

# Older Persons' Commission

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
						06:30a OPC 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 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
2	3	4	5	6	7	8
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTW 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/MTW 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTW 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	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/F 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt	06:30a OPC 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 Open Swim/S 07:00a Personal Training/S 07:00a Pickleball All Lvl/S 07:00a Walking Track - Sat Winter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</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/M 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 Colored Pencil/Baltimore Oriole 09:00a Muscles in Motion/M 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 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 Zumba/M 11:00a Pickleball Practice Session Nov/Int 11:25a Functionally Fit/M 11:30a Core Strength Beginning/M 12:00p Aquatic Healthy Joints Advanced/M&W	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/T 09:00a A Tour Begins 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 12:00p Dining Room Lunch 12:15p Strength & Stretch for Parkinsons	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/W 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 Interval Training 09:00a Pilates Beginning 09:00a Pottery - Clay Handbuilding 09:30a Ask the Resident 09:30a Pickleball Lessons Beg/W 10:00a Heart Healthy Fitness 10:00a Water Works Aerobics/M&W 10:30a Beginner Low Impact Ballet 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W 11:15a French Advanced Class 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 Classical Ballet	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/Th 08:30a Volleyball Tournament/Th 09:00a A Tour Begins 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	07:00a Open Swim/M-F 08:00a All Levels Pickleball Ladder/F 08:00a All Levels Pickleball Ladder/F 08:00a All Levels Pickleball Ladder/F 08:00a All Levels Pickleball Ladder/F 08:00a Aquatic Core - The Core/F 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Fitness in Motion/F 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 Ascension Bone Density Scrng 09:00a Muscles in Motion/F 09:00a Pickleball Int-Adv/M 09:00a Rolling Yagalates 10:00a English Learning Grp 10:00a Grief Support 10:00a Mosaic Tile Class 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 11:30a Chair Yoga/F 11:30a Functionally Fit/F 12:00p Dining Room Lunch 12:30p Bridge Amer Strd Fri	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 03:00p Leisure Travel Farmington Players Trip



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9	10	11	12	13	14	15
06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Walking Track
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	06:59a Social/S
06:30a Library	06:30a Library	06:30a Library	06:30a Library	06:30a Library	06:30a Library	07:00a Billiards/S
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 Cardio and Weights/S
06:30a Open Gym AM/MTW	06:30a Open Gym AM/MTW	06:30a Open Gym AM/MTW	06:30a Open Gym AM/MTW	06:30a Open Gym/Th	06:30a Open Gym AM/F	07:00a Computer Lab Saturday
06:30a Personal Training	06:30a Open Swim/T&Th	06:30a Personal Training	06:30a Personal Training	06:30a Open Swim/T&Th	06:30a Personal Training	07:00a Critt Fit Challenge Rpt
06:30a Walking Track	06:30a Personal Training	06:30a Walking Track	06:30a Walking Track	06:30a Personal Training	06:30a Walking Track	07:00a Library/S
07:00a Advanced Strength & Balance/M	06:30a Walking Track	07:00a Advanced Strength & Balance/W	07:00a Advanced Strength & Balance/W	06:30a Walking Track	07:00a Advanced Strength & Balance/F	07:00a Open Swim/S
07:00a Computer Lab - Mon-Fri	07:00a Aquatic Core Advanced/T&TR	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Aquatic Core Advanced/T&TR	07:00a Computer Lab - Mon-Fri	07:00a Personal Training/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 Computer Lab - Mon-Fri	07:00a Critt Fit Challenge Rpt	07:00a Pickleball All Lvl/S
07:00a Open Swim/M-F	07:00a Critt Fit Challenge Rpt	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Critt Fit Challenge Rpt	07:00a Open Swim/M-F	07:00a Walking Track - Sat Winter
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	07:00a Open Swim/M-F	08:00a All Levels Pickleball Ladder/F	08:00a Cycling Energy Ride
08:00a Aquatic Core - Core Strength/M&W	07:30a Advanced Small Group Personal Training/T	08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a All Levels Pickleball Ladder/F	08:00a Liquid Boot Camp/S
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 Aquatic Core - The Core/F	08:00a Weight Room Orientation
08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Crittenton PT	08:00a Crittenton PT	08:00a Ascension Wellness Center Visit	08:00a Woodshop
08:00a Crittenton PT	08:00a Weight Room Orientation	08:00a Fitness in Motion/W	08:00a Fitness in Motion/W	08:00a Weight Room Orientation	08:00a Ask the Nurse	09:00a A Tour Begins
08:00a Fitness in Motion/M	08:00a Woodshop	08:00a The Deep/M&W	08:00a The Deep/M&W	08:00a Woodshop	08:00a Fitness in Motion/F	09:00a Basic Yoga/S
08:00a The Deep/M&W	08:30a Low Impact Aerobics/T	08:00a Woodshop	08:00a Woodshop	08:30a Low Impact Aerobics/Th	08:00a Ask the Nurse	09:00a Basketball 5 on 5/S
08:00a Weight Room Orientation	09:00a A Tour Begins	08:00a Woodshop	08:00a Woodshop	08:30a Volleyball Tournament/Th	08:00a The Deep/F	09:30a Guitar - Saturday
08:00a Woodshop	09:00a Ask the Ortho Dr.	09:00a A Tour Begins	09:00a A Tour Begins	09:00a A Tour Begins	08:00a Weight Room Orientation	11:30a Volleyball All Lvl/S
09:00a A Tour Begins	09:00a Making Waves/T&Th	09:00a Aqua Strength & Interval/W	09:00a Aqua Strength & Interval/W	09:00a A Tour Begins	08:00a Woodshop	02:00p Pickleball Novice/S
09:00a Aqua Strength & Interval/M	09:00a Volleyball Tournament/T	09:00a Interval Training	09:00a Interval Training	09:00a Computer Ubuntu Drop-in	09:00a A Tour Begins	
09:00a Muscles in Motion/M	09:15a Cycle to the Beat/T	09:00a Pilates Beginning	09:00a Pilates Beginning	09:00a Making Waves/T&Th	09:00a Aqua Strength & Interval/F	
09:00a Pickleball Int - Adv/M	09:30a Back Health/T	09:00a Pottery - Clay Handbuilding	09:00a Pottery - Clay Handbuilding	09:00a Making Waves/T&Th	09:00a Muscles in Motion/F	
09:00a Pickleball Int-Adv/M	09:30a Core Strength Advanced/T&Th	09:00a Pottery - Independent Potters Club AM	09:00a Pottery - Independent Potters Club AM	09:00a Pottery - Independent Potters Club AM	09:00a Pickleball Int-Adv/M	
09:00a Pilates Strength Training	09:30a Knit & Crochet Grp	09:30a Ask the Resident	09:30a Ask the Resident	09:15a Cycle to the Beat/Th	09:00a Rolling Yagalates	
09:00a Pottery - Independent Potters Club AM	10:00a Aqua Fit/T&Th	09:30a Pickleball Lessons Beg/W	09:30a Pickleball Lessons Beg/W	09:30a Core Strength Advanced/T&Th	09:30a Ask the Doctor	
09:00a Quilting Circle	10:00a Aquatic Healthy Joints Beginning/T&Th	09:30a Watercolor Class With Pete - Wednesday	09:30a Watercolor Class With Pete - Wednesday	10:00a Aqua Fit/T&Th	10:00a Calligraphy	
09:30a Zentangle Drop In	10:00a Bridge Amer Strd Tue	10:00a Heart Healthy Fitness	10:00a Heart Healthy Fitness	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a English Learning Grp	
10:00a Stretch & Balance/M		10:00a Veterans Connection	10:00a Veterans Connection	10:00a Euchre Thursday AM	10:00a Financial Friday	
		10:00a Water Works Aerobics/M&W	10:00a Water Works Aerobics/M&W		10:00a Stretch & Balance/F	
					10:00a Water Works Aerobics/F	

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9	10	11	12	13	14	15
	10:00a Water Works Aerobics/M&W	10:00a Computer Club 10:00a Crochet II	10:30a Beginner Low Impact Ballet	10:30a Strengthen Your Bones Intermediate/T&Th	10:15a Cycle to the Beat/F 10:30a Beginning Tai Chi Wu Style/F	
	10:15a Cycling Ride Rock and Roll	10:00a Cycling Free Demo/T	10:30a Pickleball Mentor Games/W	10:45a Step Aerobics/Th	11:30a Chair Yoga/F	
	10:30a Computer Apple iPhone	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Pickleball Mentoring/W	11:30a Tone Stretch & Balance/T&Th	11:30a Functionally Fit/F	
	10:30a Zumba/M	10:45a Step Aerobics/T	11:15a French Advanced Class	11:45a Yoga A Gentle Beginning/Th	12:00p Dining Room Lunch	
	11:00a Pickleball Practice Session Nov/Int	11:30a Tone Stretch & Balance/T&Th	11:25a Core Strength Beginning/W	12:00p Advanced Pickleball Practice-A	12:30p Bridge Amer Strd Fri	
	11:25a Functionally Fit/M	11:35a Yoga/T at 11:35 am	12:00p Aquatic Healthy Joints Advanced/M&W	12:00p Boxing for Parkinsons-A	01:00p Computer Digital Photography Group	
	11:30a Core Strength Beginning/M	12:00p Dining Room Lunch	12:00p Dining Room Lunch	12:00p Dining Room Lunch	01:00p Needle Arts-F	
	12:00p Aquatic Healthy Joints Advanced/M&W	12:15p Strength & Stretch for Parkinsons	12:30p Classical Ballet	12:20p Hard Core Strength Training	01:00p Open Studio Painting Drop-In	
	12:00p Dining Room Lunch	12:30p Independent Art Class	12:30p Euchre Drop-In	12:30p Bridge - Duplicate Thur. Drop-in	01:00p Pickleball Novice/MTF	
	12:30p Bridge Drop-in Mon.	01:00p Basketball Shoot Around	12:30p Mah Jong Chinese	12:30p Jewelry with Tom Franzosi - Copper & Sterling Silver Bracelet	01:00p Table Tennis/MWF	
	12:30p Circuit Training	01:00p Pickleball Novice/MTF	12:45p Chair Yoga/W	01:00p Boxing for Parkinsons-B	01:00p Zumba/F	
	12:30p Samba- 1st and 3rd Monday	01:00p Watercolor Beginning Techniques	01:00p Aquatic Healthy Joints Beginning/M&W	01:00p Pottery - Independent Potters Club PM	02:00p H2O Aerobics Beginning/F	
	12:45p Chair Yoga/M	01:15p Resistance & Balance Training/T	01:00p Creation Station Classes-Key to my Heart Necklace & Earrings	01:10p Strengthen Your Bones Beginning/Th	03:00p Aqua Basketball	
	01:00p Aquatic Healthy Joints Beginning/M&W	01:30p Aquatic Core - Core Strength/T&Th	01:00p Dance For Parkinsons	01:15p Resistance & Balance Training/Th	04:00p Pickleball Int-Adv/F PM	
	01:00p Aquatic Healthy Joints Beginning/M&W	01:30p Aquatic Core - Core Strength/T&Th	01:00p Learn to Draw / Part I	01:30p Aquatic Core - Core Strength/T&Th	06:00p Pickleball All Lvl/F PM	
	01:00p Chinese Brush Painting - All Levels	01:30p Aquatic Core - Core Strength/T&Th	01:00p OPC Book Club	02:00p Advanced Pickleball Practice-B		
	01:00p Creation Station - Monday	02:20p Beginning Tai Chi Wu Style/T	01:00p Table Tennis/MWF	02:00p Pickleball Machine Rental		
	01:00p Line Dance Day	02:30p H2O Aerobics Intermediate/T	01:00p Woodshop Skillbuilding - Scroll Saw	02:00p Pickleball Novice/Th 2pm		
	01:00p Pickleball Novice/MTF	02:30p Spanish Beginner	02:00p H2O Aerobics Advanced/W	02:15p Tai Chi With Chair		
	01:00p Pottery - Independent Potters Club PM	03:00p Stained Glass Class - Afternoon	02:00p Open Gym PM/W	04:00p Meet Rochester Mayor		
	01:00p Table Tennis/MWF	03:15p Ukulele Fun	02:00p Pickleball Machine Rental	04:00p Pickleball Int-Adv/Th		
	02:00p Basic Yoga/M	04:00p Full Body Blast	02:00p Pickleball Novice / W	04:30p Drums & More		
	02:00p Focus on the Issues	04:00p Pickleball All Lvl/T	02:00p Yoga Stretch and Strength			
	02:00p H2O Aerobics Beginning/M	04:30p Terrific Tuesday	04:00p Pickleball All Levels/W PM			
	04:00p Pickleball All Lvl/M PM	05:00p Aquatic Healthy Joints Advanced/T&Th				

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9	10	11	12	13	14	15
	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 Independent Art for Acrylic Painters 06:30p Power Pedal/M	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	05:00p Lapidary & Silversmith Drop In PM 05:00p Pottery Wheel 05:00p Strengthen Your Bones Advanced/M&W 05:45p Aqua Yoga 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p Zumba/W	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 A Chocolate Love Affair 06:00p Badminton/M&Th 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Aquacycle Circuit		
16	17	18	19	20	21	22
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTW 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/M 08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTW 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 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/T	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTW 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/W 08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym/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 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/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/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/F 08:00a The Deep/F 08:00a Weight Room Orientation	06:30a OPC 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 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>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	09:00a A Tour Begins 09:00a Aqua Strength & Interval/M 09:00a Indoor Golf Clinic 09:00a Muscles in Motion/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 10:00a Knitting For Beginners, Part II 10:00a Stretch & Balance/M 10:00a Water Works Aerobics/M&W 10:15a Cycling Ride Rock and Roll 10:30a Computer Apple iPad 10:30a Zumba/M 11:00a Pickleball Practice Session Nov/Int 11:25a Functionally Fit/M 11:30a Core Strength Beginning/M 12:00p Aquatic Healthy Joints Advanced/M&W 12:00p Dining Room Lunch 12:30p Bridge Drop-in Mon. 12:30p Circuit Training 12:30p Samba Card Game 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	09:00a A Tour Begins 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 Crochet II 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 01:00p Basketball Shoot Around 01:00p Pickleball Novice/MTF 01:00p Watercolor Beginning Techniques 01:15p Resistance & Balance Training/T 01:30p Aquatic Core - Core Strength/T&Th 02:00p Computer (PC 1 on 1) 2-3pm 02:20p Beginning Tai Chi Wu Style/T	09:00a A Tour Begins 09:00a Aqua Strength & Interval/W 09:00a Interval Training 09:00a Pilates Beginning 09:00a Pottery - Clay Handbuilding 09:00a Savvy Senior Breakfast 2020 09:30a Ask the Resident 09:30a Pickleball Lessons Beg/W 09:30a Watercolor Class With Pete - Wednesday 10:00a Heart Healthy Fitness 10:00a Savvy Seniors 2020 10:00a Water Works Aerobics/M&W 10:30a Beginner Low Impact Ballet 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W 11:15a French Advanced Class 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 Classical Ballet 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 Creation Station Classes-Decorative Bottles & Boxes	08:30a Volleyball Tournament/Th 09:00a A Tour Begins 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 01:00p Boxing for Parkinsons-B 01:00p Computer MAC Enthusiasts 01:00p Drum Circle 01:00p Pottery - Independent Potters Club PM 01:10p Strengthen Your Bones Beginning/Th 01:15p Resistance & Balance Training/Th	08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/F 09:00a Muscles in Motion/F 09:00a Pickleball Int-Adv/M 09:00a Rolling Yagalates 10:00a Calligraphy 10:00a English Learning Grp 10:00a Grief Support 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 11:30a Chair Yoga/F 11:30a Functionally Fit/F 12:00p Dining Room Lunch 12:30p Bridge Amer Strd Fri 01:00p Computer Help 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 H2O Aerobics Beginning/F 03:00p Aqua Basketball 04:00p Pickleball Int-Adv/F PM 06:00p Movie Monday 06:00p Pickleball All Lvl/F PM	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</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 H2O Aerobics 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 Independent Art for Acrylic Painters 06:30p Power Pedal/M	02:30p H2O Aerobics Intermediate/T 02:30p Spanish Beginner 03:15p Ukulele Fun 04:00p Full Body Blast 04:00p Pickleball All Lvl/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 07:05p Zumba/T	01:00p Dance For Parkinsons 01:00p Table Tennis/MWF 02:00p H2O Aerobics Advanced/W 02:00p Open Gym PM/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 05:45p Aqua Yoga 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p REWIRED NOT RETIRED 06:30p Zumba/W	01:30p Aquatic Core - Core Strength/T&Th 02:00p Advanced Pickleball Practice-B 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 05:30p Aqua Zumba/Th 06:00p Badminton/M&Th 06:30p Box Fit 101 06:30p Ultimate Date Night 06:45p Muscular Endurance 07:00p Aquacycle Circuit 07:00p Novels at Night		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</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/MTW 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	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTW 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/MTW 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	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 Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/F 07:00a All Levels Pickleball Ladder/F 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt	06:30a OPC 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 Open Swim/S 07:00a Personal Training/S 07:00a Pickleball All Lvl/S 07:00a Walking Track - Sat Winter 08:00a Cycling Energy Ride



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	08:00a Aquatic Core - Core Strength/M&W	07:00a Open Swim/M-F	08:00a Aquatic Core - Core Strength/M&W	07:00a Open Swim/M-F	07:00a Open Swim/M-F	08:00a Liquid Boot Camp/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 Aquatic Core - The Core/F	08:00a Weight Room Orientation
	08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	08:00a Woodshop
	08:00a Crittenton PT	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Crittenton PT	08:00a Ask the Nurse	09:00a A Tour Begins
	08:00a Fitness in Motion/M	08:00a Weight Room Orientation	08:00a Fitness in Motion/W	08:00a Lapidary Drop-in	08:00a Fitness in Motion/F	09:00a Basic Yoga/S
	08:00a The Deep/M&W	08:00a Woodshop	08:00a The Deep/M&W	08:00a Weight Room Orientation	08:00a The Deep/F	09:00a Basketball 5 on 5/S
	08:00a Weight Room Orientation	08:30a Low Impact Aerobics/T	08:00a Weight Room Orientation	08:00a Woodshop	08:00a Visually Impaired	11:30a Volleyball All Lvl/S
	08:00a Woodshop	09:00a 650 Players Rehearsal	08:00a Woodshop	08:30a Low Impact Aerobics/Th	08:00a Weight Room Orientation	02:00p Motor City Irish Dancers
	09:00a 650 Players Rehearsal	09:00a A Tour Begins	09:00a 650 Players Rehearsal	08:30a Volleyball Tournament/Th	08:00a Woodshop	02:00p Pickleball Novice/S
	09:00a A Tour Begins	09:00a Ask the Ortho Dr.	09:00a A Tour Begins	09:00a 650 Players Rehearsal	09:00a 650 Players Rehearsal	02:00p Step into St. Patricks Day
	09:00a Aqua Strength & Interval/M	09:00a Making Waves/T&Th	09:00a Aqua Strength & Interval/W	09:00a A Tour Begins	09:00a A Tour Begins	
	09:00a Muscles in Motion/M	09:00a Volleyball Tournament/T	09:00a Interval Training	09:00a Computer Ubuntu Drop-in	09:00a Aqua Strength & Interval/F	
	09:00a Pickleball Int - Adv/M	09:15a Cycle to the Beat/T	09:00a Pilates Beginning	09:00a A Tour Begins	09:00a Muscles in Motion/F	
	09:00a Pickleball Int-Adv/M	09:30a Back Health/T	09:30a Ask the Resident	09:00a Making Waves/T&Th	09:00a Pickleball Int-Adv/M	
	09:00a Pilates Strength Training	09:30a Core Strength Advanced/T&Th	09:30a Pickleball Lessons Beg/W	09:00a Pottery - Independent Potters Club AM	09:00a Rolling Yogalates	
	09:00a Pottery - Independent Potters Club AM	09:30a Knit & Crochet Grp	09:30a Watercolor Class With Pete - Wednesday	09:15a Cycle to the Beat/Th	10:00a English Learning Grp	
	09:00a Quilting Circle	10:00a Aqua Fit/T&Th	10:00a Heart Healthy Fitness	09:30a Core Strength Advanced/T&Th	10:00a Stretch & Balance/F	
	09:30a Zentangle Drop In	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Water Works Aerobics/M&W	10:00a Aqua Fit/T&Th	10:00a Water Works Aerobics/F	
	10:00a Knitting For Beginners, Part II	10:00a Bridge Amer Strd Tue	10:30a Beginner Low Impact Ballet	10:00a Aquatic Healthy Joints Beginning/T&Th	10:15a Cycle to the Beat/F	
	10:00a Stretch & Balance/M	10:00a Computer Club	10:30a Pickleball Mentor Games/W	10:00a Euchre Thursday AM	10:30a Beginning Tai Chi Wu Style/F	
	10:00a Water Works Aerobics/M&W	10:00a Crochet II	10:30a Pickleball Mentoring/W	10:00a Reflexology		
	10:15a Cycling Ride Rock and Roll	10:00a Cycling Free Demo/T	11:15a French Advanced Class	10:30a Strengthen Your Bones Intermediate/T&Th	<b>BUILDING CLOSSES AT 11:45 A.M. FOR STAFF TRAINING</b>	
	10:30a Zumba/M	10:30a Strengthen Your Bones Intermediate/T&Th	11:25a Core Strength Beginning/W	10:45a Step Aerobics/Th		
	11:00a Pickleball Practice Session Nov/Int	10:45a Step Aerobics/T	11:30a Pickleball Int-Adv/W	11:30a Tone Stretch & Balance/T&Th		
	11:25a Functionally Fit/M	11:30a Tone Stretch & Balance/T&Th	12:00p Aquatic Healthy Joints Advanced/M&W	11:45a Yoga A Gentle Beginning/Th		
	11:30a Core Strength Beginning/M	11:35a Yoga/T at 11:35 am	12:00p Dining Room Lunch	12:00p Advanced Pickleball Practice-A		
	12:00p Aquatic Healthy Joints Advanced/M&W	12:00p Dining Room Lunch	12:00p Strength & Stretch for Parkinsons	12:00p Boxing for Parkinsons-A		
		12:15p Strength & Stretch for Parkinsons	12:00p Dining Room Lunch			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	12:00p Dining Room Lunch 12:30p Bridge Drop-in Mon. 12:30p Circuit Training 12:30p Samba- 1st and 3rd Monday 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 Table Tennis/MWF 02:00p Basic Yoga/M 02:00p Focus on the Issues 02:00p H2O Aerobics 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 Independent Art for Acrylic Painters 06:30p Power Pedal/M	12:30p Independent Art Class 01:00p Basketball Shoot Around 01:00p Painting on Barnwood 01:00p Pickleball Novice/MTF 01:00p Watercolor Beginning Techniques 01:15p Resistance & Balance Training/T 01:30p Aquatic Core - Core Strength/T&Th 02:20p Beginning Tai Chi Wu Style/T 02:30p H2O Aerobics Intermediate/T 02:30p Spanish Beginner 03:00p Stained Glass Class - Afternoon 03:15p Ukulele Fun 04:00p Full Body Blast 04:00p Pickleball All Lvl/T 05:00p Aquatic Healthy Joints Advanced/T&Th 05:00p Knitting at Night 05:15p Step Aerobics/T PM 06:00p Dinner with the Doc 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 07:05p Zumba/T	12:30p Classical Ballet 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 Creation Station Classes-Woodburning Ukrainian Eggs 01:00p Dance For Parkinsons 01:00p Pottery Wheel Afternoon 01:00p Table Tennis/MWF 01:00p Woodshop Drop-in Practice 01:30p Bingo 02:00p H2O Aerobics Advanced/W 02:00p Open Gym PM/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 Evening 05:00p Strengthen Your Bones Advanced/M&W 05:45p 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 01:00p Boxing for Parkinsons-B 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 Advanced Pickleball Practice-B 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 05:30p Aqua Zumba/Th 06:00p Badminton/M&Th 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Aquacycle Circuit		