

## Older Persons' Commission

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
06:29a Social	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	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	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	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	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/Th 06:30a Personal Training	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 Walking Track	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	07:00a Aquatic Core Advanced/T&TR	06:30a Walking Track	07:00a Personal Training/S
07:00a Advanced Strength & Balance/M	07:00a Aquatic Core Advanced/T&TR	07:00a Aquatic Core Advanced/T&TR	07:00a Advanced Strength & Balance/W	07:00a Computer Lab - Mon- Fri	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 Open Swim/M-F	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	08:00a Ascension Wellness Center Visit	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 Aquatic Core - Core Strength/M&W	08:00a Ask the Nurse	08:00a Aquatic Core - The Core/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 Ascension Wellness Center Visit	08:00a Crittenton PT	08:00a Ascension Wellness Center Visit	08:00a Weight Room Orientation
08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Lapidary Drop-in	08:00a Ask the Nurse	08:00a Woodshop
08:00a Crittenton PT	08:00a Rise & Shine/Wellness Breakfast	08:00a Crittenton PT	08:00a Crittenton PT	08:00a Weight Room Orientation	08:00a Fitness in Motion	09:00a 650 Players Rehearsal
08:00a Fitness in Motion	08:00a Weight Room Orientation	08:00a Fitness in Motion	08:00a Fitness in Motion	08:00a Woodshop	08:00a The Deep/F	09:00a A Tour Begins
08:00a The Deep/M&W	08:00a Woodshop	08:00a The Deep/M&W	08:00a The Deep/M&W	08:30a Low Impact Aerobics	08:00a Weight Room Orientation	09:00a Basic Yoga/S
08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Weight Room Orientation	08:00a Weight Room Orientation	08:30a Volleyball Tournament/Th	08:00a Woodshop	09:00a Basketball 5 on 5/S
08:00a Woodshop	09:00a A Tour Begins	08:00a Woodshop	09:00a A Tour Begins	09:00a 650 Players Rehearsal	09:00a A Tour Begins	09:30a Guitar - Saturday
09:00a 650 Players Rehearsal	09:00a Cafe	09:00a 650 Players Rehearsal	09:00a 650 Players Rehearsal	09:00a A Tour Begins	09:00a Aqua Strength & Interval/F	10:00a EUCHRE - Saturday drop-in
09:00a A Tour Begins	09:00a Counseling Services	09:00a A Tour Begins	09:00a A Tour Begins	09:00a Cafe	09:00a Ascension Bone Density Scrng	10:00a PINOCHLE - Saturday Drop-in
09:00a Aqua Strength & Interval/M	09:00a Making Waves/T&Th	09:00a Aqua Strength & Interval/W	09:00a Aqua Strength & Interval/W	09:00a Counseling Services Thursday	09:00a Cafe	11:30a Volleyball All Lvl/S
09:00a Cafe	09:00a Pottery - Independent Potters Club AM	09:00a Cafe	09:00a Cafe	09:00a Making Waves/T&Th	09:00a Flex-N-Foam Roll	02:00p Pickleball Novice/S
09:00a Muscles in Motion	09:00a Volleyball Tournament/T	09:00a Interval Training	09:00a Interval Training	09:00a Pottery - Independent Potters Club AM	09:00a Muscles in Motion	
09:00a Pickleball Int - Adv/M	09:15a Cycle to the Beat/T	09:00a Pilates Beginning	09:00a Pilates Beginning	09:15a Cycle to the Beat/Th	09:00a Pickleball Int-Adv/F	
09:00a Pilates Strength Training	09:30a Back Health/T	09:00a Pottery - Clay Handbuilding	09:00a Pottery - Clay Handbuilding	09:30a Back Health/Th	09:00a Pottery Wheel	
09:00a Pottery - Independent Potters Club AM	09:30a Core Strength Advanced/T&Th	09:30a Ask the Resident	09:30a Ask the Resident	09:30a Core Strength Advanced/T&Th	09:30a Ask the Doctor	
09:00a Quilting Circle	09:30a Knit & Crochet Grp	09:30a Needle Arts-W	09:30a Needle Arts-W	10:00a Aqua Fit/T&Th	10:00a Chinese / English	
09:30a Zentangle Drop In - Spin Zentangle	09:30a Mosaic Tile Class - Brilliant Butterfly	09:30a Pickleball Lessons Beg/W	09:30a Pickleball Lessons Beg/W	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a English Learning Grp	
					10:00a Stretch & Balance/F	
					10:00a Water Works Aerobics/F	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	09:45a German Class Intermediate	10:00a Aqua Fit/T&Th	09:30a Spanish Group	10:00a Euchre Thursday AM	10:15a Cycle to the Beat/F	
	10:00a Intermediate Knitting	10:00a Aquatic Healthy Joints Beginning/T&Th	09:30a Watercolor Class With Pete - Wednesday	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Beginning Tai Chi Wu Style/F	
	10:00a Meet the RH Mayor	10:00a Bridge Amer Strd Tue	10:00a Heart Healthy Fitness	10:45a Step Aerobics/Th	11:00a French Group	
	10:00a Stretch & Balance/M	10:00a Computer Club	10:00a Italian Class	11:30a Tone Stretch & Balance/T&Th	11:00a Pickleball AllLv/F	
	10:00a Water Works Aerobics/M&W	10:00a Cycling Free Demo/T	10:00a Nutrition class	11:45a Yoga A Gentle Beginning/Th	11:30a Chair Yoga/F	
	10:15a Cycling Ride Rock and Roll	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Pick-A-Puzzle	12:00p Boxing for Parkinsons-A	11:30a Functionally Fit/F	
	10:30a Computer Apple iPhone	10:45a Step Aerobics/T	10:00a Project Fresh	12:00p Dining Room Lunch Parkinsons-A	12:00p Dining Room Lunch	
	10:30a Zumba/M	11:30a Tone Stretch & Balance/T&Th	10:00a Water Works Aerobics/M&W	12:20p Hard Core Strength Training	12:30p Bridge Amer Strd Fri	
	11:00a Pickleball Practice Session Nov/Int	11:35a Yoga/T at 11:35 am	10:30a Beginner Low Impact Ballet	12:20p Pickleball Practice Session Adv 12:30pm	12:30p Hand & Foot / Mexican Train	
	11:25a Functionally Fit/M	12:00p Dining Room Lunch	10:30a Pickleball Games/W	12:30p Bridge - Duplicate Thur. Drop-in	12:30p Pinochle	
	11:30a Core Strength Beginning/M	12:15p Strength & Stretch for Parkinsons	10:30a Pickleball Mentoring/W	12:30p Metalsmithing Drop-In	01:00p Needle Arts-F	
	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Independent Art Class	11:00a Polish Group	01:00p Boxing for Parkinsons-B	01:00p Open Studio Painting Drop-In	
	12:00p Belly Dance	12:45p German Group	11:25a Core Strength Beginning/W	01:00p Computer MAC Enthusiasts	01:00p Pickleball Novice/MTF	
	12:00p Dining Room Lunch	01:00p India Group	11:30a Pickleball Int-Adv/W	01:00p Pottery - Independent Potters Club PM	01:00p Table Tennis/MWF	
	12:30p Bridge Drop-in Mon.	01:00p Pickleball Novice/MTF	12:00p Aquatic Healthy Joints Advanced/M&W	01:00p Pottery - Independent Potters Club PM	01:00p Zumba/F	
	12:30p Circuit Training	01:00p Pottery - Independent Potters Club PM	12:00p Dining Room Lunch	01:10p Strengthen Your Bones Beginning/Th	01:30p Movie Matinee	
	12:30p Mah Jong American	01:00p Watercolor Class With Pete - Tuesday	12:00p Learn More Now	01:15p Resistance & Balance Training/Th	02:00p Fitness Challenge H2O Beginning/F	
	12:30p Samba- 1st and 3rd Monday	01:15p Resistance & Balance Training/T	12:30p Core Strength Intermediate	01:30p Aquatic Core - Core Strength/T&Th	04:00p Pickleball Int-Adv/F PM	
	12:45p Chair Yoga/M	01:30p Aquatic Core - Core Strength/T&Th	12:30p Euchre Drop-In	02:00p Pickleball Novice/Th 2pm	06:00p Pickleball All Lv/F PM	
	01:00p Aquatic Healthy Joints Beginning/M&W	01:30p Guitar - Tuesday	12:30p Mah Jong Chinese	02:15p Tai Chi With Chair		
	01:00p Chinese Brush Painting - All Levels	02:05p Italian Group	12:45p Chair Yoga/W	04:00p Pickleball Int-Adv/Th		
	01:00p Creation Station - Monday	02:10p Basketball Shoot Around	01:00p Aquatic Healthy Joints Beginning/M&W	04:30p Drums & More		
	01:00p Line Dance Day	02:20p Beginning Tai Chi Wu Style/T	01:00p Button Necklace	05:00p Aquatic Healthy Joints Advanced/T&Th		
	01:00p Pickleball Novice/MTF	02:30p Fitness Challenge H2O Intermediate/T	01:00p Dance For Parkinsons	05:00p Governing Board Meeting		
	01:00p Pottery - Independent Potters Club PM	03:00p Caregiver Support Group	01:00p OPC Book Club			
	01:00p Table Tennis/MWF		01:00p Portrait Drawing Intermediate			
	02:00p Basic Yoga/M		01:00p Pottery - Independent Potters Club Wed			
			01:00p Table Tennis/MWF			

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<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	02:00p Fitness Challenge H2O Beginning/M 02:30p 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 07:00p Ballroom Dance Class--Non-member	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 07:05p Zumba/T	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 05:30p Aqua Yoga 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM	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		
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	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	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	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	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym/Th 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 Crittenton PT 08:00a Lapidary Drop-in	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	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 650 Players Rehearsal

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7	8	9	10	11	12	13
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 Acrylic Painting Techniques - Palette Knife Techniques 09:00a Aqua Strength & Interval/M 09:00a Cafe 09:00a Medicare & Medicaid Assistance 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 09:30a Zentangle Drop In - Spin Zentangle 09:45a German Class Intermediate 10:00a Stretch & Balance/M 10:00a Water Works Aerobics/M&W 10:15a Cycling Ride Rock and Roll 10:30a Computer Apple iPhone 10:30a Zumba/M 11:00a Pickleball Practice Session Nov/Int 11:25a Functionally Fit/M	08:00a Ask the Nurse 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Ask the Ortho Dr. 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 Ascension Hearing & Aid Clean 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 Strd Tue 10:00a Computer Club 10:00a Cycling Free Demo/T 10:00a Painting With A Twist - Happy Hydrangeas 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	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 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 Ascension Hearing & Aid Clean 09:30a Back Health/T 09:30a Core Strength Advanced/T&Th 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 Nutrition class 10:00a Project Fresh 10:00a Veterans Connection 10:00a Water Works Aerobics/M&W 10:30a Beginner Low Impact Ballet 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W	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 Ask the Dentist 09:00a Cafe 09:00a Interval Training 09:00a Pilates Beginning 09:00a Pottery - Clay Handbuilding 09:30a Ask the Resident 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 Nutrition class 10:00a Project Fresh 10:00a Veterans Connection 10:00a Water Works Aerobics/M&W 10:30a Beginner Low Impact Ballet 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W	08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 08:30a Volleyball Tournament/Th 09:00a 650 Players Rehearsal 09:00a A Tour Begins 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 09:15a 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 10:00a Euchre Thursday AM 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 Boxing for Parkinsons-A 12:00p Dining Room Lunch 12:20p Hard Core Strength Training 12:20p Pickleball Practice Session Adv 12:30pm 12:30p Bridge - Duplicate Thur. Drop-in	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 09:00a Printmaking Techniques - Foam Core Prints 09:00a Speed Pickleball 09:30a Ask the Doctor 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 11:00a Pickleball AllLv/F 11:30a Chair Yoga/F 11:30a Functionally Fit/F 12:00p Dining Room Lunch 12:30p Bridge Amer Strd Fri 12:30p Hand & Foot / Mexican Train 12:30p Pinochle 01:00p Needle Arts-F 01:00p Open Studio Painting Drop-In 01:00p Pickleball Novice/MTF	09:00a A Tour Begins 09:00a Basic Yoga/S 09:00a Basketball 5 on 5/S 09:30a Guitar - Saturday 09:30a LEGO MEETUP 10:00a EUCHRE - Saturday drop-in 10:00a Piano Players Meetup 10:00a PINOCHLE - Saturday Drop-in 11:00a HAM RADIO - Intro 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S

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7	8	9	10	11	12	13
	11:30a Core Strength Beginning/M	12:30p Independent Art Class	11:00a French Advanced Class	12:30p Metalsmithing Drop-In	01:00p Table Tennis/MWF	
	12:00p Aquatic Healthy Joints Advanced/M&W	12:45p German Group	11:00a Polish Group	01:00p Adult Day Service Group	01:00p Zumba/F	
	12:00p Ask the Attorney AM	01:00p India Group	11:25a Core Strength Beginning/W	01:00p Ascension CPR Class	02:00p Fitness Challenge H2O Beginning/F	
	12:00p Belly Dance	01:00p Pickleball Novice/MTF	11:30a Pickleball Int-Adv/W	01:00p Boxing for Parkinsons-B	04:00p Pickleball Int-Adv/F PM	
	12:00p Dining Room Lunch	01:00p Pottery - Independent Potters Club PM	12:00p Aquatic Healthy Joints Advanced/M&W	01:00p Greeting Cards & Stamping with Sherry	06:00p Pickleball All Lvl/F PM	
	12:25p Samba-2nd & 4th	01:00p Watercolor Class With Pete - Tuesday	12:00p Dining Room Lunch	01:00p Pottery - Independent Potters Club PM		
	12:30p Bridge Drop-in Mon.	01:15p Resistance & Balance Training/T	12:30p Core Strength Intermediate	01:10p Strengthen Your Bones Beginning/Th		
	12:30p Circuit Training	01:30p Aquatic Core - Core Strength/T&Th	12:30p Mah Jong Chinese	01:15p Resistance & Balance Training/Th		
	12:30p Mah Jong American	01:30p Guitar - Tuesday	12:45p Chair Yoga/W	01:30p Aquatic Core - Core Strength/T&Th		
	12:45p Chair Yoga/M	02:00p Computer 1 on 1 2-3pm	01:00p Aquatic Healthy Joints Beginning/M&W	02:00p Pickleball Novice/Th 2pm		
	01:00p Aquatic Healthy Joints Beginning/M&W	02:05p Italian Group	01:00p Button Necklace	02:15p Tai Chi With Chair		
	01:00p Chinese Calligraphy	02:10p Basketball Shoot Around	01:00p Dance For Parkinsons	04:00p Pickleball Int-Adv/Th		
	01:00p Creation Station - Monday	02:20p Beginning Tai Chi Wu Style/T	01:00p Pottery - Independent Potters Club Wed	04:30p Drums & More		
	01:00p Line Dance Day	02:30p Fitness Challenge H2O Intermediate/T	01:00p Table Tennis/MWF	05:00p Aquatic Healthy Joints Advanced/T&Th		
	01:00p Pickleball Novice/MTF	03:00p Stained Glass Class - Afternoon	01:30p Cynthia Gayles in concert	05:00p Pottery - Independent Potters Club E		
	01:00p Pottery - Independent Potters Club PM	03:15p Ukulele Fun	01:45p Qigong & Tai Chi Basics (Yang Style)	05:30p Age Reversing Essentrics/Th		
	01:00p Table Tennis/MWF	03:30p Terrific Tuesday Guest	02:00p Fitness Challenge H2O Advanced/W	06:00p 2019 Volunteer Recognition		
	02:00p Basic Yoga/M	04:00p Mosaic Drop-In E	02:00p Open Gym PM/W	06:00p Badminton/M&Th		
	02:00p Fitness Challenge H2O Beginning/M	04:00p Pickleball All Lvl/T	02:00p Pickleball Machine Rental	06:30p Box Fit 101		
	02:00p Focus on the Issues	04:15p Full Body Blast	02:00p Yoga Stretch and Strength	06:45p Muscular Endurance		
	04:00p Pickleball All Lvl/M PM	04:30p Aqua Mini Dip/T	03:00p Oakland University Lecture			
	05:00p Pottery - Independent Potters Club E	04:30p Terrific Tuesday	04:00p Pickleball All Levels/W PM			
	05:00p Strengthen Your Bones Advanced/M&W	05:00p Aquatic Healthy Joints Advanced/T&Th	05:00p Lapidary & Silversmith Drop In PM			
	06:00p Badminton/M&Th	05:00p Knitting at Night				
	06:00p Chinese Brush Painting - Evening	05:00p Pottery - Independent Potters Club E				
	06:00p Meditation Drop-in E	05:15p Step Aerobics/T PM				
	06:25p Essentrics Barre					
	06:30p Aqua Zumba/M					
	06:30p Power Pedal/M					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	07:00p Ballroom Dance Class--Member 07:00p Ballroom Dance Class--Non-member	06:00p Pickleball Int-Adv/T PM 06:00p Slow Flow Yoga/T 07:05p Zumba/T	05:00p Strengthen Your Bones Advanced/M&W 05:30p Aqua Yoga 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p Computer Chromebook 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM			
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	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	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 650 Players Rehearsal 09:00a A Tour Begins 09:00a Cafe 09:00a Counseling Services 09:00a Making Waves/T&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/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	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym/Th 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 07:45a Teepa Snow 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 08:00a Woodshop 08:30a Low Impact Aerobics 08:30a Volleyball Tournament/Th 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Cafe	BUILDING CLOSED	BUILDING CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	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 09:30a Zentangle Drop In - Spin Zentangle 09:45a German Class Intermediate 10:00a Stretch & Balance/M 10:00a Water Works Aerobics/M&W 10:15a Cycling Ride Rock and Roll 10:30a Zumba/M 11:00a Pickleball Practice Session Nov/Int 11:25a Functionally Fit/M 11:30a Core Strength Beginning/M 12:00p Aquatic Healthy Joints Advanced/M&W 12:00p Belly Dance 12:00p Dining Room Lunch 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 Bookfolding - Hedgehog Message Keeper 01:00p Chinese Calligraphy 01:00p Creation Station - Monday	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 Strd Tue 10:00a Computer Club 10:00a Cycling Free Demo/T 10:00a Fire Department Information Day 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 India Group 01:00p Pickleball Novice/MTF 01:00p Pottery - Independent Potters Club PM 01:00p Watercolor Class With Pete - Tuesday 01:15p Resistance & Balance Training/T 01:30p Aquatic Core - Core Strength/T&Th	09:00a Cafe 09:00a Interval Training 09:00a Medicare & Medicaid Assistance 09:00a Pilates Beginning 09:00a Pottery - Clay Handbuilding 09:30a Ask the Resident 09:30a Needle Arts-W 09:30a Pickleball Lessons Beg/W 09:30a Spanish Group 09:30a Watercolor Class With Pete - Wednesday 10:00a Heart Healthy Fitness 10:00a Italian Class 10:00a Project Fresh 10:00a Savvy Seniors 2019 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 French Advanced Class 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 12:30p Mah Jong Chinese 12:45p Chair Yoga/W	09:00a Counseling Services Thursday 09:00a Making Waves/T&Th 09:00a Pottery - Independent Potters Club AM 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 10:00a Euchre Thursday AM 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 Boxing for Parkinsons-A 12:00p Dining Room Lunch Games/W 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 Boxing for Parkinsons-B 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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	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 Bookfolding Evening 06:00p Chinese Brush Painting - Evening 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	01:30p Guitar - Tuesday 02:00p Computer 1 on 1 2-3pm 02:00p Reimagine End of Life 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 Acrylic Painting Techniques - Palette Knife Techniques 06:00p Pickleball Int-Adv/T PM 06:00p Slow Flow Yoga/T 07:00p Poetry Group E 07:05p Zumba/T	01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Dance For Parkinsons 01:00p Polymer Clay Jewelry 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 03:00p Oakland University Lecture 04:00p Pickleball All Levels/W PM 05:00p Lapidary & Silversmith Drop In PM 05:00p Strengthen Your Bones Advanced/M&W 05:30p Aqua Yoga 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM 07:00p REWIRED NOT RETIRED VOLUNTEERISM	01:30p Aquatic Core - Core Strength/T&Th 02:00p Pickleball Novice/Th 2pm 02:15p Tai Chi With Chair 04:00p Meet Rochester Mayor 04:00p Pickleball Int-Adv/Th  BUILDING CLOSED AT 4:00 PM		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	BUILDING CLOSED	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library	06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S 07:00a Computer Lab Saturday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
		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 650 Players Rehearsal 09:00a A Tour Begins 09:00a Ask the Ortho Dr. 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 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th	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 09:30a Ask the Resident 09:30a Needle Arts-W 09:30a Pickleball Lessons Beg/W 09:30a Spanish Group 09:30a Watercolor Class With Pete - Wednesday 10:00a Heart Healthy Fitness 10:00a Italian Class 10:00a New Member Coffee Morning	06:30a OPC Visit 06:30a Open Gym/Th 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 Crittenton PT 08:00a Lapidary Drop-in 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 08:30a Volleyball Tournament/Th 09:00a 650 Players Rehearsal 09:00a A Tour Begins 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 09:15a 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 10:00a Euchre Thursday AM 10:30a Strengthen Your Bones Intermediate/T&Th	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 Visually Impaired Support Group 2018 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 Calligraphy Basics 10:00a Chinese / English 10:00a English Learning Grp 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	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 650 Players Rehearsal 09:00a A Tour Begins 09:00a Basic Yoga/S 09:00a Basketball 5 on 5/S 09:00a Woodshop Project Class - Toy Cars 09:30a Guitar - Saturday 10:00a EUCHRE - Saturday drop-in 10:00a PINOCHLE - Saturday Drop-in 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
		10:00a Bridge Amer Strd 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 12:45p German Group 01:00p India Group 01:00p Pickleball Novice/MTF 01:00p Pottery - Independent Potters Club PM 01:00p Watercolor Class With Pete - Tuesday 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	10:00a Project Fresh 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 French Advanced Class 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 12:30p Mah Jong Chinese 12:45p Chair Yoga/W 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Dance For Parkinsons 01:00p Finger Knitting 01:00p Greece pre-trip mtg 01:00p Polymer Clay Jewelry 01:00p Pottery - Independent Potters Club Wed 01:00p Table Tennis/MWF 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	10:45a Step Aerobics/Th 11:30a Tone Stretch & Balance/T&Th 11:45a Yoga A Gentle Beginning/Th 12:00p Boxing for Parkinsons-A 12:00p Dining Room Lunch 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 Boxing for Parkinsons-B 01:00p Fireside Poetry 01:00p Pottery - Independent Potters Club PM 01:00p Womens Luncheon 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 02:15p Tai Chi With Chair 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	11:00a French Group 11:00a Pickleball AllLvl/F 11:30a Chair Yoga/F 11:30a Functionally Fit/F 12:00p Dining Room Lunch 12:30p Bridge Amer Strd Fri 12:30p Hand & Foot / Mexican Train 12:30p Pinochle 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 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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
		04:15p Full Body Blast 04:30p Aqua Mini Dip/T 05:00p Aquatic Healthy Joints Advanced/T&Th 05:00p Ask the Attorney PM 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 06:30p Fish Tales 07:05p Zumba/T	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 05:30p Aqua Yoga 06:00p Chess 06:00p Dinner with the Doc 06:00p New Member Coffee Evening 06:30p Basketball 5 on 5/W 06:30p FITNESS APPS 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM	06:30p Box Fit 101 06:45p Muscular Endurance		
<b>28</b>	<b>29</b>	<b>30</b>				
	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	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				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28</b>	<b>29</b>	<b>30</b>				
	08:00a Ask the Nurse	08:00a Ask the Nurse				
	08:00a Crittenton PT	08:00a Weight Room Orientation				
	08:00a Fitness in Motion					
	08:00a The Deep/M&W	08:00a Woodshop				
	08:00a Weight Room Orientation	08:30a Low Impact Aerobics				
	08:00a Woodshop	09:00a A Tour Begins				
	09:00a 650 Players Rehearsal	09:00a Cafe				
	09:00a A Tour Begins	09:00a Counseling Services				
	09:00a Aqua Strength & Interval/M	09:00a Macrame Techniques - Boho Wall Hanging				
	09:00a Cafe	09:00a Making Waves/T&Th				
	09:00a Muscles in Motion	09:00a Pottery - Independent Potters Club AM				
	09:00a Pickleball Int - Adv/M	09:00a Volleyball Tournament/T				
	09:00a Pilates Strength Training	09:15a Cycle to the Beat/T				
	09:00a Pottery - Independent Potters Club AM	09:30a Back Health/T				
	09:00a Quilting Circle	09:30a Core Strength Advanced/T&Th				
	09:30a Zentangle Drop In - Spin Zentangle	09:30a Knit & Crochet Grp				
	09:45a German Class Intermediate	10:00a Aqua Fit/T&Th				
	10:00a Knitting For Beginners	10:00a Aquatic Healthy Joints Beginning/T&Th				
	10:00a Stretch & Balance/M	10:00a Bridge Amer Strd Tue				
	10:00a Water Works Aerobics/M&W	10:00a Computer Club				
	10:15a Cycling Ride Rock and Roll	10:00a Cycling Free Demo/T				
	10:30a Computer Apple iPad	10:30a Strengthen Your Bones Intermediate/T&Th				
	10:30a Zumba/M	10:45a Step Aerobics/T				
	11:00a Pickleball Practice Session Nov/Int	11:30a Tone Stretch & Balance/T&Th				
	11:00a Spanish Beginner	11:35a Yoga/T at 11:35 am				
	11:25a Functionally Fit/M	12:00p Dining Room Lunch				
	11:30a Core Strength Beginning/M	12:00p Magic of the Movies/Tuesday				
	12:00p Aquatic Healthy Joints Advanced/M&W	12:15p Strength & Stretch for Parkinsons				
		12:30p Independent Art Class				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30				
	12:00p Belly Dance	12:45p German Group				
	12:00p Dining Room Lunch	01:00p Computer 1 on 1 1-2pm				
	12:30p Bridge Drop-in Mon.	01:00p Design and Create Jewelry- Upcycled Necklace				
	12:30p Circuit Training	01:00p India Group				
	12:30p Mah Jong American	01:00p Pickleball Novice/MTF				
	12:45p Chair Yoga/M	01:00p Pottery - Independent Potters Club PM				
	01:00p Aquatic Healthy Joints Beginning/M&W	01:15p Resistance & Balance Training/T				
	01:00p Chinese Brush Painting - All Levels	01:30p Aquatic Core - Core Strength/T&Th				
	01:00p Creation Station - Monday	01:30p Guitar - Tuesday				
	01:00p Greeting Cards & Stamping with Sherry	02:00p Computer 1 on 1 2-3pm				
	01:00p Pickleball Novice/MTF	02:05p Italian Group				
	01:00p Pottery - Independent Potters Club PM	02:10p Basketball Shoot Around				
	01:00p Table Tennis/MWF	02:20p Beginning Tai Chi Wu Style/T				
	02:00p Basic Yoga/M	02:30p Fitness Challenge H2O Intermediate/T				
	02:00p Fitness Challenge H2O Beginning/M	03:15p Ukulele Fun				
	04:00p Pickleball All Lvl/M PM	04:00p Mosaic Drop-In E				
	05:00p Pottery - Independent Potters Club E	04:00p Pickleball All Lvl/T				
	05:00p Strengthen Your Bones Advanced/M&W	04:15p Full Body Blast				
	06:00p Badminton/M&Th	04:30p Aqua Mini Dip/T				
	06:00p Meditation Drop-in E	05:00p Aquatic Healthy Joints Advanced/T&Th				
	06:25p Essentrics Barre	05:00p Knitting at Night				
	06:30p Aqua Zumba/M	05:00p Pottery - Independent Potters Club E				
	06:30p Power Pedal/M	05:15p Step Aerobics/T PM				
	07:00p Ballroom Dance Class--Member	06:00p Pickleball Int-Adv/T PM				
	07:00p Ballroom Dance Class--Non-member	06:00p Slow Flow Yoga/T				
		07:05p Zumba/T				