



Ph¹
Physical

So³
Social

Chair Yoga with Nikki

FREE (Registration not required)
Every Monday
10:30am (VOS - Community Room)



Ph¹
Physical

So³
Social

ABC with Lisa

\$5 per class (\$8 for non-members)
(Registration not required)
Every Monday
4:15 - 4:45pm



Ph¹
Physical

Personal Training with Monica

Available for members - fees vary.
Contact Monica to schedule a private or group (2 - 4 people) session.

* Call 262.965.7017 or mwildt@threepillars.org to schedule a session.

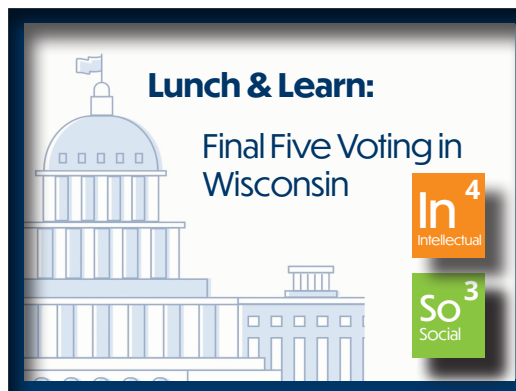


In⁴
Intellectual

So³
Social

Breakfast Cooking Demo with Dietician Rachael & Monica

\$5 (Registration Required)
Monday, October 28
9:30am



Lunch & Learn:

Final Five Voting in Wisconsin

In⁴
Intellectual

So³
Social

Democracy Found: Final Five Voting in WI

\$12 Residents (\$15 for non-residents)
Thursday, October 10
11:15am (VOS - Community Room)

* A free version (no lunch) repeats at 2:00pm in the Holz Pavillion (registration not required)



Ph¹
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So³
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"Let's Stretch" with Monica

FREE for members (\$5 for non-members)
Thursdays at 10:30am

*Shuttle service provided, pick up at VOS entrance at 10am

TIPS &
TRICKS



Tips & Tricks for Living with Memory Loss

Registration appreciated
Wednesday, October 9
6pm (VOS - Community Room)

Prices:

30 min-\$45
60 min-\$80
90 min-\$115



Mobile Massages in apartments and homes also available for an additional \$10



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