

## Wind and Water Senior Program Blank August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  *  <b>1:00 – 2:30 PM</b> Book Club SC Holy Family Hall	<b>2</b>  *	<b>3</b>  *	<b>4</b>  *	<b>5</b> <b>8:30 – 9:30 AM</b> Fellowship & Food St. Clare  *
<b>8</b>  *  <b>1:00 – 2:30 PM</b> Book Club SC Holy Family Hall	<b>9</b>  *	<b>10</b>  *  <b>1:00-3:00 PM</b> Movie: All That Remains SC Holy Family Hall	<b>11</b>  *	<b>12</b> <b>8:30 – 9:30 AM</b> Fellowship & Food St Clare  *
<b>15</b>  *  <b>1:00 – 2:30 PM</b> Book Club SC Holy Family Hall	<b>16</b> <b>8:30-9:30 AM</b> Senior Fitness/Tai Chi In front of St. Thomas Church	<b>17</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center	<b>18</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center <b>8:30-9:30 AM</b> Senior Fitness/Tai Chi In front of St. Thomas Church <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center	<b>19</b> <b>8:30 – 9:30 AM</b> Fellowship & Food St. Clare <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center
<b>22</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>23</b> <b>8:30-9:30 AM</b> Senior Fitness/Tai Chi In Front of St. Thomas Church	<b>24</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center	<b>25</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center <b>8:30-9:30 AM</b> Senior Fitness/Tai Chi In front of St. Thomas Church <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center	<b>26</b> <b>8:30 – 9:30 AM</b> Fellowship & Food St. Clare <b>Noon - 2:00 PM</b> Pickleball STA Uhen Center
<b>29</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>30</b> <b>8:30-9:30 AM</b> Senior Fitness/Tai Chi In front of St. Thomas Church	<b>31</b> <b>7:00 – 9:00 AM</b> Walking STA Uhen Center	<b>*All Senior Activities in the Uhen Center will be canceled from August 1-15. They will resume August 16.</b>	<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>