

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 WHITNALL PARK <i>Recreation Therapy Coordinator - Kim Bartlett, MT-BC, WMTR, kbartlett@stcam.com 414-259-8339</i>				9:30 Strength and balance (upper) 10:00 Hydration and News 10:15 Noodle Ball 11:00 Mass in Chapel Mass CH 956 1:30 Walk and wheel 2:00 Faith Sharing – Lake Park Den 2:30 UNO/YATZEE 3:30 Hydration social 4:00 CH 72 Travel 5:00 CH 976 PBS Create 5:30 Golf 5:45 Puzzles 6:15 Hydration/snacks	9:30 Morning Stretch 10:00 Daily news/Hydration 10:15 Life History Review 11:00 Mass in Chapel Mass CH 956 1:30 Get up and Move 2:15 Happy Hour – Music with Uri and Carolyn - Chapel 3:30 Meditation/Relaxation 4:00 CH 26 WE-TV 5:00 CH 984 – Catchy Comedy	9:30 Saturday Stretches 10:15 Hydration and News 11:00 Bean Bag toss 11:30 Travelogue 1:45 Walking and Wheeling Club 2:30 MENS CLUB - MP 3:30 Music Jam Social 4:00 CH 984 – Catchy Comedy 5:00 CH 997 Movies! Simchat Torah Begins
9:30 Sunday Stretches 10:00 Hydration and News 10:15 October Trivia 11:00 Mass in Chapel CH 956 12:00 Packers vs Buccaneers 1:30 Strength and Balance 2:30 Bingo MP Room 3:30 Afternoon Social 4:00 CH 16 PBS	9:30 Morning Dance Moves 10:00 Hydration and News 10:15 Fall Grab Bag 11:00 Mass in Chapel CH 956 1:30 Walking Moves 2:00 Puzzles 2:30 Trivia 3:15 Music & Sensory – CS Den 3:30 Relaxation with music appreciation 4:00 CH 4 Game show network 5:00 CH 997 Movies!	9:00 Ballroom Dance Chapel Alcove 9:45 Jesuit Troubadours Sing-long 10:30 Hydration Social 11:00 Mass in Chapel CH 956 1:30 Afternoon Move and Stretch 2:00 Craft Club Cathedral den 2:15 Gratitude Posters/Cards 3:15 Book Club – “Big Hearts in a Small Town” 4:00 CH 43 Animal Planet 5:30 Manicures 6:00 Puzzle Club 6:30 Evening review Social	9:30 Move and Groove 10:00 Rosary Club – Living area 11:00 Mass in Chapel Mass CH 956 1:00 ART THERAPY – Cathedral Dining area 1:30 Walk and Wheel 2:15 Entertainment by Neal Bardele Duo - MP 3:30 Meditation Hydration 4:00 CH CH 59 AMC 5:00 CH 984 – Catchy Comedy	9:30 Strength and balance (upper) 10:00 Hydration and News 10:15 Sing a long 11:00 Mass in Chapel Mass CH 956 1:30 Walking Club 2:15 Baking Club – Pumpkin Cookies 3:15 Refreshments 4:00 CH 984 – Catchy Comedy 5:30 Games 5:45 Music Discussion 6:15 Snacks and drinks	9:30 Morning Stretch 10:00 Daily news/Hydration 10:15 Movie Trivia 11:00 Mass in Chapel Mass CH 956 1:30 Get up and Move 2:15 Happy Hour – “A-maiz-ing Popcorn Party” - MP 3:30 Meditation/Relaxation 4:00 CH 4 – Game Show 5:00 CH 62 Hallmark	9:30 Saturday Stretches 9:45 Morning News 10:00 Discuss & Recall: Baby Love 10:15 Trivia 11:00 Name that Tune 1:30 Walking and Wheeling Club 2:30 Birthday Party – MP Room 3:30 Relaxation 4:00 CH 4 Game Show
9:30 Sunday Stretches 10:00 Hydration and News 10:15 Guess a Letter Word Game 11:00 Mass in Chapel CH 956 1:30 Strength and Balance 2:30 Bingo MP Room 3:15 Packers vs Bears (FOX) 3:30 Afternoon Social 4:00 997 Movies!	9:30 Morning Dance Moves 10:00 Hydration and News 10:15 Sounds of Fall 11:00 Mass in Chapel CH 956 1:30 Walking Moves with Rusty 2:30 Rusty Visits – Group discussion 3:15 Music & Sensory – CS Den 3:30 Finish the Phrase 4:00 CH 4 Game show network 5:00 CH 997 Movies! Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	9:00 Ballroom Dance Chapel Alcove 9:30 Strength and Balance 10:10 Hydration and News 10:20 Finish the Lyrics 11:00 Mass in Chapel CH 956 1:30 Afternoon Move and Stretch 2:00 Craft Club Cathedral den 2:15 Encouragement HOPE Posters 3:15 Book Club – Surprising Sports Scouting Stories 4:00 CH 19 ME TV 5:30 Penguin Bowling 6:00 Sports Highlights/Trivia 6:30 Snacks and drinks	9:30 AGELESS GRACE – Lake Park 10:00 Rosary Club – Living area 11:00 Mass in Chapel Mass CH 956 1:00 ART THERAPY – Cathedral Dining area 1:30 Walk and Wheel 2:15 BINGO – MP Room 3:30 Reflection of the day 4:00 CH CH 81 Motor Trend 5:00 CH 62 Hallmark	9:30 Strength and balance (upper) 10:00 Hydration and News 10:15 Instrument Exploration 11:00 Mass in Chapel Mass CH 956 12:30 Scenic Drive to Holy Hill – RSVP required 1:30 Walk and wheel 2:00 Faith Sharing – Lake Park Den 2:30 Cinnamon Rolls – baking club 3:30 Hydration social 4:00 CH 72 Travel 5:00 CH 997 Movies 5:30 Ice Breaker discussion 5:45 Picture Cards/Memory 6:15 Hydration with Music	9:30 Morning Stretch 10:00 Daily news/Hydration 10:15 Rhythm Stick Games 11:00 Mass in Chapel Mass CH 956 1:30 Get up and Move 2:15 Happy Hour “Tini Toast to Fall ft Martini Tasting” MP 3:30 Meditation/Relaxation 4:00 CH 4 – Game Show 5:00 CH 75 Fox Sports	9:45 Saturday Stretches 10:00 Penguin Bowling 10:30 Finish the Phrase 11:00 Name that tune 1:30 Walking and Wheeling Club 2:30 Ice Cream Social - MP 3:30 Neighborhood Social 4:00 CH 984 – Catchy Comedy 5:00 CH 75 Fox Sports CH 310/308 Fan Duel Sports Network
9:30 Sunday Stretches 10:00 Hydration and News 10:15 Who? When? Where? 11:00 Mass in Chapel CH 956 1:30 Strength and Balance 2:30 Bingo MP Room 3:30 Afternoon Social 4:00 CH 38 National Geographic 7:15 Packers vs Cowboys (NBC)	9:30 Morning Dance Moves 10:00 Hydration and News 10:15 Starts with “A” 11:00 Mass in Chapel CH 956 1:30 Walking Moves 2:00 Rusty Visits 2:30 Uno/Black Jack 3:00 Drinks/Snacks 3:15 Music & Sensory – CS Den 4:00 CH 4 Game show network 5:00 CH 997 Movies!	9:00 Ballroom Dance Chapel Alcove 9:30 Strength and Balance 10:10 Hydration and News 10:20 Dance Moves 11:00 Mass in Chapel CH 956 1:30 Afternoon Move and Stretch 2:00 Craft Club Cathedral den 2:15 Drawing to music – Halloween music 3:15 Book Club – “Loveable Lemurs” 4:00 CH 43 Animal Planet 5:30 Uno/Cards 6:00 Puzzle club 6:30 drinks and snacks	9:30 AGELESS GRACE – Lake Park 10:00 Rosary Club – Living area 11:00 Mass in Chapel Mass CH 956 1:30 Walk and Wheel 1:30 – 3:00 Community Café – Revitalized Wellness Center 2:15 Rockin’ Randy - MP 3:30 Hydration Social 4:00 CH 66 Food Network 5:00 CH CH 69 Investigation Discovery	9:30 Strength and balance (upper) 10:00 Hydration and News 10:15 Piano showcase 11:00 Mass in Chapel Mass CH 956 1:30 Walking Club 2:15 Drumming session – MP room 3:15 Refreshments 4:00 CH 984 – Catchy Comedy 5:30 Penguin Bowling 6:00 Coloring to tunes 6:15 Snacks and drinks	9:30 Morning Stretch 10:00 Daily news/Hydration 10:15 Sing a long 11:00 Mass in Chapel Mass CH 956 1:30 Get up and Move 2:15 Happy Hour “Fall in Wisconsin” - MP 3:30 Meditation/Relaxation 4:00 CH 75 Fox Sports 5:00 CH 984 – Catchy Comedy	9:30 Saturday Stretches 10:00 Hydration and News 10:15 What’s in the bag? Fall edition 11:30 Roll the Dice 1:30 Walking and Wheeling Club 2:00 Baking Club: Snickerdoodle Cookies 3:30 Cookie Social 4:00 CH 38 National Geographic 5:00 CH 997 Movies!
9:30 Sunday Stretches 10:00 Hydration and News 10:15 Finish the Song Lyric 11:00 Mass in Chapel CH 956 1:30 Strength and Balance 2:30 Bingo MP Room 3:15 Packers vs Panthers (FOX) 3:30 Afternoon Social 4:00 997 Movies!	9:30 Morning Dance Moves 10:00 Hydration and News 10:15 Halloween Trivia 11:00 Mass in Chapel CH 956 1:30 Walking Moves 2:00 Neighborhood Meeting 2:30 Visits with Rusty 3:15 Music & Sensory – CS Den 3:30 Relaxation 4:00 CH 61 TV Land 5:00 CH 997 Movies!	8:00 Men’s Breakfast – MP Room 9:00 Ballroom Dance Chapel Alcove 9:45 Jesuit Troubadours Sing a long 10:30 Hydration Social 11:00 Mass in Chapel CH 956 1:30 Afternoon Move and Stretch 2:00 Craft Club Cathedral den 2:15 Happiness Activity Poster 3:15 Book Club – “The Halloween Postcard” 4:00 CH 51 Paramount 5:30 Creative Story telling 6:00 Golf 6:30 Music Appreciation	9:30 AGELESS GRACE – Lake Park 10:00 Rosary Club – Living area 11:00 Mass in Chapel Mass CH 956 1:00 ART THERAPY – Cathedral Dining area 1:30 Walk and Wheel 2:15 BINGO – MP Room 3:30 Relaxation 4:00 CH 66 Food Network 5:00 CH 984 – Catchy Comedy	9:30 Strength and balance (upper) 10:00 Hydration and News 10:15 Famous Ghost stories 11:00 Mass in Chapel Mass CH 956 1:30 Walking Club 2:15 Baking Club – Halloween ghost cookies 3:15 Baking trivia social 4:00 CH 984 – Catchy Comedy 5:45 UNO/Card club 6:15 Refreshments 7:15 Packers VS Panthers	9:30 Morning Stretch 10:00 Daily news/Hydration 10:15 Reminisce Halloween Edition 11:00 Mass in Chapel Mass CH 956 1:30 Get up and Move 2:15 Happy Hour – Halloween – costume party - MP 3:30 Meditation/Relaxation 4:00 CH 59 AMC 5:00 CH 984 – Catchy Comedy	9:30 Saturday Stretches 10:15 Hydration and News 10:30 Halloween Trivia 11:00 Creative Story Telling 11:30 Reminiscing: Trick or Treat 1:30 Walking and Wheeling Club 2:00 Halloween Party games 3:30 Hydration – Warm Apple cider 4:00 CH 984 – Catchy Comedy 5:00 CH 997 Movies! Halloween

PROGRAM & LOCATION KEY: RED – Art/Music Therapy, BLUE – Physical Mobility, GREEN – Special Events, PURPLE – TV Channel, MP – Multi Purpose Room

