

SAMPLE MONTH PROGRAM CALENDAR



CAPITOL LAKES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Here's a glimpse into the vibrant array of programs and activities offered at Capitol Lakes.</p>		<p>While the following list provides a taste of what's available, our dynamic community is continuously evolving, with residents regularly introducing new groups and committees to explore emerging interests.</p>					
	<p>1</p> <p>8am - Deep Aquacise 9:30am - Movement for All 10am - Sojourners (an Interfaith Group) 1pm - Encores (Play Reading Group) 7pm - Gallery Night</p>	<p>2</p> <p>9:30am - Movement for All Exercise Class 10am - Learn to Draw Noon - Chair Yoga 1pm - PLATO: History of the Hollywood Musical 7pm - Wingra Wind Quintet</p>	<p>3</p> <p>9:30am - Movement for All Exercise Class 11am - Balance & Stretch 1pm - Parkinson's Support Grp 1pm - PLATO: History of the Hollywood Musical 7pm - Perfect Harmony Spring Concert</p>	<p>4</p> <p>9am - TRX Exercise Class 10am - Aqua Movement Class 1pm - Exec. Director Update 1:30pm - Rummy Cube 4pm - Thursday Social 7pm - UW Arboretum Presentation</p>	<p>5</p> <p>9:30am - Mix It Up Exercise Class (Circuits & Mat) 10am - PLATO Travel - Morocco Presentation 11am - Meditation 1pm - Aquacise 7pm - UW DMA Recital</p>	<p>6</p> <p>6:30am - Exercise Class 11:30am - Catholic Mass (Channel 900) 7pm - Wisconsin Gagok Ensemble</p>	
<p>7</p> <p>9am - Exercise Class 1pm - UW Undergraduate Recital 1:30pm - Sunday Shopping - West Towne 1:30pm - Mah Jongg 7pm - UW Master's Recital</p>	<p>8</p> <p>8am - Deep Aquacise 9am - Exercise Class 10am - Sojourners (an Interfaith Group) 10am - Monday Shopping - Trader Joe's 7pm - Ballet Film</p>	<p>9</p> <p>6am - Exercise Class 10am - Learn to Draw Noon - Chair Yoga 2pm - Co-Ed Cribbage 4pm - Just Connect ZOOM 7pm - Sandhill Strangers (Bluegrass, folk & jazz)</p>	<p>10</p> <p>9am - Exercise Class 10am - PLATO: Global Affairs 1pm - Grounds & Landscaping Committee 3pm - Holy Eucharist 3:30pm - HeartStrings (MSO Music-Inspired Therapy)</p>	<p>11</p> <p>6am - Exercise Class 10am - Community Drumming 1:30pm - Co-Ed Bridge 4pm - Thursday Social 7pm - Piano Performance</p>	<p>12</p> <p>6:30am - Exercise Class 10:30am - Resident Forum 11am - Meditation 1pm - Ping Pong & Cornhole 3pm - Shabbat Service 7pm - Art Gallery Premier</p>	<p>13</p> <p>9am - Exercise Class 11am - Piano Recital Performance 11:30am - Catholic Mass (Channel 900) 7pm - Nine Thirty Standard Musical Presentation</p>	
<p>14</p> <p>9am - Exercise Class 1:30pm - Madison Symphony Outing / Transportation 5pm - Madison Print Club Meeting 7pm - Story Telling Night</p>	<p>15</p> <p>8am - Deep Aquacise 9:30am - Movement for All Exercise Class 1pm - Adult Coloring Books 2pm - Monday Shopping - West Towne 3pm - Chef's Forum</p>	<p>16</p> <p>9am - Exercise Class 11am - Arthritis Pool Exercise Class Noon - Chair Yoga 4pm - UW DMA Recital 7pm - Cello Recital</p>	<p>17</p> <p>6:30am - Exercise Class 11am - Balance & Stretch 1pm - Shallow/Deep Aquacise 1:30pm - Mah Jongg 7pm - Novelist Presentation (ZOOM)</p>	<p>18</p> <p>9am - TRX Exercise Class 10am - Seamstress Group 1pm - Exec. Director Update 1:30pm - Rummy Cube 4pm - Thursday Social 7pm - Travel Presentation</p>	<p>19</p> <p>9:30am - Mix It Up Exercise Class (Circuits & Mat) 10am - PLATO- Travel- India & Nepal Presentation 10:30am - Balance 1:30pm - Book Discussion 7pm - UW Senior Recital</p>	<p>20</p> <p>6:30am - Exercise Class 11:30am - Catholic Mass (Channel 900) 1pm - Cultured Purls 7pm - UW Master's Trumpet Recital</p>	
<p>21</p> <p>9am - Exercise Class 1:30pm - Sunday Shopping - East Towne 1:30pm - Mah Jongg 7pm - Sunday Series: Up Documentary</p>	<p>22</p> <p>8am - Deep Aquacise 9am - Exercise Class 10am - Sojourners (an Interfaith Group) 10am - Monday Shopping - Trader Joe's 7pm - Opera Film</p>	<p>23</p> <p>6am - Exercise Class 10am - Learn to Draw Noon - Chair Yoga 2pm - Co-Ed Cribbage 4pm - Just Connect ZOOM 7pm - Badger Lecture: Lake, Ice & the Loss of Winter</p>	<p>24</p> <p>9:30am - Movement for All Exercise Class 11am - Balance & Stretch 1pm - Parkinson's Support Group 7pm - Wisconsin Gagok Ensemble</p>	<p>25</p> <p>6am - Exercise Class 10am - Community Drumming 1:30pm - Co-Ed Bridge 4pm - Thursday Social 7pm - Musical Performance</p>	<p>26</p> <p>9am - Exercise Class 11am - Meditation 1pm - Aquacise 2pm - Exercise Class 7pm - UW DMA Recital</p>	<p>27</p> <p>9am - Exercise Class 11:30am - Catholic Mass (Channel 900) 7pm - Musical Presentation</p>	
<p>28</p> <p>6:30am - Exercise Class 1:30pm - Sunday Shopping - West Towne 2pm - Exercise Class 7pm - Violin/Piano Duo</p>	<p>29</p> <p>8am - Deep Aquacise 9:30am - Movement for All 10am - Sojourners (an Interfaith Group) 10:30am - Monday Shopping 7pm - Virtual Philharmonic</p>	<p>30</p> <p>9:30am - Movement for All Exercise Class 10am - Learn to Draw Noon - Chair Yoga 2pm - Exercise Class 7pm - Carnival</p>					