

SUN	MON	TUE	WED	THUR	FRI	SAT
	9:00 Chair Exercises (WR) 9:30 Open Studio (S) 11:30 Fit Circuit - \$\$ (WR) 1:00 Knit and Stitch (S) 1:00 Mah Jongg (SD) 2:30 Movie: Singin' in the Rain (BR2) 3:00 Balance Class- \$\$ (WR)	9:30 Weaving (S) 10:00 Crossword (BR2) 10:30 CANCELLED Low Vision Reading Group (Q) 1:00 Card Making (S) 1:00 Chair Yoga- \$\$ (WR) 2:00 Bar and Chair Exercises - \$\$ (WR) 2:00 Walgreens/Pick N Save Outing (FL) 3:00 Parkinson's Wellness Program (WR) 3:30 Kings in the Corner Card Game (BR3 CKB)	9:00 Chair Exercises (WR) 9:30 Woodworking (S) 10:00 Women's Coffee (Cons) 10:30 Wednesday Worship (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Drawing (S) 1:00 Touchtown Training Open House (C) 2:30 Ice Cream Social (BR2 DR) 3:00 Balance Class- \$\$ (WR) 7:00 Studio Orchestra (C)	8:30 Open Studio (S) 9:00 Men's Coffee (Q) 10:00 Name That Tune (BR2) 10:30 Sharing Books (C) 11:00 Mindful Meditation (Q) 1:00 Beading (S) 1:00 Chair Yoga- \$\$ (WR) 2:00 Bar and Chair Exercises - \$\$ (WR) 2:00 Library Angel (L) 3:00 Parkinson's Wellness Program (WR) 4:30 Happy Hour - Segoe Heights & Prairie Point (C)	9:00 Chair Exercises (WR) 10:00 Words in Words Mind Game (BR2) 10:30 Tech at Home Education Session (PD) 11:30 Fit Circuit - \$\$ (WR) 1:00 Art Social (S) 1:00 Resident Forum (C) 3:00 Balance Class- \$\$ (WR) 3:30 Monthly Birthday Party - Segoe Heights (C)	
7	9:00 Chair Exercises (WR) 9:30 Open Studio (S) 10:00 Coffee & Treats (G) 10:30 Continuing Education Speaker (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Knit and Stitch (S) 1:00 Mah Jongg (SD) 3:00 Balance Class- \$\$ (WR) 3:30 Music of Jim Croce and Cat Stevens (BR2)	9:30 Weaving (S) 10:00 Crossword (BR2) 10:00 Touchtown Training Open House (C) 10:30 CANCELLED Low Vision Reading Group (Q) 1:00 Chair Yoga- \$\$ (WR) 1:00 Painted Clay Flower Dishes (S) 1:30 Writers Group (Q) 2:00 Bar and Chair Exercises - \$\$ (WR) 2:00 Walgreens/Pick N Save Outing (FL) 3:00 Parkinson's Wellness Program (WR)	9:00 Chair Exercises (WR) 9:00 Chess Group (Q) 9:30 Woodworking (S) 10:00 Women's Coffee (Cons) 10:30 Stoughton High School Norwegian Dancers (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Painting (S) 3:00 Balance Class- \$\$ (WR) 3:00 Conversation Around the Table (Q) 3:30 Spring Sing Along and Ukulele Concert (BR2)	8:30 Open Studio (S) 8:30 Pump it for Parkinson's (C) 9:00 Men's Coffee (Q) 1:00 Chair Yoga- \$\$ (WR) 2:00 Bar and Chair Exercises - \$\$ (WR) 2:00 Library Angel (L) 4:30 Happy Hour - Segoe Heights & Prairie Point (C)	9:00 Chair Exercises (WR) 10:00 Catholic Mass (C) 10:00 Painting Flower Pots (BR2) 10:00 Tech at Home Drop In \$\$ (PD) 11:30 Fit Circuit - \$\$ (WR) 11:30 Unitarian Musicales Outing (FL) 1:00 Art Social (S) 3:00 Balance Class- \$\$ (WR)	13
14	9:00 Chair Exercises (WR) 9:30 Open Studio (S) 10:00 Coffee & Treats (G) 10:30 Continuing Education Speaker (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Knit and Stitch (S) 1:00 Mah Jongg (SD) 3:00 Balance Class- \$\$ (WR) 3:30 Retro Swing Band (C)	9:30 Weaving (S) 10:00 Crossword (BR2) 10:30 CANCELLED Low Vision Reading Group (Q) 10:30 Chocolate Seder (C) 1:00 Beading (S) 1:00 Chair Yoga- \$\$ (WR) 2:00 Bar and Chair Exercises - \$\$ (WR) 2:00 Walgreens/Pick N Save Outing (FL) 3:00 Parkinson's Wellness Program (WR) 3:30 Gemini Entertainment (C)	9:00 Chair Exercises (WR) 9:30 Woodworking (S) 10:00 Women's Coffee (Cons) 10:30 Wednesday Worship (C) 11:30 Fit Circuit - \$\$ (WR) 1:30 Chocolate and Conversation (Q) 2:30 Pie Social (BR2 DR) 3:00 Balance Class- \$\$ (WR)	8:30 Open Studio (S) 9:00 Men's Coffee (Q) 10:00 Sightseeing (BR2) 10:30 Sharing Books (C) 11:00 Mindful Meditation (Q) 1:00 Chair Yoga- \$\$ (WR) 1:00 Fused Glass (S) 1:00 Second Chance Shop Drop Off (FLP) 2:00 Bar and Chair Exercises - \$\$ (WR) 2:00 Library Angel (L) 4:30 Happy Hour - Segoe Heights & Prairie Point (C) 5:00 Featured Chef Dinner (TR)	9:00 Chair Exercises (WR) 10:00 Tech at Home Drop In \$\$ (PD) 10:00 Volunteer Project (BR2) 11:30 Fit Circuit - \$\$ (WR) 11:30 Unitarian Musicales Outing (FL) 1:00 Art Social (S) 3:00 Balance Class- \$\$ (WR) 3:30 Monona Senior Chorus (C)	20
2:30 Piano Recital (C)	9:00 Chair Exercises (WR) 9:30 Open Studio (S) 10:00 Coffee & Treats (G) 10:30 Continuing Education Speaker (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Knit and Stitch (S) 1:00 Mah Jongg (SD) 1:00 Resident Forum Segoe Heights (C) 3:00 Balance Class- \$\$ (WR) 3:00 Monthly Monday Movie - Segoe Heights & Prairie Point (Q) 3:30 Bingo (BR2 CKA)	9:30 Weaving (S) 10:00 Crossword (BR2) 10:30 CANCELLED Low Vision Reading Group (Q) 1:00 Chair Yoga- \$\$ (WR) 1:00 Fairy Gardens (S) 1:30 Writers Group (Q) 2:00 Bar and Chair Exercises - \$\$ (WR) 2:00 Walgreens/Pick N Save Outing (FL) 3:00 Parkinson's Wellness Program (WR) 3:30 Jack Beyler Guitar (C)	9:00 Chair Exercises (WR) 9:00 Chess Group (Q) 9:30 Woodworking (S) 10:00 Women's Coffee (Cons) 10:30 Wednesday Worship (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Soul Collage Workshop (S) 1:30 Segoe Heights Neighborhood Gathering (C) 3:00 Balance Class- \$\$ (WR) 3:30 Classical Trumpet & Piano (C)	8:30 Open Studio (S) 9:00 Men's Coffee (Q) 10:00 Jazz Music Fun (BR2) 11:00 Mindful Meditation (Q) 1:00 AAP Book Club (SD) 1:00 Chair Yoga- \$\$ (WR) 1:00 Mosaic Pots (S) 2:00 Bar and Chair Exercises - \$\$ (WR) 2:00 Library Angel (L) 2:00 Med Drop Collection (FLP) 4:30 Happy Hour - Segoe Heights & Prairie Point (C)	9:00 Chair Exercises (WR) 10:00 Catholic Communion (C) 10:00 Tech at Home Drop In \$\$ (PD) 11:30 Fit Circuit - \$\$ (WR) 11:30 Unitarian Musicales Outing (FL) 1:00 Art Social (S) 3:00 Balance Class- \$\$ (WR)	27
2:00 Piano Recital (C)	9:00 Chair Exercises (WR) 9:30 Open Studio (S) 10:00 Coffee & Treats (G) 10:30 Continuing Education Speaker (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Knit and Stitch (S) 1:00 Mah Jongg (SD) 3:00 Balance Class- \$\$ (WR) 3:30 Culture Connect - Korea Music (C)	9:30 Weaving (S) 10:00 Crossword (BR2) 10:30 CANCELLED Low Vision Reading Group (Q) 1:00 Chair Yoga- \$\$ (WR) 1:00 Studio Sale (S) 1:30 Flower Arranging - Segoe Heights & Prairie Point (Cons) 2:00 Bar and Chair Exercises - \$\$ (WR) 2:00 Walgreens/Pick N Save Outing (FL) 3:00 Parkinson's Wellness Program (WR) 3:30 Crooners & Country Music (C)	LOCATION KEY BR2 - Bryant Ridge 2nd Floor Activity Room BR2 CKA - Bryant Ridge 2nd Floor Country Kitchen A BR2 DR - Bryant Ridge 2nd Floor Dining Room BR3 CKB - Bryant Ridge 3rd Floor Country Kitchen B C - Community Room Cons - Conservatory	FL - Front Lobby FLP - Front Lobby Parlor G - Garden Room L - Library PD - Private Dining Room	Q - Quiet Room SD - Small Dining Room S - Studio TR - Terrace Restaurant WR - Wellness Room	

April 2024

Segoe Heights