

## Wind and Water Senior Program April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Contacts:</b>  <b>Carol Ewald</b> <a href="mailto:cewald@saintthomaswaterford.org">cewald@saintthomaswaterford.org</a>  <b>Peggy Liginski</b> <a href="mailto:pliginski@gmail.com">pliginski@gmail.com</a>				<b>1</b> <b>8:30 – 9:30 AM</b> Fellowship & Food St. Clare 8:30-9:30 AM Essentrics Exercise STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center
<b>4</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center <b>1:00 – 2:30 PM</b> Book Club <i>The Joy of the Gospel</i> SC Holy Family Hall	<b>5</b> <b>8:30-9:30 AM</b> Essentrics Exercise STA Uhen Center	<b>6</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center	<b>7</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center	<b>8</b> <b>8:30 – 9:30 AM</b> Fellowship & Food St. Clare 8:30-9:30 AM Essentrics Exercise STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center
<b>11</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center <b>1:00 – 2:30 PM</b> Book Club SC Holy Family Hall	<b>12</b> <b>8:30-9:30 AM</b> Essentrics Exercise STA Uhen Center	<b>13</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center	<b>14</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center	<b>15</b> <b>8:30 – 9:30 AM</b> Fellowship & Food St. Clare 8:30-9:30 AM Essentrics Exercise STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center
<b>18</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center <b>1:00 – 2:30 PM</b> Book Club SC Holy Family Hall	<b>19</b> <b>8:30-9:30 AM</b> Essentrics Exercise STA Uhen Center <b>1:00 – 3:00 PM</b> Movie: <i>Risen</i> SC Holy Family Hall	<b>20</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center	<b>21</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center	<b>22</b> <b>8:30 – 9:30 AM</b> Fellowship & Food St. Clare 8:30-9:30 AM Essentrics Exercise STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center
<b>25</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center <b>1:00 – 2:30 PM</b> Book Club SC Holy Family Hall	<b>26</b> <b>8:30-9:30 AM</b> Essentrics Exercise STA Uhen Center	<b>27</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center	<b>28</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center	<b>29</b> <b>8:30 – 9:30 AM</b> Fellowship & Food St. Clare 8:30-9:30 AM Essentrics Exercise STA Uhen Center <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center