

Older Persons' Commission

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:59a Social/S
06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	07:00a Billiards/S
06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	07:00a Cardio and Weights/S
06:30a Library	06:30a Library	06:30a Library	06:30a Library	06:30a Library	06:30a Library	07:00a Computer Lab Saturday
06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	07:00a Critt Fit Challenge Rpt
06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym/Th 06:30a Open Swim/T&Th	06:30a Open Gym AM/F 06:30a Personal Training	07:00a Library/S
06:30a Personal Training	06:30a Open Swim/T&Th	06:30a Open Swim/T&Th	06:30a Personal Training	06:30a Personal Training	06:30a Walking Track	07:00a OPC Visit/S
06:30a Walking Track	06:30a Personal Training	06:30a Personal Training	06:30a Walking Track	06:30a Walking Track	07:00a Advanced Strength & Balance/F	07:00a Open Swim/S
07:00a Computer Lab - Mon- Fri	06:30a Walking Track	07:00a Aquatic Core Advanced/T&TR	07:00a Advanced Strength & Balance/W	07:00a Aquatic Core Advanced/T&TR	07:00a Computer Lab - Mon- Fri	07:00a Personal Training/S
07:00a Critt Fit Challenge Rpt	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 Pickleball All Lvl/S
07:00a Open Swim/M-F	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 Walking Track - Sat Winter
08:00a Ascension Wellness Center Visit	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 All Levels Pickleball Ladder/F	08:00a Cycling Energy Ride
08:00a Ask the Nurse	07:00a Open Swim/M-F	08:00a Aquatic Core - Core Strength/M&W	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 Crittenton PT	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 Ascension Wellness Center Visit	08:00a Weight Room Orientation
08:00a Weight Room Orientation	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 Woodshop
08:00a Woodshop	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Crittenton PT	08:00a Lapidary Drop-in	08:00a Fitness in Motion	09:00a A Tour Begins
09:00a A Tour Begins	08:00a Weight Room Orientation	08:00a Fitness in Motion	08:00a Fitness in Motion	08:00a Weight Room Orientation	08:00a The Deep/F	09:00a Basic Yoga/S
09:00a Cafe	08:00a Woodshop	08:00a The Deep/M&W	08:00a The Deep/M&W	08:00a Woodshop	08:00a Weight Room Orientation	09:00a Basketball 5 on 5/S
09:00a Pottery - Independent Potters Club AM	08:30a Low Impact Aerobics	08:00a Weight Room Orientation	08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Woodshop	09:30a Guitar - Saturday
09:00a Quilting Circle	09:00a A Tour Begins	08:00a Woodshop	08:00a Woodshop	08:30a Volleyball Tournament/Th	09:00a A Tour Begins	11:30a Volleyball All Lvl/S
09:30a Zentangle Drop In	09:00a Bike for Coffee	09:00a A Tour Begins	09:00a A Tour Begins	09:00a A Tour Begins	09:00a Aqua Strength & Interval/F	02:00p Pickleball Novice/S
12:00p Belly Dance	09:00a Cafe	09:00a Aqua Strength & Interval/W	09:00a Aqua Strength & Interval/W	09:00a Cafe	09:00a Computer Beginner	
12:00p Dining Room Lunch	09:00a Computer Beginner	09:00a Cafe	09:00a Cafe	09:00a Computer Beginner	09:00a Counseling Services	
12:30p Bridge Drop-in Mon.	09:00a Counseling Services	09:00a Making Waves/T&Th	09:00a Making Waves/T&Th	09:00a Counseling Services	Thursday	
12:30p Mah Jong American	09:00a Rise & Shine/Wellness Breakfast	09:00a Cafe	09:00a Cafe			
12:30p Samba- 1st and 3rd Monday	09:00a Computer Beginner	09:00a Computer Beginner	09:00a Computer Beginner			
01:00p Creation Station - Monday	09:00a Volleyball Tournament/T	09:00a Interval Training	09:00a Interval Training			
01:00p Pottery - Independent Potters Club PM	09:15a Cycle to the Beat/T	09:00a Pilates Beginning	09:00a Pilates Beginning	09:00a Making Waves/T&Th	09:00a Muscles in Motion	
04:00p Pickleball All Lvl/M PM	09:30a Back Health/T	09:30a Ask the Resident	09:30a Ask the Resident	09:00a Pottery - Independent Potters Club AM	09:00a Rolling Yagalates	
	09:30a Core Strength Advanced/T&Th	09:30a Needle Arts-W	09:30a Needle Arts-W	09:15a Cycle to the Beat/Th	10:00a Chinese / English Potters Club AM	
		09:30a Pickleball Lessons Beg/W	09:30a Pickleball Lessons Beg/W	09:30a Back Health/Th	10:00a Encore Career Fair	
					10:00a English Learning Grp	
					10:00a Stretch & Balance/F	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
	05:00p Pottery - Independent Potters Club E 06:00p Meditation Drop-in E	09:30a Knit & Crochet Grp 09:30a Mosaic Tile Class - Autumn Apple 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 12:15p Strength & Stretch for Parkinsons 12:30p Independent Art Drop In 12:45p German Group 01:00p Basketball Shoot Around 01:00p Computer 1 on 1 1-2pm 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 02:05p Italian Group 02:20p Beginning Tai Chi Wu Style/T	09:30a Spanish Group 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 12:30p 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 Table Tennis/MWF 01:00p Zentangle Techniques/Metal Embossed Zentangle 02:00p Fitness Challenge H2O Advanced/W 02:00p Pickleball Machine Rental	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 Advanced Pickleball Practice-A 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	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 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		

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1	2	3	4	5	6	7
		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	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 SPORTS TALK	02:00p Pickleball Skills & Drills 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 07:00p Spanish Beg PM		
8	9	10	11	12	13	14
	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	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 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	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	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 Lapidary Drop-in 08:00a Leisure Travel LCA Tour Trip Departure	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	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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
08:00a Fitness in Motion 08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Aqua Strength & Interval/M 09:00a Cafe 09:00a Medicare & Medicaid Assistance 09:00a Muscles in Motion 09:00a Pickleball Int - Adv/M 09:00a Pilates Strength Training 09:00a Pottery - Independent Potters Club AM 09:00a Quilting Circle 09:30a Zentangle Drop In 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 iPhone 10:30a Zumba/M 11:00a Pickleball Nov/Int M 11:00a Spanish Beginner 11:25a Functionally Fit/M 11:30a Core Strength Beginning/M 12:00p Aquatic Healthy Joints Advanced/M&W	08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Bike for Coffee 09:00a Cafe 09:00a Counseling Services 09:00a Making Waves/T&Th 09:00a Volleyball Tournament/T 09:15a Cycle to the Beat/T 09:30a Ascension Hearing & Aid Clean 09:30a Back Health/T 09:30a Core Strength Advanced/T&Th 09:30a Knit & Crochet Grp 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th 10:00a Bridge Amer Strd Tue 10:00a Computer Club 10:00a Cycling Free Demo/T 10:30a 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 12:30p Independent Art Drop In	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 Interval Training 09:00a Pilates Beginning 09:30a Annual Senior Day at Bloomer Park 09:30a Ask the Resident 09:30a Needle Arts-W 09:30a Pickleball Lessons Beg/W 09:30a Spanish Group 10:00a Chair Massage 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 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	08:00a Fitness in Motion 08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 08:30a Volleyball Tournament/Th 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Cafe 09:00a Computer Ubuntu Drop-in 09:00a Counseling Services Thursday 09:00a Making Waves/T&Th 09:00a Pottery - Independent Potters Club AM 09:15a Cycle to the Beat/Th 09:30a Back Health/Th 09:30a Core Strength Advanced/T&Th 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th 10:00a Euchre Thursday AM 10:30a Strengthen Your Bones Intermediate/T&Th 10:45a Step Aerobics/Th 11:30a Tone Stretch & Balance/T&Th 11:45a Yoga A Gentle Beginning/Th 12:00p Advanced Pickleball Practice-A 12:00p Boxing for Parkinsons-A 12:00p Dining Room Lunch 12:20p Hard Core Strength Training 12:30p Bridge - Duplicate Thur. Drop-in	08:00a Fitness in Motion 08:00a The Deep/F 08:00a Weight Room Orientation 08:00a Woodshop 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Aqua Strength & Interval/F 09:00a Ascension Bone Density Scrng 09:00a Cafe 09:00a Muscles in Motion 09:00a Rolling Yagalates 09:00a Watercolor Workshop With Marilynn Thomas 09:30a Ask the Doctor 10:00a Chinese / English 10:00a English Learning Grp 10:00a Financial Friday 10:00a Stretch & Balance/F 10:00a Water Works Aerobics/F 10:15a Cycle to the Beat/F 10:30a Beginning Tai Chi Wu Style/F 11:00a French Group 11:30a 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 Computer Digital Photography Group 01:00p Needle Arts-F 01:00p Open Studio Painting Drop-In	11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
	12:00p Ask the Attorney AM 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 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 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	12:45p German Group 01:00p Basketball Shoot Around 01:00p Computer 1 on 1 2pm 01:00p Creation Station Tuesday 01:00p India Group 01:00p Pickleball Novice/MTF 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 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 Round Robin/T 06:00p Slow Flow Yoga/T 07:00p Sweet Speakers 07:05p Zumba/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 Table Tennis/MWF 01:00p Woodshop - Bowl Turning on the Lathe 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 Pottery Wheel 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	12:30p Metalsmithing Drop-In 01:00p Adult Day Service Group 01:00p Boxing for Parkinsons-B 01:00p Pottery - Independent Potters Club PM 01:00p Woodshop - Bowl Turning on the Lathe 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 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 Pickleball Novice/MTF 01:00p Table Tennis/MWF 01:00p Zumba/F 01:30p Movie Matinee 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	
15	16	17	18	19	20	21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:59a Social/S
06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	07:00a Billiards/S
06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	07:00a Cardio and Weights/S
06:30a Library	06:30a Library	06:30a Library	06:30a Library	06:30a Library	06:30a Library	07:00a Computer Lab Saturday
06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	07:00a Critt Fit Challenge Rpt
06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym/Th 06:30a Open Swim/T&Th	06:30a Open Gym AM/F 06:30a Personal Training	07:00a Library/S
06:30a Personal Training	06:30a Open Swim/T&Th	06:30a Open Swim/T&Th	06:30a Personal Training	06:30a Personal Training	06:30a Walking Track	07:00a OPC Visit/S
06:30a Walking Track	06:30a Personal Training	06:30a Personal Training	06:30a Walking Track	06:30a Walking Track	07:00a Advanced Strength & Balance/F	07:00a Open Swim/S
07:00a Advanced Strength & Balance/M	06:30a Walking Track	07:00a Aquatic Core Advanced/T&TR	07:00a Advanced Strength & Balance/W	07:00a Aquatic Core Advanced/T&TR	07:00a Computer Lab - Mon-Fri	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 Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Critt Fit Challenge Rpt	07:00a Walking Track - Sat Winter
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	08:00a Cycling Energy Ride
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 All Levels Pickleball Ladder/F	08:00a Liquid Boot Camp/S
08:00a Aquatic Core - Core Strength/M&W	07:00a Open Swim/M-F	08:00a Aquatic Core - Core Strength/M&W	08:00a Aquatic Core - Core Strength/M&W	08:00a Ascension Wellness Center Visit	08:00a Aquatic Core - The Core/F	08:00a Scrapbook Event
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 Ascension Wellness Center Visit	08:00a Scrapbook Event Queen of Crop
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 Ask the Nurse	08:00a Crittenton PT	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 Fitness in Motion	08:00a Fitness in Motion	08:00a Weight Room Orientation	08:00a The Deep/F	09:00a A Tour Begins
08:00a The Deep/M&W	08:00a Woodshop	08:00a The Deep/M&W	08:00a The Deep/M&W	08:00a Woodshop	08:00a Weight Room Orientation	09:00a Basic Yoga/S
08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Weight Room Orientation	08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Woodshop	09:30a Guitar - Saturday
08:00a Woodshop	09:00a 650 Players Rehearsal	08:00a Woodshop	08:00a Woodshop	08:30a Volleyball Tournament/Th	09:00a A Tour Begins	10:00a Kayaking Introduction
09:00a 650 Players Rehearsal	09:00a A Tour Begins	09:00a 650 Players Rehearsal	09:00a 650 Players Rehearsal	09:00a 650 Players Rehearsal	09:00a Aqua Strength & Interval/F	10:00a Piano Players Meetup
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 Cafe	
09:00a Aqua Strength & Interval/M	09:00a Bike for Coffee	09:00a Aqua Strength & Interval/W	09:00a Aqua Strength & Interval/W	09:00a Cafe	09:00a Counseling Services Thursday	
09:00a Cafe	09:00a Cafe	09:00a Cafe	09:00a Cafe	09:00a Counseling Services Thursday	09:00a Muscles in Motion	
09:00a Muscles in Motion	09:00a Counseling Services	09:00a Cafe	09:00a Cafe	09:00a Making Waves/T&Th	09:00a Rolling Yagalates	
09:00a Pickleball Int - Adv/M	09:00a Making Waves/T&Th	09:00a Interval Training	09:00a Interval Training	09:00a Pottery - Independent Potters Club AM	10:00a Calligraphy Basics	
09:00a Pilates Strength Training	09:00a Volleyball Tournament/T	09:00a Medicare & Medicaid Assistance	09:00a Medicare & Medicaid Assistance	09:15a Cycle to the Beat/Th	10:00a Chinese / English	
09:00a Pottery - Independent Potters Club AM	09:15a Cycle to the Beat/T	09:00a Pilates Beginning	09:00a Pilates Beginning	09:30a Back Health/Th	10:00a English Learning Grp	
09:00a Quilting Circle	09:30a Back Health/T	09:30a Back Health/T	09:00a Pottery - Clay Handbuilding	09:30a Core Strength Advanced/T&Th	10:00a Stretch & Balance/F	
	09:30a Core Strength Advanced/T&Th	09:30a Core Strength Advanced/T&Th	09:30a Ask the Resident		10:00a Water Works Aerobics/F	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
	09:30a Zentangle Drop In 09:45a German Class Intermediate 10:00a Knitting For Beginners 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 11:00a Pickleball Nov/Int M 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 Pouring/4 Panel Wall Decor 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Chinese Brush Painting - All Levels 01:00p Creation Station - Monday 01:00p Golf League Banquet 01:00p Pickleball Novice/MTF	09:30a Knit & Crochet Grp 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th 10:00a Bridge Amer Strd Tue 10:00a Computer Club 10:00a Cycling Free Demo/T 10:00a Fire Department Information Day 10:30a Strengthen Your Bones Intermediate/T&Th 10:45a Step Aerobics/T 11:30a Tone Stretch & Balance/T&Th 11:35a Yoga/T at 11:35 am 12:00p Dining Room Lunch 12:15p Strength & Stretch for Parkinsons 12:30p Independent Art Class 12:45p German Group 01:00p Basketball Shoot Around 01:00p Computer 1 on 1 1-2pm 01:00p Creation Station Tuesday 01:00p India Group 01:00p Pickleball Novice/MTF 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	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 Savvy Seniors 2019 10:00a Water Works Aerobics/M&W 10:30a Beginner Low Impact Ballet 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W 11:00a French Advanced Class 11:00a Polish Group 11:25a Core Strength Beginning/W 11:30a Pickleball Int-Adv/W 12:00p Aquatic Healthy Joints Advanced/M&W 12:00p Dining Room Lunch 12:30p Core Strength Intermediate 12:30p Euchre Drop-In 12:30p Mah Jong Chinese 12:45p Chair Yoga/W 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Dance For Parkinsons 01:00p Earring Explosion 01:00p Learn to Draw / Part I 01:00p Pottery - Independent Potters Club Wed 01:00p Table Tennis/MWF	09:30a Jewelry With Laurie/Handsewn 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 Advanced Pickleball Practice-A 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	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 12:30p Pinochle 01:00p Computer Safety 01:00p Needle Arts-F 01:00p Open Studio Painting Drop-In 01:00p Zumba/F 02:00p Fitness Challenge H2O Beginning/F 03:00p Aqua Basketball	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
	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 06:25p 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 03:00p Stained Glass Class - Afternoon 03:15p Ukulele Fun 04:00p Mosaic Drop-In E 04:00p Pickleball All Lvl/T 04:15p Full Body Blast 04:30p Aqua Mini Dip/T 04:30p Terrific Tuesday 05:00p Aquatic Healthy Joints Advanced/T&Th 05:00p Knitting at Night 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	01:00p Woodshop Safety 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 Pottery Wheel 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	02:00p Pickleball Skills & Drills 02:15p Tai Chi With Chair 03:00p Oakland U/Meadowbrook History 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 07:00p Spanish Beg PM		
22	23	24	25	26	27	28
	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	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 Open Swim/M-F 07:00a Open Swim/M-F	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	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	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	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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
	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 Aquatic Core - The Core/F	08:00a Woodshop
	08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Ascension Wellness Center Visit	09:00a A Tour Begins
	08:00a Crittenton PT	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Lapidary Drop-in	08:00a Ask the Nurse	09:00a Basic Yoga/S
	08:00a Fitness in Motion	08:00a Weight Room Orientation	08:00a Fitness in Motion	08:00a Weight Room Orientation	08:00a Fitness in Motion	09:00a Basketball 5 on 5/S
	08:00a The Deep/M&W	08:00a Woodshop	08:00a The Deep/M&W	08:00a Woodshop	08:00a The Deep/F	09:30a Guitar - Saturday
	08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Visually Impaired Support Group 2018	11:30a Volleyball All Lvl/S
	08:00a Woodshop	09:00a 650 Players Rehearsal	08:00a Woodshop	08:30a Volleyball Tournament/Th	08:00a Weight Room Orientation	02:00p Pickleball Novice/S
	09:00a 650 Players Rehearsal	09:00a A Tour Begins	09:00a 650 Players Rehearsal	09:00a 650 Players Rehearsal	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 650 Players Rehearsal	
	09:00a Aqua Strength & Interval/M	09:00a Bike for Coffee	09:00a Aqua Strength & Interval/W	09:00a Cafe	09:00a A Tour Begins	
	09:00a Cafe	09:00a Cafe	09:00a Cafe	09:00a Computer Ubuntu Drop-in	09:00a Aqua Strength & Interval/F	
	09:00a Medicare & Medicaid Assistance	09:00a Counseling Services	09:00a Interval Training	09:00a Counseling Services Thursday	09:00a Cafe	
	09:00a Muscles in Motion	09:00a Making Waves/T&Th	09:00a Pilates Beginning	09:00a Making Waves/T&Th	09:00a Muscles in Motion	
	09:00a Pickleball Int - Adv/M	09:00a Pottery - Clay Handbuilding	09:00a Pottery - Clay Handbuilding	09:00a Oakland County Clerk/Office Visit	09:00a Rolling Yagalates	
	09:00a Pilates Strength Training	09:30a Ask the Resident	09:30a Ask the Resident	09:00a Pottery - Independent Potters Club AM	10:00a Calligraphy Basics	
	09:00a Pottery - Independent Potters Club AM	09:30a Needle Arts-W	09:30a Needle Arts-W	09:15a Cycle to the Beat/Th	10:00a Chinese / English	
	09:00a Quilting Circle	09:30a Pickleball Lessons Beg/W	09:30a Pickleball Lessons Beg/W	09:30a Back Health/Th	10:00a English Learning Grp	
	09:30a Zentangle Drop In	09:30a Spanish Group	09:30a Spanish Group	09:30a Core Strength Advanced/T&Th	10:00a Stretch & Balance/F	
	09:45a German Class Intermediate	09:30a Watercolor Class With Pete - Wednesday	09:30a Watercolor Class With Pete - Wednesday	10:00a Aqua Fit/T&Th	10:00a Water Works Aerobics/F	
	10:00a Knitting For Beginners	10:00a Heart Healthy Fitness	10:00a Heart Healthy Fitness	10:00a Aqua Fit/T&Th	10:00a Water Works Aerobics/F	
	10:00a Maureen Esther/Peter the Great	10:00a Italian Class	10:00a Italian Class	10:00a Aquatic Healthy Joints Beginning/T&Th	10:15a Cycle to the Beat/F	
	10:00a Stretch & Balance/M	10:00a Water Works Aerobics/M&W	10:00a Water Works Aerobics/M&W	10:00a Euchre Thursday AM	10:30a Beginning Tai Chi Wu Style/F	
	10:00a Water Works Aerobics/M&W	10:30a Beginner Low Impact Ballet	10:30a Beginner Low Impact Ballet	10:30a Strengthen Your Bones Intermediate/T&Th	11:00a French Group	
	10:15a Cycling Ride Rock and Roll	10:00a Computer Club	10:30a Pickleball Mentor Games/W	10:45a Step Aerobics/Th	11:30a Chair Yoga/F	
	10:30a Computer Apple iPad	10:00a Cycling Free Demo/T	10:30a Pickleball Mentoring/W	11:30a Tone Stretch & Balance/T&Th	11:30a Functionally Fit/F	
	10:30a Zumba/M	10:00a Painting on Barnwood - Halloween board	11:00a French Advanced Class	11:45a Yoga A Gentle Beginning/Th	12:00p Dining Room Lunch	
	11:00a Pickleball Nov/Int M	10:30a Strengthen Your Bones Intermediate/T&Th	11:00a French Advanced Class	12:00p Advanced Pickleball Practice-A	12:30p Bridge Amer Strdr Fri	
	11:00a Spanish Beginner	10:45a Step Aerobics/T	11:00a Polish Group	12:00p Boxing for Parkinsons-A	12:30p Hand & Foot / Mexican Train	
		11:30a Tone Stretch & Balance/T&Th	11:25a Core Strength Beginning/W		12:30p Pinochle	
					01:00p Needle Arts-F	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
	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 12:25p 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 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 Rochester Painted Pot/Tree of Life Tray 01:00p Table Tennis/MWF 01:00p Woodshop Project Class/Toddler Puzzle 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	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 Creation Station Tuesday 01:00p Design and Create Jewelry 01:00p India Group 01:00p Pickleball Novice/MTF 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 02:05p 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 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	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 Creative Greeting Cards 01:00p Dance For Parkinsons 01:00p Learn to Draw / Part I 01:00p Pottery - Independent Potters Club Wed 01:00p Table Tennis/MWF 01:00p Woodshop Drop-in Practice 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 Pottery Wheel 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	12:00p Dining Room Lunch 12:20p Hard Core Strength Training 12:30p Bridge - Duplicate Thur. Drop-in 12:30p Metalsmithing Drop-In 12:30p Wire Wrap Pendant 01:00p Boxing for Parkinsons-B 01:00p Fireside Poetry 01:00p Lapidary Beg. 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 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 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 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
22	23 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	24 06:00p Dinner with the Doc 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 07:05p Zumba/T	25 07:00p Line Dance PM	26	27	28
29	30 06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/M 07:00a Computer Lab - Mon-Fri 07:00a 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					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 09:00a Cafe 09:00a Muscles in Motion 09:00a Pickleball Int - Adv/M 09:00a Pilates Strength Training 09:00a Pottery - Independent Potters Club AM 09:00a Quilting Circle 09:30a Zentangle Drop In 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 Nov/Int M 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 12:45p 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 Ecoprinting					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 01:00p Line Dance Day 01:00p Pickleball Novice/MTF 01:00p Pottery - Independent Potters Club PM 01:00p Table Tennis/MWF 02:00p Basic Yoga/M 02:00p Fitness Challenge H2O Beginning/M 04:00p Pickleball All Lvl/M PM 05:00p Pottery - Independent Potters Club E 05:00p Strengthen Your Bones Advanced/M&W 06:00p Badminton/M&Th 06:00p Meditation Drop-in E 06:25p 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					