



AUTUMN



COMMUNITY PROGRAMS AT MONONA TERRACE

SEPTEMBER

- 19 TUESDAY**
Mindful Yoga
 12noon-12:45pm
 Tuesdays & Thursdays
 through Oct. 12
- 21 THURSDAY**
Mindful Yoga
 12noon-12:45pm
- 26 TUESDAY**
Mindful Yoga
 12noon-12:45pm
- 27 WEDNESDAY**
Wellness Talks
 12noon-1pm
"Psychological Effects of the Internet" Dr. Morton Ann Gernsbacher
- 28 THURSDAY**
Mindful Yoga
 12noon-12:45pm

OCTOBER

- 1 SUNDAY**
Wright On! for Families
 1-4pm
 Free Tickets on Eventbrite
- 3 TUESDAY**
Mindful Yoga
 12noon-12:45pm
- 5 THURSDAY**
Mindful Yoga
 12noon-12:45pm
- 10 TUESDAY**
Mindful Yoga
 12noon-12:45pm
- 12 THURSDAY**
Mindful Yoga
 12noon-12:45pm
- 13 FRIDAY**
Wellness Talks
 12noon-1pm
"Natural Medicine for Brain & Mood Health" Dr. Ruddy
- 16 MONDAY**
Meditation At Monona Terrace
 12noon - 12:45pm • Mondays through Nov. 27 (No Class 10/30)
- 23 MONDAY**
Meditation At Monona Terrace
 12noon - 12:45pm
Wright Design Series
 7pm
"Masterpieces" Screening, Michael Miner
 Free Tickets on Eventbrite
- 25 WEDNESDAY**
Family Concert
 7pm
 Navy Band Great Lakes Wind Ensemble
- 27 FRIDAY**
Moon Over Monona Terrace
 6:30-9pm
 Free Tickets on Eventbrite

NOVEMBER

- 3 FRIDAY**
Luminescence: A Spectacle of Fire and Light, Pyrotechniq Fire Troupe
 7pm
 \$10 Adult, \$5 Youth
 Tickets on Eventbrite
- 6 MONDAY**
Meditation at Monona Terrace
 12noon - 12:45pm
- 9 THURSDAY**
PechaKucha Night
 7pm
Face the Music x PechaKucha
 Free Tickets on Eventbrite
- 13 MONDAY**
Meditation at Monona Terrace
 12noon - 12:45pm
- 16 THURSDAY**
Wright Design Series
 7pm
The Unknown Craftsman, Alan Anderson
 Free Tickets on Eventbrite
- 17 FRIDAY**
Wellness Talks
 12noon-1pm
"Healthy Aging: Natural Medicine for Every Decade of Life" Dr. Ruddy
- 20 MONDAY**
Meditation at Monona Terrace
 12noon - 12:45pm
- 27 MONDAY**
Meditation at Monona Terrace
 12noon - 12:45pm

DECEMBER

- 3 SUNDAY**
Daylong Meditation Retreat
 9am-4pm
 \$20 Ticket on Eventbrite
- 4 MONDAY**
Lunchtime Yoga
 12noon-12:45pm
 Mondays & Thursdays
- 7 THURSDAY**
Lunchtime Yoga
 12noon-12:45pm
- 11 MONDAY**
Lunchtime Yoga
 12noon-12:45pm
- 14 THURSDAY**
Lunchtime Yoga
 12noon-12:45pm
- 18 MONDAY**
Lunchtime Yoga
 12noon-12:45pm
- 21 THURSDAY**
Lunchtime Yoga
 12noon-12:45pm

