

## Older Persons' Commission

March 2020

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	06:30a OPC Visit
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 AM/MTW	06:30a Open Gym AM/MTW	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 Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	06:30a Walking Track	07:00a Computer Lab - Mon-Fri	07:00a Open Swim/S
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 Computer Lab - Mon-Fri	07:00a Critt Fit Challenge Rpt	07:00a Personal Training/S
07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Pickleball Int-Adv/S
07:00a Open Swim/M-F	07:00a Open Swim/M-F	08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Walking Track - Sat Winter
08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	08:00a All Levels Pickleball Ladder/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 Ask the Nurse	08:00a Ascension Wellness Center Visit	08:00a Woodshop
08:00a Crittenton PT	08:00a Weight Room Orientation	08:00a Weight Room Orientation	08:00a Weight Room Orientation	08:00a Crittenton PT	08:00a Ask the Nurse	09:00a A Tour Begins
08:00a Fitness in Motion/M	08:00a Woodshop	08:00a Woodshop	08:00a Woodshop	08:00a Lapidary Drop-in	08:00a Leisure Travel DSO Trip Departure	09:00a Basketball 5 on 5/S
08:00a Weight Room Orientation	08:30a Low Impact Aerobics/T	09:00a 650 Players Rehearsal	09:00a 650 Players Rehearsal	08:00a Weight Room Orientation	08:00a Weight Room Orientation	09:30a Guitar - Saturday
08:00a Woodshop	09:00a 650 Players Rehearsal	09:00a A Tour Begins	09:00a A Tour Begins	08:00a Woodshop	08:00a Woodshop	09:30a Watercolor Workshop with Pete Snodgrass
09:00a 650 Players Rehearsal	09:00a A Tour Begins	09:00a Computer Beginner	09:00a Computer Beginner	08:30a Low Impact Aerobics/Th	09:00a 650 Players Rehearsal	10:00a Karate Club
09:00a A Tour Begins	09:00a Volleyball Tournament/T	09:00a Pilates Beginning	09:00a Pilates Beginning	08:30a Volleyball Tournament/Th	09:00a A Tour Begins	10:00a PINOCHLE - Saturday Drop-in
09:00a Muscles in Motion/M	09:30a Knit & Crochet Grp	09:00a Pottery - Clay Handbuilding	09:00a Pottery - Clay Handbuilding	09:00a A Tour Begins	09:00a Ascension Bone Density Scrng	02:00p Pickleball Novice/S
09:00a Pickleball Int-Adv/M	10:00a Bridge Amer Strd Tue	09:30a Ask the Resident	09:30a Pickleball Lessons Beg/W	09:00a Computer Beginner	09:00a Computer Beginner	
09:00a Pottery - Independent Potters Club AM	10:00a Computer Club	09:30a Spanish Group	09:30a Spanish Group	09:00a Nutrition Bites	09:00a Pickleball Int-Adv/M	
09:00a Quilting Circle	10:00a Crochet II	09:30a Watercolor Class With Pete - Wednesday	09:30a Watercolor Class With Pete - Wednesday	09:00a Pottery - Independent Potters Club AM	10:00a Grief Support	
09:30a Computers: Excel for Everyday Life	10:00a Cycling Free Demo/T	10:00a Heart Healthy Fitness	10:00a Heart Healthy Fitness	09:00a Pottery - Independent Potters Club AM	10:00a OPC Classic Rockers	
09:30a Zentangle Drop In	12:00p Dining Room Lunch	10:00a Italian Class	10:00a Italian Class	09:00a Computer Beginner	11:00a French Group	
09:45a German Class Intermediate	12:30p Independent Art Class	10:00a Late Bloomers Gardening Club	10:00a Late Bloomers Gardening Club	09:00a Pickleball Int-Adv/M	12:00p Dining Room Lunch	
10:00a Knitting For Beginners, Part II	12:45p German Group	10:00a Walking Wednesdays	10:00a Walking Wednesdays	10:00a Northwest Programmers Meeting	12:30p Bridge Amer Strd Fri	
11:00a Softball Practice	01:00p Basketball Shoot Around	10:30a Pickleball Mentor Games/W	10:30a Pickleball Mentor Games/W	12:30p Duplicate Bridge: Sanctioned Game	12:30p Mexican Train Dominoes	
				12:30p Euchre Drop-In	12:30p Pinochle	
				01:00p Drum Circle	01:00p Needle Arts-F	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	12:00p Belly Dance 12:00p Dining Room Lunch 12:30p Bridge Drop-in Mon. 12:30p Mah Jong American 12:30p Samba Card Game 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 04:00p Pickleball All Lvl/M PM 05:00p Pottery - Independent Potters Club E 06:00p Badminton/M&Th 06:00p Chess 06:00p Meditation Drop-in E 06:00p Movie Monday - Beautiful Day 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance	01:00p India Group 01:00p Pickleball Novice/MTF 01:00p Watercolor Beginning Techniques 01:30p Aquatic Core - Core Strength/T&Th 01:30p Guitar - Tuesday 02:05p Italian Group 02:30p Spanish Beginner 03:00p Caregiver Support Group 03:00p Stained Glass Class - Afternoon 03:15p Ukulele Fun 05:00p Knitting at Night 06:00p Pickleball Round Robin/T 07:00p Art Appreciation Presentations - Art of Ireland	10:30a Pickleball Mentoring/W 11:00a Polish Group 11:15a French Advanced Class 11:30a Pickleball Int-Adv/W 12:00p Dining Room Lunch 12:30p Euchre Drop-In 12:30p Mah Jong Chinese 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Creation Station Classes-Luck of the Irish 01:00p Learn to Draw / Part II 01:00p Pottery Wheel Afternoon 01:00p Table Tennis/MWF 01:45p Zumba/W 1:45 02:00p Open Gym PM/W 02:00p Pickleball Machine Rental 05:00p Lapidary & Silversmith Drop In PM 05:00p Pottery Wheel Evening 06:00p Parkinsons Support 06:30p Basketball 5 on 5/W 07:00p Line Dance PM	01:00p Pottery - Independent Potters Club PM 01:30p Aquatic Core - Core Strength/T&Th 02:00p Guitar Workshop 02:00p Pickleball Machine Rental 04:00p Pickleball Int-Adv/Th 05:00p Pottery - Independent Potters Club E 06:00p Badminton/M&Th 07:00p Spanish Beg PM	01:00p Open Studio Painting Drop-In 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 01:30p Movie Matinee	
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/MTW 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/M	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTW 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 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 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 Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 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 Computer Lab - Mon-Fri	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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	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 Critt Fit Challenge Rpt	07:00a Personal Training/S
	07:00a Critt Fit Challenge Rpt	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Pickleball Int-Adv/S
	07:00a Open Swim/M-F	08:00a Aquacycle Circuit/AM	08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a All Levels Pickleball Ladder/F	07:00a Walking Track - Sat Winter
	08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	08:00a Weight Room Orientation
	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Crittenton PT	08:00a Ask the Nurse	08:00a Woodshop
	08:00a Crittenton PT	08:00a Weight Room Orientation	08:00a Weight Room Orientation	08:00a Lapidary Drop-in	08:00a Mindfulness - Wake up with	09:00a A Tour Begins
	08:00a Fitness in Motion/M	08:00a Woodshop	08:00a Woodshop	08:00a Weight Room Orientation	09:00a A Tour Begins	09:00a Basketball 5 on 5/S
	08:00a Weight Room Orientation	08:30a Low Impact Aerobics/T	09:00a 650 Players Rehearsal	08:00a Woodshop	08:00a Weight Room Orientation	09:30a Guitar - Saturday
	08:00a Woodshop	09:00a 650 Players Rehearsal	09:00a A Tour Begins	08:30a Low Impact Aerobics/Th	08:00a Woodshop	10:00a Karate Club
	09:00a 650 Players Rehearsal	09:00a A Tour Begins	09:00a Pilates Beginning	08:30a Volleyball Tournament/Th	09:00a 650 Players Rehearsal	10:00a PINOCHLE - Saturday Drop-in
	09:00a A Tour Begins	09:00a Ask the Ortho Dr.	09:00a Pottery - Clay Handbuilding	09:00a 650 Players Rehearsal	09:00a A Tour Begins	10:30a Essential Oils for Spring into Action
	09:00a Muscles in Motion/M	09:00a Commodity Foods	09:30a Ask the Resident	09:00a A Tour Begins	09:00a Pickleball Int-Adv/M	02:00p Pickleball Novice/S
	09:00a Pickleball Int-Adv/M	09:00a Volleyball Tournament/T	09:30a Pickleball Lessons Beg/W	09:00a Pottery - Independent Potters Club AM	09:30a Ask the Doctor	
	09:00a Pottery - Independent Potters Club AM	09:30a Ascension Hearing & Aid Clean	09:30a Spanish Group	09:00a Pottery - Independent Potters Club AM	10:00a Financial Friday	
	09:00a Quilting Circle	09:30a Watercolor Class With Pete - Wednesday	09:30a Watercolor Class With Pete - Wednesday	09:30a Spring into Action Spotlight Speaker	10:00a Mosaic Tile Class - Celtic Knot	
	09:30a Spring into Action Key Note Speaker	10:00a Bridge Amer Strd Tue	10:00a Heart Healthy Fitness	12:00p Dining Room Lunch	10:00a Rise & Shine/Smoothie Bar	
	09:30a Zentangle Drop In	10:00a Computer Club	10:00a Italian Class	12:30p Duplicate Bridge: Sanctioned Game	11:00a French Group	
	09:45a German Class Intermediate	10:00a Cycling Free Demo/T	10:00a TimeSlips	12:30p Euchre Drop-In	12:00p Dining Room Lunch	
	10:00a Knitting For Beginners, Part II	10:00a Painting with Pastels	10:00a Veterans Connection	01:00p Pottery - Independent Potters Club PM	12:30p Bridge Amer Strd Fri	
	10:30a Computer Apple iPhone	12:00p Dining Room Lunch	10:00a Walking Wednesdays	01:30p Aquatic Core - Core Strength/T&Th	12:30p Mexican Train Dominoes	
	11:00a Softball Practice	12:30p Independent Art Class	10:30a Pickleball Mentor Games/W	01:30p Fireside Poetry	12:30p Pinochle	
	12:00p Belly Dance	12:45p German Group	10:30a Pickleball Mentoring/W	02:00p Guitar Workshop	01:00p Computer Digital Photography Group	
	12:00p Dining Room Lunch	01:00p Basketball Shoot Around	11:00a Polish Group	02:00p Pickleball Machine Rental	01:00p Needle Arts-F	
	12:30p Bridge Drop-in Mon.	01:00p India Group	11:15a French Advanced Class No Instructor DI 1	02:00p trip departure	01:00p Open Studio Painting Drop-In	
	12:30p Mah Jong American	01:00p Pickleball Novice/MTF	11:30a Pickleball Int-Adv/W	04:00p Pickleball Int-Adv/Th	01:00p Pickleball Novice/MTF	
	12:30p Samba Card Game	01:30p Aquatic Core - Core Strength/T&Th	12:00p Dining Room Lunch	05:00p Pottery - Independent Potters Club E	01:00p Table Tennis/MWF	
	01:00p Aquatic Healthy Joints Beginning/M&W	01:30p Aquatic Core - Core Strength/T&Th	12:30p Euchre Drop-In	06:00p Badminton/M&Th		
	01:00p Creation Station - Monday	01:30p Guitar - Tuesday	12:30p Mah Jong Chinese	07:00p Spanish Beg PM		
		02:05p Italian Group	01:00p Aquatic Healthy Joints Beginning/M&W		04:00p Pickleball All Lvl/M PM	

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8	9	10	11	12	13	14
	01:00p Line Dance Day 01:00p Pickleball Novice/MTF  01:00p Pottery - Independent Potters Club PM 01:00p Table Tennis/MWF 02:00p Focus on the Issues 04:00p Pickleball All Lvl/M PM 05:00p Pottery - Independent Potters Club E 06:00p Badminton/M&Th 06:00p Chess 06:00p Meditation Drop-in E 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance	02:30p Spanish Beginner 03:00p Stained Glass Class - Afternoon  03:15p Ukulele Fun 04:30p Terrific Tuesday Al Calines Last Batboy 05:00p Knitting at Night 06:00p Independent Art for Acrylic Painters 06:00p Pickleball Round Robin/T	01:00p Creation Station Classes-Wearing of the Green Necklace  01:00p Drawing Studio Practice 01:00p Learn to Draw / Part II 01:00p OPC Book Club 01:00p Pottery Wheel Afternoon 01:00p Table Tennis/MWF 01:00p Woodshop Drywall Installation & Repair 01:45p Zumba/W 1:45 02:00p Open Gym PM/W 02:00p Pickleball Machine Rental  05:00p Lapidary & Silversmith Drop In PM 05:00p Pottery Wheel Evening 06:30p Basketball 5 on 5/W 07:00p Line Dance PM 07:00p SPORTS TALK			
15	16	17	18	19	20	21
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/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 Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Aquacycle Circuit/AM	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 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/MTW 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 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/MTW 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Ascension Wellness Center Visit	06:30a 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 Int-Adv/S 07:00a Walking Track - Sat Winter 08:00a Weight Room Orientation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
	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 Woodshop
	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Crittenton PT	08:00a Weight Room Orientation	09:00a A Tour Begins
	08:00a Crittenton PT	08:00a Weight Room Orientation	08:00a Weight Room Orientation	08:00a Lapidary Drop-in		09:00a Basketball 5 on 5/S
	08:00a Fitness in Motion/M	08:00a Woodshop	08:00a Woodshop	08:00a Weight Room Orientation	08:00a Woodshop	09:30a Guitar - Saturday
	08:00a Weight Room Orientation	08:30a Low Impact Aerobics/T	09:00a 650 Players Rehearsal	08:00a Woodshop	09:00a 650 Players Rehearsal	10:00a Karate Club
	08:00a Woodshop	09:00a 650 Players Rehearsal	09:00a A Tour Begins	08:30a Low Impact Aerobics/Th	09:00a A Tour Begins	10:00a PINOCHLE - Saturday Drop-in
	09:00a 650 Players Rehearsal	09:00a A Tour Begins	09:00a Pilates Beginning	08:30a Volleyball Tournament/Th	09:00a Pickleball Int-Adv/M	02:00p Pickleball Novice/S
	09:00a A Tour Begins	09:00a Volleyball Tournament/T	09:00a Pottery - Clay Handbuilding	09:00a 650 Players Rehearsal	09:30a Painting on Barnwood - Birds on Barnwood	
	09:00a Indoor Golf Clinic	09:30a Knit & Crochet Grp	09:00a Savvy Senior Breakfast 2020	09:00a A Tour Begins	10:00a Drawing and Painting Calm	
	09:00a Muscles in Motion/M	10:00a Bridge Amer Strd Tue	09:30a Ask the Resident	09:00a Pottery - Independent Potters Club AM	10:00a Grief Support	
	09:00a Pickleball Int-Adv/M	10:00a Computer Club	09:30a Pickleball Lessons Beg/W	10:00a Reflexology	11:00a French Group	
	09:00a Pottery - Independent Potters Club AM	10:00a Crochet for Beginners	09:30a Spanish Group	10:00a Dining Room Lunch	12:00p Dining Room Lunch	
	09:00a Quilting Circle	10:00a Cycling Free Demo/T	09:30a Watercolor Class With Pete - Wednesday	12:00p Dining Room Lunch	12:30p Bridge Amer Strd Fri	
	09:30a Zentangle Drop In	10:00a Painting with Pastels	10:00a Heart Healthy Fitness	12:30p Duplicate Bridge: Sanctioned Game	12:30p Mexican Train Dominoes	
	09:45a German Class Intermediate	12:00p Dining Room Lunch	10:00a Italian Class	12:30p Euchre Drop-In	12:30p Pinochle	
	10:30a Computer Apple iPad	12:30p Independent Art Class	10:00a Late Bloomers Gardening Club	01:00p Computer MAC Enthusiasts	01:00p Computer Help	
	11:00a Softball Practice	12:45p German Group	10:00a Savvy Seniors 2020	01:00p Drum Circle	01:00p Needle Arts-F	
	12:00p Belly Dance	01:00p Basketball Shoot Around	10:00a Walking Wednesdays	01:00p Lapidary Beg.	01:00p Open Studio Painting Drop-In	
	12:00p Dining Room Lunch	01:00p India Group	10:30a Pickleball Mentor Games/W	01:00p Pottery - Independent Potters Club PM	01:00p Pickleball Novice/MTF	
	12:30p Bridge Drop-in Mon.	01:00p Pickleball Novice/MTF	10:30a Pickleball Mentoring/W	01:00p Womens Woodshop Project - Tabletop Clock	01:00p Table Tennis/MWF	
	12:30p Mah Jong American	01:00p Watercolor Beginning Techniques	11:00a Polish Group	01:30p Aquatic Core - Core Strength/T&Th	01:30p Movie Matinee - The Good Liar	
	12:30p Samba Card Game	01:30p Aquatic Core - Core Strength/T&Th	11:15a French Advanced Class	02:00p Guitar Workshop	04:00p Pickleball All Lvl/M PM	
	01:00p Aquatic Healthy Joints Beginning/M&W	01:30p Guitar - Tuesday	12:00p Dining Room Lunch	02:00p Pickleball Machine Rental		
	01:00p Chinese Brush Painting - All Levels	02:05p Italian Group	12:30p Euchre Drop-In	04:00p Pickleball Int-Adv/Th		
	01:00p Colored Pencil - Crystal & Berries	02:30p Spanish Beginner	12:30p Mah Jong Chinese	05:00p Pottery - Independent Potters Club E		
	01:00p Creation Station - Monday	03:00p Stained Glass Class - Afternoon	01:00p Aquatic Healthy Joints Beginning/M&W	06:00p Badminton/M&Th		
	01:00p Line Dance Day	03:15p Ukulele Fun	01:00p Cant Reach Toes	06:30p 650 Nite Club		
	01:00p Pickleball Novice/MTF		01:00p Creation Station Classes-Cartouche a Loved One	07:00p Novels at Night		
	01:00p Pottery - Independent Potters Club PM			07:00p Spanish Beg PM		

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15	16	17	18	19	20	21
	01:00p Table Tennis/MWF 04:00p Pickleball All Lvl/M PM 05:00p Pottery - Independent Potters Club E 06:00p Badminton/M&Th 06:00p Chess 06:00p Meditation Drop-in E 06:00p Movie Monday - The Good Liar 06:30p Aqua Zumba/M 06:30p Power Pedal/M 06:30p Power Pedal/M 07:00p Ballroom Dance	05:00p Knitting at Night 06:00p Independent Art for Acrylic Painters 07:00p Poetry At Night	01:00p Drawing Studio Practice 01:00p Learn to Draw / Part II 01:00p Pottery Wheel Afternoon 01:00p Table Tennis/MWF 01:00p Womens Woodshop Project - Tabletop Clock 01:45p Zumba/W 1:45 02:00p Open Gym PM/W 02:00p Pickleball Machine Rental 04:30p Meet Rochester Mayor 05:00p Lapidary & Silversmith Drop In PM 05:00p Pottery Wheel Evening 06:00p REWIRED NOT RETIRED 06:30p Basketball 5 on 5/W 07:00p Line Dance 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/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 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/MTW 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Aquacycle Circuit/AM 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/MTW 06:30a Personal Training 06:30a Walking Track 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	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 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/MTW 06:30a Personal Training 06:30a Walking Track 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	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 Int-Adv/S 07:00a Walking Track - Sat Winter 08:00a Weight Room Orientation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>		<b>28</b>
	08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Fitness in Motion/M 08:00a Weight Room Orientation 08:00a Woodshop 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Muscles in Motion/M 09:00a Pickleball Int-Adv/M 09:00a Pottery - Independent Potters Club AM 09:00a Quilting Circle 09:30a Computers: Excel for Everyday Life 09:30a Zentangle Drop In 09:45a German Class Intermediate 10:00a Intermediate Knitting 11:00a Softball Practice 12:00p Belly Dance 12:00p Dining Room Lunch 12:30p Bridge Drop-in Mon. 12:30p Mah Jong American 12:30p Samba Card Game 12:45p Vintage Views Writers Poets Proofreaders 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Chinese Brush Painting - All Levels 01:00p Colored Pencil - Crystal & Berries 01:00p Creation Station - Monday 01:00p Line Dance Day 01:00p Pickleball Novice/MTF 01:00p Pottery - Independent Potters Club PM	08:00a Ask the Nurse 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics/T 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Volleyball Tournament/T 09:30a Knit & Crochet Grp 10:00a Bridge Amer Strd Tue 10:00a Computer Club 10:00a Crochet for Beginners 10:00a Cycling Free Demo/T 12:00p Dining Room Lunch 12:45p German Group 01:00p Basketball Shoot Around 01:00p Design and Create Jewelry-Downton Abbey Bracelet 01:00p India Group 01:00p Pickleball Novice/MTF 01:00p Watercolor Beginning Techniques 01:30p Aquatic Core - Core Strength/T&Th 01:30p Guitar - Tuesday 02:05p Italian Group 02:30p Spanish Beginner 03:15p Ukulele Fun 05:00p Knitting at Night 06:00p Dinner with the Doc 2020 06:00p Independent Art for Acrylic Painters	08:00a Crittenton PT 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Healthy Eating For One 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Pilates Beginning 09:00a Pottery - Clay Handbuilding 09:30a Ask the Resident 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 Walking Wednesdays 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W 11:00a Polish Group 11:15a French Advanced Class 11:30a Pickleball Int-Adv/W 12:00p Dining Room Lunch 12:30p Euchre Drop-In 12:30p Mah Jong Chinese 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Creation Station Classes-Favorite Thing Book 01:00p Drawing Studio Practice 01:00p Learn to Draw / Part II	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 650 Players Rehearsal 09:00a A Tour Begins 09:00a Pottery - Independent Potters Club AM 12:00p Dining Room Lunch 12:30p Duplicate Bridge: Sanctioned Game 12:30p Euchre Drop-In 01:00p Fireside Poetry 01:00p Lapidary Beg. 01:00p Pottery - Independent Potters Club PM 01:00p Womens Luncheon 01:30p Aquatic Core - Core Strength/T&Th 02:00p Guitar Workshop 02:00p Pickleball Machine Rental 04:00p Pickleball Int-Adv/Th 05:00p Governing Board Meeting 05:00p Pottery - Independent Potters Club E 06:00p Badminton/M&Th 07:00p Novels at Night Club 07:00p Spanish Beg PM	08:00a Visually Impaired 2020 08:00a Weight Room Orientation 08:00a Woodshop 09:00a 650 Players Rehearsal 09:00a A Tour Begins 09:00a Pickleball Int-Adv/M 09:00a Speed Pickleball 09:00a Watercolor Workshop With Marilynn Thomas 10:00a Drawing and Painting Calm 11:00a French Group 12:00p Dining Room Lunch 12:30p Bridge Amer Strd Fri 12:30p Mexican Train Dominoes 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 04:00p Pickleball All Lv/M PM	08:00a Woodshop 09:00a A Tour Begins 09:00a Basketball 5 on 5/S 09:30a Guitar - Saturday 10:00a Karate Club 10:00a PINOCHLE - Saturday Drop-in 02:00p Pickleball Novice/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	01:00p Table Tennis/MWF 02:00p Focus on the Issues 04:00p Pickleball All Lvl/M PM 05:00p Pottery - Independent Potters Club E 06:00p Badminton/M&Th 06:00p Chess 06:00p Meditation Drop-in E 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance		01:00p Pottery Wheel Afternoon 01:00p Table Tennis/MWF 01:00p Woodshop Drop-in Practice 01:30p Bingo 01:45p Zumba/W 1:45 02:00p Open Gym PM/W 02:00p Pickleball Machine Rental 05:00p Lapidary & Silversmith Drop In PM 05:00p Pottery Wheel Evening 06:30p Basketball 5 on 5/W 07:00p Line Dance PM			
<b>29</b>	<b>30</b>	<b>31</b>				
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/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 Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Fitness in Motion/M 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 Computer Lab - Mon- Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Aquacycle Circuit/AM 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				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31				
	09:00a 650 Players Rehearsal	09:00a 650 Players Rehearsal				
	09:00a A Tour Begins	09:00a A Tour Begins				
	09:00a Muscles in Motion/M	09:00a Ask the Ortho Dr.				
	09:00a Pickleball Int-Adv/M	09:00a Volleyball Tournament/T				
	09:00a Pottery - Independent Potters Club AM	09:30a Knit & Crochet Grp				
	09:00a Quilting Circle	10:00a Bridge Amer Strd Tue				
	09:00a Zentangle Intro	10:00a Computer Club				
	09:30a Zentangle Drop In	10:00a Crochet for Beginners				
	09:45a German Class Intermediate	10:00a Cycling Free Demo/T				
	10:00a Intermediate Knitting	12:00p Dining Room Lunch				
	11:00a Softball Practice	12:30p Independent Art Class				
	12:00p Dining Room Lunch	12:45p German Group				
	12:30p Bridge Drop-in Mon.	01:00p Basketball Shoot Around				
	12:30p Mah Jong American	01:00p India Group				
	12:30p Samba Card Game	01:00p Pickleball Novice/MTF				
	01:00p Aquatic Healthy Joints Beginning/M&W	01:00p Watercolor Beginning Techniques				
	01:00p Chinese Brush Painting - All Levels	01:30p Aquatic Core - Core Strength/T&Th				
	01:00p Colored Pencil - Crystal & Berries	01:30p Guitar - Tuesday				
	01:00p Creation Station - Monday	02:05p Italian Group				
	01:00p Line Dance Day	02:30p Spanish Beginner				
	01:00p Pickleball Novice/MTF	03:00p Stained Glass Class - Afternoon				
	01:00p Pottery - Independent Potters Club PM	03:15p Ukulele Fun				
	01:00p Table Tennis/MWF	05:00p Knitting at Night				
	04:00p Pickleball All Lvl/M PM	06:00p Independent Art for Acrylic Painters				
	05:00p Pottery - Independent Potters Club E	06:00p Woodshop Safety				
	06:00p Badminton/M&Th					
	06:00p Chess					
	06:00p Meditation Drop-in E					
	06:00p Prohibition Party					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 06:30p Aqua Zumba/M 06:30p Power Pedal/M	31				