

Wind & Water Senior Program January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	4 8:30-9:30 AM Essentrics Exercise STA Uhen Center	5 7:00 – 9:00 AM Walking STA Uhen Center	6 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	7 8:30 – 11:30 AM Fellowship & Games St. Clare 8:30-9:30 AM Essentrics Exercise STA Uhen Center
10 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	11 8:30-9:30 AM Essentrics Exercise STA Uhen Center	12 7:00 – 9:00 AM Walking STA Uhen Center	13 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	14 8:30 – 11:30 AM Fellowship & Games St. Clare 8:30-9:30 AM Essentrics Exercise STA Uhen Center
17 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	18 8:30-9:30 AM Essentrics Exercise STA Uhen Center	19 7:00 – 9:00 AM Walking STA Uhen Center	20 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	21 8:30 – 11:30 AM Fellowship & Games St. Clare 8:30-9:30 AM Essentrics Exercise STA Uhen Center
24 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	25 8:30-9:30 AM Essentrics Exercise STA Uhen Center 1:00 – 3:00 PM Movie: Footprints SC Holy Family Hall	26 7:00 – 9:00 AM Walking STA Uhen Center	27 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	28 8:30 – 11:30 AM Fellowship & Games St. Clare 8:30-9:30 AM Essentrics Exercise in STA Uhen Center
31 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center 1:00 – 2:30 PM Book Club The Joy of the Gospel SC Holy Family Hall		SPECIAL EVENT Thursday, January 6 at 7:00 PM 12th Night Celebration & Social at St. Clare		Contacts: Carol Ewald cewald@saintthomaswaterford.org Peggy Liginski pliginski@gmail.com