

## Older Persons' Commission

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				06:29a Social 06:30a Billiards/MTWThF 06:30a Blood Drive 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 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 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	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 Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Aquatic Core - The Core/F 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Fitness in Motion 08:00a The Deep/F 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/F 09:00a Cafe 09:00a Muscles in Motion 09:00a Pickleball Int-Adv/F 09:00a Pickleball Int-Adv/M 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	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
28	29	30	31	1	2	3
				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 12:30p 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 02:15p Tai Chi With Chair 04:00p Pickleball Int-Adv/Th 04:30p Drums & More 05:00p Aquatic Healthy Joints Advanced/T&Th	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 01:00p Table Tennis/MWF 01:00p Zumba/F 02:00p Fitness Challenge H2O Beginning/F 03:00p Aqua Basketball 04:00p Pickleball Int-Adv/F PM 06:00p Pickleball All Lvl/F PM	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				05:00p Pottery - Independent Potters Club E 05:30p Age Reversing Essentrics/Th 06:00p A Perfect Pairing Casablanca 06:00p Badminton/M&Th 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Spanish Beg PM		
4	5	6	7	8	9	10
	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	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 08:00a Woodshop 08:30a Low Impact Aerobics 09:00a A Tour Begins 09:00a Bike for Coffee 09:00a Cafe	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 Senior Prom 08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 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 09:00a Cafe	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 Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Aquatic Core - The Core/F 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Fitness in Motion 08:00a The Deep/F 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/F	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 Liquid Boot Camp/S 08:00a Weight Room Orientation 09:00a A Tour Begins 09:00a Basic Yoga/S 09:30a Guitar - Saturday 09:30a LEGO MEETUP 10:00a Volleyball All Lvl/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
09:00a Cafe	09:00a Computer Beginner	09:00a Aqua Strength & Interval/W	09:00a Computer Beginner	09:00a Ascension Bone Density Scrng	09:00a Cafe	
09:00a Muscles in Motion	09:00a Counseling Services	09:00a Cafe	09:00a Computer Ubuntu Drop-in	09:00a Muscles in Motion	09:00a Pickleball Int-Adv/F	
09:00a Pickleball Int - Adv/M	09:00a Making Waves/T&Th	09:00a Computer Beginner	09:00a Counseling Services Thursday	09:00a Pickleball Int-Adv/M	09:30a Ask the Doctor	
09:00a Pickleball Int-Adv/M	09:00a Rise & Shine/Wellness Breakfast	09:00a Interval Training	09:00a Making Waves/T&Th	10:00a Chinese / English	10:00a English Learning Grp	
09:00a Pilates Strength Training	09:00a Volleyball Tournament/T	09:00a Pilates Beginning	09:00a Pottery - Independent Potters Club AM	10:00a Financial Friday	10:00a Stretch & Balance/F	
09:00a Pottery - Independent Potters Club AM	09:15a Cycle to the Beat/T	09:30a Ask the Resident	09:30a Needle Arts-W	10:00a Water Works Aerobics/F	10:15a Cycle to the Beat/F	
09:00a Quilting Circle	09:30a Back Health/T	09:30a Pickleball Lessons Beg/W	09:30a Spanish Group	10:30a Beginning Tai Chi Wu Style/F	11:00a French Group	
09:30a Zentangle Drop In	09:30a Core Strength Advanced/T&Th	10:00a Heart Healthy Fitness	10:00a Italian Class	11:00a Pickleball AllLv/F	11:30a Chair Yoga/F	
09:45a German Class Intermediate	09:30a Knit & Crochet Grp	10:00a Italian Class	10:00a Pick-A-Puzzle	11:30a Functionally Fit/F	12:00p Dining Room Lunch	
10:00a Intermediate Knitting	10:00a Aqua Fit/T&Th	10:00a Pick-A-Puzzle	10:00a Water Works Aerobics/M&W	12:30p Bridge Amer Strdr Fri	12:30p Hand & Foot / Mexican Train	
10:00a Meet the RH Mayor	10:00a Aquatic Healthy Joints Beginning/T&Th	10:30a Beginner Low Impact Ballet	10:30a Aquatic Healthy Joints Beginning/T&Th	12:30p Bridge Amer Strdr Fri	12:30p Hand & Foot / Mexican Train	
10:00a Stretch & Balance/M	10:00a Bridge Amer Strdr Tue	10:30a Pickleball Mentor Games/W	10:00a Euchre Thursday AM	12:30p Hand & Foot / Mexican Train	12:30p Pinochle	
10:00a Water Works Aerobics/M&W	10:00a Computer Club	10:30a Pickleball Mentoring/W	10:30a Strengthen Your Bones Intermediate/T&Th	12:30p Pinochle	01:00p Needle Arts-F	
10:15a Cycling Ride Rock and Roll	10:00a Cycling Free Demo/T	11:00a Diabetes Prevention Program	10:30a Strengthen Your Bones Intermediate/T&Th	12:30p Pinochle	01:00p Open Studio Painting Drop-In	
10:30a Computer Apple iPhone	10:30a Strengthen Your Bones Intermediate/T&Th	11:00a French Advanced Class	10:45a Step Aerobics/Th	12:30p Pinochle	01:00p Pickleball Novice/MTF	
10:30a Zumba/M	10:45a Step Aerobics/T	11:00a Polish Group	11:30a Tone Stretch & Balance/T&Th	12:30p Pinochle	01:00p Table Tennis/MWF	
11:00a Pickleball Nov/Int M	11:30a Tone Stretch & Balance/T&Th	11:25a Core Strength Beginning/W	11:45a Yoga A Gentle Beginning/Th	12:30p Pinochle	01:00p Zumba/F	
11:00a Spanish Beginner	11:35a Yoga/T at 11:35 am	11:30a Pickleball Int-Adv/W	12:00p Boxing for Parkinsons-A	12:30p Pinochle	01:30p Movie Matinee	
11:25a Functionally Fit/M	12:00p Dining Room Lunch	11:00a French Advanced Class	12:00p Dining Room Lunch	12:30p Pinochle	02:00p Fitness Challenge H2O Beginning/F	
11:30a Core Strength Beginning/M	12:15p Strength & Stretch for Parkinsons	11:00a Polish Group	12:20p Hard Core Strength Training	12:30p Pinochle	03:00p Aqua Basketball	
12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Independent Art Drop In	11:25a Core Strength Beginning/W	12:30p Bridge - Duplicate Thur. Drop-in	12:30p Pinochle	04:00p Pickleball Int-Adv/F PM	
12:00p Belly Dance	12:30p Dining Room Lunch	11:30a Pickleball Int-Adv/W	12:30p Metalsmithing Drop-In	12:30p Pinochle	06:00p Pickleball All Lv/F PM	
12:00p Dining Room Lunch	12:45p German Group	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Adult Day Service Group	12:30p Pinochle		
12:30p Bridge Drop-in Mon.	01:00p Basketball Shoot Around	12:00p Dining Room Lunch	01:00p Boxing for Parkinsons-B	12:30p Pinochle		
12:30p Circuit Training	01:00p Creation Station Tuesday	12:30p Core Strength Intermediate	01:00p Pottery - Independent Potters Club PM	12:30p Pinochle		
12:30p Mah Jong American	01:00p India Group	12:30p Euchre Drop-In	01:10p Strengthen Your Bones Beginning/Th	12:30p Pinochle		
12:30p Samba- 1st and 3rd Monday	01:00p Pickleball Novice/MTF	12:30p Mah Jong Chinese		12:30p Pinochle		
12:45p Chair Yoga/M		12:45p Chair Yoga/W		12:30p Pinochle		
01:00p Aquatic Healthy Joints Beginning/M&W		01:00p Aquatic Healthy Joints Beginning/M&W		12:30p Pinochle		
01:00p Creation Station - Monday				12:30p Pinochle		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</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 02:30p medicare update 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	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 03:15p 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 05:15p Step Aerobics/T PM 06:00p Pickleball Int-Adv/T PM 06:00p Slow Flow Yoga/T 07:05p Zumba/T	01:00p Cant Reach Toes 01:00p Dance For Parkinsons 01:00p OPC Book Club 01:00p Pottery - Independent Potters Club Wed 01:00p Summer Craft Workshops - Fun Paper Projects 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 06:00p Parkinsons Support 06:30p Basketball 5 on 5/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 02:15p 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 650 Nite Club 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Spanish Beg PM		
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</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	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/MTWTh 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
11	12	13	14	15	16	17
	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 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 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	08:00a Aquatic Core - Core Strength/M&W	07:00a Top Chef Set-Up	08:00a Aquatic Core - The Core/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 Ascension Wellness Center Visit	08:00a Liquid Boot Camp/S
	08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Weight Room Orientation
	08:00a Crittenton PT	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Crittenton PT	08:00a Fitness in Motion	08:00a Woodshop
	08:00a Fitness in Motion	08:00a Weight Room Orientation	08:00a Fitness in Motion	08:00a Lapidary Drop-in	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 Weight Room Orientation	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 Woodshop	08:00a Woodshop	09:30a Guitar - Saturday
	08:00a Woodshop	09:00a A Tour Begins	08:00a Woodshop	08:30a Low Impact Aerobics	09:00a A Tour Begins	10:00a Piano Players Meetup
	09:00a A Tour Begins	09:00a Bike for Coffee	09:00a A Tour Begins	08:30a Volleyball Tournament/Th	09:00a Aqua Strength & Interval/F	10:00a Volleyball All Lvl/S
	09:00a Aqua Strength & Interval/M	09:00a Cafe	09:00a Aqua Strength & Interval/W	09:00a A Tour Begins	09:00a Cafe	
	09:00a Cafe	09:00a Counseling Services	09:00a Ask the Dentist	09:00a Cafe	09:00a Muscles in Motion	
	09:00a Medicare & Medicaid Assistance	09:00a Making Waves/T&Th	09:00a Cafe	09:00a Counseling Services Thursday	09:00a Pickleball Int-Adv/F	
	09:00a Muscles in Motion	09:00a Volleyball Tournament/T	09:00a Interval Training	09:00a Making Waves/T&Th	09:00a Pickleball Int-Adv/M	
	09:00a Pickleball Int - Adv/M	09:15a Cycle to the Beat/T	09:00a Pilates Beginning	09:00a Pottery - Independent Potters Club AM	10:00a Chinese / English	
	09:00a Pickleball Int-Adv/M	09:30a Ascension Hearing & Aid Clean	09:30a Ask the Resident	09:00a Pottery - Independent Potters Club AM	10:00a English Learning Grp	
	09:00a Pilates Strength Training	09:30a Back Health/T	09:30a Needle Arts-W	09:15a Cycle to the Beat/Th	10:00a Stretch & Balance/F	
	09:00a Pottery - Independent Potters Club AM	09:30a Core Strength Advanced/T&Th	09:30a Pickleball Lessons Beg/W	09:30a Back Health/Th	10:00a Water Works Aerobics/F	
	09:00a Quilting Circle	09:30a Knit & Crochet Grp	09:30a Rochester Painted Pot - Mason Jar Lantern	09:30a Core Strength Advanced/T&Th	10:30a Beginning Tai Chi Wu Style/F	
	09:30a Zentangle Drop In	10:00a Aqua Fit/T&Th	09:30a Spanish Group	10:00a Aqua Fit/T&Th	11:00a French Group	
	09:45a German Class Intermediate	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Chair Massage	10:00a Aquatic Healthy Joints Beginning/T&Th	11:00a Pickleball AllLvl/F	
	10:00a Intermediate Knitting	10:00a Bridge Amer Strd Tue	10:00a Heart Healthy Fitness	10:00a Euchre Thursday AM	11:30a Chair Yoga/F	
	10:00a Stretch & Balance/M	10:00a Computer Club	10:00a Italian Class	10:00a Kayaking Introduction	11:30a Functionally Fit/F	
	10:00a Water Works Aerobics/M&W	10:00a Cycling Free Demo/T	10:00a Veterans Connection	10:30a Strengthen Your Bones Intermediate/T&Th	12:00p Dining Room Lunch	
	10:30a Computer Apple iPhone	10:00a Garden to Table trip dep	10:00a Water Works Aerobics/M&W	10:45a Step Aerobics/Th	12:30p Bridge Amer Strd Fri	
	10:30a Zumba/M	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Beginner Low Impact Ballet	11:30a Tone Stretch & Balance/T&Th	12:30p Hand & Foot / Mexican Train	
			10:30a Pickleball Mentor Games/W	11:45a Yoga A Gentle Beginning/Th	12:30p Pinochle	
					01:00p Computer Safety	
					01:00p Needle Arts-F	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	11:00a Pickleball Nov/Int M	10:45a Step Aerobics/T	10:30a Pickleball Mentoring/W	12:00p Boxing for Parkinsons-A	01:00p Open Studio Painting Drop-In	
	11:00a Spanish Beginner	11:30a Tone Stretch & Balance/T&Th	11:00a Diabetes Prevention Program	12:00p Dining Room Lunch	01:00p Pickleball Novice/MTF	
	11:25a Functionally Fit/M	11:35a Yoga/T at 11:35 am	11:00a French Advanced Class	12:20p Hard Core Strength Training	01:00p Table Tennis/MWF	
	11:30a Core Strength Beginning/M	12:00p Dining Room Lunch	11:00a Polish Group	12:30p Bridge - Duplicate Thur. Drop-in	01:00p Zumba/F	
	12:00p Aquatic Healthy Joints Advanced/M&W	12:15p Strength & Stretch for Parkinsons	11:00a Core Strength Beginning/W	12:30p Metalsmithing Drop-In	02:00p Fitness Challenge H2O Beginning/F	
	12:00p Ask the Attorney AM	12:30p Independent Art Drop In	11:25a Core Strength Beginning/W		03:00p Aqua Basketball	
	12:00p Belly Dance	12:45p German Group	11:30a Pickleball Int-Adv/W	01:00p Boxing for Parkinsons-B	03:00p Aqua Basketball	
	12:00p Dining Room Lunch	01:00p Basketball Shoot Around	12:00p Aquatic Healthy Joints Advanced/M&W	01:00p Computer MAC Enthusiasts	04:00p Pickleball Int-Adv/F PM	
	12:25p Samba-2nd & 4th	01:00p Creation Station Tuesday	12:00p Dining Room Lunch	01:00p Pottery - Independent Potters Club PM	06:00p Pickleball All Lvl/F PM	
	12:30p Bridge Drop-in Mon.	01:00p India Group	12:30p Core Strength Intermediate	01:00p Travel Show	07:00p 650 Night Club	
	12:30p Circuit Training	01:00p Pickleball Novice/MTF	12:30p Euchre Drop-In	01:10p Strengthen Your Bones Beginning/Th	07:00p 650 Night Club-Set up Karaoke	
	12:30p Mah Jong American	01:15p Resistance & Balance Training/T	12:45p Chair Yoga/W	01:15p Resistance & Balance Training/Th		
	12:45p Chair Yoga/M	01:30p Aquatic Core - Core Strength/T&Th	01:00p Aquatic Healthy Joints Beginning/M&W	01:30p Aquatic Core - Core Strength/T&Th		
	01:00p Aquatic Healthy Joints Beginning/M&W	01:30p Guitar - Tuesday	01:00p Dance For Parkinsons	02:00p Pickleball Machine Rental		
	01:00p Creation Station - Monday	02:00p Computer 1 on 1 2-3pm	01:00p Pottery - Independent Potters Club Wed	02:00p Pickleball Novice/Th 2pm		
	01:00p Line Dance Day	02:05p Italian Group	01:00p Summer Craft Workshops - Fun Paper Projects	02:15p Tai Chi With Chair		
	01:00p Pickleball Novice/MTF	02:20p Beginning Tai Chi Wu Style/T	01:00p Table Tennis/MWF	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	03:15p Ukulele Fun	02:00p Pickleball Machine Rental	05:00p Aquatic Healthy Joints Advanced/T&Th		
	02:00p Basic Yoga/M	04:00p Mosaic Drop-In E	02:00p Pickleball Novice / W	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	05:00p Top Chef		
	02:00p Focus on the Issues	04:15p Full Body Blast	02:00p Yoga Stretch and Strength	05:30p Age Reversing Essentrics/Th		
	04:00p Pickleball All Lvl/M PM	04:30p Aqua Mini Dip/T	04:00p Pickleball All Levels/W PM	06:00p Badminton/M&Th		
	05:00p Pottery - Independent Potters Club E	04:30p Terrific Tuesday	05:00p Lapidary & Silversmith Drop In PM	06:30p Box Fit 101		
	05:00p Strengthen Your Bones Advanced/M&W	05:00p Aquatic Healthy Joints Advanced/T&Th	05:00p Strengthen Your Bones Advanced/M&W	06:45p Muscular Endurance		
	06:00p Badminton/M&Th	05:00p Knitting at Night		07:00p Novels at Night		
	06:00p Meditation Drop-in E	05:15p Step Aerobics/T PM				
	06:25p Essentrics Barre	06:00p Pickleball Int-Adv/T PM				
	06:30p Aqua Zumba/M					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
		06:00p Slow Flow Yoga/T 07:05p Zumba/T	05:30p Aqua Yoga 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p Zumba/W 07:00p Line Dance PM	07:00p Spanish Beg PM		
18	19	20	21	22	23	24
	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	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 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 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 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	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 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 Ubuntu Drop-in 09:00a Counseling Services Thursday 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/F 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 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 Muscles in Motion 09:00a Pickleball Int-Adv/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 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
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	09:00a Pilates Strength Training	09:00a Volleyball Tournament/T	09:00a Pilates Beginning 09:30a Ask the Resident	09:00a Pottery - Independent Potters Club AM	09:00a Pickleball Int-Adv/M 10:00a Chinese / English	
	09:00a Pottery - Independent Potters Club AM	09:15a Cycle to the Beat/T 09:30a Back Health/T	09:30a Needle Arts-W 09:30a Pickleball Lessons Beg/W	09:15a Cycle to the Beat/Th 09:30a Back Health/Th	10:00a English Learning Grp 10:00a Stretch & Balance/F	
	09:00a Quilting Circle 09:00a Zentangle Techniques - Zentangle Cartouche	09:30a Core Strength Advanced/T&Th 09:30a Knit & Crochet Grp	09:30a Spanish Group 10:00a Heart Healthy Fitness	09:30a Core Strength Advanced/T&Th 10:00a Aqua Fit/T&Th	10:00a Water Works Aerobics/F 10:15a Cycle to the Beat/F	
	09:30a Zentangle Drop In 09:45a German Class Intermediate	10:00a Aquatic Healthy Joints Beginning/T&Th 10:00a Bridge Amer Strd Tue	10:00a Italian Class 10:00a Savvy Seniors 2019 10:00a Theatre auditions	10:00a Aquatic Healthy Joints Beginning/T&Th 10:00a Euchre Thursday AM	10:30a Beginning Tai Chi Wu Style/F 11:00a French Group	
	10:00a Intermediate Knitting 10:00a Stretch & Balance/M 10:00a Theatre auditions	10:00a Computer Club 10:00a Cycling Free Demo/T	10:00a Water Works Aerobics/M&W 10:30a Beginner Low Impact Ballet	10:00a Theatre auditions 10:30a Strengthen Your Bones Intermediate/T&Th	11:00a Pickleball AllLv/F 11:30a Chair Yoga/F 11:30a Functionally Fit/F	
	10:00a Water Works Aerobics/M&W 10:15a Cycling Ride Rock and Roll	10:00a Fire Department Information Day 10:00a Theatre auditions	10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W	11:30a Tone Stretch & Balance/T&Th 11:45a Yoga A Gentle Beginning/Th	12:00p Dining Room Lunch 12:30p Bridge Amer Strd Fri 12:30p Pinochle	
	10:30a Computer Apple iPad 10:30a Zumba/M	10:30a Strengthen Your Bones Intermediate/T&Th 10:45a Step Aerobics/T	11:00a Diabetes Prevention Program 11:00a French Advanced Class	12:00p Boxing for Parkinsons-A 12:00p Dining Room Lunch	01:00p Needle Arts-F 01:00p Open Studio Painting Drop-In 01:00p Pickleball Novice/MTF	
	11:00a Pickleball Nov/Int M 11:00a Spanish Beginner 11:25a Functionally Fit/M	11:30a Tone Stretch & Balance/T&Th 11:35a Yoga/T at 11:35 am	11:00a Polish Group 11:25a Core Strength Beginning/W	12:20p Hard Core Strength Training 12:30p Fused Glass Class - Trivet Trio	01:00p Table Tennis/MWF 01:00p Zumba/F 01:30p Movie Matinee	
	11:30a Core Strength Beginning/M 12:00p Aquatic Healthy Joints Advanced/M&W	12:00p Dining Room Lunch 12:15p Strength & Stretch for Parkinsons	11:30a Pickleball Int-Adv/W 12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Metalsmithing Drop-In 01:00p Boxing for Parkinsons-B	02:00p Fitness Challenge H2O Beginning/F 03:00p Aqua Basketball 04:00p Pickleball Int-Adv/F PM	
	12:00p Belly Dance 12:00p Dining Room Lunch	12:30p Independent Art Drop In 12:45p German Group	12:00p Dining Room Lunch 12:30p Core Strength Intermediate	01:00p Fireside Poetry 01:00p Pottery - Independent Potters Club PM	06:00p Pickleball All Lvl/F PM	
	12:30p Bridge Drop-in Mon. 12:30p Circuit Training	01:00p Basketball Shoot Around 01:00p Creation Station Tuesday	12:30p Euchre Drop-In 12:30p Mah Jong Chinese	01:00p Womens Luncheon 01:10p Strengthen Your Bones Beginning/Th		
	12:30p Mah Jong American 12:30p Samba- 1st and 3rd Monday	01:00p India Group 01:00p Painting on Barnwood - Harvest Board	12:45p Chair Yoga/W 01:00p Aquatic Healthy Joints Beginning/M&W	01:15p Resistance & Balance Training/Th 01:30p Aquatic Core - Core Strength/T&Th		
	12:45p Chair Yoga/M 01:00p Aquatic Healthy Joints Beginning/M&W	01:00p Pickleball Novice/MTF 01:15p Resistance & Balance Training/T	01:00p Dance For Parkinsons 01:00p Pottery - Independent Potters Club Wed	02:00p Pickleball Machine Rental		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	01:00p Pottery - Independent Potters Club PM 01:00p Table Tennis/MWF 02:00p Basic Yoga/M 02:00p Fitness Challenge H2O Beginning/M 04:00p Pickleball All Lvl/M PM 05:00p Pottery - Independent Potters Club E 05:00p Strengthen Your Bones Advanced/M&W 06:00p Badminton/M&Th 06:00p Meditation Drop-in E 06:00p Movie Monday 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance Class--Member 07:00p Ballroom Dance Class--Non-member	01:30p 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 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 05:15p Step Aerobics/T PM 06:00p Pickleball Int-Adv/T PM 06:00p Slow Flow Yoga/T 07:00p Poetry Group E 07:00p Sweet Speakers 07:05p Zumba/T	01:00p Summer Craft Workshops - Fun Paper Projects 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 Basketball 5 on 5/W 06:30p Zumba/W 07:00p Line Dance PM 07:00p Rewired Not Retired Investing	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 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Spanish Beg PM		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</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 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 Advanced Strength & Balance/M 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/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/MTWTh 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	<b>BUILDING CLOSED</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
	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 Medicare & Medicaid Assistance 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 Intermediate Knitting 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 Nov/Int M 11:00a Spanish Beginner 11:25a Functionally Fit/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 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 Commodity Foods 09:00a Counseling Services 09:00a Making Waves/T&Th 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 10:30a 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	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 Ireland pre-trip Travel Show 09:00a Pilates Beginning 09:30a Ask the Resident 09:30a Needle Arts-W 09:30a Pickleball Lessons Beg/W 09:30a Spanish Group 10:00a Heart Healthy Fitness 10:00a Italian Class 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 Diabetes Prevention Program 11:00a French Advanced Class 11:00a Polish Group	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 08:30a 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 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	07:00a Open Swim/M-F 08:00a Aquatic Core - The Core/F 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Fitness in Motion 08:00a The Deep/F 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/F 09:00a Cafe 09:00a Muscles in Motion 09:00a Pickleball Int-Adv/F 09:00a Pickleball Int-Adv/M 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 11:00a 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	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
	11:30a Core Strength Beginning/M 12:00p Aquatic Healthy Joints Advanced/M&W 12:00p Belly Dance 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 12:45p Vintage Views Writers Poets Proofreaders 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Creation Station - Monday 01:00p Line Dance Day 01:00p Pickleball Novice/MTF 01:00p Pottery - Independent Potters Club PM 01:00p Table Tennis/MWF 02:00p Basic Yoga/M 02:00p Fitness Challenge H2O Beginning/M 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 Android Phone - PM 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance Class--Member	12:15p Strength & Stretch for Parkinsons 12:30p Independent Art Drop In 12:45p German Group 01:00p Basketball Shoot Around 01:00p Creation Station Tuesday 01:00p India Group 01:00p Pickleball Novice/MTF 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 02:00p Oakland University Classical Guitars 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 Aquatic Healthy Joints Advanced/T&Th 05:00p Ask the Attorney PM 05:00p Knitting at Night 05:15p Step Aerobics/T PM 06:00p Dinner with the Doc 06:00p Pickleball Int-Adv/T PM 06:00p Slow Flow Yoga/T	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 Pottery - Independent Potters Club Wed 01:00p Summer Craft Workshops - Fun Paper Projects 01:00p Table Tennis/MWF 01:30p Bingo Mania 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	12:30p Bridge - Duplicate Thur. Drop-in 12:30p Fused Glass Class - Trivet Trio 12:30p Metalsmithing Drop-In 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 02:15p 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 Spanish Beg PM	01:00p Table Tennis/MWF 01:00p Zumba/F 02:00p Fitness Challenge H2O Beginning/F 03:00p Aqua Basketball  <div style="text-align: center;"> <b>BUILDING CLOSED AT 4:00 PM</b> </div>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
	07:00p Ballroom Dance Class--Non-member	07:05p Zumba/T				