

PRUITT CENTER EVENTS

OCTOBER 2026



Learn more: uwsuper.edu/mindfulness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 11 a.m. – 2:30 p.m. LiveWell Holiday Card Making with NAMI
		6 5:30 – 7 p.m. LiveWell Outdoor Movement: Weekly Hike @ WI Point Beach	7 8 – 8:50 A.M. Pruitt Center Yoga 4:30 – 6 p.m. LiveWell Beginner Pickleball	8	9	10 10 a.m. – noon LiveWell Fall Family Fun: Nature Play 3 – 5 p.m. LiveWell Campfire Jam
11 Noon – 3 p.m. Sauna + Cold Plunge at WI Point	12 12:30 – 2 p.m. LiveWell Story Lines: Music of Your Youth	13 1 – 3:30 p.m. LiveWell Canning Tomatoes 3 – 5 p.m. LiveWell Sewing & Upcycling 5:30 – 7 p.m. LiveWell Hike, Osaugie Trail 6 – 9 p.m. LiveWell Futures Stories	14 8 – 8:50 a.m. Pruitt Center Yoga 4:30 – 6 p.m. LiveWell Beginner Pickleball	15 12 – 1 p.m. LiveWell Connecting Through Tai Chi and Tea 6 – 7 p.m. LiveWell Move & Groove: Zumba	16 5 – 8 p.m. LiveWell Board Game Night	17 9:45 – 11:45 a.m. LiveWell Nature Exploration: Everyone Can Bird! 2 – 5 p.m. LiveWell Fall Fest at Superior School Forest
18	19	20 5:30 – 7 p.m. LiveWell Outdoor Movement: Weekly Hike @ Bear Creek Trail	21 8 – 8:50 a.m. Pruitt Center Yoga 4:30 – 6 p.m. LiveWell Beginner Pickleball	22	23 3:30 – 5 p.m. LiveWell Rebel Spectacle Exhibit 6 – 8 p.m. LiveWell Twin Ports Throwback: Bowling	24 3 – 5 p.m. LiveWell Flavors & Friends: Bean There, Cooked That
25 2 – 4 p.m. LiveWell Harvest Fest at Superior Community Gardens 6 – 7:30 p.m. Sh*t Happens: Men's Discussion Group	26	27 5:30 – 7 p.m. LiveWell Outdoor Movement: Weekly Hike @ Millennium Trail	28 8 – 8:50 a.m. Pruitt Center Yoga 4:30 – 6 p.m. LiveWell Beginner Pickleball			