



Ph 1
Physical

So 3
Social

Yoga with Nikki

\$7 per class (\$9 for non-members)

(Registration required)

Every Tuesday

3 - 3:45pm



Ph 1
Physical

So 3
Social

ABC with Lisa

\$6 per class (\$8 for non-members)

(Registration required)

Every Monday

4:15 - 4:45pm



Ph 1
Physical

Personal Training with Monica

Available for members - fees vary.

Contact Monica to schedule a private or group (2 - 4 people) session.

262.965.7017 or mwildt@threepillars.org



Ph 1
Physical

So 3
Social

"Let's Stretch" with Monica

FREE for members (\$5 for non-members)

Thursdays at 10:30am



Ph 1
Physical

So 3
Social

Group Bike Ride - On/Off Campus

FREE (Registration not required)

On campus, Thursdays at 1:30pm

Off campus, Mondays at 1:30pm

*Meet outside garage B at VOS



Ph 1
Physical

In 4
Intellectual

Em 2
Emotional

Walk & Talk Tuesdays

FREE (Registration appreciated)

Tuesdays at 10am

*For Individuals with memory loss and their caregivers. Contact Jen Graf to register at 262.965.7133



Fall Prevention Talk with Sarah

FREE (Registration not required)
Monday, August 12
2pm (Holz Pavilion Theater)



Let's Make Succulents!

\$20-\$25 Based on Arrangement
(Registration required - limit 15)
Monday, August 26
1pm

Succulent WORKSHOP

With Heidi Pipp!

Join us as we learn everything you need to know about succulents from Heidi Pipp with Six Pines Designs. Participants will be able to pick a container and succulent to plant and take home along with written care instructions.

Prices range from \$20-25 dollars depending on what you choose to create.

Monday August 26 1pm

Wellness Connection
404 N. Main Street
Dousman, WI 53118

Register by August 19
Limit 15

Registration is required through the portal or by contacting Monica at mwildt@threepillars.org
262.965.7017

Sharpen Your Memory!

Join The Brain Health Group At Three Pillars

Ph 1 Physical
In 4 Intellectual
Em 2 Emotional

THE BRAIN HEALTH GROUP

*Fourth Monday of each month @ 1PM
*Village on the Square Community Room
(314 E Village Ct, Dousman)

REDUCE THE LIKELIHOOD OF ALZHEIMER'S DISEASE

OPEN TO OUR RESIDENTS, THEIR FAMILIES AND THE COMMUNITY!

Three Pillars SENIOR LIVING COMMUNITIES

Brain Health Group

FREE (Registration not required)
Monday, August 26
1pm (VOS Community Room)

Wellness Connection



Dimensions of Wellness