

Older Persons' Commission

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1	2
					06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/F 07:00a Computer Lab - Mon-Fri 07:00a Open Swim/M-F 08:00a All Levels Pickleball Ladder/F 08:00a Aquatic Core - The Core/F 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Fitness in Motion 08:00a The Deep/F 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/F 09:00a Cafe 09:00a Flex-N-Foam Roll 09:00a Muscles in Motion 09:00a Pottery Wheel 09:30a Ask the Doctor 09:30a Crochet Beginning 09:30a Mosaic Tile Class - Spring Robin 10:00a Chinese / English 10:00a English Learning Grp 10:00a Stretch & Balance/F	06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S 07:00a Computer Lab Saturday 07:00a Library/S 07:00a OPC Visit/S 07:00a Open Swim/S 07:00a Personal Training/S 07:00a Pickleball All Lvl/S 07:00a Walking Track - Sat Winter 08:00a Cycling Energy Ride 08:00a Liquid Boot Camp/S 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Basic Yoga/S 09:00a Basketball 5 on 5/S 09:30a Guitar - Saturday 10:00a Euchere & Pinochle 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1	2
					10:00a Water Works Aerobics/F 10:15a Cycle to the Beat/F 10:30a Beginning Tai Chi Wu Style/F BUILDING CLOSES AT 11:30 AM FOR STAFF TRAINING	
3	4	5	6	7	8	9
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/M 07:00a Computer Lab - Mon- Fri 07:00a Open Swim/M-F 08:00a Aquatic Core - Core Strength/M&W 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Fitness in Motion	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon- Fri 07:00a Open Swim/M-F 07:30a Advanced Small Group Personal Training/T	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/W	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon- Fri 07:00a Open Swim/M-F 08:00a Aquatic Core - Core Strength/M&W 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Lapidary Drop-in 08:00a Weight Room Orientation	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/F 07:00a Computer Lab - Mon- Fri 07:00a Open Swim/M-F 08:00a All Levels Pickleball Ladder/F 08:00a All Levels Pickleball Ladder/F 08:00a All Levels Pickleball Ladder/F 08:00a Aquatic Core - The Core/F	06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S 07:00a Computer Lab Saturday 07:00a Library/S 07:00a OPC Visit/S 07:00a Open Swim/S 07:00a Personal Training/S 07:00a Pickleball All Lvl/S 07:00a Walking Track - Sat Winter 08:00a Cycling Energy Ride 08:00a Liquid Boot Camp/S 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Basic Yoga/S 09:00a Basketball 5 on 5/S 09:30a Guitar - Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Aqua Strength & Interval/M 09:00a Cafe 09:00a Muscles in Motion 09:00a Pickleball Int - Adv/M 09:00a Pilates Strength Training 09:00a Pottery - Independent Potters Club AM 09:00a Quilting Circle 09:15a Cycling Ride Rock and Roll 09:30a Euchre Class 09:30a Zentangle Drop In 09:45a German Class Intermediate 10:00a Meet the RH Mayor 10:00a Stretch & Balance/M 10:00a Water Works Aerobics/M&W 10:30a Computer Apple iPhone 10:30a Zumba/M 11:00a Softball Practice 11:30a Core Strength Beginning/M 11:30a Functionally Fit/M 12:00p Aquatic Healthy Joints Advanced/M&W 12:00p Belly Dance 12:00p Dining Room Lunch 12:00p Open Gym PM/M 12:30p Bridge Drop-in Mon. 12:30p Circuit Training	08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 09:00a A Tour Begins 09:00a Ask the Ortho Dr. 09:00a Cafe 09:00a Commodity Foods 09:00a Computer Beginner 09:00a Counseling Services 09:00a Making Waves/T&Th 09:00a Pottery - Independent Potters Club AM 09:00a Volleyball Tournament/T 09:15a Cycle to the Beat/T 09:30a Back Health/T 09:30a Core Strength Advanced/T&Th 09:30a Knit & Crochet Grp 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th 10:00a Bridge Amer Strdr Tue 10:00a Computer Club 10:00a Cycling Free Demo/T 10:30a Strengthen Your Bones Intermediate/T&Th 10:45a Step Aerobics/T 11:30a Tone Stretch & Balance/T&Th 11:35a Yoga/T at 11:35 am 12:00p Dining Room Lunch 12:15p Strength & Stretch for Parkinsons 12:30p Independent Art Class 12:45p German Group 01:00p Computer 1 on 1 1-2pm	08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Aqua Strength & Interval/W 09:00a Cafe 09:00a Computer Beginner 09:00a Interval Training 09:00a Pilates Beginning 09:30a Needle Arts-W 09:30a Pickleball Lessons Beg/W 09:30a Spanish Group 09:30a Watercolor Class With Pete - Wednesday 10:00a Chair Massage 10:00a Heart Healthy Fitness 10:00a Italian Class 10:00a Pick-A-Puzzle 10:00a Water Works Aerobics/M&W 10:30a Beginner Low Impact Ballet 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W 11:00a Polish Group 11:25a Core Strength Beginning/W 11:30a Pickleball Int-Adv/W 12:00p Aquatic Healthy Joints Advanced/M&W 12:00p Dining Room Lunch 12:30p Core Strength Intermediate 12:30p Euchre Drop-In	08:00a Woodshop 08:30a Low Impact Aerobics 09:00a 650 Players Rehearsal 09:00a Cafe 09:00a Computer Beginner 09:00a Counseling Services Thursday 09:00a Making Waves/T&Th 09:00a Pottery - Independent Potters Club AM 09:00a Volleyball Tournament/R 09:15a Cycle to the Beat/Th 09:30a Back Health/Th 09:30a Core Strength Advanced/T&Th 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th 10:30a Strengthen Your Bones Intermediate/T&Th 10:45a Step Aerobics/Th 11:30a Tone Stretch & Balance/T&Th 11:45a Yoga A Gentle Beginning/Th 12:00p Dining Room Lunch 12:20p Boxing for Parkinsons 12:20p Hard Core Strength Training 12:20p Pickleball Practice Session Adv 12:30pm 12:30p Bridge - Duplicate Thur. Drop-in 12:30p Metalsmithing Drop-In 01:00p Computer MAC Enthusiasts	08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Fitness in Motion 08:00a The Deep/F 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/F 09:00a Ascension Bone Density Scrng 09:00a Cafe 09:00a Flex-N-Foam Roll 09:00a Muscles in Motion 09:00a Pottery Wheel 09:30a Ask the Doctor 09:30a Crochet Beginning 10:00a Chinese / English 10:00a English Learning Grp 10:00a Financial Friday 10:00a Stretch & Balance/F 10:00a Water Works Aerobics/F 10:15a Cycle to the Beat/F 10:30a Beginning Tai Chi Wu Style/F 11:00a French Group 11:30a Chair Yoga/F 11:30a Functionally Fit/F 12:00p Dining Room Lunch 12:30p Bridge Amer Strdr Fri 12:30p Hand & Foot / Mexican Train 12:30p Pinochle 01:00p French Advanced Class 01:00p French Advanced Class	10:00a Euchere & Pinochle 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
3	4	5	6	7	8	9	
	12:30p Mah Jong American 12:30p Samba- 1st and 3rd Monday 12:45p Chair Yoga/M 01:00p Acrylic Painting 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Creation Station - Monday 01:00p Line Dance Day 01:00p Pickleball Novice/MTF 01:00p Pottery - Independent Potters Club PM 01:00p Table Tennis/MWF 02:00p Basic Yoga/M 02:00p Fitness Challenge H2O Beginning/M 04:00p Pickleball All Lvl/M PM 05:00p Pottery - Independent Potters Club E 05:00p Strengthen Your Bones Advanced/M&W 06:00p Badminton/M&Th 06:00p Meditation Drop-in E 06:00p Movie Monday 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance Class--Member 07:00p Ballroom Dance Class--Non-member	01:00p India Group 01:00p Pickleball Novice/MTF 01:00p Pottery - Independent Potters Club PM 01:00p Watercolor Class With Pete - Tuesday 01:10p Kickboxing Circuit 01:15p Resistance & Balance Training/T 01:30p Aquatic Core - Core Strength/T&Th 01:30p Guitar - Tuesday 02:05p Italian Group 02:10p Basketball Shoot Around 02:20p Beginning Tai Chi Wu Style/T 02:30p Fitness Challenge H2O Intermediate/T 03:00p Caregiver Support Group 03:00p Stained Glass Class - Afternoon 03:15p Ukulele Fun 04:00p Mosaic Drop-In E 04:00p Pickleball All Lvl/T 04:15p Full Body Blast 04:30p Aqua Mini Dip/T 05:00p Aquatic Healthy Joints Advanced/T&Th 05:00p Knitting at Night 05:00p Pottery - Independent Potters Club E 05:15p Step Aerobics/T PM 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 07:05p Zumba/T	12:30p Mah Jong Chinese 12:45p Chair Yoga/W 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Creative Greeting Cards 01:00p Dance For Parkinsons 01:00p Learn to Draw / Part II 01:00p OPC Book Club 01:00p Pottery - Independent Potters Club Wed 01:00p Table Tennis/MWF 01:45p Qigong & Tai Chi Basics (Yang Style) 02:00p Fitness Challenge H2O Advanced/W 02:00p Open Gym PM/W 02:00p Pickleball Machine Rental 02:00p Yoga Stretch and Strength 04:00p Pickleball All Levels/W PM 05:00p Lapidary & Silversmith Drop In PM 05:00p Strengthen Your Bones Advanced/M&W 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM	01:00p Pottery - Independent Potters Club PM 01:10p Strengthen Your Bones Beginning/Th 01:15p Resistance & Balance Training/Th 01:30p Aquatic Core - Core Strength/T&Th 02:00p Pickleball Novice/Th 2pm 02:00p Pickleball Skills and Drills Clinic L2 04:00p Pickleball Int-Adv/Th 04:30p Drums & More 05:00p Aquatic Healthy Joints Advanced/T&Th 05:00p Governing Board Meeting 05:00p Pottery - Independent Potters Club E 05:30p Age Reversing Essentrics/Th 06:00p Badminton/M&Th 06:45p Muscular Endurance 07:00p HAM RADIO - Intro 07:00p Spanish Beg PM	01:00p French Advanced Class 01:00p Needle Arts-F 01:00p Open Studio Painting Drop-In 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 01:00p Zumba/F 01:30p Movie Matinee 02:00p Fitness Challenge H2O Beginning/F 04:00p Pickleball Int-Adv/F PM 06:00p Family Fun Night 06:00p Pickleball All Lvl/F PM 07:00p Magician Family Night/Adult 07:00p Magician Family Night/Child		
10	11	12	13	14	15	16	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:59a Social/S
	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	07:00a Billiards/S
	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	07:00a Cardio and Weights/S
	06:30a Library	06:30a Library	06:30a Library	06:30a Library	06:30a Library	07:00a Computer Lab Saturday
	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	07:00a Library/S
	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/F	07:00a OPC Visit/S
	06:30a Personal Training	06:30a Personal Training	06:30a Personal Training	06:30a Personal Training	06:30a Personal Training	07:00a Open Swim/S
	06:30a Walking Track	06:30a Walking Track	06:30a Walking Track	06:30a Walking Track	06:30a Walking Track	07:00a Personal Training/S
	07:00a Advanced Strength & Balance/M	07:00a Aquatic Core Advanced/T&TR	07:00a Advanced Strength & Balance/W	07:00a Aquatic Core Advanced/T&TR	07:00a Advanced Strength & Balance/F	07:00a Pickleball All Lvl/S
	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Walking Track - Sat Winter
	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	08:00a Cycling Energy Ride
	08:00a Aquatic Core - Core Strength/M&W	07:30a Advanced Small Group Personal Training/T	08:00a Aquatic Core - Core Strength/M&W	08:00a Ascension Wellness Center Visit	08:00a All Levels Pickleball Ladder/F	08:00a Liquid Boot Camp/S
	08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a Aquatic Core - The Core/F	08:00a Weight Room Orientation
	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Ascension Wellness Center Visit	08:00a Woodshop
	08:00a Crittenton PT	08:00a Weight Room Orientation	08:00a Crittenton PT	08:00a Lapidary Drop-in	08:00a Ask the Nurse	09:00a A Tour Begins
	08:00a Fitness in Motion	08:00a Woodshop	08:00a Fitness in Motion	08:00a Weight Room Orientation	08:00a Fitness in Motion	09:00a Basic Yoga/S
	08:00a The Deep/M&W	08:30a Low Impact Aerobics	08:00a The Deep/M&W	08:00a Woodshop	08:00a The Deep/F	09:00a Basketball 5 on 5/S
	08:00a Weight Room Orientation	09:00a A Tour Begins	08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Weight Room Orientation	09:00a Woodshop Skillbuilding-Bandsaw/Spindle Sander
	08:00a Woodshop	09:00a Cafe	08:00a Woodshop		08:00a Woodshop	09:30a Guitar - Saturday
	09:00a 650 Players Rehearsal	09:00a Counseling Services	09:00a 650 Players Rehearsal	09:00a A Tour Begins	08:00a Woodshop	09:30a LEGO MEETUP
	09:00a A Tour Begins	09:00a Making Waves/T&Th	09:00a A Tour Begins	09:00a Cafe	09:00a A Tour Begins	10:00a Euchere & Pinochle
	09:00a Aqua Strength & Interval/M	09:00a Pottery - Independent Potters Club AM	09:00a Aqua Strength & Interval/W	09:00a Computer Ubuntu Drop-in	09:00a Aqua Strength & Interval/F	10:00a Piano Players Meetup
	09:00a Cafe	09:00a Volleyball Tournament/T	09:00a Ask the Dentist	09:00a Counseling Services Thursday	09:00a Cafe	11:00a Essential Oils
	09:00a Muscles in Motion	09:15a Cycle to the Beat/T	09:00a Cafe	09:00a Counseling Services Thursday	09:00a Flex-N-Foam Roll	11:30a Volleyball All Lvl/S
	09:00a Pickleball Int - Adv/M	09:30a Ascension Hearing & Aid Clean	09:00a Interval Training	09:00a Making Waves/T&Th	09:00a Muscles in Motion	02:00p Pickleball Novice/S
	09:00a Pilates Strength Training	09:30a Back Health/T	09:00a Pilates Beginning	09:00a Pottery - Independent Potters Club AM	09:00a Pottery Wheel	
	09:00a Pottery - Independent Potters Club AM	09:30a Core Strength Advanced/T&Th	09:00a Pottery - Clay Handbuilding	09:00a Volleyball Tournament/R	09:30a Ask the Doctor	
	09:00a Quilting Circle	09:30a Fiber Necklace	09:30a Needle Arts-W	09:00a Volleyball Tournament/R	10:00a Chinese / English	
	09:15a Cycling Ride Rock and Roll	09:30a Knit & Crochet Grp	09:30a Pickleball Lessons Beg/W	09:15a Cycle to the Beat/Th	10:00a Drawing Studio	
	09:30a Euchre Class	10:00a Aqua Fit/T&Th	09:30a Spanish Group	09:30a Back Health/Th	10:00a English Learning Grp	
			09:30a Watercolor Class With Pete - Wednesday	09:30a Core Strength Advanced/T&Th	10:00a Stretch & Balance/F	
					10:00a Water Works Aerobics/F	
					10:15a Cycle to the Beat/F	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	09:30a Woodburning Techniques - Pick a Piece	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Ask the Pharmacist	10:00a Aqua Fit/T&Th	10:30a Beginning Tai Chi Wu Style/F	
	09:30a Zentangle Drop In	10:00a Bridge Amer Strd Tue	10:00a Heart Healthy Fitness	10:00a Aquatic Healthy Joints Beginning/T&Th	11:00a French Group	
	09:45a German Class Intermediate	10:00a Computer Club	10:00a Italian Class	10:00a Euchre Thursday AM	11:30a Chair Yoga/F	
	10:00a Intermediate Knitting	10:00a Cycling Free Demo/T	10:00a Nutrition class	10:30a Strengthen Your Bones Intermediate/T&Th	11:30a Functionally Fit/F	
	10:00a Stretch & Balance/M	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Project Fresh	10:45a Step Aerobics/Th	12:00p Dining Room Lunch	
	10:00a Water Works Aerobics/M&W	10:45a Step Aerobics/T	10:00a Veterans Connection	11:30a Tone Stretch & Balance/T&Th	12:30p Bridge Amer Strd Fri	
	10:30a Computer Apple iPhone	11:30a Tone Stretch & Balance/T&Th	10:30a Beginner Low Impact Ballet	11:45a Yoga A Gentle Beginning/Th	12:30p Hand & Foot / Mexican Train	
	10:30a Zumba/M	11:35a Yoga/T at 11:35 am	10:30a Pickleball Mentor Games/W	12:00p Dining Room Lunch	12:30p Pinochle	
	11:00a Softball Practice	12:00p Dining Room Lunch	10:30a Pickleball Mentoring/W	12:20p Boxing for Parkinsons	01:00p Computer Safety	
	11:30a Core Strength Beginning/M	12:15p Strength & Stretch for Parkinsons	11:00a Polish Group	12:20p Hard Core Strength Training	01:00p French Advanced Class	
	11:30a Functionally Fit/M	12:30p Independent Art Class	11:25a Core Strength Beginning/W	12:20p Pickleball Practice Session Adv 12:30pm	01:00p Needle Arts-F	
	12:00p Aquatic Healthy Joints Advanced/M&W	12:45p German Group	11:30a Pickleball Int-Adv/W	12:30p Bridge - Duplicate Thur. Drop-in	01:00p Open Studio Painting Drop-In	
	12:00p Belly Dance	01:00p Computer 1 on 1 1-2pm	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Metalsmithing Drop-In	01:00p Pickleball Novice/MTF	
	12:00p Dining Room Lunch	01:00p India Group	12:00p Dining Room Lunch	01:00p Adult Day Service Group	01:00p Table Tennis/MWF	
	12:00p Open Gym PM/M	01:00p Pickleball Novice/MTF	12:30p Core Strength Intermediate	01:00p Pottery - Independent Potters Club PM	01:00p Zumba/F	
	12:25p Samba-2nd & 4th	01:00p Pottery - Independent Potters Club PM	12:30p Mah Jong Chinese	01:10p Strengthen Your Bones Beginning/Th	02:00p Fitness Challenge H2O Beginning/F	
	12:30p Bridge Drop-in Mon.	01:00p Watercolor Class With Pete - Tuesday	12:45p Chair Yoga/W	01:15p Resistance & Balance Training/Th	02:00p The Ides of March PM	
	12:30p Circuit Training	01:10p Kickboxing Circuit	01:00p Acrylic Painting-Landscape Painting	01:30p Aquatic Core - Core Strength/T&Th	04:00p Pickleball Int-Adv/F	
	12:30p Mah Jong American	01:15p Resistance & Balance Training/T	01:00p Aquatic Healthy Joints Beginning/M&W	02:00p Pickleball Novice/Th 2pm	06:00p Pickleball All Lvl/F PM	
	12:45p Chair Yoga/M	01:30p Aquatic Core - Core Strength/T&Th	01:00p Dance For Parkinsons	03:00p Pi Day Party		
	01:00p Acrylic Painting	01:30p Guitar - Tuesday	01:00p Learn to Draw / Part II	04:00p Pickleball Int-Adv/Th		
	01:00p Aquatic Healthy Joints Beginning/M&W	02:00p Computer 1 on 1 2-3pm	01:00p Pottery - Independent Potters Club Wed	04:30p Drums & More		
	01:00p Chinese Brush Painting - All Levels	02:05p Italian Group	01:00p Table Tennis/MWF	05:00p Aquatic Healthy Joints Advanced/T&Th		
	01:00p Creation Station - Monday	02:10p Basketball Shoot Around	01:00p Woodshop - Basic Home Tool Kit	05:00p Pottery - Independent Potters Club E		
	01:00p Line Dance Day	02:20p Beginning Tai Chi Wu Style/T	01:00p Zentangle Techniques			
	01:00p Pickleball Novice/MTF					
	01:00p Pottery - Independent Potters Club PM					
	01:00p Table Tennis/MWF					
	02:00p Basic Yoga/M					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	02:00p Fitness Challenge H2O Beginning/M	02:30p Fitness Challenge H2O Intermediate/T	01:45p Qigong & Tai Chi Basics (Yang Style)	05:30p Age Reversing Essentrics/Th		
	02:00p Focus on the Issues	03:00p Stained Glass Class - Afternoon	02:00p Fitness Challenge H2O Advanced/W	06:00p Badminton/M&Th		
	03:00p Tap Dance Beginner			06:00p Theatre Workshop Evening		
	04:00p Pickleball All Lvl/M PM	03:15p Ukulele Fun	02:00p Ken Luk Classical Guitar	06:45p Muscular Endurance		
	05:00p Pottery - Independent Potters Club E	03:30p Terrific Tuesday Guest	02:00p Open Gym PM/W	07:00p Spanish Beg PM		
	05:00p Strengthen Your Bones Advanced/M&W	04:00p Mosaic Drop-In E	02:00p Pickleball Machine Rental			
	06:00p Acrylic Painting - Evening Landscapes	04:00p Pickleball All Lvl/T	02:00p Yoga Stretch and Strength			
	06:00p All About OPC - Spring into Action 2019	04:15p Full Body Blast	02:00p Yoga Stretch and Strength			
	06:00p Badminton/M&Th	04:30p Aqua Mini Dip/T	04:00p Pickleball All Levels/W PM			
	06:00p Meditation Drop-in E	04:30p Terrific Tuesday	05:00p Lapidary & Silversmith Drop In PM			
	06:25p Essentrics Barre	05:00p Aquatic Healthy Joints Advanced/T&Th	05:00p Pottery - Independent Potters Club E	05:00p Strengthen Your Bones Advanced/M&W		
	06:30p Aqua Zumba/M	05:00p Knitting at Night	05:00p Pottery - Independent Potters Club E	06:00p Chess		
	06:30p Power Pedal/M	05:15p Step Aerobics/T PM	05:00p Pottery - Independent Potters Club E	06:30p Basketball 5 on 5/W		
	07:00p Ballroom Dance Class--Member	06:00p Pickleball Round Robin/T	06:00p Chess	06:30p Power Pedal/W		
	07:00p Ballroom Dance Class--Non-member	06:00p Slow Flow Yoga/T	06:30p Zumba/W	06:30p Power Pedal/W		
		07:05p Zumba/T	07:00p Line Dance PM	07:00p Line Dance PM		
17	18	19	20	21	22	23
	06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:59a Social/S
	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	07:00a Billiards/S
	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	07:00a Cardio and Weights/S
	06:30a Library	06:30a Library	06:30a Library	06:30a Library	06:30a Library	07:00a Computer Lab Saturday
	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	07:00a Library/S
	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	07:00a OPC Visit/S
	06:30a Personal Training	06:30a Personal Training	06:30a Personal Training	06:30a Personal Training	06:30a Personal Training	07:00a Open Swim/S
	06:30a Walking Track	06:30a Walking Track	06:30a Walking Track	06:30a Walking Track	06:30a Walking Track	07:00a Personal Training/S
	07:00a Advanced Strength & Balance/M	07:00a Aquatic Core Advanced/T&TR	07:00a Advanced Strength & Balance/W	07:00a Aquatic Core Advanced/T&TR	07:00a Advanced Strength & Balance/F	07:00a Pickleball All Lvl/S
	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Walking Track - Sat Winter
	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	08:00a Cycling Energy Ride
	08:00a Aquatic Core - Core Strength/M&W	07:30a Advanced Small Group Personal Training/T	08:00a Aquatic Core - Core Strength/M&W	08:00a Ascension Wellness Center Visit	08:00a Aquatic Core - The Core/F	08:00a Liquid Boot Camp/S
						08:00a Weight Room Orientation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	08:00a Woodshop
	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Ask the Nurse	09:00a A Tour Begins
	08:00a Crittenton PT	08:00a Weight Room Orientation	08:00a Crittenton PT	08:00a Lapidary Drop-in	08:00a Fitness in Motion	09:00a Basic Yoga/S
	08:00a Fitness in Motion	08:00a Woodshop	08:00a Fitness in Motion	08:00a Weight Room Orientation	08:00a The Deep/F	09:00a Basketball 5 on 5/S
	08:00a The Deep/M&W	08:30a Low Impact Aerobics	08:00a The Deep/M&W	08:00a Woodshop	08:00a Weight Room Orientation	09:30a Guitar - Saturday
	08:00a Weight Room Orientation	09:00a A Tour Begins	08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Woodshop	09:30a Watercolor Workshop with Pete Snodgrass
	08:00a Woodshop	09:00a Cafe	08:00a Woodshop	09:00a 650 Players Rehearsal	09:00a A Tour Begins	10:00a Euchere & Pinochle
	09:00a 650 Players Rehearsal	09:00a Counseling Services	09:00a 650 Players Rehearsal	09:00a A Tour Begins	09:00a Aqua Strength & Interval/F	10:30a Makeup Tips Tricks to Look Younger
	09:00a A Tour Begins	09:00a Making Waves/T&Th	09:00a A Tour Begins	09:00a Cafe	09:00a Counseling Services Thursday	11:30a Volleyball All Lv/S
	09:00a Aqua Strength & Interval/M	09:00a Pottery - Independent Potters Club AM	09:00a Aqua Strength & Interval/W	09:00a Making Waves/T&Th	09:00a Cafe	02:00p Pickleball Novice/S
	09:00a Cafe	09:00a Volleyball Tournament/T	09:00a Cafe	09:00a Pottery - Independent Potters Club AM	09:00a Flex-N-Foam Roll	
	09:00a Indoor Golf Clinic	09:15a Cycle to the Beat/T	09:00a Interval Training	09:00a Pottery - Independent Potters Club AM	09:00a Muscles in Motion	
	09:00a Muscles in Motion	09:30a Back Health/T	09:00a Pilates Beginning	09:00a Volleyball Tournament/R	09:00a Pickleball Int-Adv/F	
	09:00a Pilates Strength Training	09:30a Core Strength Advanced/T&Th	09:00a Pottery - Clay Handbuilding	09:15a Cycle to the Beat/Th	09:00a Pottery Wheel	
	09:00a Pottery - Independent Potters Club AM	09:30a Knit & Crochet Grp	09:30a Needle Arts-W	09:30a Back Health/Th	09:00a Rochester Painted Pot - Large Decorative Bowl	
	09:00a Quilting Circle	10:00a Aqua Fit/T&Th	09:30a Pickleball Lessons Beg/W	09:30a Core Strength Advanced/T&Th	10:00a Chinese / English	
	09:15a Cycling Ride Rock and Roll	10:00a Aquatic Healthy Joints Beginning/T&Th	09:30a Spanish Group	10:00a Aqua Fit/T&Th	10:00a Drawing Studio	
	09:30a Euchre Class	10:00a Bridge Amer Strd Tue	09:30a Watercolor Class With Pete - Wednesday	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a English Learning Grp	
	09:30a Zentangle Drop In	10:00a Computer Club	10:00a Heart Healthy Fitness	10:00a Euchre Thursday AM	10:00a Stretch & Balance/F	
	09:45a German Class Intermediate	10:00a Cycling Free Demo/T	10:00a Italian Class	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Water Works Aerobics/F	
	10:00a Intermediate Knitting	10:00a Fire Department Information Day	10:00a Savvy Seniors 2019	10:45a Step Aerobics/Th	10:15a Cycle to the Beat/F	
	10:00a Stretch & Balance/M	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Water Works Aerobics/M&W	11:30a Tone Stretch & Balance/T&Th	10:30a Beginning Tai Chi Wu Style/F	
	10:00a Water Works Aerobics/M&W	10:45a Step Aerobics/T	10:30a Beginner Low Impact Ballet	11:45a Yoga A Gentle Beginning/Th	11:00a French Group	
	10:30a Computer Apple iPad	11:30a Tone Stretch & Balance/T&Th	10:30a Pickleball Mentor Games/W	12:00p Dining Room Lunch	11:00a Pickleball AllLv/F	
	10:30a Zumba/M	11:35a Yoga/T at 11:35 am	10:30a Pickleball Mentoring/W	12:20p Boxing for Parkinsons	11:30a Chair Yoga/F	
	11:00a Softball Practice	12:00p Dining Room Lunch	11:00a Polish Group	12:20p Hard Core Strength Training	11:30a Functionally Fit/F	
	11:30a Core Strength Beginning/M	12:15p Strength & Stretch for Parkinsons	11:25a Core Strength Beginning/W	12:20p Pickleball Practice Session Adv 12:30pm	12:00p Dining Room Lunch	
	11:30a Functionally Fit/M	12:45p German Group	11:30a Pickleball Int-Adv/W	12:30p Bridge - Duplicate Thur. Drop-in	12:30p Bridge Amer Strd Fri	
	12:00p Aquatic Healthy Joints Advanced/M&W	01:00p Computer 1 on 1 1-2pm	12:00p Aquatic Healthy Joints Advanced/M&W		12:30p Hand & Foot / Mexican Train	
	12:00p Belly Dance				12:30p Pinochle	
					01:00p French Advanced Class	
					01:00p Needle Arts-F	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	12:00p Dining Room Lunch 12:00p Open Gym PM/M 12:30p Bridge Drop-in Mon. 12:30p Circuit Training 12:30p Mah Jong American 12:30p Samba- 1st and 3rd Monday 12:45p Chair Yoga/M 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Chinese Brush Painting - All Levels 01:00p Creation Station - Monday 01:00p Line Dance Day 01:00p Painting on Palette Boards - Spring Greeting Signs 01:00p Pickleball Novice/MTF 01:00p Pottery - Independent Potters Club PM 01:00p Table Tennis/MWF 02:00p Basic Yoga/M 02:00p Fitness Challenge H2O Beginning/M 03:00p Tap Dance Beginner 04:00p Pickleball All Lvl/M PM 05:00p Pottery - Independent Potters Club E 05:00p Strengthen Your Bones Advanced/M&W 06:00p Badminton/M&Th 06:00p Meditation Drop-in E 06:00p Movie Monday 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance Class--Member	01:00p Greeting Cards & Stamping with Sherry 01:00p India Group 01:00p Pickleball Novice/MTF 01:00p Pottery - Independent Potters Club PM 01:00p Watercolor Class With Pete - Tuesday 01:10p Kickboxing Circuit 01:15p Resistance & Balance Training/T 01:30p Aquatic Core - Core Strength/T&Th 01:30p Guitar - Tuesday 02:00p Computer 1 on 1 2-3pm 02:05p Italian Group 02:10p Basketball Shoot Around 02:20p Beginning Tai Chi Wu Style/T 02:30p Fitness Challenge H2O Intermediate/T 03:00p Stained Glass Class - Afternoon 03:15p Ukulele Fun 04:00p Mosaic Drop-In E 04:00p Pickleball All Lvl/T 04:15p Full Body Blast 04:30p Aqua Mini Dip/T 05:00p Aquatic Healthy Joints Advanced/T&Th 05:00p Knitting at Night 05:00p Pottery - Independent Potters Club E 05:15p Step Aerobics/T PM 06:00p Pickleball Int-Adv/T PM 06:00p Slow Flow Yoga/T	12:00p Dining Room Lunch 12:30p Core Strength Intermediate 12:30p Euchre Drop-In 12:30p Mah Jong Chinese 12:45p Chair Yoga/W 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Cant Reach Toes 01:00p Dance For Parkinsons 01:00p Handbuilding Techniques - Pottery 01:00p Learn to Draw / Part II 01:00p Portrait Drawing Intermediate 01:00p Pottery - Independent Potters Club Wed 01:00p Table Tennis/MWF 01:45p Qigong & Tai Chi Basics (Yang Style) 02:00p Fitness Challenge H2O Advanced/W 02:00p Music with Gerry 02:00p Open Gym PM/W 02:00p Pickleball Machine Rental 02:00p Yoga Stretch and Strength 04:00p Pickleball All Levels/W PM 05:00p Lapidary & Silversmith Drop In PM 05:00p Strengthen Your Bones Advanced/M&W 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p Power Pedal/W 06:30p Zumba/W	12:30p Metalsmithing Drop-In 01:00p Computer MAC Enthusiasts 01:00p Pottery - Independent Potters Club PM 01:10p Strengthen Your Bones Beginning/Th 01:15p Resistance & Balance Training/Th 01:30p Aquatic Core - Core Strength/T&Th 02:00p Pickleball Novice/Th 2pm 04:00p Meet Rochester Mayor 04:00p Pickleball Int-Adv/Th 04:30p Drums & More 05:00p Aquatic Healthy Joints Advanced/T&Th 05:00p Pottery - Independent Potters Club E 05:30p Age Reversing Essentrics/Th 06:00p Badminton/M&Th 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Moving Tips 07:00p Novels at Night 07:00p Spanish Beg PM	01:00p Open Studio Painting Drop-In 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 01:00p Zumba/F 01:30p Movie Matinee 02:00p Fitness Challenge H2O Beginning/F 04:00p Pickleball Int-Adv/F PM 06:00p Pickleball All Lvl/F PM	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	07:00p Ballroom Dance Class--Non-member	07:00p Poetry Group E 07:05p Zumba/T	07:00p Line Dance PM			
24	25	26	27	28	29	30
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/M 07:00a Computer Lab - Mon-Fri 07:00a Open Swim/M-F 08:00a Aquatic Core - Core Strength/M&W 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Fitness in Motion 08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Aqua Strength & Interval/M 09:00a Cafe 09:00a Muscles in Motion 09:00a Pickleball Int - Adv/M 09:00a Pilates Strength Training 09:00a Pottery - Independent Potters Club AM 09:00a Quilting Circle	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Open Swim/M-F 07:30a Advanced Small Group Personal Training/T 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 09:00a A Tour Begins 09:00a Cafe 09:00a Counseling Services 09:00a Making Waves/T&Th 09:00a Pottery - Independent Potters Club AM 09:00a Volleyball Tournament/T 09:15a Cycle to the Beat/T 09:30a Back Health/T 09:30a Core Strength Advanced/T&Th 09:30a Knit & Crochet Grp	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/W 07:00a Computer Lab - Mon-Fri 07:00a Open Swim/M-F 08:00a Aquatic Core - Core Strength/M&W 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Fitness in Motion 08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Aqua Strength & Interval/W 09:00a Cafe 09:00a Interval Training 09:00a Pilates Beginning 09:00a Pottery - Clay Handbuilding 09:30a Needle Arts-W 09:30a Pickleball Lessons Beg/W	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Open Swim/M-F 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Lapidary Drop-in 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 09:00a 650 Players Rehearsal 09:00a Cafe 09:00a Computer Ubuntu Drop-in 09:00a Counseling Services Thursday 09:00a Making Waves/T&Th 09:00a Pottery - Independent Potters Club AM 09:00a Volleyball Tournament/R 09:15a Cycle to the Beat/Th 09:30a Back Health/Th	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/F 07:00a Computer Lab - Mon-Fri 07:00a Open Swim/M-F 08:00a Aquatic Core - The Core/F 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Fitness in Motion 08:00a The Deep/F 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/F 09:00a Cafe 09:00a Flex-N-Foam Roll 09:00a Muscles in Motion 09:00a Pickleball Int-Adv/F 09:00a Pottery Wheel 09:30a Ask the Doctor 10:00a Chinese / English 10:00a Drawing Studio 10:00a English Learning Grp 10:00a Stretch & Balance/F	06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S 07:00a Computer Lab Saturday 07:00a Library/S 07:00a OPC Visit/S 07:00a Open Swim/S 07:00a Personal Training/S 07:00a Pickleball All Lvl/S 07:00a Walking Track - Sat Winter 08:00a Cycling Energy Ride 08:00a Liquid Boot Camp/S 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Basic Yoga/S 09:00a Basketball 5 on 5/S 09:30a Guitar - Saturday 10:00a Euchere & Pinochle 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	09:15a Cycling Ride Rock and Roll	10:00a Aqua Fit/T&Th	09:30a Spanish Group	09:30a Core Strength Advanced/T&Th	10:00a Water Works Aerobics/F	
	09:30a Euchre Class	10:00a Aquatic Healthy Joints Beginning/T&Th	09:30a Watercolor Class With Pete - Wednesday	10:00a Aqua Fit/T&Th	10:15a Cycle to the Beat/F	
	09:30a Zentangle Drop In	10:00a Bridge Amer Strd Tue	10:00a Heart Healthy Fitness	10:00a Aquatic Healthy Joints Beginning/T&Th	10:30a Beginning Tai Chi Wu Style/F	
	09:45a German Class Intermediate	10:00a Computer Club	10:00a Italian Class	10:00a Euchre Thursday AM	11:00a French Group	
	10:00a Intermediate Knitting	10:00a Cycling Free Demo/T	10:00a Nutrition class	10:30a Strengthen Your Bones Intermediate/T&Th	11:00a Pickleball AllLv/F	
	10:00a Stretch & Balance/M	10:00a Spring Critters	10:00a Project Fresh	10:45a Step Aerobics/Th	11:30a Chair Yoga/F	
	10:00a Water Works Aerobics/M&W	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Water Works Aerobics/M&W	11:30a Tone Stretch & Balance/T&Th	11:30a Functionally Fit/F	
	10:30a Computer Apple iPad	10:45a Step Aerobics/T	10:30a Beginner Low Impact Ballet	11:30a Yoga A Gentle Beginning/Th	12:00p Dining Room Lunch	
	10:30a Zumba/M	11:30a Tone Stretch & Balance/T&Th	10:30a Pickleball Mentor Games/W	12:00p Dining Room Lunch	12:30p Bridge Amer Strd Fri	
	11:00a Softball Practice	11:35a Yoga/T at 11:35 am	10:30a Pickleball Mentoring/W	12:20p Boxing for Parkinsons	12:30p Hand & Foot / Mexican Train	
	11:30a Core Strength Beginning/M	12:00p Dining Room Lunch	11:00a Polish Group	12:20p Hard Core Strength Training	12:30p Pinochle	
	11:30a Functionally Fit/M	12:15p Strength & Stretch for Parkinsons	11:25a Core Strength Beginning/W	12:20p Pickleball Practice Session Adv 12:30pm	01:00p French Advanced Class	
	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Independent Art Class	11:30a Pickleball Int-Adv/W	12:30p Metalsmithing Drop-In	01:00p Needle Arts-F	
	12:00p Belly Dance	12:45p German Group	12:00p Aquatic Healthy Joints Advanced/M&W	01:00p Fireside Poetry	01:00p Open Studio Painting Drop-In	
	12:00p Dining Room Lunch	01:00p Computer 1 on 1 1-2pm	12:00p Dining Room Lunch	01:00p Pottery - Independent Potters Club PM	01:00p Pickleball Novice/MTF	
	12:00p Open Gym PM/M	01:00p Design and Create Jewelry - Trendy Beaded Necklace	12:30p Core Strength Intermediate	01:15p Resistance & Balance Training/Th	01:00p Table Tennis/MWF	
	12:25p Samba-2nd & 4th	01:00p India Group	12:30p Euchre Drop-In	01:30p Aquatic Core - Core Strength/T&Th	02:00p Fitness Challenge H2O Beginning/F	
	12:30p Bridge Drop-in Mon.	01:00p Pickleball Novice/MTF	12:30p Mah Jong Chinese	02:00p Pickleball Novice/Th 2pm	04:00p Pickleball Int-Adv/F PM	
	12:30p Circuit Training	01:00p Pottery - Independent Potters Club PM	12:45p Chair Yoga/W	04:30p Drums & More	06:00p Pickleball All Lv/F PM	
	12:30p Mah Jong American	01:00p Watercolor Class With Pete - Tuesday	01:00p Acrylic Painting - Seascape Painting	05:00p Aquatic Healthy Joints Advanced/T&Th	07:00p 650 Night Club-Set up	
	12:45p Chair Yoga/M	01:10p Kickboxing Circuit	01:00p Aquatic Healthy Joints Beginning/M&W	05:00p Pottery - Independent Potters Club E		
	12:45p Vintage Views Writers Poets Proofreaders	01:15p Resistance & Balance Training/T	01:00p Dance For Parkinsons			
	01:00p Acrylic Pouring - Glass Easter Eggs	01:30p Aquatic Core - Core Strength/T&Th	01:00p Handbuilding Techniques - Pottery			
	01:00p Aquatic Healthy Joints Beginning/M&W	01:30p Guitar - Tuesday	01:00p Portrait Drawing Intermediate			
	01:00p Chinese Brush Painting - All Levels	02:00p Computer 1 on 1 2-3pm	01:00p Pottery - Independent Potters Club Wed			
	01:00p Creation Station - Monday		01:00p Table Tennis/MWF			
	01:00p Line Dance Day					
	01:00p Pickleball Novice/MTF					
	01:00p Pottery - Independent Potters Club PM					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	01:00p Table Tennis/MWF 02:00p Basic Yoga/M 02:00p Fitness Challenge H2O Beginning/M 02:00p Focus on the Issues 03:00p Tap Dance Beginner 04:00p Pickleball All Lvl/M PM 05:00p Pottery - Independent Potters Club E 05:00p Strengthen Your Bones Advanced/M&W 06:00p Acrylic Painting - Evening Seascapes 06:00p Badminton/M&Th 06:00p Meditation Drop-in E 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance Class--Member 07:00p Ballroom Dance Class--Non-member	02:05p Italian Group 02:10p Basketball Shoot Around 02:20p Beginning Tai Chi Wu Style/T 02:30p Fitness Challenge H2O Intermediate/T 03:00p Stained Glass Class - Afternoon 03:15p Ukulele Fun 04:00p Mosaic Drop-In E 04:00p Pickleball All Lvl/T 04:15p Full Body Blast 04:30p Aqua Mini Dip/T 05:00p Aquatic Healthy Joints Advanced/T&Th 05:00p Knitting at Night 05:00p Pottery - Independent Potters Club E 05:15p Step Aerobics/T PM 06:00p Pickleball Int-Adv/T PM 06:00p Slow Flow Yoga/T 06:00p Woodshop Safety 07:05p Zumba/T	01:00p Woodshop Drop-in Practice 01:30p Bingo Mania 01:45p Qigong & Tai Chi Basics (Yang Style) 02:00p Fitness Challenge H2O Advanced/W 02:00p Open Gym PM/W 02:00p Pickleball Machine Rental 02:00p Yoga Stretch and Strength 04:00p Pickleball All Levels/W PM 05:00p Lapidary & Silversmith Drop In PM 05:00p Strengthen Your Bones Advanced/M&W 06:00p Chess 06:00p Dinner with the Doc 06:30p Basketball 5 on 5/W 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM	05:30p Age Reversing Essentrics/Th 06:00p Badminton/M&Th 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Open Mic Nite 07:00p Spanish Beg PM		
31						