

Weekly Leisure Opportunities

Community Square and Lounges

Monday

8:30 Functional Fitness (MPR)
9:15 Aqua Fit (SP)
9:30 Men's Chorus (OWT)
10:30 Better Balance (MPR)
1:00 Cheerful Chimers (PLR)
1:00 Mah Jongg (PDR)
1:30 Seated Strength (MPR)
2:15 Women's Ensemble (OWT)
2:30 Seated Volleyball (MPR)
6:30 Rosary (RR)
6:30 Rummykub (PLR)

Tuesday

9:00 Interval Training (MPR)
Bus Runs~~9:30-11:30 Hales Corners and Southridge
9:45 Aqua Aerobics (SP)
11:00 Seated Strength (MPR)
1:00 Chair Yoga (MPR)
1:00 Sheepshead (PDR)
1:00 Tudor Oaks Players (OWT)
2:00-3:00 Wellness Clinic (D218)

Wednesday

8:30 Functional Fitness (MPR)
9:15 Aqua Fit (SP)
9:30 Catholic Mass (OWT)
10:00 Storytellers Studio (PDR)
Bus Run~~1:00-3:00 Muskego
1:00 Seated Volleyball (MPR)
3:00 Campus Worship (OWT)
6:30 Cards (PLR)

Thursday

7:30 Step Aerobics
9:00 Interval Training (MPR)
Bus Run~~9:30-11:30 Hales Corners/Layton to Lincoln
9:30 Men's Coffee Hour (PDR)
9:45 Aqua Zumba (SP)
11:00 Seated Strength (MPR)
2:00 Wii Tennis (MPR)
2:00-3:00 Wellness Clinic (D218)
2:30 Tudor Oaks Players (OWT)
6:30 Hand & Foot (PLR)

Friday

8:30 Functional Fitness (MPR)
9:15 Aqua Fit (SP)
10:30 Better Balance (MPR)
1:00 Bridge (PDR)
Bus Run~~1:00-3:00 Muskego
1:30 Seated Strength (MPR)
2:00 Wii Bowling (MPR)
2:30-3:30 Personal Training Advising
6:30 Friday Night at the Movies (OWT)

Saturday

6:30 Bingo (PDR)

Sunday

8:00-12:15 Church Service Bus Runs
10:00 Heritage Presbyterian Church Service (OWT)