

Older Persons' Commission

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
						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 5K 2019/Adult 08:00a 5K 2019/Adult Race Day 08:00a 5K 2019/Adult/OLD 08:00a 5K 2019/Child 08:00a 5K 2019/Child Race Day 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Basketball 5 on 5/S 09:30a Guitar - Saturday 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S
2	3	4	5	6	7	8
	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	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 06:30a Walking Track	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/Th 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR	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	06:30a Walking Track - Sat Summer 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
07:00a Computer Lab - Mon-Fri	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 Open Swim/S
07:00a Critt Fit Challenge Rpt	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 Personal Training/S
07:00a Open Swim/M-F	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 Pickleball All Lvl/S
08:00a Aquatic Core - Core Strength/M&W	07:00a Open Swim/M-F	07:00a Open Swim/M-F	08:00a Aquatic Core - Core Strength/M&W	08:00a Ascension Wellness Center Visit	08:00a All Levels Pickleball Ladder/F	08:00a Basketball 5 on 5/S
08:00a Ascension Wellness Center Visit	07:30a Advanced Small Group Personal Training/T	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 Cycling Energy Ride
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 Ascension Wellness Center Visit	08:00a Liquid Boot Camp/S
08:00a Crittenton PT	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Crittenton PT	08:00a Lapidary Drop-in	08:00a Ask the Nurse	08:00a Weight Room Orientation
08:00a Fitness in Motion	08:00a Rise & Shine/Wellness Breakfast	08:00a Fitness in Motion	08:00a Fitness in Motion	08:00a Weight Room Orientation	08:00a Fitness in Motion	08:00a Woodshop
08:00a The Deep/M&W	08:00a Weight Room Orientation	08:00a The Deep/M&W	08:00a The Deep/M&W	08:00a Woodshop	08:00a The Deep/F	09:00a A Tour Begins
08:00a Weight Room Orientation	08:00a Woodshop	08:00a Woodshop	08:00a Woodshop	08:30a Low Impact Aerobics	08:00a Weight Room Orientation	09:00a Basic Yoga/S
08:00a Woodshop	08:00a Woodshop	08:00a Woodshop	08:00a Woodshop	08:30a Volleyball Tournament/Th	08:00a Woodshop	09:30a Guitar - Saturday
09:00a A Tour Begins	08:30a Low Impact Aerobics	09:00a A Tour Begins	09:00a A Tour Begins	09:00a A Tour Begins	09:00a A Tour Begins	09:30a LEGO MEETUP
09:00a Aqua Strength & Interval/M	09:00a A Tour Begins	09:00a Aqua Strength & Interval/W	09:00a Aqua Strength & Interval/W	09:00a Cafe	09:00a Aqua Strength & Interval/F	10:00a Volleyball All Lvl/S
09:00a Cafe	09:00a Ask the Ortho Dr.	09:00a Cafe	09:00a Cafe	09:00a Counseling Services Thursday	09:00a Cafe	
09:00a Muscles in Motion	09:00a Bike for Coffee	09:00a Interval Training	09:00a Interval Training	09:00a Making Waves/T&Th	09:00a Cafe	
09:00a Pickleball Int - Adv/M	09:00a Cafe	09:00a Pilates Beginning	09:00a Pilates Beginning	09:00a Pottery - Independent Potters Club AM	09:00a Flex-N-Foam Roll	
09:00a Pickleball Int-Adv/M	09:00a Commodity Foods	09:00a Pottery - Clay Handbuilding	09:00a Pottery - Clay Handbuilding	09:15a Cycle to the Beat/Th	09:00a Ladies Bike Out	
09:00a Pilates Strength Training	09:00a Counseling Services	09:30a Ask the Resident	09:30a Ask the Resident	09:30a Back Health/Th	09:00a Muscles in Motion	
09:00a Pottery - Independent Potters Club AM	09:00a Making Waves/T&Th	09:30a Needle Arts-W	09:30a Needle Arts-W	09:30a Core Strength Advanced/T&Th	09:00a Pickleball Int-Adv/M	
09:00a Quilting Circle	09:00a Pottery - Independent Potters Club AM	09:30a Pickleball Lessons Beg/W	09:30a Pickleball Lessons Beg/W	10:00a Aqua Fit/T&Th	09:00a Pottery Wheel	
09:30a Zentangle Drop In	09:00a Volleyball Tournament/T	09:30a Spanish Group	09:30a Spanish Group	10:00a Aquatic Healthy Joints Beginning/T&Th	09:30a Ask the Doctor	
09:45a German Class Intermediate	09:15a Cycle to the Beat/T	09:30a Watercolor Class With Pete - Wednesday	09:30a Watercolor Class With Pete - Wednesday	10:00a Euchre Thursday AM	10:00a Chinese / English	
10:00a Knitting For Beginners, Part II	09:30a Back Health/T	10:00a Chair Massage	10:00a Chair Massage	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Coffee with Elissa Slotkin	
10:00a Meet the RH Mayor	09:30a Core Strength Advanced/T&Th	10:00a Heart Healthy Fitness	10:00a Heart Healthy Fitness	10:45a Step Aerobics/Th	10:00a English Learning Grp	
10:00a Stretch & Balance/M	09:30a Knit & Crochet Grp	10:00a Italian Class	10:00a Italian Class	11:30a Tone Stretch & Balance/T&Th	10:00a Stretch & Balance/F	
10:00a Water Works Aerobics/M&W	10:00a Acrylic Painting	10:00a Ms. Senior Michigan Rehearsals	10:00a Ms. Senior Michigan Rehearsals	11:45a Yoga A Gentle Beginning/Th	10:00a Water Works Aerobics/F	
10:15a Cycling Ride Rock and Roll	10:00a Aqua Fit/T&Th	10:00a Pick-A-Puzzle	10:00a Pick-A-Puzzle	12:00p Boxing for Parkinsons-A	10:15a Cycle to the Beat/F	
10:30a Zumba/M	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Water Works Aerobics/M&W	10:00a Water Works Aerobics/M&W		10:30a Beginning Tai Chi Wu Style/F	
		10:30a Beginner Low Impact Ballet	10:30a Beginner Low Impact Ballet		11:00a French Group	
					11:30a Chair Yoga/F	
					11:30a Functionally Fit/F	

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2	3	4	5	6	7	8
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 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 02:30p 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	10:00a Bridge Amer Strd Tue 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 Basketball Shoot Around 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 02:20p Beginning Tai Chi Wu Style/T 02:30p Fitness Challenge H2O Intermediate/T 03:00p Caregiver Support Group 03:00p Stained Glass Class - Afternoon	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 OPC Book Club 01:00p Pottery - Independent Potters Club Wed 01:00p Summer Craft Workshops - Mosaics and Stepping Stones 01:00p Table Tennis/MWF 01:00p Woodshop Project Class - Bat House 01:45p Qigong & Tai Chi Basics (Yang Style) 02:00p Bellbrook Chef Demonstration 02:00p Fitness Challenge H2O Advanced/W 02:00p Pickleball Machine Rental 02:00p Pickleball Novice / W	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 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 and Drills Clinic L2 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	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 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	

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2	3	4	5	6	7	8
	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	03:15p 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	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 Parkinsons Support 06:30p Basketball 5 on 5/W 06:30p Zumba/W 07:00p Line Dance PM	06:45p Muscular Endurance		
9	10	11	12	13	14	15
	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	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 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 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	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	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	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	06:30a Walking Track - Sat Summer 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 08:00a Basketball 5 on 5/S 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 09:30a Guitar - Saturday 10:00a Piano Players Meetup 10:00a Volleyball All Lvl/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
08:00a Weight Room Orientation	08:00a Woodshop	08:00a Woodshop	08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Fitness in Motion	
	08:30a Low Impact Aerobics		08:30a Low Impact Aerobics	08:30a Volleyball Tournament/Th	08:00a The Deep/F	
08:00a Woodshop		08:00a Woodshop	08:00a Woodshop	09:00a A Tour Begins	08:00a Weight Room Orientation	
09:00a A Tour Begins		09:00a A Tour Begins	09:00a A Tour Begins	09:00a Cafe	08:00a Woodshop	
09:00a Aqua Strength & Interval/M	09:00a A Tour Begins	09:00a A Tour Begins	09:00a Aqua Strength & Interval/W	09:00a Computer Ubuntu Drop-in	09:00a A Tour Begins	
09:00a Cafe	09:00a Bike for Coffee	09:00a Cafe	09:00a Ask the Dentist	09:00a Counseling Services Thursday	09:00a Aqua Strength & Interval/F	
09:00a Medicare & Medicaid Assistance	09:00a Counseling Services	09:00a Counseling Services	09:00a Cafe	09:00a Making Waves/T&Th	09:00a Ascension Bone Density Scrng	
09:00a Muscles in Motion	09:00a Making Waves/T&Th	09:00a Making Waves/T&Th	09:00a Interval Training	09:00a Pottery - Independent Potters Club AM	09:00a Cafe	
09:00a Pickleball Int - Adv/M	09:00a MOW Volunteer Training	09:00a MOW Volunteer Training	09:00a Pilates Beginning	09:15a Cycle to the Beat/Th	09:00a Flex-N-Foam Roll	
09:00a Pickleball Int-Adv/M	09:00a Pottery - Independent Potters Club AM	09:00a Pottery - Independent Potters Club AM	09:30a Ask the Resident	09:30a Back Health/Th	09:00a Ladies Bike Out	
09:00a Pilates Strength Training	09:00a Pottery - Independent Potters Club AM	09:00a Pottery - Independent Potters Club AM	09:30a Needle Arts-W	09:30a Core Strength Advanced/T&Th	09:00a Muscles in Motion	
09:00a Pottery - Independent Potters Club AM	09:00a Volleyball Tournament/T	09:00a Volleyball Tournament/T	09:30a Pickleball Lessons Beg/W	09:30a Jewelry With Laurie - Flat Spiral Bracelet	09:00a Pickleball Int-Adv/M	
09:00a Quilting Circle	09:15a Cycle to the Beat/T	09:15a Cycle to the Beat/T	09:30a Spanish Group	10:00a Aqua Fit/T&Th	09:00a Pottery Wheel	
09:30a Zentangle Drop In	09:30a Ascension Hearing & Aid Clean	09:30a Ascension Hearing & Aid Clean	09:30a Watercolor Class With Pete - Wednesday	10:00a Aquatic Healthy Joints Beginning/T&Th	09:00a Watercolor Workshop With Marilynn Thomas	
09:45a German Class Intermediate	09:30a Back Health/T	09:30a Back Health/T	10:00a Heart Healthy Fitness	10:00a Aquatic Healthy Joints Beginning/T&Th	09:30a Ask the Doctor	
10:00a Knitting For Beginners, Part II	09:30a Core Strength Advanced/T&Th	09:30a Core Strength Advanced/T&Th	10:00a Italian Class	10:00a Euchre Thursday AM	10:00a Chinese / English	
10:00a Stretch & Balance/M	09:30a Knit & Crochet Grp	09:30a Knit & Crochet Grp	10:00a Ms. Senior Michigan Rehearsals	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a English Learning Grp	
10:00a Under the Radar/ Tom Daldin	10:00a Acrylic Painting	10:00a Acrylic Painting	10:00a Veterans Connection	10:45a Step Aerobics/Th	10:00a Financial Friday	
10:00a Water Works Aerobics/M&W	10:00a Aqua Fit/T&Th	10:00a Aqua Fit/T&Th	10:00a Water Works Aerobics/M&W	11:30a Tone Stretch & Balance/T&Th	10:00a Stretch & Balance/F	
10:15a Cycling Ride Rock and Roll	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Aquatic Healthy Joints Beginning/T&Th	10:30a Beginner Low Impact Ballet	11:45a Yoga A Gentle Beginning/Th	10:00a Water Works Aerobics/F	
10:30a Zumba/M	10:00a Bridge Amer Strd Tue	10:00a Bridge Amer Strd Tue	10:30a Pickleball Mentor Games/W	12:00p Boxing for Parkinsons-A	10:15a Cycle to the Beat/F	
11:00a Pickleball Practice Session Nov/Int	10:00a Cycling Free Demo/T	10:00a Cycling Free Demo/T	10:30a Pickleball Mentoring/W	12:00p Dining Room Lunch	10:30a Beginning Tai Chi Wu Style/F	
11:00a Spanish Beginner	10:00a Nutrition	10:00a Nutrition	11:00a French Advanced Class	12:00p Pickleball Practice Session ADV	11:00a French Group	
11:25a Functionally Fit/M	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Strengthen Your Bones Intermediate/T&Th	11:00a Polish Group	12:20p Hard Core Strength Training	11:30a Chair Yoga/F	
11:30a Core Strength Beginning/M	10:45a Step Aerobics/T	10:45a Step Aerobics/T	11:25a Core Strength Beginning/W	12:30p Bridge Amer Strd Fri	11:30a Functionally Fit/F	
12:00p Aquatic Healthy Joints Advanced/M&W	11:30a Tone Stretch & Balance/T&Th	11:30a Tone Stretch & Balance/T&Th	11:30a Pickleball Int-Adv/W	12:30p Hand & Foot / Mexican Train	12:00p Dining Room Lunch	
12:00p Ask the Attorney AM	11:35a Yoga/T at 11:35 am	11:35a Yoga/T at 11:35 am	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Pinochle	12:30p Bridge Amer Strd Fri	
12:00p Belly Dance	12:00p Dining Room Lunch	12:00p Dining Room Lunch	12:00p Dining Room Lunch	01:00p Needle Arts-F	12:30p Hand & Foot / Mexican Train	
	12:15p Strength & Stretch for Parkinsons	12:15p Strength & Stretch for Parkinsons	12:30p Core Strength Intermediate	01:00p Open Studio Painting Drop-In	12:30p Pinochle	
	12:30p Independent Art Class	12:30p Independent Art Class		01:00p Pickleball Novice/MTF	01:00p Needle Arts-F	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
	12:00p Dining Room Lunch 12:25p Samba-2nd & 4th 12:30p Bridge Drop-in Mon. 12:30p Circuit Training 12:30p Mah Jong American 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 Fused Glass - Design Spring Flowers Suncatcher 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 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	12:45p German Group 01:00p Basketball Shoot Around 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 02:20p Beginning Tai Chi Wu Style/T 02:30p Fitness Challenge H2O Intermediate/T 03:00p Stained Glass Class - Afternoon 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 Pickleball Round Robin/T	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 Pottery - Independent Potters Club Wed 01:00p Rochester Painted Pot - Faceted Flower Pot 01:00p Summer Craft Workshops - Mosaics and Stepping Stones 01:00p Table Tennis/MWF 01:00p Woodshop Safety 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 Zumba/W 07:00p Line Dance PM	01:00p Adult Day Service Group 01:00p Boxing for Parkinsons-B 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 and Drills Clinic L2 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	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
9	10	11 06:00p Slow Flow Yoga/T 07:05p Zumba/T	12	13	14	15
16	17 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 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	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 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 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 Ask the Ortho Dr. 09:00a Bike for Coffee 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	19 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 09:00a Aqua Strength & Interval/W 09:00a Cafe 09:00a Interval Training 09:00a Medicare & Medicaid Assistance 09:00a Pilates Beginning 09:30a Ask the Resident 09:30a Needle Arts-W	20 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 09:00a Cafe 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	21 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 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	22 06:30a Walking Track - Sat Summer 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 08:00a Basketball 5 on 5/S 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 09:30a Guitar - Saturday 10:00a Volleyball All Lvl/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
	09:00a Quilting Circle 09:30a Zentangle Drop In 09:45a German Class Intermediate 10:00a Knitting For Beginners, Part II 10:00a Painting on Barnwood - Summer Welcome Sign 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 11:00a 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 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	09:30a Back Health/T 09:30a Core Strength Advanced/T&Th 09:30a Knit & Crochet Grp 10:00a Acrylic Painting 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th 10:00a Bridge Amer Strd Tue 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 12:45p German Group 01:00p Basketball Shoot Around 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	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 Ms. Senior Michigan Rehearsals 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 Leisure Travel Luncheon 6/19/19 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 Painting With A Twist 01:00p Pottery - Independent Potters Club Wed	09:30a Jewelry With Laurie - Flat Spiral Bracelet 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 12:00p 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	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 BUILDING CLOSED AT NOON	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
	01:00p Pottery - Independent Potters Club PM	02:20p Beginning Tai Chi Wu Style/T	01:00p Summer Craft Workshops - Mosaics and Stepping Stones	02:00p Pickleball Skills and Drills Clinic L2		
	01:00p Table Tennis/MWF	02:30p Fitness Challenge H2O Intermediate/T	01:00p Table Tennis/MWF	02:15p Tai Chi With Chair		
	02:00p Basic Yoga/M	03:00p Stained Glass Class - Afternoon	01:00p Woodshop - Crown Molding Class	04:00p Pickleball Int-Adv/Th		
	02:00p Fitness Challenge H2O Beginning/M	03:15p Ukulele Fun	01:45p Qigong & Tai Chi Basics (Yang Style)	04:30p Drums & More	05:00p Aquatic Healthy Joints Advanced/T&Th	
	04:00p Pickleball All Lvl/M PM	04:00p Mosaic Drop-In E	02:00p Fitness Challenge H2O Advanced/W	05:00p Pottery - Independent Potters Club E		
	05:00p Pottery - Independent Potters Club E	04:15p Full Body Blast	02:00p Pickleball Machine Rental	05:30p Age Reversing Essentrics/Th		
	05:00p Strengthen Your Bones Advanced/M&W	04:30p Aqua Mini Dip/T	02:00p Pickleball Novice / W	06:00p Badminton/M&Th		
	06:00p Badminton/M&Th	05:00p Aquatic Healthy Joints Advanced/T&Th	02:00p Yoga Stretch and Strength	06:30p Box Fit 101		
	06:00p Meditation Drop-in E	05:00p Knitting at Night	04:00p Pickleball All Levels/W PM	06:45p Muscular Endurance		
	06:00p Movie Monday	05:00p Pottery - Independent Potters Club E	05:00p Lapidary & Silversmith Drop In PM			
	06:25p Essentrics Barre	05:15p Step Aerobics/T PM	05:00p Strengthen Your Bones Advanced/M&W			
	06:30p Aqua Zumba/M	06:00p Chinese Brush Painting - Evening	05:30p Aqua Yoga			
	06:30p Power Pedal/M	06:00p Pickleball Round Robin/T	06:00p Chess			
	07:00p Ballroom Dance Class--Member	06:00p Slow Flow Yoga/T	06:30p Basketball 5 on 5/W			
	07:00p Ballroom Dance Class--Non-member	07:00p Poetry Group E	06:30p Zumba/W			
		07:05p Zumba/T	07:00p Line Dance PM			
23	24	25	26	27	28	29
	06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:30a Walking Track - Sat Summer
	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:59a Social/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 Billiards/S
	06:30a Library	06:30a Library	06:30a Library	06:30a Library	06:30a Library	07:00a Cardio and Weights/S
	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	07:00a Computer Lab Saturday
	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 Gym AM/F	07:00a Critt Fit Challenge Rpt
	06:30a Personal Training	06:30a Open Swim/T&Th	06:30a Personal Training	06:30a Open Swim/T&Th	06:30a Personal Training	07:00a Library/S
	06:30a Walking Track	06:30a Personal Training	06:30a Walking Track	06:30a Personal Training	06:30a Walking Track	07:00a OPC Visit/S
	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 Open Swim/S
	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 Personal Training/S
		07:00a Computer Lab - Mon-Fri			07:00a Critt Fit Challenge Rpt	07:00a Pickleball All Lvl/S Rpt

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Open Swim/M-F	08:00a Basketball 5 on 5/S
	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	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 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 Weight Room Orientation
	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Ask the Nurse	08:00a Woodshop
	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 A Tour Begins
	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 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 Visually Impaired Support Group 2018	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 Weight Room Orientation	10:00a Volleyball All Lvl/S
	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	08:00a Woodshop	
	09:00a Aqua Strength & Interval/M	09:00a Counseling Services	09:00a Aqua Strength & Interval/W	09:00a Cafe	09:00a A Tour Begins	
	09:00a Cafe	09:00a Making Waves/T&Th	09:00a Cafe	09:00a Computer Ubuntu Drop-in	09:00a Aqua Strength & Interval/F	
	09:00a Medicare & Medicaid Assistance	09:00a Pottery - Independent Potters Club AM	09:00a Interval Training	09:00a Counseling Services Thursday	09:00a Cafe	
	09:00a Muscles in Motion	09:00a Volleyball Tournament/T	09:00a Pilates Beginning	09:00a Making Waves/T&Th	09:00a Flex-N-Foam Roll	
	09:00a Pickleball Int - Adv/M	09:15a Cycle to the Beat/T	09:30a Ask the Resident	09:00a Pottery - Independent Potters Club AM	09:00a Ladies Bike Out	
	09:00a Pickleball Int-Adv/M	09:30a Back Health/T	09:30a Needle Arts-W	09:00a Pottery - Independent Potters Club AM	09:00a Muscles in Motion	
	09:00a Pilates Strength Training	09:30a Core Strength Advanced/T&Th	09:30a Pickleball Lessons Beg/W	09:15a Cycle to the Beat/Th	09:00a Pickleball Int-Adv/M	
	09:00a Pottery - Independent Potters Club AM	09:30a Knit & Crochet Grp	09:30a Spanish Group	09:30a Back Health/Th	09:00a Pottery Wheel	
	09:00a Quilting Circle	10:00a Acrylic Painting	09:30a Watercolor Class With Pete - Wednesday	09:30a Core Strength Advanced/T&Th	09:30a Ask the Doctor	
	09:30a Writing Workshops	10:00a Aqua Fit/T&Th	10:00a Heart Healthy Fitness	10:00a Aqua Fit/T&Th	10:00a Chinese / English	
	09:30a Zentangle Drop In	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Italian Class	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a English Learning Grp	
	09:45a German Class Intermediate	10:00a Bridge Amer Strdr Tue	10:00a Ms. Senior Michigan Rehearsals	10:00a Euchre Thursday AM	10:00a Stretch & Balance/F	
	10:00a Knitting For Beginners, Part II	10:00a Cycling Free Demo/T	10:00a Water Works Aerobics/M&W	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Water Works Aerobics/F	
	10:00a Stretch & Balance/M	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Beginner Low Impact Ballet	10:45a Step Aerobics/Th	10:15a Cycle to the Beat/F	
	10:00a Water Works Aerobics/M&W	10:45a Step Aerobics/T	10:30a Pickleball Mentor Games/W	11:30a Tone Stretch & Balance/T&Th	10:30a Beginning Tai Chi Wu Style/F	
	10:15a Cycling Ride Rock and Roll	11:30a Tone Stretch & Balance/T&Th	10:30a Pickleball Mentoring/W	11:45a Yoga A Gentle Beginning/Th	11:00a French Group	
	10:30a Zumba/M	11:35a Yoga/T at 11:35 am	11:00a French Advanced Class	12:00p Boxing for Parkinsons-A	11:30a Chair Yoga/F	
		12:00p Dining Room Lunch			11:30a Functionally Fit/F	
					12:00p Dining Room Lunch	
					12:30p Bridge Amer Strdr Fri	
					12:30p Hand & Foot / Mexican Train	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
	11:00a Pickleball Practice Session Nov/Int	12:15p Strength & Stretch for Parkinsons	11:00a Polish Group	12:00p Dining Room Lunch	12:30p Pinochle	
	11:00a Spanish Beginner	12:45p German Group	11:25a Core Strength Beginning/W	12:00p Pickleball Practice Session ADV	01:00p Needle Arts-F	
	11:25a Functionally Fit/M	01:00p Basketball Shoot Around	11:30a Pickleball Int-Adv/W	12:20p Hard Core Strength Training	01:00p Open Studio Painting Drop-In	
	11:30a Core Strength Beginning/M	01:00p Design and Create Jewelry- Upcycled Necklace	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Bridge - Duplicate Thur. Drop-in	01:00p Pickleball Novice/MTF	
	12:00p Aquatic Healthy Joints Advanced/M&W	01:00p India Group	12:00p Dining Room Lunch	12:30p Metalsmithing Drop-In	01:00p Table Tennis/MWF	
	12:00p Belly Dance	01:00p Pickleball Novice/MTF	12:30p Core Strength Intermediate	12:30p Wire Wrap Bracelet - Int. Level	01:00p Zumba/F	
	12:00p Dining Room Lunch	01:00p Pottery - Independent Potters Club PM	12:30p Mah Jong Chinese	01:00p Boxing for Parkinsons-B	02:00p Fitness Challenge H2O Beginning/F	
	12:25p Samba-2nd & 4th	01:00p Watercolor Class With Pete - Tuesday	12:45p Chair Yoga/W	01:00p Fireside Poetry	04:00p Pickleball Int-Adv/F PM	
	12:30p Bridge Drop-in Mon.	01:15p Resistance & Balance Training/T	01:00p Aquatic Healthy Joints Beginning/M&W	01:00p Pottery - Independent Potters Club PM	06:00p Pickleball All Lvl/F PM	
	12:30p Circuit Training	01:30p Aquatic Core - Core Strength/T&Th	01:00p Dance For Parkinsons	01:00p Womens Luncheon		
	12:30p Mah Jong American	01:30p Guitar - Tuesday	01:00p Finger Knitting	01:10p Strengthen Your Bones Beginning/Th		
	12:45p Chair Yoga/M	02:00p Computer 1 on 1 2-3pm	01:00p Pottery - Independent Potters Club Wed	01:15p Resistance & Balance Training/Th		
	12:45p Vintage Views Writers Poets Proofreaders	02:05p Italian Group	01:00p Summer Craft Workshops - Mosaics and Stepping Stones	01:30p Aquatic Core - Core Strength/T&Th		
	01:00p Aquatic Healthy Joints Beginning/M&W	02:20p Beginning Tai Chi Wu Style/T	01:00p Table Tennis/MWF	02:00p Pickleball Machine Rental		
	01:00p Chinese Brush Painting - All Levels	02:30p Fitness Challenge H2O Intermediate/T	01:00p Woodshop Drop-in Practice	02:00p Pickleball Novice/Th 2pm		
	01:00p Creation Station - Monday	03:00p Stained Glass Class - Afternoon	01:30p Bingo Mania	02:00p Pickleball Skills and Drills Clinic L2		
	01:00p Line Dance Day	03:15p Ukulele Fun	01:45p Qigong & Tai Chi Basics (Yang Style)	02:15p Tai Chi With Chair		
	01:00p Pickleball Novice/MTF	04:00p Mosaic Drop-In E	02:00p Fitness Challenge H2O Advanced/W	04:00p Pickleball Int-Adv/Th		
	01:00p Pottery - Independent Potters Club PM	04:00p Pickleball All Lvl/T	02:00p Pickleball Machine Rental	04:30p Drums & More		
	01:00p Table Tennis/MWF	04:15p Full Body Blast	02:00p Pickleball Novice / W	05:00p Aquatic Healthy Joints Advanced/T&Th		
	02:00p Basic Yoga/M	04:30p Aqua Mini Dip/T	02:00p Yoga Stretch and Strength	05:00p Pottery - Independent Potters Club E		
	02:00p Fitness Challenge H2O Beginning/M	05:00p Aquatic Healthy Joints Advanced/T&Th	04:00p Pickleball All Levels/W PM	05:30p Age Reversing Essentrics/Th		
	02:00p Focus on the Issues	05:00p Ask the Attorney PM	05:00p Lapidary & Silversmith Drop In PM	06:00p Badminton/M&Th		
	04:00p Pickleball All Lvl/M PM	05:00p Knitting at Night	05:00p Strengthen Your Bones Advanced/M&W	06:30p Box Fit 101		
	05:00p Pottery - Independent Potters Club E	05:00p Pottery - Independent Potters Club E				
	05:00p Strengthen Your Bones Advanced/M&W	05:15p Step Aerobics/T PM				
	06:00p Badminton/M&Th					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24 06:00p Meditation Drop-in E 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M	25 06:00p Chinese Brush Painting - Evening 06:00p Dinner with the Doc 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 07:05p Zumba/T	26 05:30p Aqua Yoga 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p Instagram and Beyond 06:30p Zumba/W 07:00p Line Dance PM	27 06:45p Muscular Endurance 07:00p Novels at Night	28	29
30						