

Wind and Water Senior Program March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Contacts: Carol Ewald cewald@saintthomaswaterford.org Peggy Liginski 262-534-5233 pliginski@gmail.com		1 7:00-9:00 AM Walking STA Uhen Center 10:00-10:45 Indoor Hiking STA Uhen Center	2 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	3 8:30 – 9:30 AM Fellowship & Food St. Clare Noon - 2:00 PM Pickleball STA Uhen Center
6 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	7 7:00-9:00 AM Walking STA Uhen Center 8:45-9:30 AM Senior Fitness/Tai Chi STA Uhen Center	8 7:00-9:00 AM Walking STA Uhen Center 1:00-3:00 PM Movie: The Fourth Wise Man SC-Holy Family Hall	9 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	10 8:30 – 9:30 AM Fellowship & Food St. Clare Noon - 2:00 PM Pickleball STA Uhen Center
13 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	14 7:00-9:00 AM Walking STA Uhen Center 8:45-9:30 AM Senior Fitness/Tai Chi STA Uhen Center	15 7:00-9:00 AM Walking STA Uhen Center 10:00-10:45 Indoor Hiking STA Uhen Center	16 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	17 8:30 – 9:30 AM Fellowship & Food St. Clare Noon - 2:00 PM Pickleball STA Uhen Center
20 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	21 7:00-9:00 AM Walking STA Uhen Center Noon- 3:30 PM Luncheon	22 7:00 – 9:00 AM Walking STA Uhen Center	23 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	24 8:30 – 9:30 AM Fellowship & Food St. Clare Noon - 2:00 PM Pickleball STA Uhen Center
27 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	28 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	29 7:00 – 9:00 AM Walking STA Uhen Center	30 7:00 – 9:00 AM Walking STA Uhen Center Noon - 2:00 PM Pickleball STA Uhen Center	31 8:30 – 9:30 AM Fellowship & Food St. Clare Noon - 2:00 PM Pickleball STA Uhen