

**Wind and Water Senior Program
November 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
Contacts: Carol Ewald cewald@saintthomaswaterford.org Peggy Liginski 262-534-5233 or pliginski@gmail.com	1 7:00 – 9:00 AM STA Uhen Center Walking 8:45-9:30 AM STA Uhen Center Senior Fitness/Tai Chi	2 7:00-9:30 AM STA Uhen Center Walking	3 7:00 – 9:30 AM STA Uhen Center Walking 8:45-9:30 AM STA Uhen Center Senior Fitness/Tai Chi Noon - 2:00 PM STA Uhen Center Pickleball	4 8:30 – 9:30 AM SC Holy Family Hall Fellowship & Food Noon - 2:00 PM STA Uhen Center Pickleball
7 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center 1:00 – 2:30 PM SC Holy Family Hall Video Book Club: The Bible	8 7:00-9:30 AM STA Uhen Center Walking 8:45-9:30 AM STA Uhen Center Senior Fitness/Tai Chi	9 7:00-9:30 AM STA Uhen Center Walking 1:00 – 3:00 PM SC Holy Family Hall Movie: Taking Chance	10 7:00 – 9:30 AM STA Uhen Center Walking 8:45-9:30 AM STA Uhen Center Senior Fitness/Tai Chi Noon - 2:00 PM STA Uhen Center Pickleball	11 8:30 – 9:30 AM SC Holy Family Hall Fellowship & Food Noon - 2:00 PM STA Uhen Center Pickleball
14 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center 1:00 - 2:30 PM SC Holy Family Hall Video Book Club: The Bible	15 7:00-9:30 AM STA Uhen Center Walking 8:45-9:30 AM STA Uhen Center Senior Fitness/Tai Chi Noon – 3:30 PM Thanksgiving Dinner SC Holy Family Hall	16 7:00-9:30 AM STA Uhen Center Walking	17 7:00 – 9:30 AM STA Uhen Center Walking 8:45-9:30 AM STA Uhen Center Senior Fitness/Tai Chi Noon - 2:00 PM STA Uhen Center Pickleball	18 8:30 – 9:30 AM SC Holy Family Hall Fellowship & Food Noon - 2:00 PM STA Uhen Center Pickleball
21 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center 1:00 - 2:30 PM SC Holy Family Hall Video Book Club: The Bible	22 7:00-9:30 AM STA Uhen Center Walking 8:45-9:30 AM STA Uhen Center Senior Fitness/Tai Chi	23 7:00 – 9:30 AM STA Uhen Center Walking	24 7:00 – 9:30 AM STA Uhen Center Walking 8:45-9:30 AM STA Uhen Center Senior Fitness/Tai Chi Noon - 2:00 PM STA Uhen Center Pickleball	25 8:30 – 9:30 AM SC Holy Family Hall Fellowship & Food Noon - 2:00 PM STA Uhen Center Pickleball
28 7:00 – 9:00 AM STA Uhen Center Walking Noon - 2:00 PM STA Uhen Center Pickleball 1:00-2:30 PM SC Holy Family Hall Video Book Club: The Bible	29 7:00-9:30 AM STA Uhen Center Walking 8:45-9:30 AM STA Uhen Center Senior Fitness/Tai Chi	30 7:00 – 9:30 AM STA Uhen Center Walking	Thanksgiving Dinner November 15 at Noon St. Clare Holy Family Hall Registration Required RSVP to : cewald@saintthomaswaterford.org or Peggy 262-534-5233 or pliginski@gmail.com by November 11	

