Experience**  
  
Sept. 11 – Dec. 4, 2025 | Revitalize Wellness Center East  
  
Carroll University's Physical Therapy Program is offering a Senior Wellness Experience this fall it is a free, two-session program designed for seniors. 80 volunteers needed.


- Session One (Thursday): Evaluation
- Session Two (Tuesday): Recommendations

  
Sign-up is required. Please use the binder at the entrance table in the Revitalize Wellness Center. Stop by the Wellness Center for more information or to volunteer.

**St. Camillus Area Parkinson's Support Group**  
  
Monday, October 13th  
1:30 PM | Jelen Community Room  
  
Come join the group as we will have a demonstration of Big and Loud, a Parkinson's program to help patients with their gait and with their voice (both common problems with the disease).

**Community Café:**  
**Oktoberfest - A celebration of Fall. Prost!**  
With Bridget McNair  
  
Wednesday, October 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.

**Marquette Fitness Series**  
  
Saturdays 10/1, 10/11, & 10/25  
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!

**STRENGTH + BALANCE**

**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](mailto: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.

**Colonial Dancers Practice**  
Saturdays  
6-7:00 PM | RWC East Studio


**Nordic Dancers Practice**  
Sundays, 10/5 & 10/19  
6-7:30 PM | RWC East Studio

**Alcoholics Anonymous**  
  
Tuesday | 7:00 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!

**Meet The Pharmacist**  
*Presented in partnership with Froedtert Pharmacy*  
  
Date TBD  
  
Our Meet The Pharmacist is on hold. Please look for new dates to come!





## REVITALIZED WELLNESS HOURS



**Yes! WE ARE OPEN**

**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

**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.



## THIS MONTH'S SPOTLIGHTS



**Monthly Resources For Your Health & Well-being**  
Materials in Revitalized Wellness Center

This month's educational information will be in support of: Breast Cancer Awareness, Cardiac Arrest and Healthy Aging.

**Annual Vaccine Clinic**  
Thursday, October 16th | JCR | By Appt. Time

Our Annual Vaccine Clinic sign-up will close on Monday, October 6. No appointments will be made after this date for Swan Pharmacy to order the correct number of vaccines.

A Vaccination Form will be delivered to your door by Thurs, October 16. This form will include your scheduled time and the vaccines you signed up for. On the morning of your appointment, please complete the form by answering the questions, signing, and dating it. Remember to bring the completed form with you to your appointment.

If you have any questions, please contact Claire at 414-259-4681



## 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, October 14th | 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.

**Sign Up in the Wellness Binder located near the Bistro**

**Dr. Fischer Podiatry Appointments**

Offering convenient in-home care, including nail trimming, treatment for ingrown nails, and other foot concerns. Medicare approved, please check with your provider to confirm coverage.

**Appointment Scheduling:**  
**Call Dr. Fischer's Office:**  
**(414) 449-3338.**

**Toe Nail Trimming**  
**WWS | West**  
Monday, October 13th | 10-5 PM

**RWC | East**  
Monday, October 20th | 9-4 PM  
Monday October 27th | 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, October 21st  
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**  
A Life Plan Community

## 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
- Confections
- Christmas Decorations
- Jewelry
- Knit/Crochet Specialties
- Home Gifts
- Fiber Arts
- Baby Items
- Stocking Stuffers
- Quilts
- Handmade Greeting Cards
- 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



REVITALIZEWellness

# 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		Silver Sneakers: Strength 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				
<b>Pool Daily Schedule</b> Pool Hours   5:00 AM - 9:00 PM   Daily Closed for cleaning   Fridays 7-11 AM		<b>Opportunities for Healthy Living</b>					
		<div><div>Water Aerobics Tues &amp; Thurs   9:00 AM Wednesdays   4:45 PM</div><div>Lap Swimming Daily   8-9:00 AM Mon - Sat   1-2:00 PM</div><div>Water Walking (No Jets) Daily   10:30-11:30 AM Mon-Sat   2-3:00 PM</div><div>Resistance Walking (With Jets) Mon-Fri   11:30 am-12:30pm</div></div> <div><div>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.</div><div>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.</div><div>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.</div></div> <div>For more information call: Jenny Zimpel in Revitalize Wellness (414)-259-4547</div>					