

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



2026

St. Camillus
A Life Plan Community

February

Life Enrichment | Activities Book

- 2-3 ENTERTAINMENT
- 4 ROTARY KICK OFF EVENT
- 5 RECURRING PROGRAMS
- 6-7 MOVIES
- 8 RECURRING EVENTS
- 9 PASTORAL CARE
- 10-11 WELLNESS CALENDAR
- 12-13 WELLNESS PROGRAMS
- 14 COMMUNICATIONS
- 15 BUS SHOPPING SCHEDULE
- 16-17 MU STUDENT PROGRAMS
- 18 BOOK CLUBS
- 19 PASTORAL CARE PROGRAMMING

Questions about activities?

Call Life Enrichment:
Zach 414-259-3730 or
Krystal 414-259-3788.

Don't forget to grab your new and
improved Companion Calendar!

DON'T
FORGET

Robert Neary
A Campus-Wide Music Event

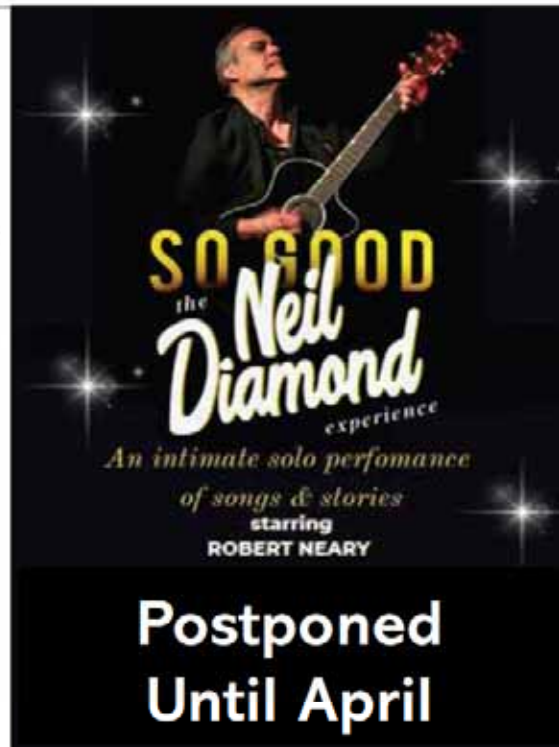
POSTPONED UNTIL APRIL

Join us for a special campus wide music event featuring **Robert Neary**, a nationally recognized performer.

Robert Neary will be appearing at the Pabst Theater in Milwaukee on February 12 with his acclaimed show, *So Good! The Neil Diamond Experience*. Ahead of that performance, he will join us for an intimate solo presentation, sharing songs and stories in a relaxed, up close setting.

You may recognize Robert Neary from his work in acting, Broadway, and music. As he promotes his Pabst Theater performance through various media outlets, you might even spot him in the news and think, "That's the same guy!"

We are thrilled to welcome Robert Neary to campus and invite you to enjoy an afternoon of great music and storytelling.



Sherwood Alpher + Jeff Stoll
Music

Monday, February 23rd | 2 PM | O'Donnell Room

Enjoy an afternoon of live music with Sherwood Alpher and Jeff Stoll. This dynamic duo brings talent, warmth, and engaging performances that are sure to delight music lovers of all kinds. Sit back, relax, and enjoy a wonderful musical experience in the O'Donnell Room.

Mardi Gras Party

Music by: Bourbon Street Stompers

Monday, February 16th
6:30 PM | O'Donnell Room

Celebrate Mardi Gras in true New Orleans style with festive décor, lively energy, and the irresistible sounds of the Bourbon Street Stompers performing live. Enjoy toe tapping music, plenty of rhythm, and a joyful atmosphere that brings the spirit of the French Quarter right to campus. Come ready to clap along, tap your feet, and let the good times roll.

Super Bowl Party

Hosted by MU Student Janie

Sunday, February 8th
5:15 PM | Jelen Community Room

Join us for a Super Bowl party filled with great company, game day excitement, and plenty of fun, no matter who takes the field. Enjoy the big game on the big screen, classic Super Bowl snacks, and a lively atmosphere perfect for cheering, chatting, and celebrating football's biggest day together. Football squares sold the week leading up to the Super Bowl.

Mission Journey

Embarking on a Virtual Lenten Journey with Jolliet & Marquette's 1673 Expedition

Starting Tues, Feb 24th,
Ending Easter Sunday, April 5th

Join us this Lent as we set out on a virtual mission journey following the historic route of Louis Jolliet and Father Jacques Marquette.

Beginning at St. Ignace, at the head of Lake Michigan, and traveling south along the Mississippi River, this expedition covered thousands of miles by canoe and on foot before returning to St. Francis Xavier Mission in De Pere, Wisconsin.

Throughout Lent, residents are invited to contribute miles through the six dimensions of wellness, physical, social, intellectual, spiritual, emotional, and community. Participation may include movement, learning, reflection, connection with others, and acts of service as we collectively "travel" the route of this remarkable 1673 journey. Weekly goals will be set, with opportunities to enter drawings for special prizes along the way.

Full journey details, including how activities count toward miles, will be available in a handout. Handouts may be picked up by the East and West desk mailboxes beginning Wednesday, Feb. 18th or at Operational Update Tuesday, Feb. 24th after a light instruction about the journey.

Football Squares

Available February 2 to February 6 in the Common areas throughout Independent Living or available in Room 107W with Life Enrichment



PASTORAL CARE PROGRAMMING

LITURGICAL SERVICES

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

Confession

First Fridays 9:30-10 AM

Adoration

First Fridays, after Mass

Guardian Angel Chapel
(East Residence)

MASS

Monday - Friday at 3:30 PM
Sunday at 10:30am

Divine Mercy Devotion
Friday at 3 PM

Our Lady of Guadalupe Chapel
(North Residence)

MASS

Monday - Friday at 11 AM
Sunday - 11 AM



ECUMENICAL SERVICES

Community Chapel Worship
Guardian Angel Chapel
10:30-11:15 AM

Ecumenical Communion Services

Mondays, February 2 and 16
Pastor Perrie Dralle, Gethsemane Lutheran Church

Monday, February 9
Rev. Jake Werkheiser, ELCA Pastor & Chaplain
and CPE Students / Chaplain Interns

Monday, February 23
Rev. Barry Szymanski, Congregational Minister

MORE PASTORAL CARE OFFERINGS

Caregiver's Support Group
2nd Wednesday, monthly

Wednesday, February 11

Connect with other caregivers to give and receive help, advice, friendship, and emotional support.

Scripture Sharing

All Mondays in February
Learning Studio
2:30-3:30 PM

Explore the Sunday Gospels with Fr. David & Fr. Naveen

World Day of the Sick

World Day of the Sick is an annual observation that encourages us to offer prayers and compassion to those suffering from illness. In addition to our prayers, we will celebrate the following:

Healing Service

Monday, February 9
10:30 a.m. Guardian Angel Chapel

Sacrament of the Anointing of the Sick

Wednesday, February 11
11:00 a.m. San Camillo Chapel
3:30 p.m. Guardian Angel Chapel

Ash Wednesday Liturgy Schedule February 18

Prayer Service with Distribution of Ashes
10:30 a.m. Guardian Angel Chapel

Masses

11:00 a.m. San Camillo Chapel
3:30 p.m. Guardian Angel Chapel

Stations of the Cross

Tuesdays of Lent (February 24 through March 31)

- Guardian Angel Chapel at 2:30pm

Fridays of Lent (February 20 through March 27)

- San Camillo Chapel after 11:00am Mass

This devotional is a mini pilgrimage in which we recall and meditate on specific events from Christ's sufferings and death on his last day.

Questions?

Call Chaplain Jacque (414) 259-3754
Email: jkelinhofer@stcam.com

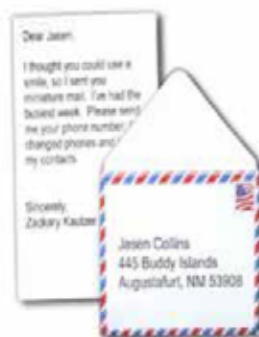
BOOK CLUBS

Short Story Group

The Lincoln Letter | Feb. 1900

Tuesday, February 17th | 1 PM | Learning Studio

The short story group will be reading and discussing the "Lincoln Letter", which was written in 1900 by an army soldier to his sister Mary. He told her about his experiences in the Civil War and about his being at the Ford Theater the night Lincoln was shot.

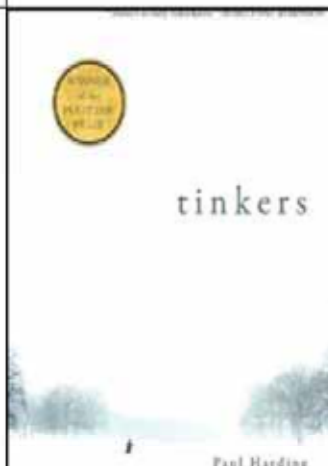


Morning Book Club

Tinkers by Paul Harding

Wednesday, March 11th | 10 AM | Learning Studio

Tinkers is Paul Harding's 2009 debut novel, a Pulitzer Prize-winning work that follows an elderly clock repairman, George Washington Crosby, as he reflects on his life and his father's struggles with epilepsy while on his deathbed. The narrative weaves together memories of his impoverished New England childhood, his father's life as an itinerant peddler, and his grandfather's religious madness, creating an elegiac meditation on love, loss, and the beauty of nature through lyrical, poetic prose.



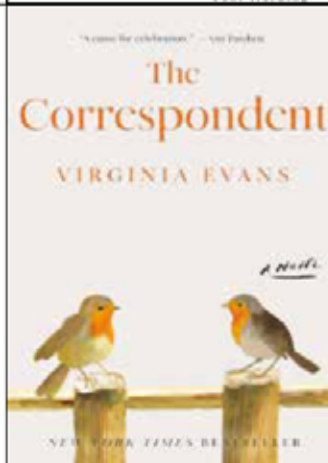
Afternoon Book Club

February's Pick

The Correspondent by Virginia Evans

Wednesday, February 18th | 1 PM | Mansfelds Private Dining Room

The Correspondent by Virginia Evans is a story told through letters and emails, focusing on retired lawyer Sybil Van Anna Warp as she confronts painful memories from her past. After rediscovering letters from old acquaintances, she is compelled to seek forgiveness and closure. The book is praised for its charming characters, emotional depth, and unique epistolary format, exploring themes of grief, regret, and the stories we tell ourselves.



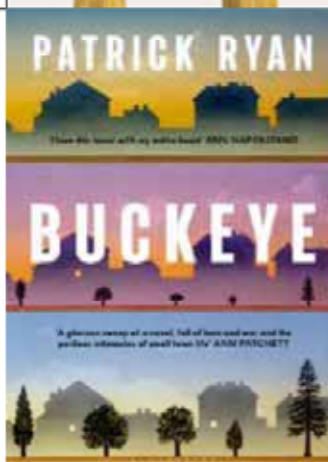
Afternoon Book Club

March's Pick

Buckeye: A Novel by Patrick Ryan

Wednesday, March 18th | 1 PM | Mansfelds Private Dining Room

Buckeye by Patrick Ryan is an intergenerational novel set in the fictional Ohio town of Bonhomie, following two families, the Jenkins and the Salts, from the end of WWII through the late 20th century, exploring how a single, impulsive act of infidelity between Cal Jenkins and Margaret Salt creates a secret that ripples through their lives and the next generation, examining themes of love, loss, identity, and forgiveness. The story is praised for its rich characters, historical sweep, and compassionate look at the human spirit, with critics comparing Ryan's style to Richard Yates.



SPEAKERS & OTHER ENTERTAINMENT

Olympics

A Life Enrichment & Wellness Center Event

Friday, February 13th | 1:30-3 PM | Jelen Room

Bundle up and bring your A-game because the *Winter Olympics* are coming to our community! Get ready for fun, laughter, and friendly competition as we challenge your brain, balance, & coordination. East will transform into an exciting arena for creative activities, lively games, and surprises you won't want to miss. But wait, there's more! The pool and hot tub will also be open, hosting special activities that will make a splash. Whether you're cheering on your neighbors or diving into the action yourself, this event promises something for everyone. So, dust off your game face, warm up those smiles, and join us for a winter celebration like no other

Chef Demo

Microgreens Demonstration

Sponsored by Life Enrichment

Tuesday, February 3rd | 2 PM | O'Donnell Room

Discover the fresh flavors of microgreens at our Chef Demo! Sponsored by Life Enrichment, this hands-on demonstration will show you how to incorporate these nutrient-packed greens into a meal.

Due to product ordering needs sign up is required. Please sign up in the Life Enrichment Binder outside of the Bistro!

Tea For Life

A Lay Camillian Event

Wednesday, February 25th
2 PM | O'Donnell Room

The Annual Tea For Life event, sponsored by the Lay Camillian Family, in support of the Women's Care Center. The center provides free, confidential counseling, support, and education to women experiencing unplanned pregnancies. Free pregnancy testing and free ultrasounds help determine viability and dates. (Prenatal care and abortions not provided.) A flyer with detailed information to be delivered to your door on February 9th.

Collection of infant items

For: The Women's Care Center

February 23rd—March 4th

West Location: Near Piano in the Atrium

East Location: Under St. Camillus sign near East Desk

Caribbean Eclipse

Music

Thursday, February 12th | 2 PM | O'Donnell Room

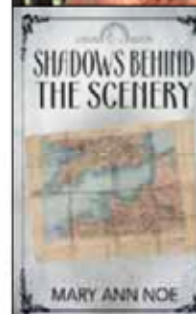
Feel the island vibes with Caribbean Eclipse! Join us for an afternoon of lively, tropical-inspired music in the O'Donnell Room and let the rhythms transport you to a Caribbean getaway

**Wisconsin State Parks, Forests & Recreation Areas: A Ranger's Guide**

with Author: James Buchholz

Thursday, February 19th | 2 PM | O'Donnell Room

Jim Buchholz is a freelance author and longtime outdoor enthusiast. His new book, *Wisconsin State Parks, Forests, and Recreation Areas: A Ranger's Guide*, draws on his first hand exploration and photography of all 80 state parks, forests, and recreation areas, highlighting the many recreational opportunities each offers. With a 40-year career as a Wisconsin park ranger and supervisor, Jim brings expert insight, engaging stories, insider tips, and stunning color photography to this comprehensive guide.

**Shadows Behind The Scenery**

Author: Mary Ann Noe

Thursday, February 5th
2 PM | O'Donnell Room

Mary Ann Noe, an author who reinvented herself after retirement, will share her writing and publishing journey, the lows and the highs. Her books (which she'll bring to share and sell if you wish to purchase) range from multigenerational family sagas to middle grade fantasy to a thrilling series starring Lynn Fontanne and Alfred Lunt. Questions and comments welcome!

ROTARY WAUWATOSA

Wednesdays | 12PM | Jelen Community Room



YOU'RE INVITED



**Wauwatosa Rotary President:
Kathryn Jones**

About Rotary

Rotary is an organization of business & professional leaders united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

The Wauwatosa Chapter, who is open to new members meets right here in the Jelen Room on Wednesdays.

Visit with us on 2/18 to learn more and how you can get involved if you're interested!

SPECIAL SPEAKER & INFO EVENT:

Are you curious about Rotary and looking for a fun way to learn more? Join us for a Rotary kickoff event specifically for St. Camillus:
Wednesday, February 25 from 12-1PM.

Enjoy a complimentary lunch, connect with others, and discover how the Rotary Club makes a real impact in our local community.

We will hear from guest speaker Fran Wargolot of **ShelterBox**, who will share inspiring stories about helping communities in need. Feel free to bring a friend, family member, or guest. There is no commitment to join, just come, listen, and see if Rotary is right for you. If you cannot make it on February 25, you are always welcome to attend a club meeting in the future.

To help prepare for our food order, please register in the Life Enrichment Activities book outside of the Bistro

For questions or more information, contact Mark Spiegelhoff at m Spiegelhoff@wda.org or 815-517-7296.

MARQUETTE STUDENTS IN RESIDENCE

DJ "Mixer" @ The Pub

With Joe Mann

Fridays, 2/13 & 2/27 | 6 PM | Jelen Room

Enjoy drinks from the Pub with music mixed by Marquette student and local DJ Joe Mann! Expect modern dance music and vibes as well the opportunity to learn more about the art of the DJ. (volume decided by crowd!)

Karaoke Night

MU Student Host: Joe Mann

Wednesday, February 25th | 6 PM | O'Donnell Room

It's that time again! Joe will be hosting an incredible night of music and laughter, where the audience becomes the performer. Whether you're stepping up to the mic or cheering from your seat, you won't want to miss it!

Listening Party

With Joe Mann

Fridays 2/6 & 2/20 | 2 PM | The Pub

Join our group to listen to and discuss new and familiar music! Come in with music suggestions, join the conversation, or just listen; any way, we look forward to seeing you!

Tuesday Game Nights

With Janie Schulz

Tuesdays | 6:30 PM | Enrichment Studio

Join Marquette Student Janie Schulz for Tuesday Game Nights every Tuesday evening in February, come learn a new game, socialize with fellow residents, and exercise your brain!

A variety of games will be provided, but feel free to bring a new one to share.

Zoo Walks

With Janie Schulz

Saturdays | 9:30 AM | Meet in East Lobby

Bundle up and make your steps count with Saturday Morning Zoo Walks! Meet in the East Lobby at 9:30a.m. 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 all the best views!

Note: Zoo Walks will occur weather permitting. If conditions are icy, if there is excessive snowfall, or if the temperatures are below 40 degrees, this event will be cancelled, see the TVs for the most up to date info.

Marquette Matinee

With Daija Holliday

Matinee's start at 1:30 PM

Visit the theater for an early afternoon showing of a film selected by Marquette students.

February 7th: Song Sung Blue (2025)

February 14th: 50 First Dates (2004)

February 21st: 27 Dresses (2008)

February 28th: The Notebook (2004)

Aim & Share

With Sam Samson

Friday, February 27th

2 PM | East Game Room

A fun and interactive dart game session where each section of the board features a unique theme or prompt. Players can participate in two teams, encouraging teamwork, conversation, and shared enjoyment. Scoring can be kept if the group wishes, but the focus remains on connection, lighthearted play, and having a great time together in a relaxed and welcoming atmosphere.

Life Through The Lens

With Sam Samson

Friday, February 20th | 6:30 PM | O'Donnell Room

A relaxed movie-talk gathering where residents share the films they love and the personal meanings behind them. From powerful scenes to life parallels, this event is about how movies reflect who we are, where we've been, and what we value.

World Culture Hour

With Sam Samson

Saturdays | 6:30 PM | Jelen Room

World Cultures Hour with Marquette student Sam shares a dynamic and engaging look at the cultures of countries around the world. This presentation celebrates what makes each culture unique while highlighting the connections we all share.

Tech Talks

With Janie Schulz

Tuesdays | 3 PM | West Game Room

Stop by on Tuesdays for tech troubleshooting with Marquette Student Volunteer Janie Schulz!


The schedule for February is as follows:

Tues Feb 3rd: Drop-in Questions & 1:1 Assistance

Tues Feb 10th: Drop-in Questions & 1:1 Assistance

Tues Feb 17th: Lecture "All About Apple Apps"

Tues Feb 24th: Drop-in Questions & 1:1 Assistance

MARQUETTE STUDENTS IN RESIDENCE	
	Coffee & Conversations With Daija Holliday Fridays 9 AM The Pub Kick off your Friday with coffee and conversation! Please stop by if you're interested in casual, free-flowing chats. All are welcome and no sign-up is necessary.
	Love Crafts With Daija Holliday Sunday, February 8th 12:45-2:45 PM Enrichment Studio Come to the Enrichment Studio for some heartfelt fun and crafts. Whether you're working with paint or signing cards, the theme is love!
A Trip to Lisbon, Portugal in Pictures Traveler: Janie Shulz Wednesday, February 4th 10 AM O'Donnell Room Janie Schulz recently visited Portugal! Join her for a presentation of photos, culture, and stories from her recent trip. A special treat will be served!	Brain Games With Daija Holliday Saturdays, 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.
Somewhere We Belong: A night of Song With Marquette student, Jacob Barnes Friday, February 13th 6:45 PM Jelen Room Join vocalist Jacob Barnes and accompanist, Jean Dregne once again for a heartfelt night of music and song. Singing classics like "Bring Him Home" from Les Miserables, "Impossible Dream," from My Fair Lady and "Oh What A Beautiful Morning" from Oklahoma! An intimate cabaret that lives in the space between notes, inviting presence more than nostalgia.	Marquette Fitness Series With Daija Holliday Saturdays 2/7, 2/14, 2/21 & 2/28 9:30 AM Revitalize Wellness Center Join the Marquette students for a fun and energizing series of fitness classes! We'll feature a different class theme, with each session lasting approximately 30 minutes, including warm-up and cool-down. Our classes are designed to accommodate both seated and standing abilities, ensuring everyone can participate.
MARQUETTE BASKETBALL WATCH PARTIES Hosted by Jacob Barnes & Resident David Krill JCR Sat. January 31st 11 AM vs Seton Hall OD Sat. February 7th 1 PM vs Butler (National Marquette Day O'Donnell Room) JCR Sat. February 14th 2 PM vs Xavier JCR Sun. March 1st 3 PM vs DePaul JCR Sat. March 7th 11:30 PM vs UConn Come watch and support Marquette Basketball in Jelen Community with your fellow Marquette Alum, fans, and current students! We are...Marquette! #GoMarquette	Mozart's Requiem at St. Camillus With Jacob Barnes Friday, February 27th 6:45 PM Jelen Community Room Join us for a shared viewing of a powerful and immersive performance of Mozart's Requiem, set inside the iconic Basilica of the Sagrada Familia in Barcelona, Spain. Performed by the Orchestra and Choir of the Gran Teatre del Liceu, this concert is only 48 minutes long but sure to leave a lasting impression. Whether you're a longtime classical fan or simply curious, this is a chance to experience two icons clash: the classical music of Johannes Chrysostomus Wolfgangus Theophilus Mozart and the architectural wonder of the Basilica of the Sagrada Familia!
TEDx Series With Jacob Barnes Tuesdays, 3:30 PM Jelen Room Join Marquette Student, Jacob Barnes, for a thought-provoking TEDx series. This series aims to bring people and ideas together for inspiring conversation, fresh perspectives, and meaningful connections that spark curiosity and build community.	

RECURRING EVENTS & GAMES	
NEW: Crafty Conversations Hosted by: Resident Christine Hagen Fridays 9-10:30 AM Enrichment Studio Start your Fridays with conversation, creativity, and connection during <i>Crafty Conversations</i> . This relaxed, drop in gathering is perfect for anyone who enjoys chatting while working on a craft. Bring your own project and supplies for the craft you would like to work on. Come for a few minutes or stay the whole time, all are welcome.	
Pet Visit With Gretel Friday, February 6th 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!	
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!	
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.	
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!	
Duplicate Bridge Saturdays 11:45 AM West Game Room Please Sign-Up in Activity Binder This group is always looking for new players.	
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!	
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!	
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!	
Tuesday Sheephead Group 6:30-8:30 PM East Game Room Experienced players only using leasters, and "double on the bump"	
Thursday Sheephead Group 2-4 PM West Game Room This group of players are willing to give refreshers on how to play different styles.	
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!	
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.	
Canasta Group Sundays 1:00 PM Enrichment Studio This is a group for experienced players to face off in the game of Canasta!	
Let's Play Pool Saturdays 1:00 PM East Game Room Join in for some friendly casual neighborhood competition anytime!	
MSO Trip Reminder MSO prelude series will continue in February of 2026	



FRIDAY MOVIES



His Girl Friday February 6 | 6:30 PM
The ex-wife of an ace newspaper editor is about to quit her job and remarry. So the editor buys himself time to win her back by promising her an exclusive interview with a death row convict.
Starring: Cary Grant, Rosalind Russell, Ralph Bellamy
Comedy | Rating: Not Rated | Runtime: 1hr 32min



The Wrong Paris February 20 | 6:30 PM
A woman joins a dating show for an art opportunity, thinking that contestants go to Paris, France. But it's actually in Paris, Texas. She tries to get eliminated until she falls for the cowboy bachelor on the show.
Starring: Miranda Cosgrove, Pierson Fode, Madison Pettis
Genre: Romance, comedy | Rating: PG | Runtime: 1hr 45min



What Happens Later February 27 | 6:30 PM
Two former lovers bump into each other at a regional airport 25 years after their breakup. They find themselves snowed in, in-transit, at the airport overnight.
Starring: Meg Ryan, David Duchovny
Genre: Romance, comedy | Rating: R (themes) | Runtime: 1hr 43min



MONDAY MOVIES



Two Weeks' Notice February 2 | 2 PM
An activist lawyer is hired by an eccentric tycoon. She decides that her boss treats her too much like a nanny. So she walks out on him.
Starring: Sandra Bullock, Hugh Grant, Alicia Witt
Romance | Rating: PG-13 (themes) | Runtime: 1hr 41min



Jay Kelly February 9 | 2 PM
A famous movie actor embarks on a journey of self-discovery, confronting his past and present with his devoted manager.
Starring: George Clooney, Adam Sandler
Comedy, drama | Rating: R (language, themes) | Runtime: 2hr 12min



Air Force One February 16 | 2 PM
Communist radicals hijack Air Force One with the US President and his family on board. The Vice President negotiates from Washington D.C., while the president fights to rescue the hostages on board. Presidents day is February 16th
Starring: Harrison Ford, Gary Oldman, Glenn Close
Action | Rating: R (violence) | Runtime: 2hr 4min




SATURDAY'S MARQUETTE MATINEE



Marquette Matinee
With Marquette Students | Matinee's start at 1:30 PM
Visit the theater for an early afternoon showing of a film selected by Marquette students.
February 7th: Song Sung Blue
(Neil Diamond impersonator to visit with us 2/10)
February 14th: 50 First Dates
February 21st: 27 Dresses
February 28th: The Notebook



THE NOTEBOOK



NEW YEAR COMMUNITY REMINDERS

New Year Community Reminders
As we welcome a new year, we'd like to share a few helpful reminders to keep our Independent Living community safe, comfortable, and enjoyable for everyone.


Hallways & Common Areas
For everyone's safety, hallways must remain clear at all times.
-Please do not leave boxes, carts, or personal items outside your apartment.
-Break down cardboard boxes and place them in the recycle or trash room on your floor.
-Return shopping carts and flatbeds to the area where you found them after use.


Apartment & Balcony Safety
-Bird feeders are not permitted on balconies, as they can attract pests.
-Propane grills are not allowed on balconies for fire safety reasons.
-Please secure balcony furniture and decorations, especially during windy or snowy weather.

Seasonal & Weather Awareness
-Be mindful of wet or icy conditions near entrances and sidewalks as weather changes.
-Dress for the weather and use handrails when available.
-Report any maintenance concerns promptly so they can be addressed quickly.

Community Courtesy
-Please be mindful of noise levels, particularly in the early morning and evening hours.
-Help keep shared spaces welcoming by returning items to their proper place after use.
-If you're feeling under the weather, we encourage you to rest and take care.
-When Parking please keep in mind our many daily visitors.

Thank you for helping make our community a wonderful place to call home.
We look forward to another year filled with connection, activities, and shared experiences.





RAC HOSPITALITY COMMITTEE NEWS

RAC Board Hospitality Newcomers Coffee!
Last Wednesday Monthly | 9 AM | The PUB


New to the community, or 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 chat with someone, our Hospitality Committee is here to help you feel right at home.

RAC Board Hospitality From your Floor to Italy
Thursdays, 2/12/-5/7

More information will be delivered by Invite in the days leading up to your floors scheduled time.

The focus of these dinners are to meet your neighbors and what better way than a trip to get Italian food! The schedule is as follows:
Feb. 12 | 8W & 9W
Feb. 19 | 6W & 7W
Feb. 26 | 4W & 5W
Mar. 05 | 2W & 3W



BUS SHOPPING 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.

COMMUNICATIONS	BREAKFAST WITH JEREMY							
<p>RAC Board General Meeting</p> <p>The RAC Board General meeting is an open invite to all residents and staff that would like to hear what wonderful things the Resident Advisory Counsel (RAC) has been up to over the last Quarter.</p>	 							
<p>Monthly Statement Review</p> <p>Lora Ehlert AR Coordinator is available to answer resident questions regarding monthly statements. Call Lora Ehlert in Accounting (414) 259-7718 to schedule an appointment to discuss your monthly statement.</p>	<p>Breakfast with Jeremy! Jeremy Pust, Executive Director of Independent Living</p> <p>February 5 9:30 AM RBPDR February 19 9:30 AM RBPDR</p> <p>Start your Thursday mornings with a delightful breakfast and great conversation! Join Jeremy Pust for a casual, friendly gathering where you can enjoy a plated meal, connect with fellow residents, and share stories or questions in a relaxed setting.</p> <p>To ensure everyone is able to be heard the gatherings will be limited to 12 participants. Spaces are limited to one breakfast per quarter per resident, so please sign up in the Life Enrichment binder to reserve your spot and make the most of this special opportunity.</p>							
<p>Operational Update Tuesday, February 24th 2 PM</p> <p>The Monthly Operational Update is a community-wide meeting where members of the Administration come together to share important updates, review recent developments, and discuss what to expect in the month ahead.</p>	<th data-bbox="786 983 1513 1048">MISSION JOURNEY</th> <tr> <td data-bbox="87 983 786 1296"> <p>Friday Email Blast Every Friday Morning</p> <p>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.</p> </td> <td data-bbox="786 1048 1513 1947"> <p>Mission Journey <i>Embarking on a Virtual Lenten Journey with Jolliet & Marquette's 1673 Expedition</i></p> <p>Ash Wednesday, Feb. 18 – Easter Sunday, March 5 Join us this Lent as we set out on A Journey, a virtual mission inspired by the 1673 expedition of Louis Jolliet and Father Jacques Marquette.</p> <p>Beginning in St. Ignace at the head of Lake Michigan and traveling south along the Mississippi River, this historic route spanned thousands of miles by canoe and on foot before returning to Saint Francis Xavier Mission in De Pere, Wisconsin. During Lent, we will symbolically retrace this path together.</p> <p>Residents are invited to contribute miles through the six dimensions of wellness: physical, social, intellectual, spiritual, emotional, and community. Miles may be earned through movement, learning, reflection, connection, and acts of service, making participation accessible to all.</p> <p>Weekly mileage goals will be set, with opportunities to enter prize drawings along the way.</p> <p>Full journey details, including how activities count toward miles, will be available in a handout. Handouts may be picked up at the East and West Desk mailboxes during the week of February 9.</p> </td> </tr> <tr> <th data-bbox="87 1296 786 1360">ST. CAM CHORUS</th><td data-bbox="786 1947 1513 1947"></td></tr> <tr> <td data-bbox="87 1360 786 1947"> <p>St. Camillus Chorus</p> <p>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.</p> <p>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!</p> <p>SAVE THE DATE: Feb, 21 6:30 PM Concert</p> </td><td data-bbox="786 1947 1513 1947"></td></tr>	MISSION JOURNEY	<p>Friday Email Blast Every Friday Morning</p> <p>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.</p>	<p>Mission Journey <i>Embarking on a Virtual Lenten Journey with Jolliet & Marquette's 1673 Expedition</i></p> <p>Ash Wednesday, Feb. 18 – Easter Sunday, March 5 Join us this Lent as we set out on A Journey, a virtual mission inspired by the 1673 expedition of Louis Jolliet and Father Jacques Marquette.</p> <p>Beginning in St. Ignace at the head of Lake Michigan and traveling south along the Mississippi River, this historic route spanned thousands of miles by canoe and on foot before returning to Saint Francis Xavier Mission in De Pere, Wisconsin. During Lent, we will symbolically retrace this path together.</p> <p>Residents are invited to contribute miles through the six dimensions of wellness: physical, social, intellectual, spiritual, emotional, and community. Miles may be earned through movement, learning, reflection, connection, and acts of service, making participation accessible to all.</p> <p>Weekly mileage goals will be set, with opportunities to enter prize drawings along the way.</p> <p>Full journey details, including how activities count toward miles, will be available in a handout. Handouts may be picked up at the East and West Desk mailboxes during the week of February 9.</p>	ST. CAM CHORUS		<p>St. Camillus Chorus</p> <p>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.</p> <p>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!</p> <p>SAVE THE DATE: Feb, 21 6:30 PM Concert</p>	
<p>Friday Email Blast Every Friday Morning</p> <p>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.</p>	<p>Mission Journey <i>Embarking on a Virtual Lenten Journey with Jolliet & Marquette's 1673 Expedition</i></p> <p>Ash Wednesday, Feb. 18 – Easter Sunday, March 5 Join us this Lent as we set out on A Journey, a virtual mission inspired by the 1673 expedition of Louis Jolliet and Father Jacques Marquette.</p> <p>Beginning in St. Ignace at the head of Lake Michigan and traveling south along the Mississippi River, this historic route spanned thousands of miles by canoe and on foot before returning to Saint Francis Xavier Mission in De Pere, Wisconsin. During Lent, we will symbolically retrace this path together.</p> <p>Residents are invited to contribute miles through the six dimensions of wellness: physical, social, intellectual, spiritual, emotional, and community. Miles may be earned through movement, learning, reflection, connection, and acts of service, making participation accessible to all.</p> <p>Weekly mileage goals will be set, with opportunities to enter prize drawings along the way.</p> <p>Full journey details, including how activities count toward miles, will be available in a handout. Handouts may be picked up at the East and West Desk mailboxes during the week of February 9.</p>							
ST. CAM CHORUS								
<p>St. Camillus Chorus</p> <p>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.</p> <p>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!</p> <p>SAVE THE DATE: Feb, 21 6:30 PM Concert</p>								

SUNDAY MOVIES
<p>Wicked February 1 2 PM Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.</p> <p>Starring: Cynthia Erivo, Ariana Grande, Jeff Goldblum Musical Rating: PG Runtime: 2hr 40min</p>
<p>Eddie The Eagle February 8 2 PM The story of Eddie Edwards, the notoriously tenacious British underdog ski jumper who charmed the world at the 1988 Winter Olympics. The 2026 Olympics are February 6-22.</p> <p>Starring: Taron Egerton, Hugh Jackman Sports Rating: PG-13 (language) Runtime: 1hr 46min</p>
<p>Miss Congeniality February 15 2 PM A tomboyish detective is forced to infiltrate the Miss United States beauty pageant as a contestant after her department learns that the event is under threat.</p> <p>Starring: Sandra Bullock, Michael Caine, Benjamin Bratt Comedy Rating: PG-13 (violence, themes) Runtime: 1hr 49min</p>
<p>Music Man February 22 2 PM Traveling con artist Harold Hill targets the naïve residents of a small town in 1910s Iowa by posing as a boys' band leader to raise money before he can skip town.</p> <p>Starring: Robert Preston, Shirley Jones, Buddy Hackett Musical Rating: G Runtime: 2hr 31min</p>
THURSDAY MOVIES
<p>Guess Who February 5 6:30 PM A young black woman brings her boyfriend home to meet her parents and surprise them with the news of their engagement. Another surprise: Simon is white. This is a modern remake of Guess Who's Coming to Dinner.</p> <p>Starring: Ashton Kutcher, Bernie Mac, Zoe Saldana Comedy Rating: PG-13 (language, themes) Runtime: 1hr 45min</p>
<p>Valentine's Day February 12 6:30 PM There are many kinds and stages of love. Intertwining couples and singles break-up and make-up due to the pressures and expectations of Valentine's Day. There are many, many stars in this movie.</p> <p>Starring: Julia Roberts, Jamie Foxx, Anne Hathaway Genre: Romance, comedy Rating: PG-13 (themes) Runtime: 2hr 5min</p>
<p>Richard Jewell February 19 6:30 PM Security guard Richard Jewell is an instant hero after foiling a bomb attack at the 1996 Atlanta Olympics, but his life becomes a nightmare when the FBI leaks to the media that he is a suspect in the case. The 2026 Winter Olympics are February 6-22.</p> <p>Starring: Sam Rockwell, Kathy Bates, Jon Hamm Genre: True Crime Rating: R (violence, themes) Runtime: 2hr 11min</p>
<p>Sunset Boulevard February 26 6:30 PM A young, down-on-his-luck screenwriter is drafted to help provide a faded silent film star with a script for her planned "return" to the modern-day screen. This movie shows the dark and desperate side of Hollywood.</p> <p>Starring: William Holden, Gloria Swanson Genre: Drama Rating: Not Rated Runtime: 1hr 50min</p>

RECURRING EVENTS

Friday Bingo Updates

Bingo is BACK!

We have had several new callers willing to participate in Bingo. As of now we are working on a training schedule for those new volunteers and will resume weekly Bingo in February.

If you are interested in volunteering please reach out to Life Enrichment. Thank you for volunteering as Bingo Volunteers as this beloved game will continue weekly due to your kindness.

BINGO

12	25	41	51	63
3	30	37	54	66
7	21	FREE	56	74
1	26	35	50	69
10	17	45	47	64

MILTON BRADLEY COMPANY
Springfield, Massachusetts

Sunday Singalong

Sundays | 1 PM | The Pub

February 8, 15, & 22

Feel free to join us on February 8, 15 and 22 as we sing songs from many eras and genres of music.



NEW LOCATION

Dis-cords Ukulele Practice

Practice | Thursdays | 3 PM | Zingsheim Room

Our very own Ukulele Group the Dis-cords is a growing group of 23 Ukulele players that meet every Thursday for practice. Open to new players!

If you are interested in joining the Ukulele group please stop by one of their Thursday practices and learn more about what ukulele is best for you and even try one!



Library News

Did you know that the Library has a Physicians Desk Reference on medications as well as an illustrated book on anatomy in the Reference area? Those will help you answer your questions on your medical care.

Our next Library Committee meeting will be at 1 PM on February 9, 2026 in the Learning Studio.



REVITALIZED WELLNESS PROGRAMMING

St. Camillus Area

Parkinson's Support Group

Monday, February 9th

1:30 PM | Jelen Community Room

Our speaker this month is Barbara Markoff, an AARP volunteer, who will be speaking on financial fraud and how to avoid it.

Questions? Feel free to reach out to: Sandy Klingensmith at sandy.klingensmith@gmail.com

Meet The Pharmacist, Dr. Kevin Lewis

Presented by Froedtert Bluemound Pharmacy

Meet The Pharmacist, Dr. Kevin Lewis Presented in partnership with Froedtert Bluemound Pharmacy Dr. Kevin Lewis will return in March 2026 to inform us about health topics and how prescribed and over the counter medications/supplements can help us manage our health and improve our overall well-being.

Stability, Strength & Mobility

Wednesdays, | 9 AM | RWC

Join us for Strengthening, Stability and Mobility Training. This 45 minute program will focus on overall strength, balance and mobility to keep you on the go and to assist with falls prevention. This program is based on sports training and traditional line work.

Mission Journey

Embarking on a Virtual Lenten Journey with Jolliet & Marquette's 1673 Expedition

Starting Tues, Feb 24th, February 23rd (Free Miles Ending Easter Sunday, April 5th)

Join us this Lent as we set out on a virtual mission journey following the historic route of Louis Jolliet and Father Jacques Marquette.

Beginning at St. Ignace, at the head of Lake Michigan, and traveling south along the Mississippi River, this expedition covered thousands of miles by canoe and on foot before returning to St. Francis Xavier Mission in De Pere, Wisconsin.

Throughout Lent, residents are invited to contribute miles through the six dimensions of wellness, physical, social, intellectual, spiritual, emotional, and community. Participation may include movement, learning, reflection, connection with others, and acts of service as we collectively "travel" the route of this remarkable 1673 journey. Weekly goals will be set, with opportunities to enter drawings for special prizes along the way.

Full journey details, including how activities count toward miles, will be available in a handout. Handouts may be picked up by the East and West desk mailboxes beginning Wednesday, Feb. 18th or at Operational Update Tuesday, Feb. 24th after a light instruction about the journey.

Friday Fitness Opportunities Beginning in

February

Fridays, 8:30 AM Morning Stretch

Fridays, 9:30 AM Yoga Flow/ Mat Based

We are excited to offer an additional Morning Stretch class on Fridays. Please note that Yoga Flow will no longer be held on Wednesdays and has been moved to Fridays. Be sure to check the updated Fitness Schedule in your February Life Enrichment Book (page 11) for calendar update.

Community Café

I never met a chocolate, I didn't like - Food and Fancy Our Community Café

Wednesday, February 18th | 1:30 PM | Revitalized Wellness Center

Each Community Café focuses on a variety of unique activities. In one café you may experience game style activities, while others focus on education. You might have one café enjoying the connections of demographic-appropriate music and dancing, while others might focus on crafts and painting.

Cafés facilitate informal conversation to create new friendships or guide the participants in exercises that foster reminiscing. There truly is something for everyone. February's Theme "I never met a chocolate, I didn't like" - Food and Fancy Our Community Café at St. Camillus is open to current residents, their family members as well as individuals in the community.

Dancing Groups:

Colonial Dancers

Saturdays

6 PM | RWC East Studio

Nordic Dancers Practice

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!

REVITALIZED WELLNESS CENTER HOURS		
 Hours of Operation  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 SPOTLIGHTS	
	Monthly Resources For Your Health & Well-being February: Heart Health, Cancer Prevention, Organ Donation Information can be collected in the Revitalize Wellness Center

PLEASE MAKE AN APPOINTMENT		
 MAKE AN APPOINTMENT	Dr. Fischer Podiatry Appointments (414) 449-3338 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	
	Toe Nail Trimming Friday, February 13th 11 AM-4 PM West Wellness Studio Friday, February 27th 9-4 PM East RWC 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	
	Spa Day Unwind Recharge Revitalize Tuesday, Feb. 3rd 9-12:30 PM 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.	Hearing Aid Care Tuesday, Feb. 17th 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

Hugs & "Kisses" <i>Celebrating the Importance of Touch</i> Do you miss giving hugs? Do you miss receiving them? Join Chaplain Jacque and fellow residents in celebrating the importance of touch. Come to receive. Stay to give. Hugs, handshakes, and a sweet treat "kiss" will be shared as we celebrate! XOXO, Pastoral Care	Dates, Times, and Locations: February 9 11:30 - 12:30 PM West Atrium February 11 3:15 - 4:15 PM Pub February 13 1:30 - 2:30 PM East Lobby 
--	---

Spiritual Wellness Day Lent, the Christian time between Ash Wednesday and Easter, is an opportunity to focus on one's relationship with God. Of course, we are invited to do this at all times, but Lent offers us the excuse to be intentional about it; to begin again, to try new ways of connecting with the God, each other, and creation. Come, be curious! Friday, February 27th, 10:00am to 2:00pm Guardian Angel Chapel During this time, the Chapel will be rearranged as a space of spiritual exploration. Spend time in traditional ways of prayer. Learn new ways of Spiritual expression. Information, instruction, and the opportunity to engage with a variety of spiritual practices will be available. Benevolent Touch * Singing Bowl * Prayer Shawls * Stations of the Cross Prayer Bowl * Rosary * Prayer Beads * Meditation * Praying in Color * Labyrinth Nesting Prayer * Praying with Sand * Icons * Breath Prayer * Adoration Finger Labyrinth * One-on-One Chaplain Support * Prayer Flags And More	
--	---

REVITALIZE *Wellness*

Independent Living Daily Fitness Schedule

Monday	Tuesday		Wednesday	Thursday		Friday	Saturday
Morning Express Stretch East 8:30–8:50AM	Morning Express Stretch East 8:30–8:50AM		Morning Express Stretch East 8:30–8:50AM	Morning Express Stretch East 8:30–8:50 AM		Morning Express Stretch East 8:30–8:50 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	Stability & Strength East 9 - 9:45 AM			Silver Sneakers: Strength East 9:30 - 10:15 AM	Yoga Flow/Mat Based 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			
Afternoon Water Aerobics Pool 4:45 PM			Afternoon Water Aerobics Pool 4:45 PM			For more information call: Jenny Zimpel in Revitalize Wellness (414)-259-4547	

Pool Daily Schedule

Pool Hours | 5:00 AM - 9:00 PM Daily
Closed for cleaning | Fridays 7-11 AM

Water Aerobics

Tues & Thurs | 9 AM
Wed | 4:45 PM

Lap Swimming

Daily | 8-9 AM
Mon-Sat | 1-2 PM

Water Walking (No Jets)

Daily | 10:30-11:30 AM
Mon-Sat | 2-3 PM

Resistance Walking (With Jets)

Mon-Fri | 11:30 -12:30 PM

OPPORTUNITIES FOR HEALTHY LIVING

Wellness Center Orientation

(Complimentary)

Get started on your wellness journey with a personalized introduction to our Fitness Center and Pool! Our friendly staff will walk you through our state of the art equipment, explain how to join our fitness classes, and answer any questions you may have. This is also the time to complete your Wellness Center waivers, so you're all set to begin. Come explore, get comfortable, and take the first step toward a stronger, healthier you!

One-on-One Fitness Coaching

One-on-One Fitness Coaching
(Fee: \$30 per 30-minute session)

Take your fitness to the next level with personalized, one-on-one coaching! Work directly with our Senior Fitness Instructor to create a customized program and schedule designed around your goals. You'll receive expert guidance on proper form and technique, learn new exercises to keep your workouts fresh, and build the strength and confidence to improve your functional independence. Invest in yourself, your health and well-being are worth it!

Fitness Testing

(Complimentary)

Take advantage of this free opportunity to learn more about your balance, strength, and endurance. Our friendly fitness team will guide you through simple tests that highlight your current abilities and identify areas to build on. You'll also receive personalized suggestions for fun, effective activities to help you improve your functional fitness and maintain your independence. Come see where you shine and take the next step toward a stronger, healthier you!