

Wind and Water Senior Program January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Happy New Year	3 7:00-9:00 AM Walking STA Uhen Center 8:45-9:30 AM Senior Fitness/Tai Chi STA Uhen Center	4 7:00-9:00 AM Walking STA Uhen Center 10:00-10:45 Indoor Hiking STA Uhen Center	5 7:00 – 9:00 AM Walking STA Uhen Center 8:45-9:30 AM Senior Fitness/Tai Chi STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	6 8:30 – 9:30 AM Fellowship & Food St. Clare Noon - 2:00 PM Pickleball STA Uhen Center
9 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	10 7:00-9:00 AM Walking STA Uhen Center 8:45-9:30 AM Senior Fitness/Tai Chi STA Uhen Center	11 7:00-9:00 AM Walking STA Uhen Center	12 7:00 – 9:00 AM Walking STA Uhen Center 8:45-9:30 AM Senior Fitness/Tai Chi STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	13 8:30 – 9:30 AM Fellowship & Food St. Clare Noon - 2:00 PM Pickleball STA Uhen Center
16 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center 1:00-2:30 PM Book Club: Tuesdays with Morrie	17 7:00-9:00 AM Walking STA Uhen Center 8:45-9:30 AM Senior Fitness/Tai Chi STA Uhen Center Noon- 3:30 PM Senior Program Lunch, Info, Games	18 7:00-9:00 AM Walking STA Uhen Center 10:00-10:45 Indoor Hiking STA Uhen Center 1:00-3:00 PM Movie: The Staircase Holy Family Hall	19 7:00 – 9:00 AM Walking STA Uhen Center 8:45-9:30 AM Senior Fitness/Tai Chi STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	20 8:30 – 9:30 AM Fellowship & Food St. Clare Noon - 2:00 PM Pickleball STA Uhen Center
23 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center 1:00-2:20 PM Book Club: Tuesdays with Morrie	24 7:00-9:00 AM Walking STA Uhen Center 8:45-9:30 AM Senior Fitness STA Uhen Center	25 7:00 – 9:00 AM Walking STA Uhen Center	26 7:00 – 9:00 AM Walking STA Uhen Center 8:45-9:30 AM Senior Fitness STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	27 8:30 – 9:30 AM Fellowship & Food St. Clare Noon - 2:00 PM Pickleball STA Uhen Center
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