COUCH TO 5K

DESCRIPTION: Couch to 5K is the new walking club! Participants will work toward building their endurance to walk a 5K and participate in the Oshkosh ReThink Addiction Walk/Run.

LOCATION: The Zoo Entrance of Menominee Park | 520 Pratt Trail, Oshkosh, WI 54901

TIME: Tuesdays, September-October 16th, 3:30-4:30pm

COST: $15 (Includes activity fee & payment towards 5K)

RETHINK ADDICTION WALK 5K

DESCRIPTION: Covey will be walking as a group to support the ReThink Addiction Walk! If you joined us for any session of our couch to 5K program, you have made a partial payment toward the walk. Even if you haven’t, you are more than welcome to join us! Remember to wear your Covey t-shirt!

LOCATION: Meet at Solutions Recovery Center Oshkosh

TIME: 9/8, 7:30am meet, 8am walk begins

COST: $30 (See Brittani for more information)

YOGA

DESCRIPTION: Please join us for Yoga on the below dates to relax, breathe, and stretch. This activity is led by Most Blessed Sacrament staff, and Covey staff will be in attendance.

LOCATION: 449 High St Oshkosh, WI 54901

TIME: 9/5, 9/19, 10/3, 10/17, 11/7, 11/28, 4:15-5:15pm

COST: $10 (All dates included) Price includes activity fee and staffing.

DANCE WORKOUT

DESCRIPTION: Come join us as we have fun and get some exercise in! We will be listening to top 40 while getting our workout on!

LOCATION: 449 High St Oshkosh, WI 54901

TIME: 11/15, 11/21, 3:30-4:30pm

COST: $5 includes both workouts
COVEY VOLUNTEERS

**DESCRIPTION:** Come join us as we volunteer our time to help decorate cards for patients at Aurora Hospital. Enjoy hanging out with friends while spreading some happiness.

**LOCATION:** Aurora Hospital Main Entrance Conference Room D

**TIME:** 9/6, 10/4, 11/1, 3:30-4:30pm

**COST:** Free

DIY AFTERNOON

**DESCRIPTION:** We will be making a fall themed project.

**LOCATION:** Oshkosh First Congregational Church | 137 Algoma Blvd, Oshkosh, WI 54901

**TIME:** 9/26, 3:30-5:00pm

**COST:** Member: $5/Non-member: $7

BINGO DAY PLANNING COMMITTEE

**DESCRIPTION:** After receiving many requests, we’re excited to move forward in planning Bingo Day!

**LOCATION:** Oshkosh First Congregational Church | 137 Algoma Blvd, Oshkosh, WI 54901

**TIME:** 9/12, 3:30-4:15pm

**COST:** Free

BINGO DAY!

**DESCRIPTION:** The day is finally here! This is a family friendly event and all are welcome! Each participant will be given one card to play with. There will be tasty treats to win!

**LOCATION:** Wesley United Methodist Church | 761 Florida Ave, Oshkosh, WI 54902

**TIME:** 9/15, 2:00-4:00pm

**COST:** $5

HALLOWEEN DANCE

**DESCRIPTION:** Come join us for a rocking good time! Same dance, new location! Dinner will be Leon’s Jus burgers, chips, a bottle of water, and a spooky treat!

**LOCATION:** Wesley United Methodist Church | 761 Florida Ave, Oshkosh, WI 54902

**TIME:** 10/27, 3:00-6:00pm

**COST:** Member: $5/Non-member: $7

COVEY SATURDAY

**DESCRIPTION:** Come join us for a fun afternoon at the movies! We will be seeing The Grinch. After the movie we will be walking across the parking lot to have a spaghetti lunch at Benevento’s.

**LOCATION:** Marcus Cinema Oshkosh and Benevento’s

**TIME:** 11/17, Morning movie time will be given closer to the date.

**COST:** $30 (includes movie ticket, spaghetti lunch, and soda)
SIGN LANGUAGE CLUB

DESCRIPTION: Come practice American Sign Language with friends! We will go over the ABC’s, food, people, places, and emergency words.

LOCATION: 137 Algoma Blvd, Oshkosh First Congregational Church

TIME: 9/10, 9/24, 10/8, 10/15, 11/5, 11/19, 3:30–4:30pm

COST: Member: $3 per class/Non-member: $5 per class

NUTRITIONAL MEAL PREP

LOCATION: Oshkosh First Congregational Church | 137 Algoma Blvd, Oshkosh, WI 54901

SEPTEMBER: Come join us in September as we learn to make broccoli salad and baked apples!

TIME: 9/13 or 9/20, 3:30–5:00pm

COST: Member: $5 per class/Non-member: $7 per class

OCTOBER: Come join us in October as we make a spooky meal!

TIME: 10/10 or 10/30, 3:30–5:00pm

COST: Member: $5 per class/Non-member: $7 per class

NOVEMBER: Come join us in November as we make a yummy breakfast! This breakfast will include the basics: cooking an egg, making a pancake, and slicing fruit.

TIME: 11/14 or 11/21, 3:30–5:00pm

COST: Member: $5 per class/Non-member: $7 per class

*Eight participants per class, please sign up for only one.

INDEPENDENT LIVING SKILLS

DESCRIPTION: Join us as we strive to learn new skills or to refresh old skills that allow everyone to live as independently as possible. Skills we will be learning include grocery shopping and job interviewing.

LOCATION: Oshkosh First Congregational Church | 137 Algoma Blvd, Oshkosh, WI 54901

TIME: 10/11, 11/13, 11/14, 3:30–4:30pm

COST: Member: $3/Non-member: $5

I WANT TO SIGN UP FOR THE FOLLOWING

Couch to 5k ($15)
  - Tuesdays, September-October 16th, 3:30–4:30pm

ReThink Addiction Walk 5k ($30)
  - 9/8 7:30am meet

Yoga ($10)
  - 9/5 9/19 10/3 10/17 11/7 11/28 4:15–5:15pm

Dance Workout ($5)
  - 11/15 11/21 3:30–4:30pm

Sign Language Club (Member: $3 per class/Non-member: $5 per class)
  - 9/10 9/24 10/8 10/15 11/5 11/19 3:30–4:30pm

Nutritional Meal Prep (Member: $5 per class/Non-member: $7 per class)
  - Please only sign up for one class each month
    - 9/13 9/20 10/10 10/30 11/14 11/21

Participant Name ____________________________
Address ____________________________
Phone ____________________________
Staff/Caregiver ____________________________

Independent Living Skills (Member: $3/Non-member: $5)
  - 10/11 11/13 11/14 3:30–4:30pm

Covey Volunteers (Free)
  - 9/6 10/4 11/1 3:30–4:30pm

DIY Afternoon (Member: $5/Non-member: $7)
  - 9/26 3:30–5:00pm

Bingo Day Planning Committee (Free)
  - 9/12 3:30–4:15pm

Bingo Day ($5)
  - 9/15 2:00–4:00pm

Halloween Dance (Member: $5/Non-member: $7)
  - 10/27 3:00–6:00pm

Covey Saturday ($30)
  - 11/17 Time will be given closer to the date.

Credit Card ____________________________ Exp. Date ____ Code ____
Total Enclosed $ ____________________________
Food Allergies? Y/N If yes, what? ____________________________

Return to Covey office at 1930 Algoma Blvd, Oshkosh, WI 54901