

SEPTEMBER 2021 CLASSES & ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			12:00a Pottery Studio - Clay Purchase	12:00a Pottery Studio - Clay Purchase	12:00a Pottery Studio - Clay Purchase	
			08:00a Billiards	08:00a Billiards	08:00a Billiards	
			08:00a Cardio Room	08:00a Cardio Room	08:00a Cardio Room	
			08:00a Library	08:00a Lap Pool Open Swim	08:00a Lap Pool Open Swim	
			08:00a Personal Training	08:00a Library	08:00a Library	
			08:00a Physical Therapy	08:00a Personal Training	08:00a Personal Training	
			08:00a Rise & Shine	08:00a Physical Therapy	08:00a Physical Therapy	
			08:00a The Deep/Wed	08:00a Therapy Pool Open Swim	08:00a Rise & Shine	
			08:00a Therapy Pool Open Swim	08:00a Walking Track	08:00a Therapy Pool Open Swim	
			08:00a Walking Track	08:00a Weight Room	08:00a Walking Track	
			08:00a Weight Room	08:30a Low Impact/Thu	08:00a Weight Room	
			08:30a Stretch & Balance with a Yoga Influence	08:30a Muscular Endurance/Thu	08:30a Strengthen Lengthen and Balance/Fri	
			09:00a Aqua RX Fitness	09:00a 650 Players AMERICAN MADE Rehearsals	09:00a Cycling/Fri	
			09:00a Interval Training/Wed		09:00a Lapidary	
			09:30a Guitar Group		09:30a Interval Training/Fri	
			09:30a Pickleball Beginners Lesson	09:00a Pottery Studio - Independent Potters AM	09:30a The Deep/Fri	
			09:30a Pickleball Novice Mentor Games	09:30a Core Strength All Levels/Thu	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM	
			09:30a Pottery Studio - Pottery Handbuilding Class	10:00a Acrylic Painting	10:00a Woodshop	
			09:30a Watercolor Class With Pete - Wednesday	10:00a Pickleball All Levels Drop-in Play	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM	
			10:00a Aqua Balance & Stability	10:00a Wellness Coaching Thursdays	11:00a French Conversation Group	
			10:00a Core Strength All Levels/Wed	10:00a Woodshop	12:00p Lunch in the Dining Room	
			10:00a Late Bloomers Gardening Club	10:30a Balance & Core Strength	12:30p Bridge American Standard Tuesdays	
			10:00a Woodshop	10:30a Barre Fusion	12:30p Pinochle	
			10:30a Functionally Fit/Wed	10:30a Cycling/Thu	01:00p Chair Yoga/Fri	
			11:00a Chair Yoga/Wed	10:30a Spanish Beginner	01:00p Muscles in Motion	
			11:00a Lap Pool Open Swim	11:45a Yoga A Gentle Beginning/Th	01:00p Pickleball All Levels Drop-in Play	
			11:00a Pickleball Novice Drop-in Play	12:00p Lunch in the Dining Room	01:00p Table Tennis	
			12:00p Lunch in the Dining Room	12:00p Pickleball Advanced Drop-in Play		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			12:30p Chinese Mah-Jong 12:30p Euchre Wednesdays 12:30p Hand & Foot variation of Canasta 12:30p PWR! Parkinson Wellness Recovery 01:00p Creation Station 01:00p Muscles in Motion 01:00p Pickleball Intermediate Drop-in Play 01:00p Pottery Studio - Pottery Wheel 1:00 PM 01:00p Table Tennis 04:00p Pickleball Advanced Drop-in Play 04:30p Pottery Studio - Pottery Wheel 4:30 PM 05:45p Pool Gym Circuit Training 06:00p Basketball 5 on 5/W 06:00p Chess Play/Learn/View	12:30p Duplicate Bridge 12:30p Pottery Studio - Independent Potters PM 01:00p MAC Enthusiasts 01:00p Open Studio - Needle Arts Studio 01:30p Resistance and Balance Training/Thu 02:00p Pickleball Novice Drop-in Play 03:00p Beginning Tai Chi Wu Style/Thu 04:00p Pickleball Intermediate Drop-in Play 05:00p Aqua Healthy Joints/Thu 05:45p Aqua Zumba/Thu 06:00p Badminton 06:00p Box Fit 101		
5	6	7	8	9	10	11
	BUILDING CLOSED	12:00a Pottery Studio - Clay Purchase 08:00a Aqua Healthy Joints/Tue 8:00 AM 08:00a Billiards 08:00a Cardio Room 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Sunrise Yoga/Tues 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Muscular Endurance/Tue	12:00a Pottery Studio - Clay Purchase 08:00a Billiards 08:00a Cardio Room 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Rise & Shine 08:00a The Deep/Wed 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Stretch & Balance with a Yoga Influence 09:00a 650 Players AMERICAN MADE Rehearsals	12:00a Pottery Studio - Clay Purchase 08:00a Billiards 08:00a Cardio Room 08:00a Lap Pool Open Swim 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Low Impact/Thu 08:30a Muscular Endurance/Thu 09:00a 650 Players AMERICAN MADE Rehearsals	12:00a Pottery Studio - Clay Purchase 08:00a All Levels Pickleball Ladder/F 08:00a Billiards 08:00a Cardio Room 08:00a Lap Pool Open Swim 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Rise & Shine 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Strengthen Lengthen and Balance/Fri	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
		09:00a 650 Players AMERICAN MADE Rehearsals 09:00a Commodity Foods 09:00a Lap Pool Open Swim 09:30a Cycling/Tue 09:30a Inspirational Wood Tags 09:30a Strength & Stretch for Parkinsons 09:30a Zumba Tue/AM 10:00a Pickleball Advanced Drop-in Play 10:00a Technology Club 10:00a Wellness Coaching Tuesdays 10:00a Woodshop 10:30a Balance & Core Strength 10:30a Body Strong 11:00a Weight Room Orientation 11:30a Low Impact/Tue 12:00p Lunch in the Dining Room 12:30p Bridge American Standard Tuesdays 12:30p Classic Canasta 12:30p Core Strength All Levels/Tue 12:45p German Conversation Group 12:45p German Group 01:00p French Advanced Class 01:00p Paint Like the Pros 01:30p Resistance and Balance Training/Tue 01:45p Pickleball Intermediate Drop-in Play	09:00a Aqua RX Fitness 09:00a Interval Training/Wed 09:30a Computer Help One on One 09:30a Guitar Group 09:30a Pickleball Beginners Lesson 09:30a Pickleball Novice Mentor Games 09:30a Watercolor Class With Pete - Wednesday 10:00a Aqua Balance & Stability 10:00a Breakfast & Comradery 10:00a Core Strength All Levels/Wed 10:00a Late Bloomers Gardening Club 10:00a Woodshop 10:30a Functionally Fit/Wed 10:30a Mindful Journey Book Club 11:00a Chair Yoga/Wed 11:00a Lap Pool Open Swim 11:00a Pickleball Novice Drop-in Play 12:00p Lunch in the Dining Room 12:30p Chinese Mah-Jong 12:30p Euchre Wednesdays 12:30p Hand & Foot variation of Canasta 12:30p PWR! Parkinson Wellness Recovery 01:00p Creation Station 01:00p Muscles in Motion 01:00p Pickleball Intermediate Drop-in Play 01:00p Pottery Studio - Pottery Wheel 1:00 PM	09:00a Pottery Studio - Independent Potters AM 09:30a Core Strength All Levels/Thu 09:30a Zumba/Thu 10:00a Acrylic Painting 10:00a Pickleball All Levels Drop-in Play 10:00a Wellness Coaching Thursdays 10:00a Woodshop 10:30a Balance & Core Strength 10:30a Barre Fusion 10:30a Cycling/Thu 10:30a Rochester Hills Museum Lecture 10:30a Spanish Beginner 11:45a Yoga A Gentle Beginning/Th 12:00p Lunch in the Dining Room 12:00p Pickleball Advanced Drop-in Play 12:30p Duplicate Bridge 12:30p Pottery Studio - Independent Potters PM 01:00p Open Studio - Needle Arts Studio 01:30p Resistance and Balance Training/Thu 02:00p Drum Circle 02:00p Pickleball Novice Drop-in Play 03:00p Beginning Tai Chi Wu Style/Thu 04:00p Pickleball Intermediate Drop-in Play 05:00p Aqua Healthy Joints/Thu	09:00a Cycling/Fri 09:00a Lapidary 09:30a Interval Training/Fri 09:30a The Deep/Fri 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM 10:00a Woodshop 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM 11:00a French Conversation Group 12:00p Lunch in the Dining Room 12:30p Bridge American Standard Tuesdays 12:30p Pinochle 01:00p Chair Yoga/Fri 01:00p Muscles in Motion 01:00p Pickleball All Levels Drop-in Play 01:00p Table Tennis	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7 01:45p Pickleball Skills & Drills 02:00p Spanish for Travelers 02:00p Ukulele Fun 04:00p Beginning Tai Chi Wu Style/Tue 04:00p Pickleball Novice Drop-in Play 05:00p Aqua Healthy Joints/Tue 5:00 PM 05:30p Zumba/Tue 5:30 PM 05:45p Aqua Zumba/Tue 06:00p Pickleball All Levels Drop-in Play	8 01:00p Table Tennis 02:00p Writers & Readers Group 04:00p Pickleball Advanced Drop-in Play 04:30p Pottery Studio - Pottery Wheel 4:30 PM 05:45p Pool Gym Circuit Training 06:00p Basketball 5 on 5/W 06:00p Chess Play/Learn/View 07:00p Line Dance PM	9 05:45p Aqua Zumba/Thu 06:00p Badminton 06:00p Box Fit 101	10	11
12	13 12:00a Pottery Studio - Clay Purchase 08:00a Billiards 08:00a Cardio Room 08:00a Lap Pool Open Swim 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Rise & Shine 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Strengthen Lengthen and Balance/Mon 09:00a 650 Players AMERICAN MADE Rehearsals 09:00a Cardio Kickboxing 09:00a Pottery Studio - Independent Potters AM 09:30a Pickleball Intermediate Drop-in Play 09:45a German Intermediate Class	14 12:00a Pottery Studio - Clay Purchase 08:00a Aqua Healthy Joints/Tue 8:00 AM 08:00a Billiards 08:00a Cardio Room 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Sunrise Yoga/Tues 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Muscular Endurance/Tue 09:00a 650 Players AMERICAN MADE Rehearsals 09:00a Lap Pool Open Swim 09:30a Cycling/Tue 09:30a Strength & Stretch for Parkinsons 09:30a Zumba Tue/AM 10:00a Pickleball Advanced Drop-in Play	15 12:00a Pottery Studio - Clay Purchase 08:00a Billiards 08:00a Cardio Room 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Rise & Shine 08:00a The Deep/Wed 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Stretch & Balance with a Yoga Influence 09:00a Aqua RX Fitness 09:00a Interval Training/Wed 09:30a Guitar Group 09:30a Pickleball Beginners Lesson 09:30a Pickleball Novice Mentor Games 09:30a Senior Picnic 10:00a Aqua Balance & Stability	16 12:00a Pottery Studio - Clay Purchase 08:00a Billiards 08:00a Cardio Room 08:00a Lap Pool Open Swim 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Low Impact/Thu 08:30a Muscular Endurance/Thu 09:00a 650 Players AMERICAN MADE Rehearsals 09:00a Pottery Studio - Independent Potters AM 09:30a Core Strength All Levels/Thu 09:30a Zumba/Thu 10:00a Acrylic Painting 10:00a Pickleball All Levels Drop-in Play	17 12:00a Pottery Studio - Clay Purchase 08:00a All Levels Pickleball Ladder/F 08:00a Billiards 08:00a Cardio Room 08:00a Lap Pool Open Swim 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Rise & Shine 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Strengthen Lengthen and Balance/Fri 09:00a Cycling/Fri 09:00a Lapidary 09:30a Interval Training/Fri 09:30a Mosaic Tile Class 09:30a The Deep/Fri 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM 10:00a Woodshop	18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	10:00a Mat Pilates 10:00a Open Studio - Zentangle Studio 10:00a Woodshop 10:30a Functionally Fit/Mon 11:00a iPhone Basics 11:00a Pickleball Novice/Low Intermediate Lessons 11:30a Dance For Parkinsons 11:30a Mindful Mondays Meditation 11:30a Tang Soo Do 12:00p Lunch in the Dining Room 12:30p American Mah-Jong 12:30p Bridge Monday 12:30p Pottery Studio - Independent Potters PM 12:30p Samba Card Game 01:00p Line Dance 01:00p Muscles in Motion 01:00p Open Studio - Creation Station Studio 01:00p Pickleball Novice Drop-in Play 01:00p Table Tennis 01:00p Zumba/Mon 02:00p Chair Yoga/Mon 02:00p Focus on the Issues 04:00p Pickleball Advanced Drop-in Play 06:00p Meditation Drop-in 06:00p Spanish Beginner 07:00p Ballroom Dance-Sept Salsa	10:00a Soft Pastel Portrait Workshop 10:00a Technology Club 10:00a Wellness Coaching Tuesdays 10:00a Woodshop 10:30a Balance & Core Strength 10:30a Body Strong 11:30a Low Impact/Tue 12:00p Lunch in the Dining Room 12:30p Bridge American Standard Tuesdays 12:30p Classic Canasta 12:30p Core Strength All Levels/Tue 12:45p German Conversation Group 12:45p German Group 01:00p French Advanced Class 01:00p Joints/Tablesaw Workshop w/Tom & Jack 01:00p Wood Pumpkin Plaques 01:30p Resistance and Balance Training/Tue 01:45p Pickleball Intermediate Drop-in Play 01:45p Pickleball Skills & Drills 02:00p Spanish for Travelers 02:00p Ukulele Fun 04:00p Beginning Tai Chi Wu Style/Tue 04:00p Pickleball Novice Drop-in Play 04:30p Terrific Tuesday 05:00p Aqua Healthy Joints/Tue 5:00 PM	10:00a Core Strength All Levels/Wed 10:00a Late Bloomers Gardening Club 10:00a Woodshop 10:30a Functionally Fit/Wed 11:00a Chair Yoga/Wed 11:00a Lap Pool Open Swim 11:00a Pickleball Novice Drop-in Play 12:00p Lunch in the Dining Room 12:30p Chinese Mah-Jong 12:30p Euchre Wednesdays 12:30p Hand & Foot variation of Canasta 12:30p PWR! Parkinson Wellness Recovery 01:00p Muscles in Motion 01:00p Pickleball Intermediate Drop-in Play 01:00p Pottery Studio - Pottery Wheel 1:00 PM 01:00p Table Tennis 02:00p Weight Room Orientation 04:00p Pickleball Advanced Drop-in Play 04:30p Pottery Studio - Pottery Wheel 4:30 PM 05:45p Pool Gym Circuit Training 06:00p Basketball 5 on 5/W 06:00p Chess Play/Learn/View	10:00a Wellness Coaching Thursdays 10:00a Woodshop 10:30a Balance & Core Strength 10:30a Barre Fusion 10:30a Cycling/Thu 10:30a Spanish Beginner 11:45a Yoga A Gentle Beginning/Th 12:00p Lunch in the Dining Room 12:00p Pickleball Advanced Drop-in Play 12:30p Duplicate Bridge 12:30p Pottery Studio - Independent Potters PM 01:00p MAC Enthusiasts 01:00p Open Studio - Needle Arts Studio 01:30p Resistance and Balance Training/Thu 01:30p Work that Body 02:00p Pickleball Novice Drop-in Play 03:00p Beginning Tai Chi Wu Style/Thu 04:00p Oktoberfest 04:00p Pickleball Intermediate Drop-in Play 05:00p Aqua Healthy Joints/Thu 05:45p Aqua Zumba/Thu 06:00p Badminton 06:00p Box Fit 101	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM 11:00a French Conversation Group 11:30a Hearing Screenings/Hearing Aid Cleaning 11:30 AM 11:45a Hearing Screenings/Hearing Aid Cleaning 11:45 AM 12:00p Hearing Screenings/Hearing Aid Cleaning 12:00 PM 12:00p Lunch in the Dining Room 12:15p Hearing Screenings/Hearing Aid Cleaning 12:15 PM 12:30p Bridge American Standard Tuesdays 12:30p Pinochle 01:00p Chair Yoga/Fri 01:00p Muscles in Motion 01:00p Pickleball All Levels Drop-in Play 01:00p Table Tennis 01:00p Wild Mountain Tyme (PG 13) 01:30p Photographers Club	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14 05:30p Zumba/Tue 5:30 PM 05:45p Aqua Zumba/Tue 06:00p Pickleball All Levels Drop-in Play	15	16	17	18
19	20 12:00a Pottery Studio - Clay Purchase 08:00a Billiards 08:00a Cardio Room 08:00a Lap Pool Open Swim 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Rise & Shine 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Strengthen Lengthen and Balance/Mon 09:00a 650 Players AMERICAN MADE Rehearsals 09:00a Cardio Kickboxing 09:00a Colored Pencil 09:00a Pottery Studio - Independent Potters AM 09:30a Pickleball Intermediate Drop-in Play 09:45a German Intermediate Class 10:00a Mat Pilates 10:00a Open Studio - Zentangle Studio 10:00a Woodshop 10:30a Functionally Fit/Mon 11:00a iPad Basics 11:00a Pickleball Novice/Low Intermediate Lessons	21 12:00a Pottery Studio - Clay Purchase 08:00a Aqua Healthy Joints/Tue 8:00 AM 08:00a Billiards 08:00a Cardio Room 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Sunrise Yoga/Tues 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Muscular Endurance/Tue 09:00a 650 Players AMERICAN MADE Rehearsals 09:00a Lap Pool Open Swim 09:30a Cycling/Tue 09:30a Strength & Stretch for Parkinsons 09:30a Zumba Tue/AM 10:00a Pickleball Advanced Drop-in Play 10:00a Technology Club 10:00a Wellness Coaching Tuesdays 10:00a Woodshop 10:30a Balance & Core Strength 10:30a Body Strong 10:30a Forest Bathing 11:30a Low Impact/Tue	22 12:00a Pottery Studio - Clay Purchase 08:00a Billiards 08:00a Cardio Room 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Rise & Shine 08:00a The Deep/Wed 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Stretch & Balance with a Yoga Influence 09:00a Aqua RX Fitness 09:00a Interval Training/Wed 09:30a Computer Help One on One 09:30a Guitar Group 09:30a Pickleball Beginners Lesson 09:30a Pickleball Novice Mentor Games 09:30a Pottery Studio - Pottery Handbuilding Class 09:30a Watercolor Class With Pete - Wednesday 10:00a Aqua Balance & Stability 10:00a Core Strength All Levels/Wed 10:00a Late Bloomers Gardening Club 10:00a Maintain your Independence & Stay Engaged	23 12:00a Pottery Studio - Clay Purchase 08:00a Billiards 08:00a Cardio Room 08:00a Lap Pool Open Swim 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Low Impact/Thu 08:30a Muscular Endurance/Thu 09:00a 650 Players AMERICAN MADE Rehearsals 09:00a Pottery Studio - Independent Potters AM 09:30a Core Strength All Levels/Thu 09:30a Open Studio - Zentangle Beyond Basics 09:30a Zumba/Thu 10:00a Acrylic Painting 10:00a Pickleball All Levels Drop-in Play 10:00a Wellness Coaching Thursdays 10:00a Woodshop 10:30a Balance & Core Strength 10:30a Barre Fusion 10:30a Cycling/Thu	24 12:00a Pottery Studio - Clay Purchase 08:00a All Levels Pickleball Ladder/F 08:00a Billiards 08:00a Cardio Room 08:00a Lap Pool Open Swim 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Rise & Shine 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Strengthen Lengthen and Balance/Fri 09:00a Cycling/Fri 09:00a Lapidary 09:00a Trip DSO POPS 09:30a Interval Training/Fri 09:30a The Deep/Fri 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM 10:00a Visually Impaired Group 10:00a Woodshop 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM 11:00a French Conversation Group 12:00p Lunch in the Dining Room 12:30p Bridge American Standard Tuesdays	25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	11:30a Dance For Parkinsons 11:30a Mindful Mondays Meditation 11:30a Tang Soo Do 12:00p Lunch in the Dining Room 12:30p American Mah-Jong 12:30p Bridge Monday 12:30p Pottery Studio - Independent Potters PM 12:30p Samba Card Game 01:00p Line Dance 01:00p Muscles in Motion 01:00p Open Studio - Creation Station Studio 01:00p Pickleball Novice Drop-in Play 01:00p Table Tennis 01:00p Zumba/Mon 02:00p Chair Yoga/Mon 04:00p Pickleball Advanced Drop-in Play 06:00p Meditation Drop-in 06:00p Rebel without a Cause (NR) 06:00p Spanish Beginner 07:00p Ballroom Dance-Sept Salsa	12:00p Lunch in the Dining Room 12:30p Bridge American Standard Tuesdays 12:30p Classic Canasta 12:30p Core Strength All Levels/Tue 12:45p German Conversation Group 12:45p German Group 01:00p French Advanced Class 01:00p Independent Drawing and Painting 01:30p Resistance and Balance Training/Tue 01:45p Pickleball Intermediate Drop-in Play 01:45p Pickleball Skills & Drills 02:00p Spanish for Travelers 02:00p Ukulele Fun 02:00p Woodshop Project Class 04:00p Beginning Tai Chi Wu Style/Tue 04:00p Pickleball Novice Drop-in Play 04:00p Weight Room Orientation 05:00p Aqua Healthy Joints/Tue 5:00 PM 05:30p Zumba/Tue 5:30 PM 05:45p Aqua Zumba/Tue 06:00p Pickleball All Levels Drop-in Play	10:00a Woodshop 10:30a Functionally Fit/Wed 10:30a Mindful Journey Book Club 11:00a Chair Yoga/Wed 11:00a Lap Pool Open Swim 11:00a Pickleball Novice Drop-in Play 12:00p Lunch in the Dining Room 12:30p Chinese Mah-Jong 12:30p Euchre Wednesdays 12:30p Hand & Foot variation of Canasta 12:30p PWR! Parkinson Wellness Recovery 01:00p Muscles in Motion 01:00p One Sheet Wonder Fall Cards w/Cherie 01:00p Pickleball Intermediate Drop-in Play 01:00p Pottery Studio - Pottery Wheel 1:00 PM 01:00p Table Tennis 01:30p Commit to be Fit! 02:00p Woodshop Project Class 04:00p Pickleball Advanced Drop-in Play 04:30p Pottery Studio - Pottery Wheel 4:30 PM 05:45p Pool Gym Circuit Training 06:00p Basketball 5 on 5/W 06:00p Chess Play/Learn/View	10:30a Spanish Beginner 11:45a Yoga A Gentle Beginning/Th 12:00p Lunch in the Dining Room 12:00p Pickleball Advanced Drop-in Play 12:30p Duplicate Bridge 12:30p Pottery Studio - Independent Potters PM 01:00p FBI Overview by SAC 01:00p Gardenside Poets 01:00p Open Studio - Needle Arts Studio 01:30p Resistance and Balance Training/Thu 02:00p Drum Circle 02:00p Pickleball Novice Drop-in Play 02:00p Woodshop Project Class 03:00p Beginning Tai Chi Wu Style/Thu 04:00p Pickleball Intermediate Drop-in Play 05:00p Aqua Healthy Joints/Thu 05:45p Aqua Zumba/Thu 06:00p Badminton 06:00p Box Fit 101	12:30p Pinochle 01:00p Chair Yoga/Fri 01:00p Muscles in Motion 01:00p Pickleball All Levels Drop-in Play 01:00p Table Tennis	
26	27	28	29	30		
	12:00a Pottery Studio - Clay Purchase	12:00a Pottery Studio - Clay Purchase	12:00a Pottery Studio - Clay Purchase	12:00a Pottery Studio - Clay Purchase		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30		
	08:00a Billiards 08:00a Cardio Room 08:00a Lap Pool Open Swim 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Rise & Shine 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Strengthen Lengthen and Balance/Mon 09:00a 650 Players AMERICAN MADE Rehearsals 09:00a Cardio Kickboxing 09:00a Colored Pencil 09:00a Pottery Studio - Independent Potters AM 09:30a Pickleball Intermediate Drop-in Play 09:45a German Intermediate Class 10:00a Mat Pilates 10:00a Open Studio - Zentangle Studio 10:00a Woodshop 10:30a Functionally Fit/Mon 11:00a Pickleball Novice/Low Intermediate Lessons 11:30a Dance For Parkinsons 11:30a Mindful Mondays Meditation 11:30a Tang Soo Do 12:00p Lunch in the Dining Room 12:30p American Mah-Jong	08:00a Aqua Healthy Joints/Tue 8:00 AM 08:00a Billiards 08:00a Cardio Room 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Sunrise Yoga/Tues 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Muscular Endurance/Tue 09:00a Lap Pool Open Swim 09:30a Cycling/Tue 09:30a Strength & Stretch for Parkinsons 09:30a Zumba Tue/AM 10:00a Gypsy Tassels 10:00a Pickleball Advanced Drop-in Play 10:00a Technology Club 10:00a Wellness Coaching Tuesdays 10:00a Woodshop 10:30a Art Appreciation Lecture 10:30a Balance & Core Strength 10:30a Body Strong 11:30a Low Impact/Tue 12:00p Lunch in the Dining Room 12:30p Bridge American Standard Tuesdays 12:30p Classic Canasta 12:30p Core Strength All Levels/Tue 12:45p German Conversation Group	08:00a Billiards 08:00a Cardio Room 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Rise & Shine 08:00a The Deep/Wed 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Stretch & Balance with a Yoga Influence 09:00a Aqua RX Fitness 09:00a Interval Training/Wed 09:30a Guitar Group 09:30a Pickleball Beginners Lesson 09:30a Pickleball Novice Mentor Games 09:30a Pottery Studio - Pottery Handbuilding Class 09:30a Watercolor Class With Pete - Wednesday 10:00a Aqua Balance & Stability 10:00a Core Strength All Levels/Wed 10:00a Late Bloomers Gardening Club 10:00a Medicare 101 10:00a Woodshop 10:30a Functionally Fit/Wed 11:00a Chair Yoga/Wed 11:00a Lap Pool Open Swim 11:00a Pickleball Novice Drop-in Play 12:00p Lunch in the Dining Room 12:15p Meadowbrook Theatre - Fancy	08:00a Billiards 08:00a Cardio Room 08:00a Lap Pool Open Swim 08:00a Library 08:00a Personal Training 08:00a Physical Therapy 08:00a Therapy Pool Open Swim 08:00a Walking Track 08:00a Weight Room 08:30a Low Impact/Thu 08:30a Muscular Endurance/Thu 09:00a 650 Players AMERICAN MADE Rehearsals 09:00a Pottery Studio - Independent Potters AM 09:30a Core Strength All Levels/Thu 09:30a Watercolor Workshop 09:30a Zumba/Thu 10:00a Pickleball All Levels Drop-in Play 10:00a Wellness Coaching Thursdays 10:00a Woodshop 10:30a Balance & Core Strength 10:30a Barre Fusion 10:30a Cycling/Thu 10:30a Spanish Beginner 11:45a Yoga A Gentle Beginning/Th 12:00p Lunch in the Dining Room 12:00p Pickleball Advanced Drop-in Play 12:30p Duplicate Bridge 12:30p Pottery Studio - Independent Potters PM		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30		
	12:30p Bridge Monday 12:30p Pottery Studio - Independent Potters PM 12:30p Samba Card Game 12:45p Vintage Views Committee Meeting 01:00p Line Dance 01:00p Muscles in Motion 01:00p Open Studio - Creation Station Studio 01:00p Pickleball Novice Drop-in Play 01:00p Table Tennis 01:00p Zumba/Mon 02:00p Chair Yoga/Mon 02:00p Focus on the Issues 03:30p Weight Room Orientation 04:00p Pickleball Advanced Drop-in Play 06:00p Meditation Drop-in 06:00p Spanish Beginner 07:00p Ballroom Dance-Sept Salsa	12:45p German Group 01:00p 650 Players AMERICAN MADE Rehearsals 01:00p French Advanced Class 01:00p Independent Drawing and Painting 01:30p Evolutionary Psychology 01:30p Resistance and Balance Training/Tue 01:45p Pickleball Intermediate Drop-in Play 01:45p Pickleball Skills & Drills 02:00p Spanish for Travelers 02:00p Ukulele Fun 02:30p Book Club 04:00p Beginning Tai Chi Wu Style/Tue 04:00p Pickleball Novice Drop-in Play 05:00p Aqua Healthy Joints/Tue 5:00 PM 05:30p Zumba/Tue 5:30 PM 05:45p Aqua Zumba/Tue 06:00p Pickleball All Levels Drop-in Play	12:30p Chinese Mah-Jong 12:30p Euchre Wednesdays 12:30p Fall for Bingo 12:30p Hand & Foot variation of Canasta 12:30p PWR! Parkinson Wellness Recovery 01:00p Muscles in Motion 01:00p Paper Pumpkin Luminary w/Karen 01:00p Pickleball Intermediate Drop-in Play 01:00p Pottery Studio - Pottery Wheel 1:00 PM 01:00p Table Tennis 01:30p Anyone Can Paint 04:00p Pickleball Advanced Drop-in Play 04:30p Pottery Studio - Pottery Wheel 4:30 PM 05:45p Pool Gym Circuit Training 06:00p Basketball 5 on 5/W 06:00p Chess Play/Learn/View	01:00p Open Studio - Needle Arts Studio 01:30p Resistance and Balance Training/Thu 02:00p Pickleball Novice Drop-in Play 03:00p Beginning Tai Chi Wu Style/Thu 04:00p Pickleball Intermediate Drop-in Play 05:00p Aqua Healthy Joints/Thu 05:45p Aqua Zumba/Thu 06:00p Badminton 06:00p Box Fit 101		