

**Older Persons' Commission**

**November 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a All Levels Pickleball Ladder/F - Gym	
	08:00a Billiards - Billiards	08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a APR Wellness Center Visit - Critt WC	
	08:00a Cardio Room - Cardio		08:00a Cardio Room - Cardio	08:00a Cardio Room - Cardio	08:00a Billiards - Billiards	
	08:00a Lap Pool Open Swim - Lap Pool	08:00a Billiards - Billiards	08:00a Lap Pool Open Swim - Lap Pool	08:00a Lap Pool Open Swim - Lap Pool	08:00a Cardio Room - Cardio	
	08:00a Library - Library	08:00a Cardio Room - Cardio	08:00a Library - Library	08:00a Library - Library	08:00a Lap Pool Open Swim - Lap Pool	
	08:00a New Member Visit - Lobby	08:00a Lap Pool Open Swim - Lap Pool	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Library - Library	
	08:00a OPC Meeting - Atrium	08:00a Library - Library	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a New Member Visit - Lobby	
	08:00a Open Gym AM/MW - Gym	08:00a New Member Visit - Lobby	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a OPC Meeting - Atrium	
	08:00a Personal Training - Personal Trg	08:00a OPC Meeting - Atrium	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	
	08:00a Physical Therapy - Critt PT	08:00a Open Gym/T Th - Gym	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Personal Training - Personal Trg	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	
	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Physical Therapy - Critt PT	08:00a The Deep/Wed - Lap Pool	08:00a Walking Track - Track	08:00a Therapy Pool Open Swim - Therapy Pool	
	08:00a Walking Track - Track	08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Weight Room - Weight Rm	08:00a Walking Track - Track	
	08:00a Weight Room - Weight Rm	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Walking Track - Track	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm	
	09:00a Cafe - Cafe	08:00a Walking Track - Track	08:00a Weight Room - Weight Rm	08:30a Muscular Endurance/Thu - Group Exercise 2 - LaVere Rm	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm	
	09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm	08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	09:00a Cafe - Cafe	09:00a Cafe - Cafe	
	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Aqua RX Fitness - Therapy Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cafe - Cafe	09:00a Aqua Strength And Core - Lap Pool	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:00a Lapidary - Studio 1, Studio 2	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference A	09:00a Cafe - Cafe	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	09:30a Guitar Group - Dining Rm	
		09:30a Guitar Group - Dining Rm	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic		09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm	
					09:30a The Deep/Fri - Lap Pool	

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	09:45a German Intermediate Class - CR 1 10:00a Bitty Bookz Workshop - Studio 1 10:00a Mat Pilates - Group Exercise 2 - LaVere Rm 10:00a Monday with the Mayor - Dining Rm 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:00a Weight Room Orientation - Weight Rm 11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic 11:30a Mindful Mondays Meditation - Library 11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm 11:45a Belly Dancing - Aud-Front 12:00p Lunch in the Dining Room - Dining Rm 12:30p American Mah-Jong - CR 2,CR 3 12:30p Bridge Drop-In Monday - CR 1 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Samba variation of Canasta - Library 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm 09:30a Watercolor Greeting Cards - Studio 1 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Pickleball Advanced Drop-in Play - Gym 10:00a Technology Club - CR 1 10:00a Wellness Coaching Tuesdays - Conference B 10:15a Aqua Yoga - Therapy Pool 10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm 10:30a Body Strong - Group Exercise 1 - KW Aerobic 11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic 12:00p Basketball Shoot Around - Gym 12:00p Boxing for Parkinsons - Gym 12:00p Lunch in the Dining Room - Dining Rm 12:30p Bridge American Standard Tuesdays - CR 3 12:30p Classic Canasta - CR 2 12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic 12:45p German Conversation Group - Library 12:45p German Group - CR 3	09:00a Parade Company and Hamtramck - Aud-Back,Aud-Front 09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Watercolor Class With Pete - Wednesday - Studio 1 10:00a Aqua Balance & Stability - Therapy Pool 10:00a Healthy Sleep Habits - Dining Rm 10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball Novice Drop-in Play - Gym 11:30a Ballet - Group Exercise 1 - KW Aerobic 12:00p Lunch in the Dining Room - Dining Rm 12:30p Chinese Mah-Jong - CR 1 12:30p Euchre Wednesdays - CR 3,CR 2 12:30p Hand & Foot variation of Canasta - Library 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 01:00p Aquatic Healthy Joints Advanced/W - Lap Pool	10:00a Pickleball All Levels Drop-in Play - Gym 10:00a Wellness Coaching Thursdays - Conference B 10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm 10:30a Cycling/Thu - Gym 10:30a Plants in Society - Dining Rm 10:30a Spanish Beginner - CR 1 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Lunch in the Dining Room - Dining Rm 12:00p Pickleball Advanced Drop-in Play - Gym 12:30p Duplicate Bridge - CR 2,CR 3 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 01:00p Horse Hair Raku Workshop - Patio Garden 01:00p MAC Enthusiasts - CR 1 01:00p Open Studio - Needle Arts Studio - Library 01:00p Watercolor Class for Beginners - Studio 1 01:30p Line Dance - Aud-Back,Aud-Front 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:00p Pickleball Novice Drop-in Play - Gym	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic 10:00a Caring & Sharing Loss - ADS 10:00a Medicare / Medicaid Open Enrollment Assistance - Conference B 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 11:00a French Conversation Group - CR 1 12:00p Lunch in the Dining Room - Dining Rm 12:30p Bridge American Standard Fridays - CR 1 12:30p Pinochle - CR 3,CR 2 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic 01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm 01:00p Open Studio - Painting Studio Drop-In - Studio 1 01:00p Pickleball All Levels/Fri 1:00-2:25 PM - Gym 01:00p Table Tennis - Gym 02:30p Aqua Yoga/Fri - Therapy Pool 02:30p Pickleball All Levels/Fri 2:30-4:00 PM - Gym	

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<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	01:00p Pickleball Novice/Mon 1:00-2:25 PM - Gym  01:00p Table Tennis - Gym  01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic  02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic  02:00p Open Aqua Bikes - Lap Pool  02:30p Pickleball Novice/Mon 2:30-4:00 PM - Gym  04:00p Pickleball Advanced Drop-in Play - Gym  04:30p Pottery Studio - Independent Potters Evening - Pottery Rm  05:45p Aqua Zumba/M - Lap Pool  06:00p Meditation Drop-in - ADS  06:00p Pickleball Novice Drop-in Play - Gym  06:00p Spanish Beginner - CR 1  07:00p Ballroom Dance - Aud-Front,Aud-Back  07:00p Ballroom Dance Class--Non-member - Aud- Back,Aud-Front	01:00p French Advanced Class - CR 1  01:00p Independent Drawing and Painting - Studio 1  01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic  01:45p Pickleball Intermediate Drop-in Play - Gym  02:00p Ukulele Fun - Aud- Back,Aud-Front  02:15p Spanish for Travelers - CR 1  04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic  04:00p Pickleball Novice Drop-in Play - Gym  05:45p Aqua Zumba/Tue - Lap Pool  06:00p Board Game Drop In - CR 2,CR 3  06:00p Pickleball All Levels Drop-in Play - Gym	01:00p Clipboard Message Board w/Cherie - Studio 1  01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm  01:00p Pickleball Int/Wed 1:00-2:25 PM - Gym  01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm  01:00p Table Tennis - Gym  02:00p Making Waves/Wed - Lap Pool  02:30p Pickleball Int/W 2:30- 4:00 PM - Gym  03:00p Parkinsons Support Group - Dining Rm  04:00p Pickleball Advanced Drop-in Play - Gym  04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm  05:30p Open Studio - Painting Studio Drop-In - Studio 1  05:30p Pool Gym Circuit Training - Lap Pool  05:45p Chess Play/Learn/View - Library  06:00p Basketball 5 on 5/W - Gym  06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic  04:00p Pickleball Intermediate Drop-in Play - Gym  05:45p Aqua Zumba/Thu - Lap Pool  06:00p Badminton - Gym  06:00p Box Fit 101 - Gym		
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	08:00a APR Wellness Center Visit - Critt WC  08:00a Billiards - Billiards 08:00a Cardio Room - Cardio	08:00a APR Wellness Center Visit - Critt WC  08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool	08:00a APR Wellness Center Visit - Critt WC  08:00a Billiards - Billiards 08:00a Cardio Room - Cardio	08:00a APR Wellness Center Visit - Critt WC  08:00a Billiards - Billiards 08:00a Cardio Room - Cardio	08:00a All Levels Pickleball Ladder/F - Gym  08:00a APR Wellness Center Visit - Critt WC  08:00a Billiards - Billiards	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	08:00a Lap Pool Open Swim - Lap Pool	08:00a Billiards - Billiards	08:00a Lap Pool Open Swim - Lap Pool	08:00a Lap Pool Open Swim - Lap Pool	08:00a Cardio Room - Cardio	
	08:00a Library - Library	08:00a Cardio Room - Cardio	08:00a Library - Library	08:00a Library - Library	08:00a Lap Pool Open Swim - Lap Pool	
	08:00a New Member Visit - Lobby	08:00a Lap Pool Open Swim - Lap Pool	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Library - Library	
	08:00a OPC Meeting - Atrium	08:00a Library - Library	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a New Member Visit - Lobby	
	08:00a Open Gym AM/MW - Gym	08:00a New Member Visit - Lobby	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a OPC Meeting - Atrium	
	08:00a Personal Training - Personal Trg	08:00a OPC Meeting - Atrium	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	
	08:00a Physical Therapy - Critt PT	08:00a Open Gym/T Th - Gym	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Personal Training - Personal Trg	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	
	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Physical Therapy - Critt PT	08:00a The Deep/Wed - Lap Pool	08:00a Walking Track - Track	08:00a Therapy Pool Open Swim - Therapy Pool	
	08:00a Walking Track - Track	08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Weight Room - Weight Rm	08:00a Walking Track - Track	
	08:00a Weight Room - Weight Rm	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Walking Track - Track	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm	
	09:00a Cafe - Cafe	08:00a Walking Track - Track	08:00a Weight Room - Weight Rm	08:30a Muscular Endurance/Thu - Group Exercise 2 - LaVere Rm	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm	
	09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm	08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	09:00a Cafe - Cafe	09:00a Cafe - Cafe	
	09:00a Colored Pencil - Studio 2	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Aqua RX Fitness - Therapy Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	
	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Cafe - Cafe	09:00a Aqua Strength And Core - Lap Pool	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	09:30a Guitar Group - Dining Rm	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	10:00a Pickleball All Levels Drop-in Play - Gym	09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm	
	09:45a German Intermediate Class - CR 1	09:00a Michigan Military Museum - Aud-Back,Aud-Front	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	10:00a Wellness Coaching Thursdays - Conference B	09:30a The Deep/Fri - Lap Pool	
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	09:30a Guitar Group - Dining Rm	09:30a Pickleball 101: Beginner Lesson - Gym	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
		09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm				

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7	8	9	10	11	12	13
	<p>10:00a Open Studio - Zentangle Studio - Library</p> <p>10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym</p> <p>11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic</p> <p>11:30a Mindful Mondays Meditation - Library</p> <p>11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm</p> <p>11:45a Belly Dancing - Aud-Front</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:30p American Mah-Jong - CR 2,CR 3</p> <p>12:30p Bridge Drop-In Monday - CR 1</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>12:30p Samba variation of Canasta - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Pickleball Novice/Mon 1:00-2:25 PM - Gym</p> <p>01:00p Table Tennis - Gym</p>	<p>09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Pickleball Advanced Drop-in Play - Gym</p> <p>10:00a Reconstructed Bangle Bracelets - Studio 1</p> <p>10:00a Technology Club - CR 1</p> <p>10:00a Wellness Coaching Tuesdays - Conference B</p> <p>10:15a Aqua Yoga - Therapy Pool</p> <p>10:30a Balance &amp; Core Strength - Group Exercise 2 - LaVere Rm</p> <p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:00p Basketball Shoot Around - Gym</p> <p>12:00p Boxing for Parkinsons - Gym</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:30p Bridge American Standard Tuesdays - CR 3</p> <p>12:30p Classic Canasta - CR 2</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:45p German Conversation Group - Library</p> <p>12:45p German Group - CR 3</p> <p>01:00p French Advanced Class - CR 1</p>	<p>09:30a Pickleball 102: Mentor Games - Gym</p> <p>09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1</p> <p>10:00a Aqua Balance &amp; Stability - Therapy Pool</p> <p>10:00a Veterans Day Honoring All Who Served - Aud-Back,Aud-Front</p> <p>10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm</p> <p>10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic</p> <p>10:30a Mindful Journey Book Club - Library</p> <p>11:00a Pickleball Novice Drop-in Play - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:30p Chinese Mah-Jong - CR 1</p> <p>12:30p Euchre Wednesdays - CR 3,CR 2</p> <p>12:30p Hand &amp; Foot variation of Canasta - Library</p> <p>12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Alcohol Ink Pendants w/Cherie - Studio 1</p> <p>01:00p Aquatic Healthy Joints Advanced/W - Lap Pool</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p>	<p>10:30a Cycling/Thu - Gym</p> <p>10:30a Spanish Beginner - CR 1</p> <p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:00p Pickleball Advanced Drop-in Play - Gym</p> <p>12:30p Duplicate Bridge - CR 2,CR 3</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>01:00p Open Studio - Needle Arts Studio - Library</p> <p>01:00p Watercolor Class for Beginners - Studio 1</p> <p>01:30p Line Dance - Aud-Back,Aud-Front</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Pickleball Novice Drop-in Play - Gym</p> <p>02:30p The Village of Rochester Hills Fashion Show - Aud-Back,Aud-Front</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Box Fit 101 - Gym</p>	<p>10:30a Thomas Edison: Electric Light and Other Inventions - Dining Rm</p> <p>11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic</p> <p>11:00a French Conversation Group - CR 1</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:30p Bridge American Standard Fridays - CR 1</p> <p>12:30p Pinochle - CR 3,CR 2</p> <p>01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Pickleball All Levels/Fri 1:00-2:25 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Pickleball All Levels/Fri 2:30-4:00 PM - Gym</p>	

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<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:30p Anyone Can Paint - Aud-Front 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - Dining Rm 02:00p Open Aqua Bikes - Lap Pool 02:30p Pickleball Novice/Mon 2:30-4:00 PM - Gym 02:30p Stained Glass Mini Project - Woodshop 04:00p Pickleball Advanced Drop-in Play - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:45p Aqua Zumba/M - Lap Pool 06:00p Meditation Drop-in - ADS 06:00p Pickleball Novice Drop-in Play - Gym 06:00p Spanish Beginner - CR 1 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:00p Independent Drawing and Painting - Studio 1 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:45p Pickleball 301: Skills AND Drills - Gym 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p Alzheimers Dementia Caregivers Group - CR 1 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:15p Spanish for Travelers - CR 1 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Chicago Worlds Fair - Dining Rm 04:00p Pickleball Novice Drop-in Play - Gym 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Board Game Drop In - CR 2,CR 3 06:00p Pickleball All Levels Drop-in Play - Gym	01:00p Pickleball Int/Wed 1:00-2:25 PM - Gym 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:00p Table Tennis - Gym 01:00p Weight Room Orientation - Weight Rm 02:00p Making Waves/Wed - Lap Pool 02:30p Pickleball Int/W 2:30-4:00 PM - Gym 04:00p Pickleball Advanced Drop-in Play - Gym 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:30p Open Studio - Painting Studio Drop-In - Studio 1 05:30p Pool Gym Circuit Training - Lap Pool 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool			
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio	08:00a APR Wellness Center Visit - Critt WC 08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	08:00a Lap Pool Open Swim - Lap Pool	08:00a Billiards - Billiards	08:00a Lap Pool Open Swim - Lap Pool	08:00a Lap Pool Open Swim - Lap Pool	08:00a Lap Pool Open Swim - Lap Pool	
	08:00a Library - Library	08:00a Cardio Room - Cardio	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	
	08:00a New Member Visit - Lobby	08:00a Lap Pool Open Swim - Lap Pool	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	
	08:00a OPC Meeting - Atrium	08:00a Library - Library	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	
	08:00a Open Gym AM/MW - Gym	08:00a New Member Visit - Lobby	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Personal Training - Personal Trg	
	08:00a Personal Training - Personal Trg	08:00a OPC Meeting - Atrium	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	
	08:00a Physical Therapy - Critt PT	08:00a Open Gym/T Th - Gym	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Personal Training - Personal Trg	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Therapy Pool Open Swim - Therapy Pool	
	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Physical Therapy - Critt PT	08:00a The Deep/Wed - Lap Pool	08:00a Walking Track - Track	08:00a Walking Track - Track	
	08:00a Walking Track - Track	08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Weight Room - Weight Rm	08:00a Weight Room - Weight Rm	
	08:00a Weight Room - Weight Rm	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Walking Track - Track	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm	
	09:00a Cafe - Cafe	08:00a Walking Track - Track	08:00a Weight Room - Weight Rm	08:30a Muscular Endurance/Thu - Group Exercise 2 - LaVere Rm	09:00a Cafe - Cafe	
	09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm	08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	
	09:00a Colored Pencil - Studio 2	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Aqua RX Fitness - Therapy Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Lapidary - Studio 1, Studio 2	
	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Cafe - Cafe	09:00a Aqua Strength And Core - Lap Pool	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	09:00a Trip DSO POPS - Aud-Back, Aud-Front	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	10:00a Monoprint Holiday Cards - Studio 1	09:30a Guitar Group - CR 2	
	09:45a German Intermediate Class - CR 1	09:30a Guitar Group - Dining Rm	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a Pickleball All Levels Drop-in Play - Gym	09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm	
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm	09:30a Pickleball 102: Mentor Games - Gym	10:00a Wellness Coaching Thursdays - Conference B	09:30a The Deep/Fri - Lap Pool	
		09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1		10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	10:00a Open Studio - Zentangle Studio - Library	10:00a Holiday Painting Workshop - Studio 2	10:00a Aqua Balance & Stability - Therapy Pool	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	10:00a Caring & Sharing Loss - ADS	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Pickleball Advanced Drop-in Play - Gym	10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm	10:30a Cycling/Thu - Gym	10:00a Visually Impaired Group - Dining Rm	
	11:00a iPhone Basics - CR 1	10:00a Technology Club - CR 1	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:30a Rochester Hills Museum Lecture - Dining Rm	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Wellness Coaching Tuesdays - Conference B	11:00a Pickleball Novice Drop-in Play - Gym	10:30a Spanish Beginner - CR 1	11:00a French Conversation Group - CR 1	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:15a Aqua Yoga - Therapy Pool	11:00a Thanksgiving Lunch - Dining Rm	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:00p Hearing Screenings/Hearing Aid Cleaning 12:00 PM - Aud-Back	
	11:30a Mindful Mondays Meditation - Library	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:00p Lunch in the Dining Room - Dining Rm	12:00p Lunch in the Dining Room - Dining Rm	
	11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm	10:30a Body Strong - Group Exercise 1 - KW Aerobic	12:00p Lunch in the Dining Room - Dining Rm	12:00p Michigan Back Roads with author Ron Rademacher - Aud-Back,Aud-Front	12:00p Lunch in the Dining Room - Dining Rm	
	11:45a Belly Dancing - Aud-Front	10:30a Dr John Whapham - Brain Health - Dining Rm	12:30p Chinese Mah-Jong - CR 1	12:00p Pickleball Advanced Drop-in Play - Gym	12:15p Hearing Screenings/Hearing Aid Cleaning 12:15 PM - Aud-Back	
	12:00p Lunch in the Dining Room - Dining Rm	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	12:30p Euchre Wednesdays - CR 3,CR 2	12:30p Duplicate Bridge - CR 2,CR 3	12:30p Bridge American Standard Fridays - CR 1	
	12:30p American Mah-Jong - CR 2,CR 3	12:00p Basketball Shoot Around - Gym	12:30p Hand & Foot variation of Canasta - Library	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Hearing Screenings/Hearing Aid Cleaning 12:30 AM - Aud-Back	
	12:30p Bridge Drop-In Monday - CR 1	12:00p Boxing for Parkinsons - Gym	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:00p MAC Enthusiasts - CR 1	12:30p Pinochle - CR 3,CR 2	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Lunch in the Dining Room - Dining Rm	01:00p Aquatic Healthy Joints Advanced/W - Lap Pool	01:00p Open Studio - Needle Arts Studio - Library	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p Samba variation of Canasta - Library	12:30p Bridge American Standard Tuesdays - CR 3	01:00p Cork Crafts w/Cherie - Studio 1	01:00p Watercolor Class for Beginners - Studio 1	01:00p Mighty Orphans (PG13) - Aud-Back,Aud-Front	
	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Classic Canasta - CR 2	01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm	01:30p Food and Nutrition - Dining Rm	01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm	
	01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	01:00p Pickleball Int/Wed 1:00-2:25 PM - Gym	01:30p Line Dance - Aud-Back,Aud-Front	01:00p Open Studio - Painting Studio Drop-In - Studio 1	
	01:00p Open Studio - Creation Station Studio - Studio 1	12:45p German Conversation Group - Library	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	01:00p Pickleball All Levels/Fri 1:00-2:25 PM - Gym	
	01:00p Pickleball Novice/Mon 1:00-2:25 PM - Gym	12:45p German Group - CR 3	01:00p Table Tennis - Gym	02:00p Pickleball Novice Drop-in Play - Gym		
		01:00p French Advanced Class - CR 1				
		01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic				



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	01:00p Table Tennis - Gym 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic 02:00p Open Aqua Bikes - Lap Pool 02:30p Pickleball Novice/Mon 2:30-4:00 PM - Gym 02:30p Stained Glass Mini Project - Woodshop 04:00p Pickleball Advanced Drop-in Play - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:45p Aqua Zumba/M - Lap Pool 06:00p Meditation Drop-in - ADS 06:00p Pickleball Novice Drop-in Play - Gym 06:00p Spanish Beginner - CR 1 06:00p Youve Got Mail (PG) - Dining Rm 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:30p Toolbox for Stress - Dining Rm 01:45p Pickleball 301: Skills & Drills - Gym 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:15p Spanish for Travelers - CR 1 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Pickleball Novice Drop-in Play - Gym 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Board Game Drop In - CR 2,CR 3 06:00p Pickleball All Levels Drop-in Play - Gym	02:30p Pickleball Int/W 2:30-4:00 PM - Gym 04:00p Pickleball Advanced Drop-in Play - Gym 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:30p Open Studio - Painting Studio Drop-In - Studio 1 05:30p Pool Gym Circuit Training - Lap Pool 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:00p REWIRED not RETIRED - Dining Rm 06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 03:30p Fireside Poets Meet-Up - Library 03:30p Weight Room Orientation - Weight Rm 04:00p Pickleball Intermediate Drop-in Play - Gym 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 06:00p Sonic Freeway - Aud-Back,Aud-Front	01:00p Table Tennis - Gym 01:00p Woodshop Hands on Series: Router Class - Woodshop 01:30p Photographers Club - Dining Rm 02:30p Aqua Yoga/Fri - Therapy Pool 02:30p Pickleball All Levels/Fri 2:30-4:00 PM - Gym	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>27</b>	
	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool	08:00a APR Wellness Center Visit - Critt WC 08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool 08:00a Billiards - Billiards	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool	<b>BUILDING CLOSED</b>	<b>BUILDING CLOSED</b>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a Therapy Pool Open Swim - Therapy Pool 08:00a Walking Track - Track 08:00a Weight Room - Weight Rm 09:00a Cafe - Cafe 09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic 09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Weight Room Orientation - Weight Rm 09:30a Pickleball Intermediate Drop-in Play - Gym 09:45a German Intermediate Class - CR 1 10:00a Mat Pilates - Group Exercise 2 - LaVere Rm 10:00a Open Studio - Zentangle Studio - Library	08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm 08:00a Therapy Pool Open Swim - Therapy Pool 08:00a Walking Track - Track 08:00a Weight Room - Weight Rm 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B 09:30a Guitar Group - Dining Rm 09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 08:00a Therapy Pool Open Swim - Therapy Pool 08:00a Walking Track - Track 08:00a Weight Room - Weight Rm 08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm 09:00a Aqua RX Fitness - Therapy Pool 09:00a Aqua Strength And Core - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 10:00a Aqua Balance & Stability - Therapy Pool 10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	<p>10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic</p> <p>11:00a iPad Basics - CR 1</p> <p>11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym</p> <p>11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic</p> <p>11:30a Mindful Mondays Meditation - Library</p> <p>11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm</p> <p>11:45a Belly Dancing - Aud-Front</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:30p American Mah-Jong - CR 2,CR 3</p> <p>12:30p Bridge Drop-In Monday - CR 1</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>12:30p Samba variation of Canasta - Library</p> <p>12:45p Vintage Views Committee Meeting - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Pickleball Novice/Mon 1:00-2:25 PM - Gym</p>	<p>10:00a Pickleball Advanced Drop-in Play - Gym</p> <p>10:00a Technology Club - CR 1</p> <p>10:00a Wellness Coaching Tuesdays - Conference B</p> <p>10:15a Aqua Yoga - Therapy Pool</p> <p>10:30a Balance &amp; Core Strength - Group Exercise 2 - LaVere Rm</p> <p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:00p Basketball Shoot Around - Gym</p> <p>12:00p Boxing for Parkinsons - Gym</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:30p Bridge American Standard Tuesdays - CR 3</p> <p>12:30p Classic Canasta - CR 2</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:45p German Conversation Group - Library</p> <p>12:45p German Group - CR 3</p> <p>01:00p French Advanced Class - CR 1</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:30p Veterans Benefits and Estate Planning - Dining Rm</p>	<p>10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic</p> <p>10:30a Mindful Journey Book Club - Library</p> <p>11:00a Pickleball Novice Drop-in Play - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:30p Bingo - Dining Rm</p> <p>12:30p Chinese Mah-Jong - CR 1</p> <p>12:30p Euchre Wednesdays - CR 3,CR 2</p> <p>12:30p Hand &amp; Foot variation of Canasta - Library</p> <p>12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Aquatic Healthy Joints Advanced/W - Lap Pool</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Pickleball Int/Wed 1:00-2:25 PM - Gym</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Making Waves/Wed - Lap Pool</p> <p>02:30p Pickleball Int/W 2:30-4:00 PM - Gym</p> <p>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	01:00p Table Tennis - Gym 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - Dining Rm 02:00p Open Aqua Bikes - Lap Pool 02:30p Pickleball Novice/Mon 2:30-4:00 PM - Gym 02:30p Stained Glass Mini Project - Woodshop 04:00p Pickleball Advanced Drop-in Play - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:45p Aqua Zumba/M - Lap Pool 06:00p Meditation Drop-in - ADS 06:00p Pickleball Novice Drop-in Play - Gym 06:00p Spanish Beginner - CR 1 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:45p Pickleball 301: Skills & Drills - Gym 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:15p Spanish for Travelers - CR 1 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Pickleball Novice Drop-in Play - Gym 04:30p Meet Rochester Mayor - Library 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Board Game Drop In - CR 2,CR 3 06:00p Pickleball All Levels Drop-in Play - Gym	05:45p Chess Play/Learn/View - Library 06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool			
<b>28</b>	<b>29</b>	<b>30</b>				
	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool	08:00a APR Wellness Center Visit - Critt WC 08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool 08:00a Billiards - Billiards				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28</b>	<b>29</b>	<b>30</b>				
	08:00a Library - Library	08:00a Cardio Room - Cardio				
	08:00a New Member Visit - Lobby	08:00a Lap Pool Open Swim - Lap Pool				
	08:00a OPC Meeting - Atrium	08:00a Library - Library				
	08:00a Open Gym AM/MW - Gym	08:00a New Member Visit - Lobby				
	08:00a Personal Training - Personal Trg	08:00a OPC Meeting - Atrium				
	08:00a Physical Therapy - Critt PT	08:00a Open Gym/T Th - Gym				
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Personal Training - Personal Trg				
	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Physical Therapy - Critt PT				
	08:00a Walking Track - Track	08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm				
	08:00a Weight Room - Weight Rm	08:00a Therapy Pool Open Swim - Therapy Pool				
	09:00a Cafe - Cafe	08:00a Walking Track - Track				
	09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm				
	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic				
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cafe - Cafe				
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Cycling/Tue - Gym				
	09:45a German Intermediate Class - CR 1	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B				
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	09:30a Guitar Group - Dining Rm				
	10:00a Open Studio - Zentangle Studio - Library	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm				
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28</b>	<b>29</b>	<b>30</b>				
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Holiday Workshop - Studio 1				
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:00a Pickleball Advanced Drop-in Play - Gym				
	11:30a Mindful Mondays Meditation - Library	10:00a Technology Club - CR 1				
	11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm	10:00a Wellness Coaching Tuesdays - Conference B				
	11:45a Belly Dancing - Aud-Front	10:15a Aqua Yoga - Therapy Pool				
	12:00p Lunch in the Dining Room - Dining Rm	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm				
	12:30p American Mah-Jong - CR 2,CR 3	10:30a Body Strong - Group Exercise 1 - KW Aerobic				
	12:30p Bridge Drop-In Monday - CR 1	11:00a Weight Room Orientation - Weight Rm				
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic				
	12:30p Samba variation of Canasta - Library	12:00p Basketball Shoot Around - Gym				
	01:00p Line Dance - Aud-Back,Aud-Front	12:00p Boxing for Parkinsons - Gym				
	01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm	12:00p Lunch in the Dining Room - Dining Rm				
	01:00p Open Studio - Creation Station Studio - Studio 1	12:30p Bridge American Standard Tuesdays - CR 3				
	01:00p Pickleball Novice/Mon 1:00-2:25 PM - Gym	12:30p Classic Canasta - CR 2				
	01:00p Table Tennis - Gym	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic				
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	12:45p German Conversation Group - Library				
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic	12:45p German Group - CR 3				
		01:00p French Advanced Class - CR 1				
		01:00p Woodshop Project Class: Winter Reindeer - Woodshop				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30				
	02:00p Open Aqua Bikes - Lap Pool	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic				
	02:30p Pickleball Novice/Mon 2:30-4:00 PM - Gym	01:45p Pickleball 301: Skills & Drills - Gym				
	04:00p Pickleball Advanced Drop-in Play - Gym	01:45p Pickleball Intermediate Drop-in Play - Gym				
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	02:00p Ukulele Fun - Aud-Back,Aud-Front				
	05:45p Aqua Zumba/M - Lap Pool	02:15p Spanish for Travelers - CR 1				
	06:00p Meditation Drop-in - ADS	02:30p Book Club - Library				
	06:00p Pickleball Novice Drop-in Play - Gym	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic				
	06:00p Spanish Beginner - CR 1	04:00p Pickleball Novice Drop-in Play - Gym				
	07:00p Ballroom Dance - Aud-Front,Aud-Back	05:45p Aqua Zumba/Tue - Lap Pool				
	07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	06:00p Board Game Drop In - CR 2,CR 3				
		06:00p Pickleball All Levels Drop-in Play - Gym				