

## Older Persons' Commission

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
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 APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards
08:00a Billiards - Billiards	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 Billiards - Billiards	08:00a Cardio and Weights/S - Cardio
08:00a Cardio and Weights - Weight Rm, Cardio	08:00a Cardio and Weights - Weight Rm, Cardio	08:00a Billiards - Billiards	08:00a Cardio and Weights - Weight Rm, Cardio	08:00a Cardio and Weights - Weight Rm, Cardio	08:00a Cardio and Weights - Weight Rm, Cardio	08:00a Library - Library
08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Cardio and Weights - Weight Rm, Cardio	08:00a Library - Library	08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby
08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	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 OPC Meeting - Atrium
08:00a Open Gym AM/MW - Gym	08:00a Open Gym AM/MW - Gym	08:00a OPC Meeting - Lobby	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/S - Lap Pool, Therapy Pool
08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a OPC Meeting - Atrium	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Physical Therapy - Critt PT	08:00a Pickleball All Lvl/S - Gym
08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Open Gym/T Th - Gym	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Walking Track - Track
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a The Deep/Fri - Lap Pool	09:00a Basic Yoga/S - Group Exercise 1 - KW Aerobic
08:00a Walking Track - Track	08:00a Walking Track - Track	08:00a Physical Therapy - Critt PT	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Walking Track - Track	08:00a The Deep/Fri - Lap Pool	09:00a Cycling - Gym
08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - LaVere Rm	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - LaVere Rm	08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm	08:00a The Deep/Wed - Lap Pool	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm	09:30a Basketball 5 on 5/S - Gym
09:00a Cafe - Cafe	09:00a Cafe - Cafe	08:00a Walking Track - Track	08:00a Walking Track - Track	08:30a Muscular Endurance/Thu - Group Exercise 2 - LaVere Rm	09:00a Cafe - Cafe	10:00a Guitar Group Saturday - Dining Rm
09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	09:00a Adult Day Service - ADS	09:00a Cycling/Fri - Gym	11:00a Volleyball All Lvl/S - Gym
09:30a Pickleball Int - Adv/9:30 - Gym	09:30a Pickleball Int - Adv/9:30 - Gym	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Lapidary - Studio 1, Studio 2	12:30p Pickleball Novice/S - Gym
09:45a German Intermediate Class - CR 1	09:45a German Intermediate Class - CR 1	09:00a Cafe - Cafe	09:00a Aqua Strength And Core - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Trip DSO POPS - Aud-Back, Aud-Front	
10:00a Euchre - Beginners Class - CR 2	10:00a Euchre - Beginners Class - CR 2	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm	
10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	09:30a Guitar Group Tuesday - Dining Rm	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
10:00a Woodshop - Woodshop	10:00a Woodshop - Woodshop	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm	09:00a Water Works Aerobics/W - Therapy Pool	10:00a Pickleball All Levels Drop-in Play - Gym	10:00a Caring & Sharing Loss - ADS	
10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a Wellness Coaching Thursdays - Conference B	10:00a Woodshop - Woodshop	

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<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	<p>11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym</p> <p>11:00a Weight Room Orientation - Weight Rm</p> <p>11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic</p> <p>11:30a Mindfulness with Jan Miller - CR 1</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 Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>12:30p Samba Card Game - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Pickleball Novice/1:00-2:25 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>01:30p Spanish Beginner - CR 1</p> <p>02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Open Aqua Bikes - Lap Pool</p> <p>02:30p Pickleball Novice/2:30-4:00 PM - Gym</p>	<p>10:00a Bridge Drop In Tuesday - Library</p> <p>10:00a Technology Club - Aud-Back</p> <p>10:00a Volleyball - Gym</p> <p>10:00a Wellness Coaching Tuesdays - Conference B</p> <p>10:00a Woodshop - Woodshop</p> <p>10:15a Aqua Yoga/Tues - 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 Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p India Conversation Group - CR 2</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - CR 1</p>	<p>09:30a Pickleball 102: Mentor Games - Gym</p> <p>10:00a Aqua Balance &amp; Stability - Therapy Pool</p> <p>10:00a Woodshop - Woodshop</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 Spanish Conversation Group - Virtual</p> <p>11:00a Pickleball Inter./Adv. Drop In - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>11:30a Muscles In Motion/W - Group Exercise 2 - LaVere Rm</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 PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Making Waves/Wed - Lap Pool</p> <p>01:00p Pickleball Novice/1:00-2:25 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Aquatic Healthy Joints/Wed 2:00 PM - Lap Pool</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p>	<p>10:00a Woodshop - Woodshop</p> <p>10:30a Balance &amp; Core Strength - Group Exercise 2 - LaVere Rm</p> <p>10:30a Barre Fusion - Group Exercise 1 - KW Aerobic</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 Inter./Adv. Drop In - 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 MAC Enthusiasts - Virtual</p> <p>01:00p Open Studio - Needle Arts Studio - Library</p> <p>01:00p Woodshop Safety - Woodshop</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>02:00p Small Group Swim Lessons 2PM - Lap Pool</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p>	<p>11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic</p> <p>11:30a Muscles In Motion/F - Group Exercise 2 - LaVere Rm</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 Hand &amp; Foot variation of Canasta - Library</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 Open Studio - Painting Studio Drop-In - Studio 1</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>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	04:00p Euchre Beginners Class 4 PM - CR 2 04:00p Pickleball Int-Adv/M - Gym 05:45p Aqua Zumba/M - Lap Pool 06:00p Pickleball Novice Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back	02:00p Ukulele Fun - Aud-Back,Aud-Front 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Pickleball Novice Drop-in Play - Gym 04:00p Spanish for Travelers - CR 1 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 Novice/2:30-4:00 PM - Gym 04:00p Pickleball Intermediate Drop-in Play - Gym 04:45p 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 07:00p Line Dance PM - Aud-Back,Aud-Front	03:00p Small Group Swim Lessons 3PM - Lap Pool 04:00p Pickleball All Levels / PM - Gym 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym		
9	10	11	12	13	14	15
	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a Walking Track - Track 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - LaVere Rm 09:00a Cafe - Cafe	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 Cardio and Weights - Weight Rm,Cardio 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a Walking Track - Track 08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm 08:00a Walking Track - Track	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 08:00a Walking Track - Track 08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Walking Track - Track 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - LaVere Rm	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Fri - Lap Pool 08:00a Walking Track - Track 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm 09:00a Cafe - Cafe	08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Pickleball All Lvl/S - Gym 08:00a Walking Track - Track 09:00a Basic Yoga/S - Group Exercise 1 - KW Aerobic 09:00a Cycling - Gym 09:30a Basketball 5 on 5/S - Gym 10:00a Guitar Group Saturday - Dining Rm 11:00a Volleyball All Lvl/S - Gym 12:30p Pickleball Novice/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
	<p>09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic</p> <p>09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm</p> <p>09:30a Pickleball Int - Adv/9:30 - Gym</p> <p>09:45a German Intermediate Class - CR 1</p> <p>10:00a Euchre - Beginners Class - CR 2</p> <p>10:00a Mat Pilates - Group Exercise 2 - LaVere Rm</p> <p>10:00a Monday with the Mayor - Dining Rm</p> <p>10:00a Open Studio - Zentangle Studio - Library</p> <p>10:00a Woodshop - Woodshop</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 Mindfulness with Jan Miller - CR 1</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>08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic</p> <p>09:00a Adult Day Service - ADS</p> <p>09:00a Cafe - Cafe</p> <p>09:00a Cycling/Tue - Gym</p> <p>09:30a Guitar Group Tuesday - Dining Rm</p> <p>09:30a Power Of Pastels - Studio 1</p> <p>09:30a Strength &amp; Stretch for Parkinsons - Group Exercise 2 - LaVere Rm</p> <p>09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Bridge Drop In Tuesday - Library</p> <p>10:00a Knitting For Beginners - Library</p> <p>10:00a Technology Club - Aud-Back</p> <p>10:00a Volleyball - Gym</p> <p>10:00a Wellness Coaching Tuesdays - Conference B</p> <p>10:00a Woodshop - Woodshop</p> <p>10:15a Aqua Yoga/Tues - 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>09:00a Adult Day Service - ADS</p> <p>09:00a Aqua Strength And Core - Lap Pool</p> <p>09:00a Cafe - Cafe</p> <p>09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic</p> <p>09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm</p> <p>09:00a Water Works Aerobics/W - Therapy Pool</p> <p>09:30a Pickleball 101: Beginner Lesson - Gym</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 Connection - Dining Rm</p> <p>10:00a Woodshop - Woodshop</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 Spanish Conversation Group - Virtual</p> <p>11:00a Pickleball Inter./Adv. Drop In - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>11:30a Muscles In Motion/W - Group Exercise 2 - LaVere Rm</p>	<p>09:00a Adult Day Service - ADS</p> <p>09:00a Cafe - Cafe</p> <p>09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm</p> <p>09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm</p> <p>09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic</p> <p>10:00a Pickleball All Levels Drop-in Play - Gym</p> <p>10:00a Wellness Coaching Thursdays - Conference B</p> <p>10:00a Woodshop - Woodshop</p> <p>10:30a Balance &amp; Core Strength - Group Exercise 2 - LaVere Rm</p> <p>10:30a Barre Fusion - Group Exercise 1 - KW Aerobic</p> <p>10:30a Nutrition Bites - Dining Rm</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 Inter./Adv. Drop In - 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>09:00a Cycling/Fri - Gym</p> <p>09:00a Lapidary - Studio 1,Studio 2</p> <p>09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm</p> <p>10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Woodshop - Woodshop</p> <p>11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic</p> <p>11:30a Muscles In Motion/F - Group Exercise 2 - LaVere Rm</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 Hand &amp; Foot variation of Canasta - Library</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 Dream Horse (PG) - Aud-Back,Aud-Front</p> <p>01:00p Open Studio - Painting Studio Drop-In - Studio 1</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>	

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9	10	11	12	13	14	15
	12:30p Bridge Monday - CR 2	12:00p Boxing for Parkinsons - Gym	12:00p Lunch in the Dining Room - Dining Rm	01:00p Watercolor Class for Beginners - Studio 1	02:30p Pickleball All Levels/Fri 2:30-4:00 PM - Gym	
	12:30p Muscles in Motion - Group Exercise 2 - LaVere Rm	12:00p Lunch in the Dining Room - Dining Rm	12:30p Chinese Mah-Jong - CR 1	01:30p Line Dance - Aud-Back,Aud-Front		
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:30p Euchre Wednesdays - CR 3,CR 2	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	12:30p Samba Card Game - Library	12:45p German Conversation Group - CR 3	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	02:00p Pickleball Novice Drop-in Play - Gym		
	01:00p Anyone Can Paint - Studio 1	01:00p Color Theory For Painters - Studio 2	01:00p Making Waves/Wed - Lap Pool	02:00p Small Group Swim Lessons 2PM - Lap Pool		
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p India Conversation Group - CR 2	01:00p Pickleball Novice/1:00-2:25 PM - Gym	02:30p 650 Mid-Day Club: The Boogie Woogie Kid - Aud-Back,Aud-Front		
	01:00p Open Studio - Creation Station Studio - Studio 1	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Pickleball Novice/1:00-2:25 PM - Gym	01:45p Pickleball 301: Skills & Drills - Gym	01:00p Snowmen Yard Spindles w/Cherie - Studio 1	03:00p Small Group Swim Lessons 3PM - Lap Pool		
	01:00p Table Tennis - Gym	01:45p Pickleball Intermediate Drop-in Play - Gym	02:00p Aquatic Healthy Joints/Wed 2:00 PM - Lap Pool	04:00p Pickleball All Levels / PM - Gym		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	02:00p French Advanced Class - CR 1	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	05:45p Aqua Zumba/Thu - Lap Pool		
	01:30p Spanish Beginner - CR 1	02:00p Ukulele Fun - Aud-Back,Aud-Front	02:30p Pickleball Novice/2:30-4:00 PM - Gym	06:00p Badminton - Gym		
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	04:00p Pickleball Intermediate Drop-in Play - Gym	06:00p Box Fit 101 - Gym		
	02:00p Focus on the Issues - Dining Rm	04:00p Pickleball Novice Drop-in Play - Gym	04:45p Pool Gym Circuit Training - Lap Pool			
	02:00p Open Aqua Bikes - Lap Pool	04:00p Spanish for Travelers - CR 1	05:00p Celebrate Living Well - Dining Rm			
	02:30p Pickleball Novice/2:30-4:00 PM - Gym	04:00p The Parade Company - Dining Rm	05:00p Weight Room Orientation - Weight Rm			
	04:00p Euchre Beginners Class 4 PM - CR 2	05:45p Aqua Zumba/Tue - Lap Pool	05:45p Chess Play/Learn/View - Library			
	04:00p Pickleball Int-Adv/M - Gym	06:00p Board Game Drop In - CR 2,CR 3	06:00p Basketball 5 on 5/W - Gym			
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	06:00p Pickleball All Levels Drop-in Play - Gym				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
	05:45p Aqua Zumba/M - Lap Pool 06:00p Dream Horse (PG) - Dining Rm 06:00p Pickleball Novice Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back		06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool 07:00p Line Dance PM - Aud-Back,Aud-Front			
16	17	18	19	20	21	22
	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a Walking Track - Track 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - LaVere Rm 09:00a Cafe - Cafe 09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:30a Pickleball Int - Adv/9:30 - Gym	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 Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm 08:00a Walking Track - Track 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 08:00a Walking Track - Track 08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm 09:00a Adult Day Service - ADS 09:00a Aqua Strength And Core - Lap Pool 09:00a Cafe - Cafe	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - LaVere Rm 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Fri - Lap Pool 08:00a Walking Track - Track 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm 09:00a Cafe - Cafe 09:00a Cycling/Fri - Gym 09:00a Lapidary - Studio 1,Studio 2 09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Pickleball All Lvl/S - Gym 08:00a Walking Track - Track 09:00a Basic Yoga/S - Group Exercise 1 - KW Aerobic 09:00a Cycling - Gym 09:30a Basketball 5 on 5/S - Gym 10:00a Guitar Group Saturday - Dining Rm 11:00a Volleyball All Lvl/S - Gym 12:00p South Pacific - Aud-Back,Aud-Front 12:30p Pickleball Novice/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	09:45a German Intermediate Class - CR 1	09:30a Guitar Group Tuesday - Dining Rm	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	10:00a Caring & Sharing Loss - ADS	
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	09:30a Power Of Pastels - Studio 1	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	10:00a Pickleball All Levels Drop-in Play - Gym	10:00a Weight Room Orientation - Weight Rm	
	10:00a Open Studio - Zentangle Studio - Library	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm	09:00a Water Works Aerobics/W - Therapy Pool	10:00a Wellness Coaching Thursdays - Conference B	10:00a Woodshop - Woodshop	
	10:00a Woodshop - Woodshop	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a Woodshop - Woodshop	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Bridge Drop In Tuesday - Library	09:30a Pickleball 102: Mentor Games - Gym	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	11:30a Muscles In Motion/F - Group Exercise 2 - LaVere Rm	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Knitting For Beginners - Library	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	12:00p Hearing Screenings/Hearing Aid Cleaning 12:00 PM - Aud-Back	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:00a Technology Club - Aud-Back	10:00a Aqua Balance & Stability - Therapy Pool	10:30a Spanish Beginner - CR 1	12:00p Lunch in the Dining Room - Dining Rm	
	11:30a Mindfulness with Jan Miller - CR 1	10:00a Volleyball - Gym	10:00a Time to Declutter - Dining Rm	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:15p Hearing Screenings/Hearing Aid Cleaning 12:15 PM - Aud-Back	
	11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm	10:00a Weight Room Orientation - Weight Rm	10:00a Woodshop - Woodshop	12:00p Lunch in the Dining Room - Dining Rm	12:30p Bridge American Standard Fridays - CR 1	
	11:45a Belly Dancing - Aud-Front	10:00a Wellness Coaching Tuesdays - Conference B	10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm	12:00p Pickleball Inter./Adv. Drop In - Gym	12:30p Hand & Foot variation of Canasta - Library	
	12:00p Lunch in the Dining Room - Dining Rm	10:00a Woodshop - Woodshop	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:30p Duplicate Bridge - CR 2,CR 3	12:30p Hearing Screenings/Hearing Aid Cleaning 12:30 PM - Aud-Back	
	12:30p American Mah-Jong - CR 2,CR 3	10:15a Aqua Yoga/Tues - Therapy Pool	10:30a Spanish Conversation Group - Virtual	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Bridge American Standard Fridays - CR 1	
	12:30p Bridge Drop-In Monday - CR 1	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	11:00a Pickleball Inter./Adv. Drop In - Gym	01:00p MAC Enthusiasts - Virtual	12:30p Hand & Foot variation of Canasta - Library	
	12:30p Bridge Monday - CR 2	10:30a Body Strong - Group Exercise 1 - KW Aerobic	11:30a Ballet - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Needle Arts Studio - Library	12:30p Hearing Screenings/Hearing Aid Cleaning 12:30 PM - Aud-Back	
	12:30p Muscles in Motion - Group Exercise 2 - LaVere Rm	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:30a Muscles In Motion/W - Group Exercise 2 - LaVere Rm	01:00p Watercolor Class for Beginners - Studio 1	12:30p Pinochle - CR 3,CR 2	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Basketball Shoot Around - Gym	12:00p Lunch in the Dining Room - Dining Rm	01:30p Line Dance - Aud-Back,Aud-Front	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p Samba Card Game - Library	12:00p Boxing for Parkinsons - Gym	12:30p Chinese Mah-Jong - CR 1	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Painting Studio Drop-In - Studio 1	
	01:00p Line Dance - Aud-Back,Aud-Front	12:00p Lunch in the Dining Room - Dining Rm		01:30p The Magic of Music - Dining Rm	01:00p Pickleball All Levels/Fri 1:00-2:25 PM - Gym	
	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	01:00p Open Studio - Creation Station Studio - Studio 1 01:00p Pickleball Novice/1:00-2:25 PM - Gym 01:00p Table Tennis - Gym 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:30p Spanish Beginner - CR 1 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic 02:00p Open Aqua Bikes - Lap Pool 02:30p Pickleball Novice/2:30-4:00 PM - Gym 04:00p Pickleball Int-Adv/M - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:45p Aqua Zumba/M - Lap Pool 06:00p Pickleball Novice Drop-in Play - Gym 06:00p The Courier (PG) - Dining Rm 07:00p Ballroom Dance - Aud-Front,Aud-Back	12:45p German Conversation Group - CR 3 01:00p Independent Drawing and Painting - Studio 1 01:00p India Conversation Group - CR 2 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:45p Pickleball 301: Skills & Drills - Gym 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - CR 1 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:30p Family Feud - Dining Rm 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Pickleball Novice Drop-in Play - Gym 04:00p Spanish for Travelers - CR 1 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	12:30p Euchre Wednesdays - CR 3,CR 2 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 01:00p Making Waves/Wed - Lap Pool 01:00p Pickleball Novice/1:00-2:25 PM - Gym 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:00p Table Tennis - Gym 01:00p Zen Snowflakes w/Cherie - Studio 1 01:30p What Did I Just Eat? - Dining Rm 02:00p Aquatic Healthy Joints/Wed 2:00 PM - Lap Pool 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Pickleball Novice/2:30-4:00 PM - Gym 04:00p Pickleball Intermediate Drop-in Play - Gym 04:45p 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 07:00p Line Dance PM - Aud-Back,Aud-Front	02:00p Pickleball Novice Drop-in Play - Gym 02:00p Small Group Swim Lessons 2PM - Lap Pool 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 03:00p Small Group Swim Lessons 3PM - Lap Pool 04:00p Pickleball All Levels / PM - Gym 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym	01:00p Table Tennis - Gym 01:00p The Courier (PG) - Aud-Back,Aud-Front 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>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	08:00a 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 APR Wellness Center Visit - Critt WC	08:00a Aqua Mix - Lap Pool
	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 Billiards - Billiards	08:00a Billiards/S - Billiards
	08:00a Cardio and Weights - Weight Rm,Cardio	08:00a Billiards - Billiards	08:00a Cardio and Weights - Weight Rm,Cardio	08:00a Cardio and Weights - Weight Rm,Cardio	08:00a Cardio and Weights - Weight Rm,Cardio	08:00a Cardio and Weights/S - Cardio
	08:00a New Member Visit - Lobby	08:00a Cardio and Weights - Weight Rm,Cardio	08:00a Library - Library	08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a Library - Library
	08:00a OPC Meeting - Atrium	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 New Member Visit - Lobby
	08:00a Open Gym AM/MW - Gym	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a OPC Meeting - Atrium
	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Physical Therapy - Critt PT	08:00a Open Swim/S - Lap Pool,Therapy Pool
	08:00a Physical Therapy - Critt PT	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball All Lvl/S - Gym
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a The Deep/Fri - Lap Pool	08:00a Walking Track - Track
	08:00a Walking Track - Track	08:00a Physical Therapy - Critt PT	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Walking Track - Track	08:00a The Deep/Fri - Lap Pool	08:00a Walking Track - Track
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - LaVere Rm	08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm	08:00a The Deep/Wed - Lap Pool	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm
	09:00a Cafe - Cafe	08:00a Walking Track - Track	08:00a Walking Track - Track	08:30a Muscular Endurance/Thu - Group Exercise 2 - LaVere Rm	09:00a Cafe - Cafe	09:00a Cafe - Cafe
	09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	09:00a Adult Day Service - ADS	09:00a Cycling/Fri - Gym	09:00a Cycling/Fri - Gym
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm	09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm
	09:30a Pickleball Int - Adv/9:30 - Gym	09:00a Cafe - Cafe	09:00a Aqua Strength And Core - Lap Pool	09:00a Ford House Tour - Aud-Back,Aud-Front	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic
	09:45a German Intermediate Class - CR 1	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	10:00a Visually Impaired Group - Dining Rm	10:00a Visually Impaired Group - Dining Rm
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	09:30a Guitar Group Tuesday - Dining Rm	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	10:00a Woodshop - Woodshop	10:00a Woodshop - Woodshop
	10:00a Open Studio - Zentangle Studio - Library	09:30a Power Of Pastels - Studio 1	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic
	10:00a Vintage Watch Necklace - Studio 1	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm	09:00a Water Works Aerobics/W - Therapy Pool	10:00a Pickleball All Levels Drop-in Play - Gym	11:30a Muscles In Motion/F - Group Exercise 2 - LaVere Rm	11:30a Muscles In Motion/F - Group Exercise 2 - LaVere Rm
	10:00a Woodshop - Woodshop	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a Wellness Coaching Thursdays - Conference B		
						09:00a Basic Yoga/S - Group Exercise 1 - KW Aerobic
						09:00a Cycling - Gym
						09:30a Basketball 5 on 5/S - Gym
						10:00a Guitar Group Saturday - Dining Rm
						10:00a Weight Room Orientation - Weight Rm
						11:00a Volleyball All Lvl/S - Gym
						12:30p Pickleball Novice/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	<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 Mindfulness with Jan Miller - CR 1</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 Bridge Monday - CR 2</p> <p>12:30p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>12:30p Samba Card Game - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Pickleball Novice/1:00-2:25 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic</p>	<p>10:00a Bridge Drop In Tuesday - Library</p> <p>10:00a Knitting For Beginners - Library</p> <p>10:00a Technology Club - Aud-Back</p> <p>10:00a Volleyball - Gym</p> <p>10:00a Wellness Coaching Tuesdays - Conference B</p> <p>10:00a Woodshop - Woodshop</p> <p>10:15a Aqua Yoga/Tues - 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 Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p Independent Drawing and Painting - Studio 1</p> <p>01:00p India Conversation Group - CR 2</p> <p>01:30p Over the Rainbow, The Music of Harold Arlen - Dining Rm</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</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 Woodshop - Woodshop</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 Spanish Conversation Group - Virtual</p> <p>11:00a Pickleball Inter./Adv. Drop In - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>11:30a Muscles In Motion/W - Group Exercise 2 - LaVere Rm</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 Happy New Year Bingo! - Dining Rm</p> <p>12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Making Waves/Wed - Lap Pool</p> <p>01:00p Paper Quill Snowflakes w/Cherie - Studio 1</p>	<p>10:00a Woodshop - Woodshop</p> <p>10:30a Balance &amp; Core Strength - Group Exercise 2 - LaVere Rm</p> <p>10:30a Barre Fusion - Group Exercise 1 - KW Aerobic</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 Inter./Adv. Drop In - 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>01:00p Women, Wealth and Wisdom Tea - Aud-Back,Aud-Front</p> <p>01:30p Fireside Poets Meet-Up - Library</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>02:00p Small Group Swim Lessons 2PM - Lap Pool</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 Hand &amp; Foot variation of Canasta - Library</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 Open Studio - Painting Studio Drop-In - Studio 1</p> <p>01:00p Pickleball All Levels/Fri 1:00-2:25 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Zentangle Intro - Studio 3</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Pickleball All Levels/Fri 2:30-4:00 PM - Gym</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	01:30p Spanish Beginner - CR 1 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/2:30-4:00 PM - Gym 04:00p Pickleball Int-Adv/M - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:45p Aqua Zumba/M - Lap Pool 06:00p Pickleball Novice Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back	01:45p Pickleball 301: Skills & Drills - Gym 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - CR 1 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:30p Book Club - Library 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Pickleball Novice Drop-in Play - Gym 04:00p Spanish for Travelers - CR 1 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	01:00p Parkinsons Care Group - Aud-Front 01:00p Pickleball Novice/1:00-2:25 PM - Gym 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:00p Table Tennis - Gym 02:00p Aquatic Healthy Joints/Wed 2:00 PM - Lap Pool 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Pickleball Novice/2:30-4:00 PM - Gym 04:00p Pickleball Intermediate Drop-in Play - Gym 04:45p 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 07:00p Line Dance PM - Aud-Back,Aud-Front	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 03:00p Small Group Swim Lessons 3PM - Lap Pool 04:00p Pickleball All Levels / PM - Gym 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym		
<b>30</b>	<b>31</b>					
	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p>	<p>31</p> <p>08:00a Open Gym AM/MW - Gym</p> <p>08:00a Open Swim/M-F - Lap Pool,Therapy Pool</p> <p>08:00a Physical Therapy - Critt PT</p> <p>08:00a Rise &amp; Shine - Group Exercise 1 - KW Aerobic</p> <p>08:00a Walking Track - Track</p> <p>08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - LaVere Rm</p> <p>09:00a Cafe - Cafe</p> <p>09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic</p> <p>09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm</p> <p>09:30a Pickleball Int - Adv/9:30 - Gym</p> <p>09:45a German Intermediate Class - CR 1</p> <p>10:00a Mandala Mini Canvas - Studio 1</p> <p>10:00a Mat Pilates - Group Exercise 2 - LaVere Rm</p> <p>10:00a Open Studio - Zentangle Studio - Library</p> <p>10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic</p> <p>10:30a Spanish Beginner - 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>					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p>	<p>31</p> <p>11:30a Mindfulness with Jan Miller - CR 1</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 Bridge Monday - CR 2</p> <p>12:30p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>12:30p Samba Card Game - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Paint Like The Pros w/Elaine - Studio 1</p> <p>01:00p Pickleball Novice/1:00-2:25 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Open Aqua Bikes - Lap Pool</p> <p>02:30p Pickleball Novice/2:30-4:00 PM - Gym</p>					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	<p data-bbox="590 131 621 155">31</p> <p data-bbox="352 164 625 207">04:00p Pickleball Int-Adv/M - Gym</p> <p data-bbox="352 228 625 289">04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p data-bbox="352 321 625 365">05:45p Aqua Zumba/M - Lap Pool</p> <p data-bbox="352 386 625 430">06:00p Pickleball Novice Drop-in Play - Gym</p> <p data-bbox="352 451 625 495">07:00p Ballroom Dance - Aud-Front,Aud-Back</p>					