

Older Persons' Commission

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			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	07:00a Billiards/S
			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	07:00a Computer Lab Saturday
			06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	07:00a Critt Fit Challenge Rpt
			06:30a Open Gym AM/MTWTh	06:30a Open Gym/Th	06:30a Open Gym AM/F	07:00a Library/S
			06:30a Personal Training	06:30a Open Swim/T&Th	06:30a Personal Training	07:00a OPC Visit/S
			06:30a Walking Track	06:30a Personal Training	06:30a Walking Track	07:00a Open Swim/S
			07:00a Advanced Strength & Balance/W	06:30a Walking Track	07:00a Advanced Strength & Balance/F	07:00a Personal Training/S
			07:00a Computer Lab - Mon- Fri	07:00a Aquatic Core Advanced/T&TR	07:00a Computer Lab - Mon- Fri	07:00a Pickleball All Lvl/S
			07:00a Critt Fit Challenge Rpt	07:00a Computer Lab - Mon- Fri	07:00a Critt Fit Challenge Rpt	07:00a Pickleball All Lvl/S
			07:00a Open Swim/M-F	07:00a Critt Fit Challenge Rpt	07:00a Open Swim/M-F	07:00a Pickleball All Lvl/S
			08:00a Aquatic Core - Core Strength/M&W	07:00a Open Swim/M-F	08:00a All Levels Pickleball Ladder/F	07:00a Walking Track - Sat Winter
			08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a Aquatic Core - The Core/F	08:00a Cycling Energy Ride
			08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	08:00a Liquid Boot Camp/S
			08:00a Crittenton PT	08:00a Crittenton PT	08:00a Ask the Nurse	08:00a Weight Room Orientation
			08:00a Fitness in Motion	08:00a Lapidary Drop-in	08:00a Fitness in Motion	09:00a A Tour Begins
			08:00a The Deep/M&W	08:00a Weight Room Orientation	08:00a The Deep/F	09:00a Basic Yoga/S
			08:00a Weight Room Orientation	08:00a Woodshop	08:00a Weight Room Orientation	09:00a Basketball 5 on 5/S
			08:00a Woodshop	08:30a Low Impact Aerobics	08:00a Woodshop	09:30a Guitar - Saturday
			09:00a A Tour Begins	08:30a Volleyball Tournament/Th	09:00a A Tour Begins	11:30a Volleyball All Lvl/S
			09:00a Aqua Strength & Interval/W	09:00a A Tour Begins	09:00a Aqua Strength & Interval/F	01:00p Magic of the Movies/Sat. Matinee
			09:00a Cafe	09:00a Cafe	09:00a Ascension Bone Density Scrng	02:00p Pickleball Novice/S
			09:00a Interval Training	09:00a Counseling Services Thursday		
			09:00a Pilates Beginning	09:00a Making Waves/T&Th		
			09:00a Pottery - Clay Handbuilding	09:00a Pottery - Independent Potters Club AM	09:00a Cafe	
			09:30a Ask the Resident	09:15a Cycle to the Beat/Th	09:00a Flex-N-Foam Roll	
			09:30a Needle Arts-W	09:30a Back Health/Th	09:00a Ladies Bike Out	
			09:30a Pickleball Lessons Beg/W	09:30a Core Strength Advanced/T&Th	09:00a Muscles in Motion	
				10:00a Aqua Fit/T&Th	09:00a Pickleball Int-Adv/M	
					09:00a Pottery Wheel	
					09:30a Ask the Doctor	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			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 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 12:00p Magic of the Movies/Wednesday 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 Learn to Draw / Part II 01:00p OPC Book Club 01:00p Pottery - Independent Potters Club Wed	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 12:00p Magic of the Movies/Thursday 12:00p Pickleball Practice Session ADV 12:20p Hard Core Strength Training 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 01:30p Aquatic Core - Core Strength/T&Th 02:00p Pickleball Machine Rental 02:00p Pickleball Novice/Th 2pm 02:00p Pickleball Skills & Drills L1	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 11:00a French Group 11:30a Chair Yoga/F 11:30a Functionally Fit/F 12:00p Dining Room Lunch 12:00p Magic of the Movies/Friday 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
28	29	30	1	2	3	4
			01:00p Table Tennis/MWF 01:00p Zentangle Techniques - Flower Project 01:45p Qigong & Tai Chi Basics (Yang Style) 02:00p Fitness Challenge H2O Advanced/W 02:00p Pickleball Machine Rental 02:00p Pickleball Novice / W 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 A Perfect Pairing 06:00p Chess 06:00p Parkinsons Support 06:30p Basketball 5 on 5/W 06:30p Power Pedal/W 06:30p Zumba/W	02:00p Pickleball Skills & Drills L1 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 Governing Board Meeting 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		
5	6	7	8	9	10	11
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 Critt Fit Challenge Rpt	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 Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri	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 Critt Fit Challenge Rpt	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 Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt	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 Critt Fit Challenge Rpt	06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S 07:00a Computer Lab Saturday 07:00a Critt Fit Challenge Rpt 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	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	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 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 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 09:45a German Class Intermediate 10:00a Knitting For Beginners 10:00a Maureen Esther Series/Jan Van Eky 10:00a Meet the RH Mayor 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	07:00a Critt Fit Challenge Rpt 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 Rise & Shine/Wellness Breakfast 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 Bike for Coffee 09:00a Cafe 09:00a Computer Excel 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 Strd Tue 10:00a Computer Club 10:00a Cycling Free Demo/T 10:00a Painting on Barn Wood 10:30a Strengthen Your Bones Intermediate/T&Th	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 A Tour Begins 09:00a Aqua Strength & Interval/W 09:00a Ask the Dentist 09:00a Cafe 09:00a Computer Excel 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 Heart Healthy Fitness 10:00a Italian Class 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	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 08:30a Volleyball Tournament/Th 09:00a A Tour Begins 09:00a Cafe 09:00a Computer Excel Drop-in 09:00a Counseling Services Thursday 09:00a Making Waves/T&Th 09:00a Pottery - Independent Potters Club AM 09:00a Shredder at OPC 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	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 Ladies Bike Out 09:00a Muscles in Motion 09:00a Pickleball Int-Adv/M 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 Strd Fri 12:30p Hand & Foot / Mexican Train	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 Community Garden 10:00a Piano Players Meetup 11:00a HAM RADIO - Intro 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	11:00a Pickleball Practice Session Nov/Int	10:45a Step Aerobics/T	11:00a French Advanced Class	12:00p Dining Room Lunch	12:30p Pinochle	
	11:00a Spanish Beginner	11:30a Tone Stretch & Balance/T&Th	11:00a Polish Group	12:00p Pickleball Practice Session ADV	01:00p Needle Arts-F	
	11:25a Functionally Fit/M	11:35a Yoga/T at 11:35 am	11:25a Core Strength Beginning/W	12:20p Hard Core Strength Training	01:00p Open Studio Painting Drop-In	
	11:30a Core Strength Beginning/M	12:00p Dining Room Lunch	11:30a Pickleball Int-Adv/W	12:30p Bridge - Duplicate Thur. Drop-in	01:00p Pickleball Novice/MTF	
	12:00p Aquatic Healthy Joints Advanced/M&W	12:15p Strength & Stretch for Parkinsons	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Metalsmithing Drop-In	01:00p Table Tennis/MWF	
	12:00p Belly Dance	12:30p Independent Art Class	12:00p Dining Room Lunch	01:00p Adult Day Service Group	01:00p Zumba/F	
	12:00p Dining Room Lunch	12:45p German Group	12:30p Core Strength Intermediate	01:00p Boxing for Parkinsons-B	01:30p Movie Matinee	
	12:30p Bridge Drop-in Mon.	01:00p Basketball Shoot Around	12:30p Euchre Drop-In	01:00p Pottery - Independent Potters Club PM	02:00p Fitness Challenge H2O Beginning/F	
	12:30p Circuit Training	01:00p India Group	12:30p Mah Jong Chinese	01:10p Strengthen Your Bones Beginning/Th	04:00p Pickleball Int-Adv/F PM	
	12:30p Mah Jong American	01:00p Pickleball Novice/MTF	12:45p Chair Yoga/W	01:15p Resistance & Balance Training/Th	06:00p Pickleball All Lvl/F PM	
	12:30p Samba- 1st and 3rd Monday	01:00p Pottery - Independent Potters Club PM	01:00p Aquatic Healthy Joints Beginning/M&W	01:30p Aquatic Core - Core Strength/T&Th		
	12:45p Chair Yoga/M	01:00p Watercolor Class With Pete - Tuesday	01:00p Creative Greeting Cards	02:00p Pickleball Machine Rental		
	01:00p Acrylic Painting	01:15p Resistance & Balance Training/T	01:00p Dance For Parkinsons	02:00p Pickleball Novice/Th 2pm		
	01:00p Aquatic Healthy Joints Beginning/M&W	01:30p Aquatic Core - Core Strength/T&Th	01:00p Learn to Draw / Part II	02:00p Pickleball Skills & Drills L1		
	01:00p Chinese Brush Painting - All Levels	01:30p Guitar - Tuesday	01:00p Pottery - Independent Potters Club Wed	02:00p Pickleball Skills & Drills L1		
	01:00p Creation Station - Monday	02:00p Computer 1 on 1 2-3pm	01:00p Table Tennis/MWF	02:00p Pickleball Skills & Drills L1		
	01:00p Line Dance Day	02:05p Italian Group	01:00p Woodshop - Drywall Repair Wall Attachment Tech.	02:15p Tai Chi With Chair		
	01:00p Pickleball Novice/MTF	02:20p Beginning Tai Chi Wu Style/T	01:45p Qigong & Tai Chi Basics (Yang Style)	04:00p Pickleball Int-Adv/Th		
	01:00p Pottery - Independent Potters Club PM	02:30p Fitness Challenge H2O Intermediate/T	02:00p Fitness Challenge H2O Advanced/W	04:30p Drums & More		
	01:00p Table Tennis/MWF	03:00p Caregiver Support Group	02:00p Music with Gerry	05:00p Aquatic Healthy Joints Advanced/T&Th		
	02:00p Basic Yoga/M	03:15p Ukulele Fun	02:00p Pickleball Machine Rental	05:00p Pottery - Independent Potters Club E		
	02:00p Fitness Challenge H2O Beginning/M	04:00p Pickleball All Lvl/T	02:00p Pickleball Novice / W	05:30p Age Reversing Essentrics/Th		
	02:30p Tap Dance Beginner	04:15p Full Body Blast	02:00p Yoga Stretch and Strength			
	04:00p Pickleball All Lvl/M PM	04:30p Aqua Mini Dip/T	04:00p Pickleball All Levels/W PM			
	05:00p Pottery - Independent Potters Club E	05:00p Aquatic Healthy Joints Advanced/T&Th				
	05:00p Strengthen Your Bones Advanced/M&W					
	06:00p Badminton/M&Th					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	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	05:00p Knitting at Night 05:00p Pottery - Independent Potters Club E 05:15p Step Aerobics/T PM 06:00p Chinese Brush Painting - Evening 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 06:00p Woodshop Safety 07:05p Zumba/T	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	06:00p Badminton/M&Th 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Dental Health		
12	13	14	15	16	17	18
	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 Critt Fit Challenge Rpt 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 A Tour Begins	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 Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 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 09:00a A Tour Begins 09:00a Bike for Coffee	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 Critt Fit Challenge Rpt 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 A Tour Begins	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 Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 08:30a Volleyball Tournament/Th 09:00a A Tour Begins	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 Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a All Levels Pickleball Ladder/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	06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S 07:00a Computer Lab Saturday 07:00a Critt Fit Challenge Rpt 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 with Pete Snodgrass 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	09:00a Aqua Strength & Interval/M	09:00a Cafe	09:00a Aqua Strength & Interval/W	09:00a Cafe	08:00a Woodshop	
	09:00a Cafe	09:00a Counseling Services	09:00a Cafe	09:00a Counseling Services Thursday	09:00a A Tour Begins	
	09:00a Medicare & Medicaid Assistance	09:00a Making Waves/T&Th	09:00a Interval Training	09:00a Making Waves/T&Th	09:00a Aqua Strength & Interval/F	
	09:00a Muscles in Motion	09:00a Pottery - Independent Potters Club AM	09:00a Medicare & Medicaid Assistance	09:00a Pottery - Independent Potters Club AM	09:00a Cafe	
	09:00a Pickleball Int - Adv/M	09:00a Volleyball Tournament/T	09:00a Pilates Beginning	09:15a Cycle to the Beat/Th	09:00a Flex-N-Foam Roll	
	09:00a Pickleball Int-Adv/M	09:15a Cycle to the Beat/T	09:00a Pottery - Clay Handbuilding	09:30a Back Health/Th	09:00a Ladies Bike Out	
	09:00a Pilates Strength Training	09:30a Ascension Hearing & Aid Clean	09:30a Ask the Resident	09:30a Core Strength Advanced/T&Th	09:00a Muscles in Motion	
	09:00a Pottery - Independent Potters Club AM	09:30a Back Health/T	09:30a Needle Arts-W	10:00a Aqua Fit/T&Th	09:00a Pickleball Int-Adv/M	
	09:00a Quilting Circle	09:30a Core Strength Advanced/T&Th	09:30a Pickleball Lessons Beg/W	10:00a Aquatic Healthy Joints Beginning/T&Th	09:00a Pottery Wheel	
	09:30a Zentangle Drop In	09:30a Knit & Crochet Grp	09:30a Spanish Group	10:00a Euchre Thursday AM	09:30a Ask the Doctor	
	09:45a German Class Intermediate	10:00a Aqua Fit/T&Th	09:30a Watercolor Class With Pete - Wednesday	10:30a Strengthen Your Bones Intermediate/T&Th	09:30a Crochet Beginning	
	10:00a Knitting For Beginners	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Heart Healthy Fitness	10:45a Step Aerobics/Th	10:00a Chinese / English	
	10:00a Stretch & Balance/M	10:00a Bridge Amer Strd Tue	10:00a Italian Class	11:30a Tone Stretch & Balance/T&Th	10:00a English Learning Grp	
	10:00a Water Works Aerobics/M&W	10:00a Computer Club	10:00a Savvy Seniors 2019	11:45a Yoga A Gentle Beginning/Th	10:00a Stretch & Balance/F	
	10:15a Cycling Ride Rock and Roll	10:00a Cycling Free Demo/T	10:00a Water Works Aerobics/M&W	12:00p Boxing for Parkinsons-A	10:00a Water Works Aerobics/F	
	10:30a Computer Apple iPhone	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Beginner Low Impact Ballet	11:30a Tone Stretch & Balance/T&Th	10:15a Cycle to the Beat/F	
	10:30a Greece trip departure	10:45a Step Aerobics/T	10:30a Pickleball Mentor Games/W	12:00p Dining Room Lunch	10:30a Beginning Tai Chi Wu Style/F	
	10:30a Zumba/M	11:30a Tone Stretch & Balance/T&Th	10:30a Pickleball Mentoring/W	12:00p Pickleball Practice Session ADV	11:00a French Group	
	11:00a Pickleball Practice Session Nov/Int	11:35a Yoga/T at 11:35 am	11:00a French Advanced Class	12:20p Hard Core Strength Training	11:30a Chair Yoga/F	
	11:00a Spanish Beginner	12:00p Dining Room Lunch	11:00a Polish Group	12:30p Bridge - Duplicate Thur. Drop-in	11:30a Functionally Fit/F	
	11:25a Functionally Fit/M	12:15p Strength & Stretch for Parkinsons	11:25a Core Strength Beginning/W	12:30p Metalsmithing Drop-In	12:00p Dining Room Lunch	
	11:30a Core Strength Beginning/M	12:30p Independent Art Class	11:30a Pickleball Int-Adv/W	01:00p Boxing for Parkinsons-B	12:30p Bridge Amer Strd Fri	
	12:00p Aquatic Healthy Joints Advanced/M&W	12:45p German Group	12:00p Aquatic Healthy Joints Advanced/M&W	01:00p Computer MAC Enthusiasts	12:30p Hand & Foot / Mexican Train	
	12:00p Ask the Attorney AM	01:00p Basketball Shoot Around	12:00p Dining Room Lunch	01:00p Pottery - Independent Potters Club PM	12:30p Pinochle	
	12:00p Belly Dance	01:00p India Group	12:30p Core Strength Intermediate	01:10p Strengthen Your Bones Beginning/Th	01:00p Computer Safety	
	12:00p Dining Room Lunch	01:00p Pickleball Novice/MTF	12:30p Euchre Drop-In		01:00p Needle Arts-F	
	12:25p Samba-2nd & 4th	01:00p Pottery - Independent Potters Club PM	12:30p Mah Jong Chinese		01:00p Open Studio Painting Drop-In	
	12:30p Bridge Drop-in Mon.				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	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	12:30p Circuit Training 12:30p Mah Jong American 12:45p Chair Yoga/M 01:00p Acrylic Painting 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 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 02:00p Focus on the Issues 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 06:25p 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 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 02:20p Beginning Tai Chi Wu Style/T 02:30p Fitness Challenge H2O Intermediate/T 03:15p Ukulele Fun 03:30p Terrific Tuesday Guest 04:00p Mosaic Drop-In E 04:00p Pickleball All Lvl/T 04:15p Full Body Blast 04:30p Aqua Mini Dip/T 04:30p Terrific Tuesday 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 Chinese Brush Painting - Evening 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 07:05p Zumba/T	12:45p Chair Yoga/W 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Dance For Parkinsons 01:00p Handbuilding Techniques - Pottery 01:00p Learn to Draw / Part II 01:00p Pottery - Independent Potters Club Wed 01:00p Table Tennis/MWF 02:00p Fitness Challenge H2O Advanced/W 02:00p Pickleball Machine Rental 02:00p Pickleball Novice / W 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 Android Phone - PM 06:30p Basketball 5 on 5/W 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM	01:15p Resistance & Balance Training/Th 01:30p Aquatic Core - Core Strength/T&Th 02:00p Pickleball Machine Rental 02:00p Pickleball Novice/Th 2pm 02:00p Pickleball Skills & Drills L1 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 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Novels at Night	06:00p Pickleball All Lvl/F PM	
19	20	21	22	23	24	25
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights	06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	06:30a Library	06:30a Library	06:30a Library	06:30a Library	06:30a Library	BUILDING CLOSED
	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	
	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 Open Swim/T&Th	06:30a Open Gym AM/MTWTh	
	06:30a Personal Training	06:30a Open Swim/T&Th	06:30a Personal Training	06:30a Personal Training	06:30a Personal Training	
	06:30a Walking Track	06:30a Personal Training	06:30a Walking Track	06:30a Walking Track	06:30a Walking Track	
	07:00a Advanced Strength & Balance/M	06:30a Walking Track	07:00a Advanced Strength & Balance/W	07:00a Aquatic Core Advanced/T&TR	07:00a Advanced Strength & Balance/F	
	07:00a Computer Lab - Mon-Fri	07:00a Aquatic Core Advanced/T&TR	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	
	07:00a Critt Fit Challenge Rpt	07:00a Computer Lab - Mon-Fri	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	
	07:00a Open Swim/M-F	07:00a Critt Fit Challenge Rpt	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	
	08:00a Aquatic Core - Core Strength/M&W	07:00a Open Swim/M-F	08:00a Aquatic Core - Core Strength/M&W	08:00a Ascension Wellness Center Visit	08:00a Aquatic Core - The Core/F	
	08:00a Ascension Wellness Center Visit	07:30a Advanced Small Group Personal Training/T	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	
	08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Ask the Nurse	
	08:00a Crittenton PT	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Lapidary Drop-in	08:00a Fitness in Motion	
	08:00a Fitness in Motion	08:00a Weight Room Orientation	08:00a Fitness in Motion	08:00a Weight Room Orientation	08:00a The Deep/F	
	08:00a The Deep/M&W	08:00a Woodshop	08:00a The Deep/M&W	08:00a Woodshop	08:00a Visually Impaired Support Group 2018	
	08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Weight Room Orientation	
	08:00a Woodshop	09:00a A Tour Begins	08:00a Woodshop	08:30a Volleyball Tournament/Th	08:00a Woodshop	
	09:00a A Tour Begins	09:00a Ask the Ortho Dr.	09:00a A Tour Begins	09:00a A Tour Begins	09:00a A Tour Begins	
	09:00a Aqua Strength & Interval/M	09:00a Bike for Coffee	09:00a Aqua Strength & Interval/W	09:00a Cafe	09:00a Aqua Strength & Interval/F	
	09:00a Cafe	09:00a Cafe	09:00a Cafe	09:00a Computer Ubuntu Drop-in	09:00a Cafe	
	09:00a Muscles in Motion	09:00a Counseling Services	09:00a Interval Training	09:00a Counseling Services Thursday	09:00a Cafe	
	09:00a Pickleball Int - Adv/M	09:00a Making Waves/T&Th	09:00a Pilates Beginning	09:00a Counseling Services Thursday	09:00a Flex-N-Foam Roll	
	09:00a Pickleball Int-Adv/M	09:00a Pottery - Independent Potters Club AM	09:00a Pottery - Clay Handbuilding	09:00a Making Waves/T&Th	09:00a Muscles in Motion	
	09:00a Pilates Strength Training	09:00a Volleyball Tournament/T	09:30a Ask the Resident	09:00a Pottery - Independent Potters Club AM	09:00a Pickleball Int-Adv/F	
	09:00a Pottery - Independent Potters Club AM	09:15a Cycle to the Beat/T	09:30a Needle Arts-W	09:15a Cycle to the Beat/Th	09:00a Pickleball Int-Adv/M	
	09:00a Quilting Circle	09:30a Back Health/T	09:30a Pickleball Lessons Beg/W	09:30a Back Health/Th	09:00a Pottery Wheel	
	09:30a Woodburning Techniques - Outdoor wall/Garden Sign	09:30a Core Strength Advanced/T&Th	09:30a Spanish Group	09:30a Core Strength Advanced/T&Th	09:30a Ask the Doctor	
	09:30a Zentangle Drop In	09:30a Knit & Crochet Grp	09:30a Watercolor Class With Pete - Wednesday	10:00a Aqua Fit/T&Th	10:00a Chinese / English	
		09:30a Mosaic Tile Class-Sailboat at Sunset	10:00a Heart Healthy Fitness	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
19	20	21	22	23	24	25
	09:45a German Class Intermediate 10:00a Knitting For Beginners 10:00a Stretch & Balance/M 10:00a Water Works Aerobics/M&W 10:15a Cycling Ride Rock and Roll 10:30a Computer Apple iPad 10:30a Zumba/M 11:00a Pickleball Practice Session Nov/Int 11:00a Spanish Beginner 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 Acrylic Painting 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 Pickleball Novice/MTF 01:00p Pottery - Independent Potters Club PM 01:00p Table Tennis/MWF	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 Basketball Shoot Around 01:00p Design and Create Jewelry - T-Shirt Necklace/Scarf 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	10:00a Italian Class 10:00a Ms. Senior Michigan Rehearsals 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 Acrylic Painting Techniques - Landscape 01:00p Acrylic Pouring - Artful Chains and Strings 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Dance For Parkinsons 01:00p Handbuilding Techniques - Pottery 01:00p Pottery - Independent Potters Club Wed 01:00p Table Tennis/MWF 01:00p Woodshop Drop-in Practice	10:00a Euchre Thursday AM 10:00a Hampton Golf Clinic 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 12:00p Pickleball Practice Session ADV 12:20p Hard Core Strength Training 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 Machine Rental 02:00p Pickleball Novice/Th 2pm 02:00p Pickleball Skills & Drills L1 02:15p Tai Chi With Chair 04:00p Pickleball Int-Adv/Th	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 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 01:30p Movie Matinee 02:00p Fitness Challenge H2O Beginning/F BUILDING CLOSSES AT 4 PM	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	02:00p Basic Yoga/M 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	02:05p Italian Group 02:20p Beginning Tai Chi Wu Style/T 02:30p Fitness Challenge H2O Intermediate/T 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 Alzheimers Research Night 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 07:00p Poetry Group E 07:05p Zumba/T	01:30p Bingo Mania 01:45p Qigong & Tai Chi Basics (Yang Style) 02:00p Fitness Challenge H2O Advanced/W 02:00p Pickleball Machine Rental 02:00p Pickleball Novice / W 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 Computer Technology Help Desk 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM 07:00p Rewired Not Retired Psychological Resilience	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		
26	27	28	29	30	31	
	BUILDING CLOSED	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 Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri	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	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 Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri	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 Critt Fit Challenge Rpt	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	
		07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	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 All Levels Pickleball Ladder/F	
		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 Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	
		08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Ask the Nurse	
		08:00a Weight Room Orientation	08:00a Crittenton PT	08:00a Lapidary Drop-in	08:00a Fitness in Motion	
		08:00a Woodshop	08:00a Fitness in Motion	08:00a Weight Room Orientation	08:00a The Deep/F	
		08:30a Low Impact Aerobics	08:00a The Deep/M&W	08:00a Woodshop	08:00a Weight Room Orientation	
		09:00a A Tour Begins	08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Woodshop	
		09:00a Bike for Coffee	08:00a Woodshop	08:30a Volleyball Tournament/Th	09:00a A Tour Begins	
		09:00a Cafe	09:00a A Tour Begins	09:00a A Tour Begins	09:00a Aqua Strength & Interval/F	
		09:00a Counseling Services	09:00a A Tour Begins	09:00a Cafe	09:00a Cafe	
		09:00a Making Waves/T&Th	09:00a Aqua Strength & Interval/W	09:00a Counseling Services Thursday	09:00a Flex-N-Foam Roll	
		09:00a Pottery - Independent Potters Club AM	09:00a Cafe	09:00a Making Waves/T&Th	09:00a Ladies Bike Out	
		09:00a Volleyball Tournament/T	09:00a Interval Training	09:00a Pottery - Independent Potters Club AM	09:00a Muscles in Motion	
		09:15a Cycle to the Beat/T	09:00a Macrame Techniques - Natural Wall Hanging	09:15a Cycle to the Beat/Th	09:00a Pickleball Int-Adv/M	
		09:30a Back Health/T	09:00a Medicare & Medicaid Assistance	09:30a Back Health/Th	09:00a Pottery Wheel	
		09:30a Core Strength Advanced/T&Th	09:00a Pilates Beginning	09:30a Core Strength Advanced/T&Th	09:30a Ask the Doctor	
		09:30a Knit & Crochet Grp	09:00a Pottery - Clay Handbuilding	10:00a Aqua Fit/T&Th	10:00a Chinese / English	
		10:00a Aqua Fit/T&Th	09:30a Ask the Resident	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a English Learning Grp	
		10:00a Aquatic Healthy Joints Beginning/T&Th	09:30a Needle Arts-W	10:00a Euchre Thursday AM	10:00a Stretch & Balance/F	
		10:00a Bridge Amer Strdr Tue	09:30a Pickleball Lessons Beg/W	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Water Works Aerobics/F	
		10:00a Computer Club	09:30a Spanish Group	10:45a Step Aerobics/Th	10:15a Cycle to the Beat/F	
		10:00a Cycling Free Demo/T	10:00a Heart Healthy Fitness	11:30a Tone Stretch & Balance/T&Th	10:30a Beginning Tai Chi Wu Style/F	
		10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Italian Class	11:45a Yoga A Gentle Beginning/Th	11:00a French Group	
		10:45a Step Aerobics/T	10:00a Water Works Aerobics/M&W	12:00p Boxing for Parkinsons-A	11:30a Chair Yoga/F	
		11:30a Tone Stretch & Balance/T&Th	10:30a Beginner Low Impact Ballet	12:00p Dining Room Lunch	11:30a Functionally Fit/F	
		11:35a Yoga/T at 11:35 am	10:30a Pickleball Mentor Games/W	12:00p Dining Room Lunch	12:00p Dining Room Lunch	
		12:00p Dining Room Lunch		12:00p Pickleball Practice Session ADV	12:30p Bridge Amer Strdr Fri	
					12:30p Hand & Foot / Mexican Train	
					12:30p Pinochle	
					01:00p Needle Arts-F	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	
		12:15p Strength & Stretch for Parkinsons	10:30a Pickleball Mentoring/W	12:20p Hard Core Strength Training	01:00p Open Studio Painting Drop-In	
		12:45p German Group	11:00a French Advanced Class	12:30p Metalsmithing Drop-In	01:00p Pickleball Novice/MTF	
		01:00p Basketball Shoot Around	11:00a Polish Group	01:00p Boxing for Parkinsons-B	01:00p Table Tennis/MWF	
		01:00p India Group	11:25a Core Strength Beginning/W	01:00p Pottery - Independent Potters Club PM	01:00p Zumba/F	
		01:00p Pickleball Novice/MTF	11:30a Pickleball Int-Adv/W	01:00p Pottery - Independent Potters Club PM	02:00p Fitness Challenge H2O Beginning/F	
		01:00p Pottery - Independent Potters Club PM	12:00p Aquatic Healthy Joints Advanced/M&W	01:10p Strengthen Your Bones Beginning/Th	04:00p Pickleball Int-Adv/F PM	
		01:15p Resistance & Balance Training/T	12:00p Dining Room Lunch	01:15p Resistance & Balance Training/Th	06:00p Pickleball All Lvl/F PM	
		01:30p Aquatic Core - Core Strength/T&Th	12:30p Core Strength Intermediate	01:30p Aquatic Core - Core Strength/T&Th		
		01:30p Guitar - Tuesday	12:30p Euchre Drop-In	02:00p Pickleball Machine Rental		
		02:00p Computer 1 on 1 2-3pm	12:30p Mah Jong Chinese	02:00p Pickleball Novice/Th 2pm		
		02:05p Italian Group	12:45p Chair Yoga/W	02:00p Pickleball Skills & Drills L1		
		02:20p Beginning Tai Chi Wu Style/T	01:00p Aquatic Healthy Joints Beginning/M&W	02:15p Tai Chi With Chair		
		02:30p Fitness Challenge H2O Intermediate/T	01:00p Cant Reach Toes	04:00p Pickleball Int-Adv/Th		
		03:15p Ukulele Fun	01:00p Dance For Parkinsons	04:30p Drums & More		
		04:00p Mosaic Drop-In E	01:00p Handbuilding Techniques - Pottery	05:00p Aquatic Healthy Joints Advanced/T&Th		
		04:00p Pickleball All Lvl/T	01:00p Pottery - Independent Potters Club Wed	05:00p Pottery - Independent Potters Club E		
		04:15p Full Body Blast	01:00p Table Tennis/MWF	05:30p Age Reversing Essentrics/Th		
		04:30p Aqua Mini Dip/T	01:00p Womens Woodshop Practice - Flower Pot Holder	06:00p Badminton/M&Th		
		05:00p Aquatic Healthy Joints Advanced/T&Th	01:45p Qigong & Tai Chi Basics (Yang Style)	06:30p Box Fit 101		
		05:00p Ask the Attorney PM	02:00p Fitness Challenge H2O Advanced/W	06:45p Muscular Endurance		
		05:00p Knitting at Night	02:00p Pickleball Machine Rental			
		05:00p Pottery - Independent Potters Club E	02:00p Pickleball Novice / W			
		05:15p Step Aerobics/T PM	02:00p Yoga Stretch and Strength			
		06:00p Dinner with the Doc	04:00p Pickleball All Levels/W PM			
		06:00p Pickleball Round Robin/T	05:00p Lapidary & Silversmith Drop In PM			
		06:00p Slow Flow Yoga/T				
		07:05p Zumba/T				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29 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	30	31	