

# Older Persons' Commission

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					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 650 Players Rehearsal 09:00a A Tour Begins 09:00a Aqua Strength & Interval/F 09:00a Cafe 09:00a Medicare-Open Enrollment 09:00a Muscles in Motion 09:00a Pickleball Int-Adv/M 09:00a Rolling Yogalates 09:30a Watercolor Workshop with Pete Snodgrass	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 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
					10:00a Chinese / English 10:00a English Learning Grp 10:00a Stretch & Balance/F 10:00a Water Works Aerobics/F  10:15a Cycle to the Beat/F 10:30a Beginning Tai Chi Wu Style/F  11:00a French Group 11:30a Chair Yoga/F 11:30a Functionally Fit/F 12:00p Dining Room Lunch 12:30p 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  07:00p Tribute to the Stars	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
09:00a 650 Players Rehearsal 02:00p Tribute to the Stars	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	06:29a 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	06:29a 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	06:29a 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	06:29a 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	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
3	4	5	6	7	8	9
06:30a Walking Track	06:30a Personal Training	06:30a Walking Track	06:30a Walking Track	06:30a Walking Track	07:00a Advanced Strength & Balance/F	07:00a Open Swim/S
07:00a Advanced Strength & Balance/M	06:30a Walking Track	07:00a Aquatic Core	07:00a Advanced Strength & Balance/W	07:00a Aquatic Core	07:00a Computer Lab - Mon-Fri	07:00a Personal Training/S
07:00a Computer Lab - Mon-Fri	07:00a Aquatic Core	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 Walking Track - Sat Winter
07:00a Critt Fit Challenge Rpt	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Open Swim/M-F	08:00a Liquid Boot Camp/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	08:00a All Levels Pickleball Ladder/F	08:00a Weight Room Orientation
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 Woodshop
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	09:00a A Tour Begins
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	09:00a Artisan Market Vendor Registration
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	09:00a Basic Yoga/S
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	09:30a Guitar - Saturday
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	
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	
08:00a Woodshop	09:00a A Tour Begins	08:00a Woodshop	08:00a Woodshop	08:30a Volleyball Tournament/Th	09:00a A Tour Begins	
09:00a A Tour Begins	09:00a Cafe	09:00a A Tour Begins	09:00a A Tour Begins	09:00a A Tour Begins	09:00a Aqua Strength & Interval/F	
09:00a Aqua Strength & Interval/M	09:00a Computer Beginner	09:00a Aqua Strength & Interval/W	09:00a Aqua Strength & Interval/W	09:00a Cafe	09:00a Cafe	
09:00a Cafe	09:00a Counseling Services	09:00a Cafe	09:00a Cafe	09:00a Computer Beginner	09:00a Medicare-Open Enrollment	
09:00a Medicare-Open Enrollment	09:00a Making Waves/T&Th	09:00a Computer Beginner	09:00a Computer Beginner	09:00a Counseling Services Thursday	09:00a Muscles in Motion	
09:00a Muscles in Motion	09:00a Rise & Shine/Wellness Breakfast	09:00a Interval Training	09:00a Interval Training	09:00a Making Waves/T&Th	09:00a Pickleball Int-Adv/M	
09:00a Pickleball Int - Adv/M	09:00a Medicare-Open Enrollment	09:00a Medicare-Open Enrollment	09:00a Medicare-Open Enrollment	09:00a Pottery - Independent Potters Club AM	09:00a Rolling Yagalates	
09:00a Pickleball Int-Adv/M	09:00a Pilates Beginning	09:00a Pilates Beginning	09:00a Pilates Beginning	09:15a Cycle to the Beat/Th	09:30a Mosaic Tile Class - Patchwork Tree	
09:00a Pilates Strength Training	09:30a Back Health/T	09:00a Pottery - Clay Handbuilding	09:00a Pottery - Clay Handbuilding	09:30a Core Strength Advanced/T&Th	10:00a Chinese / English	
09:00a Pottery - Independent Potters Club AM	09:30a Core Strength Advanced/T&Th	09:30a Needle Arts-W	09:30a Needle Arts-W	10:00a Aqua Fit/T&Th	10:00a English Learning Grp	
09:00a Quilting Circle	09:30a Knit & Crochet Grp	09:30a Pickleball Lessons Beg/W	09:30a Pickleball Lessons Beg/W	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Financial Friday	
09:30a Zentangle Drop In	10:00a Aqua Fit/T&Th	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Euchre Thursday AM	10:00a Stretch & Balance/F	
09:45a German Class Intermediate	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Bridge Amer Strd Tue	09:30a Spanish Group	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Water Works Aerobics/F	
10:00a Knitting For Beginners, Part II	10:00a Bridge Amer Strd Tue	10:00a Computer Club	09:30a Watercolor Class With Pete - Wednesday	10:45a Step Aerobics/Th	10:15a Cycle to the Beat/F	
10:00a Meet the RH Mayor	10:00a Computer Club	10:00a Cycling Free Demo/T	10:00a Chair Massage	11:30a Tone Stretch & Balance/T&Th	10:30a Beginning Tai Chi Wu Style/F	
10:00a Stretch & Balance/M	10:00a Cycling Free Demo/T	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Heart Healthy Fitness	11:45a Yoga A Gentle Beginning/Th	11:00a French Group	
	10:30a Strengthen Your Bones Intermediate/T&Th		10:00a Italian Class			
			10:00a Pick-A-Puzzle			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	10:00a Water Works Aerobics/M&W  10:15a Cycling Ride Rock and Roll  10:30a Computer Apple iPhone  10:30a Zumba/M  11:00a Pickleball Practice Session Nov/Int  11:00a 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 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  04:00p Pickleball All Lvl/M PM  05:00p Pottery - Independent Potters Club E	10:45a Step Aerobics/T  11:30a Tone Stretch & Balance/T&Th  11:35a Yoga/T at 11:35 am  12:00p Clay Jewelry  12:00p Dining Room Lunch  12:15p Strength & Stretch for Parkinsons  12:30p Independent Art Class  12:45p German Group  01:00p Basic Watercolor - 4 week session  01:00p Basic Watercolor - 6 week session  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  02:30p Fitness Challenge H2O Intermediate/T  03:00p Caregiver Support Group  03:00p Stained Glass Class - Afternoon	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 650 MidDay Club/Sinatra Anthology  01:00p Aquatic Healthy Joints Beginning/M&W  01:00p Creation Station Classes - Wine Cork Crafts  01:00p Dance For Parkinsons  01:00p Learn to Draw / Part II  01:00p OPC Book Club  01:00p Pottery - Independent Potters Club Wed  01:00p Table Tennis/MWF  02:00p Fitness Challenge H2O Advanced/W  02:00p Pickleball Machine Rental	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  01:45p Healthy Brain Individual Lectures  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 Governing Board Meeting  05:00p Pottery - Independent Potters Club E	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  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	

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<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	05:00p Strengthen Your Bones Advanced/M&W 06:00p Badminton/M&Th 06:00p Meditation Drop-in E 06:00p Movie Monday 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance Class--Member 07:00p Ballroom Dance Class--Non-member	03:15p Ukulele Fun 04:00p Mosaic Drop-In E 04:00p Pickleball All Lvl/T 04:15p Full Body Blast 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 07:05p 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 Pottery Wheel 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 Learn To Meditate 06:30p Zumba/W 07:00p Line Dance PM 07:00p Sports Conditioning 07:00p SPORTS TALK	05:30p Age Reversing Essentrics/Th 05:30p Aqua Zumba/Th 06:00p Badminton/M&Th 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Spanish Beg PM		
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</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 07:00a Open Swim/M-F 08:00a Aquatic Core - Core Strength/M&W 08:00a Ascension Wellness Center Visit	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a 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	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	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	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	06:30a Walking Track 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

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<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	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 Counseling Services 09:00a Making Waves/T&Th 09:00a Volleyball Tournament/T 09:00a Bridge Beginners 09:00a Cafe 09:00a Medicare-Open Enrollment 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 iPhone 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	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 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 Back Health/T 09:30a Core Strength Advanced/T&Th 09:30a Knit & Crochet Grp 09:30a Painting on Barnwood - Holiday/Winter Board 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 12:45p German Group 01:00p Basic Watercolor - 6 week session 01:00p Basketball Shoot Around	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-Open Enrollment 09:00a Pilates Beginning 09:00a Pottery - Clay Handbuilding 09:30a Needle Arts-W 09:30a Pickleball Lessons Beg/W 09:30a Spanish Group 09:30a Watercolor Class With Pete - Wednesday 10:00a Heart Healthy Fitness 10:00a Italian Class 10:00a Veterans Connection 10:00a Water Works Aerobics/M&W 10:30a Beginner Low Impact Ballet 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W 11:00a French Advanced Class 11:00a Polish Group 11:25a Core Strength Beginning/W 11:30a Pickleball Int-Adv/W	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 Bridge Beginners 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 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 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 Medicare-Open Enrollment 09:00a Muscles in Motion 09:00a Pickleball Int-Adv/F 09:00a Pickleball Int-Adv/M 09:00a Rolling Yagalates 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 Computer Safety 01:00p Needle Arts-F 01:00p Open Studio Painting Drop-In 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF	09:00a Basic Yoga/S 09:00a Basketball 5 on 5/S 09:30a Guitar - Saturday 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S

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<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	12:00p Aquatic Healthy Joints Advanced/M&W	01:00p Computer 1 on 1 1-2pm	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Fused Glass Class - Christmas Pendants/Ornaments	01:00p Zumba/F	
	12:00p Ask the Attorney AM	01:00p Creation Station Tuesday	12:00p Dining Room Lunch	12:30p Metalsmithing Drop-In	02:00p Fitness Challenge H2O Beginning/F	
	12:00p Belly Dance	01:00p Design and Create Jewelry-Downton Abby Style Bracelet	12:30p Core Strength Intermediate	01:00p Adult Day Service Group	03:00p Aqua Basketball	
	12:00p Dining Room Lunch	01:00p India Group	12:30p Euchre Drop-In	01:00p Boxing for Parkinsons-B	04:00p Pickleball Int-Adv/F PM	
	12:25p Samba-2nd & 4th	01:00p Pickleball Novice/MTF	12:30p Mah Jong Chinese	01:00p Pottery - Independent Potters Club PM	06:00p Pickleball All Lvl/F PM	
	12:30p Bridge Drop-in Mon.	01:15p Resistance & Balance Training/T	12:45p Chair Yoga/W	01:10p Strengthen Your Bones Beginning/Th		
	12:30p Circuit Training	01:30p Aquatic Core - Core Strength/T&Th	01:00p Aquatic Healthy Joints Beginning/M&W	01:15p Resistance & Balance Training/Th		
	12:30p Mah Jong American	01:30p Guitar - Tuesday	01:00p Creation Station Classes - Decorative Bottles & Boxes	01:30p Aquatic Core - Core Strength/T&Th		
	12:45p Chair Yoga/M	02:00p Computer 1 on 1 2-3pm	01:00p Portrait Drawing Intermediate	02:00p Pickleball Machine Rental		
	01:00p Abstract Explorations	02:05p Italian Group	01:00p Pottery - Independent Potters Club Wed	02:00p Pickleball Novice/Th 2pm		
	01:00p Aquatic Healthy Joints Beginning/M&W	02:20p Beginning Tai Chi Wu Style/T	01:00p Table Tennis/MWF	02:00p Pickleball Skills & Drills		
	01:00p Creation Station - Monday	02:30p Fitness Challenge H2O Intermediate/T	01:00p Woodshop Project Class - Boxes & Trays	02:00p Pickleball Skills & Drills		
	01:00p Line Dance Day	03:15p Ukulele Fun	02:00p Fitness Challenge H2O Advanced/W	02:15p Tai Chi With Chair		
	01:00p Pickleball Novice/MTF	04:00p Mosaic Drop-In E	02:00p Pickleball Machine Rental	04:00p Pickleball Int-Adv/Th		
	01:00p Pottery - Independent Potters Club PM	04:00p Pickleball All Lvl/T	02:00p Pickleball Novice / W	04:30p Drums & More		
	01:00p Table Tennis/MWF	04:15p Full Body Blast	02:00p Yoga Stretch and Strength	05:00p Aquatic Healthy Joints Advanced/T&Th		
	02:00p Basic Yoga/M	04:30p Terrific Tuesday	04:00p Pickleball All Levels/W PM	05:00p Pottery - Independent Potters Club E		
	02:00p Fitness Challenge H2O Beginning/M	05:00p Aquatic Healthy Joints Advanced/T&Th	05:00p Lapidary & Silversmith Drop In PM	05:30p Age Reversing Essentrics/Th		
	02:00p Focus on the Issues	05:00p Knitting at Night	05:00p Pottery Wheel	05:30p Aqua Zumba/Th		
	04:00p Pickleball All Lvl/M PM	05:15p Step Aerobics/T PM	05:00p Strengthen Your Bones Advanced/M&W	06:00p Badminton/M&Th		
	05:00p Pottery - Independent Potters Club E	06:00p Pickleball Round Robin/T	05:30p Aqua Yoga	06:30p 650 Nite Club/Shelia Landis		
	05:00p Strengthen Your Bones Advanced/M&W	06:00p Slow Flow Yoga/T	06:00p Chess	06:30p Box Fit 101		
	06:00p Badminton/M&Th	07:05p Zumba/T	06:30p Basketball 5 on 5/W	06:45p Muscular Endurance		
	06:00p Meditation Drop-in E		06:30p Learn To Meditate	07:00p Spanish Beg PM		
	06:25p Essentrics Barre					
	06:30p Aqua Zumba/M					
	06:30p Power Pedal/M					
	06:35p Michigan haunts					
	07:00p Ballroom Dance Class--Member					
	07:00p Ballroom Dance Class--Non-member					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
			06:30p Zumba/W 07:00p Sports Conditioning			
17	18	19	20	21	22	23
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 Bridge Beginners 09:00a Cafe 09:00a Medicare-Open Enrollment 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 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 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 Back Health/T 09:30a Core Strength Advanced/T&Th 09:30a Knit & Crochet Grp	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-Open Enrollment 09:00a Pilates Beginning 09:00a Pottery - Clay Handbuilding	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 Bridge Beginners 09:00a Cafe 09:00a Jewelry With Laurie - Crystal Beaded Bracelet 09:00a Making Waves/T&Th 09:00a Pottery - Independent Potters Club AM 09:15a Cycle to the Beat/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 Medicare-Open Enrollment 09:00a Muscles in Motion 09:00a Pickleball Int-Adv/F 09:00a Pickleball Int-Adv/M 09:00a Rolling Yagalates 10:00a Chinese / English	06:30a Walking Track 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 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	09:00a Pilates Strength Training	09:30a Rochester Painted Pot - Holiday Lace Platter	09:30a Needle Arts-W	10:00a Aqua Fit/T&Th	10:00a English Learning Grp	
	09:00a Pottery - Independent Potters Club AM	10:00a Aqua Fit/T&Th	09:30a Pickleball Lessons Beg/W	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Stretch & Balance/F	
	09:00a Quilting Circle	10:00a Aquatic Healthy Joints Beginning/T&Th	09:30a Spanish Group	10:00a Euchre Thursday AM	10:00a Water Works Aerobics/F	
	09:30a Zentangle Drop In	10:00a Bridge Amer Strd Tue	09:30a Watercolor Class With Pete - Wednesday	10:00a Reflexology	10:15a Cycle to the Beat/F	
	09:45a German Class Intermediate	10:00a Computer Club	10:00a Heart Healthy Fitness	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Beginning Tai Chi Wu Style/F	
	10:00a Intermediate Knitting	10:00a Cycling Free Demo/T	10:00a Italian Class	10:45a Step Aerobics/Th	11:00a French Group	
	10:00a Stretch & Balance/M	10:00a Fire Department Information Day	10:00a Water Works Aerobics/M&W	11:30a Tone Stretch & Balance/T&Th	11:00a Pickleball AllLv/F	
	10:00a Water Works Aerobics/M&W	10:00a Fire Department Information Day	10:30a Beginner Low Impact Ballet	11:45a Yoga A Gentle Beginning/Th	11:30a Chair Yoga/F	
	10:15a Cycling Ride Rock and Roll	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Pickleball Mentor Games/W	11:45a Yoga A Gentle Beginning/Th	11:30a Functionally Fit/F	
	10:30a Computer Apple iPad	10:45a Step Aerobics/T	10:30a Pickleball Mentoring/W	12:00p Advanced Pickleball Practice-A	12:00p Dining Room Lunch	
	10:30a Zumba/M	11:30a Tone Stretch & Balance/T&Th	11:00a French Advanced Class	12:00p Boxing for Parkinsons-A	12:30p Bridge Amer Strd Fri	
	11:00a Pickleball Practice Session Nov/Int	11:35a Yoga/T at 11:35 am	11:00a Polish Group	12:00p Dining Room Lunch	12:30p Hand & Foot / Mexican Train	
	11:00a Spanish Beginner	12:00p Dining Room Lunch	11:25a Core Strength Beginning/W	12:20p Hard Core Strength Training	12:30p Pinochle	
	11:25a Functionally Fit/M	12:15p Strength & Stretch for Parkinsons	11:30a Pickleball Int-Adv/W	12:30p Bridge - Duplicate Thur. Drop-in	01:00p Needle Arts-F	
	11:30a Core Strength Beginning/M	12:30p Independent Art Class	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Metalsmithing Drop-In	01:00p Open Studio Painting Drop-In	
	12:00p Aquatic Healthy Joints Advanced/M&W	12:45p German Group	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Pottery - Independent Potters Club PM	01:00p Pickleball Novice/MTF	
	12:00p Belly Dance	01:00p Basic Watercolor - 6 week session	12:00p Dining Room Lunch	01:00p Boxing for Parkinsons-B	01:00p Table Tennis/MWF	
	12:00p Dining Room Lunch	01:00p Basketball Shoot Around	12:30p Core Strength Intermediate	01:00p Computer MAC Enthusiasts	01:00p Zumba/F	
	12:30p Bridge Drop-in Mon.	01:00p Computer 1 on 1 2pm	12:30p Euchre Drop-In	01:00p Pottery - Independent Potters Club PM	01:30p Movie Matinee	
	12:30p Circuit Training	01:00p Creation Station Tuesday	12:30p Mah Jong Chinese	01:00p Woodshop Project Class	02:00p Fitness Challenge H2O Beginning/F	
	12:30p Mah Jong American	01:00p India Group	12:45p Chair Yoga/W	01:10p Strengthen Your Bones Beginning/Th	03:00p Aqua Basketball	
	12:30p Samba- 1st and 3rd Monday	01:00p Pickleball Novice/MTF	01:00p Aquatic Healthy Joints Beginning/M&W	01:15p Resistance & Balance Training/Th	04:00p Pickleball Int-Adv/F PM	
	12:45p Chair Yoga/M	01:15p Resistance & Balance Training/T	01:00p Creation Station Classes - Found Object Necklace	01:30p Aquatic Core - Core Strength/T&Th	06:00p Pickleball All Lvl/F PM	
	01:00p Abstract Explorations	01:30p Aquatic Core - Core Strength/T&Th	01:00p Dance For Parkinsons	02:00p Pickleball Machine Rental		
	01:00p Aquatic Healthy Joints Beginning/M&W	01:30p Guitar - Tuesday	01:00p Portrait Drawing Intermediate	02:00p Pickleball Novice/Th 2pm		
	01:00p Bookfolding - Holiday Trees	02:00p Computer 1 on 1 2-3pm	01:00p Pottery - Independent Potters Club Wed			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	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 06:00p Movie Monday 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance Class--Member 07:00p Ballroom Dance Class--Non-member	02:05p Italian Group 02:20p Beginning Tai Chi Wu Style/T 02:30p Fitness Challenge H2O Intermediate/T 03:00p 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 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 07:00p Sweet Speakers 07:05p Zumba/T	01:00p Table Tennis/MWF 01:00p Woodshop Project Class 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 Sports Conditioning	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 05:30p Aqua Zumba/Th 06:00p A Perfect Pairing 06:00p Badminton/M&Th 06:00p Perfect Pairing 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Spanish Beg PM		
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/M 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 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	<b>BUILDING CLOSED</b>	<b>BUILDING CLOSED</b>	<b>BUILDING CLOSED</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F			
	08:00a Aquatic Core - Core Strength/M&W	07:30a Advanced Small Group Personal Training/T	08:00a Aquatic Core - Core Strength/M&W			
	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 Ask the Nurse	08:00a Ask the Nurse			
	08:00a Crittenton PT	08:00a Weight Room Orientation	08:00a Crittenton PT			
	08:00a Fitness in Motion		08:00a Fitness in Motion			
	08:00a The Deep/M&W	08:00a Woodshop	08:00a The Deep/M&W			
	08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Weight Room Orientation			
	08:00a Woodshop	09:00a A Tour Begins				
	09:00a A Tour Begins	09:00a Cafe	08:00a Woodshop			
	09:00a Aqua Strength & Interval/M	09:00a Counseling Services	09:00a A Tour Begins			
	09:00a Cafe	09:00a Making Waves/T&Th	09:00a Aqua Strength & Interval/W			
	09:00a Medicare-Open Enrollment	09:00a Volleyball Tournament/T	09:00a Cafe			
	09:00a Muscles in Motion	09:15a Cycle to the Beat/T	09:00a Interval Training			
	09:00a Pickleball Int - Adv/M	09:30a Back Health/T	09:00a Medicare-Open Enrollment			
	09:00a Pickleball Int-Adv/M	09:30a Core Strength Advanced/T&Th	09:00a Pilates Beginning			
	09:00a Pilates Strength Training	09:30a Knit & Crochet Grp	09:00a Pottery - Clay Handbuilding			
	09:00a Pottery - Independent Potters Club AM	10:00a Aqua Fit/T&Th	09:30a Needle Arts-W			
	09:00a Quilting Circle	10:00a Aquatic Healthy Joints Beginning/T&Th	09:30a Pickleball Lessons Beg/W			
	09:30a Zentangle Drop In	10:00a Bridge Amer Strd Tue	09:30a Spanish Group			
	09:45a German Class Intermediate	10:00a Computer Club	09:30a Watercolor Class With Pete - Wednesday			
	10:00a Intermediate Knitting	10:00a Cycling Free Demo/T				
	10:00a Stretch & Balance/M	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Heart Healthy Fitness			
	10:00a Water Works Aerobics/M&W	10:45a Step Aerobics/T	10:00a Italian Class			
	10:15a Cycling Ride Rock and Roll	11:30a Tone Stretch & Balance/T&Th	10:00a Water Works Aerobics/M&W			
	10:30a Computer Apple iPad	11:35a Yoga/T at 11:35 am	10:30a Beginner Low Impact Ballet			
	10:30a Zumba/M	12:00p Dining Room Lunch	10:30a Pickleball Mentor Games/W			
	11:00a Pickleball Practice Session Nov/Int	12:15p Strength & Stretch for Parkinsons	10:30a Pickleball Mentoring/W			
	11:00a Spanish Beginner	12:30p Independent Art Class	11:00a French Advanced Class			
		12:45p German Group				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	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 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 Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance Class--Member	01:00p Basketball Shoot Around 01:00p Creation Station Tuesday 01:00p India Group 01:00p Pickleball Novice/MTF 01:00p Watercolor Class With Pete - Tuesday 01:00p Woodshop Drop-in Practice 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 03:15p Ukulele Fun 04:00p Mosaic Drop-In E 04:00p Pickleball All Lvl/T 04:15p Full Body Blast 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 07:05p Zumba/T	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 Pottery - Independent Potters Club Wed 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  <b>BUILDING CLOSED AT 4:00 PM</b>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25 07:00p Ballroom Dance Class--Non-member	26	27	28	29	30