

Wind and Water Senior Program May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center 1:00 – 2:30 PM Book Club <i>The Joy of the Gospel</i> SC Holy Family Hall	3 8:30-9:30 AM Senior Fitness STA Uhen Center	4 7:00 – 9:00 AM Walking STA Uhen Center	5 7:00 – 9:00 AM Walking STA Uhen Center 8:30-9:30 AM Senior Fitness 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 1:00 – 2:30 PM Book Club <i>The Joy of the Gospel</i> SC Holy Family Hall	10 8:30-9:30 AM Senior Fitness STA Uhen Center	11 7:00 – 9:00 AM Walking STA Uhen Center	12 7:00 – 9:00 AM Walking STA Uhen Center 8:30-9:30 AM Senior Fitness 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 SC Holy Family Hall	17 8:30-9:30 AM Senior Fitness STA Uhen Center	18 7:00 – 9:00 AM Walking STA Uhen Center	19 7:00 – 9:00 AM Walking STA Uhen Center 8:30-9:30 AM Senior Fitness 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 – 2:30 PM Book Club SC Holy Family Hall	24 8:30-9:30 AM Senior Fitness STA Uhen Center 1:00 – 3:00 PM Movie: <i>Risen</i> SC Holy Family Hall	25 7:00 – 9:00 AM Walking STA Uhen Center	26 7:00 – 9:00 AM Walking STA Uhen Center 8:30-9:30 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
30 Uhen Center Closed 1:00 – 2:30 PM Book Club SC Holy Family Hall	31 Uhen Center Closed			Contacts: Carol Ewald ceward@saintthomaswaterford.org Peggy Liginski pliginski@gmail.com