

Wellness Connection



Dimensions of Wellness



Ph 1
Physical

So 3
Social

Mind, Body, Breath | Yoga
\$7 per class (\$9 for non-members)
Tuesdays and Thursdays
3 - 3:45pm (WC)
No class April 25



Ph 1
Physical

So 3
Social

Chair & Traditional Yoga

Evening Yoga with Katie
\$14 for 2 classes
(\$18 for non-members)
Tuesdays, April 9 & 23
5 - 5:45pm (WC)



So 3
Social

Ph 1
Physical

Chair & Traditional Yoga

Spring Splash Yoga + Mocktails!
\$15 (\$20 for non-members)
Friday, April 12
6 - 7:30pm (WC)



Ph 1
Physical

So 3
Social

Line Dancing with Dianne
FREE
Thursdays, April 11 & 25
3:30 - 4:30pm
(VOS - Community Room)



Ph 1
Physical

So 3
Social

ABC with Lisa
\$6 per class (\$8 for non-members)
Mondays, April 1, 8, 15, 22 & 29
4:15 - 4:45pm (WC)



Ph 1
Physical

20-Minute Assisted Stretch with Dan from Stretch Zone
FREE - By Apointments
Mondays & Wednesdays
Sign-up in Aerobics Studio or call
262.965.7017



Seasonal Edible Plants
with Pink TeePee Farms
FREE (Registration not required)
Wednesday, April 17
1pm (VOS Activity Center)



What does it mean to be retired?
Author - Mary Ann Noe
FREE (Registration not required)
Monday, April 15
2:30pm (Holz Pavilion Chapel)



Drum Circle with Gary
FREE (Registration not required)
Thursday, April 4
2:30pm (Holz Pavilion Chapel)



Toilets of the World
with Terry Tobin
FREE (Registration not required)
Thursday, April 11
2-3pm (Holz Pavilion Chapel)



Earth Day Presentation
with Geologist Steve
FREE (Registration not required)
Monday, April 22
2pm (Holz Pavilion Theatre)



**Estate Planning:
Preserve your Financial Legacy**
FREE (Registration not required)
Wednesday, April 10
3:15pm (Holz Pavilion Theatre)



Music & Memories 2024 GALA
Friday, April 26
Milwaukee Marriott West
More info @threepillars.org/giving/events/



**Ground Breaking Ceremony
at the Fields of Three Pillars**
FREE (Registration not required)
Friday, April 12
1 - 3pm



Brain Health Group
FREE (Registration not required)
Monday, April 22
3pm (VOS Activity Room)



Memory Loss: What could it mean?
FREE (Registration not required)
Thursday, April 11
6pm (VOS Community Room)



Movement Disorder Group
FREE (Registration not required)
Friday, April 26
11am (VOS Community Room)